



The SMILE

August 26, 2020

ROTARY CLUB OF SARASOTA

CHARTERED APRIL 12, 1926
CLUB NUMBER 4339
DISTRICT 6960
ZONE 34
PRESIDENT – LAURA RANDALL

The Four Way Test of Things we Think, Say or Do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Upcoming speakers

Sept 2.....Jim Shirley,
CEO, Sarasota Arts Alliance

Sept 16.....Jeff Jackson, CEO,
PGT Innovations

Sept 23.....Kat Ross,
Dockmaster, Marina Jacks

Sept 30.....Lynn Cole,
Certified Mediator

This week's speaker

Michael Melnick, Certified Gemologist Appraiser



Born and raised in Staten Island, New York, Mike was lucky to have both country at his footsteps, and Manhattan just 1 1/2 hours away.

He has an associate degree in Hotel and Restaurant Management from The State University of New York at Delhi. He thought he would stay in Hotel and Restaurant and went to Nevada Southern University of LasVegas, A.K.A. U.N.L.V. After a year of the hotel and casino management school he changed his major to Geology. Two years later he transferred to U.S.F. in Tampa and earned his Bachelor's degree in Natural Sciences/Geology. Upon graduation he was victimized by a job freeze and the job he was sponsored for at the U.S.G.S. evaporated. His next move was to Colorado where he first located to Denver for several months and then up into the mountains to Leadville. He worked for Climax Molybdenum, one of the largest mining operations in the U.S. After a few more moves, including a brief stay in Sarasota, he decided he would move back to Sarasota and join the family business, Armel Jewelers. He went on to further his gemological education by becoming a Certified Gemologist and more studies to become a Certified Gemologist Appraiser. He enjoys time with my wife Frances, traveling, skiing and being home, (sometimes).

August 19th Meeting Recap

By Bonnie Calvert

Thank you to Kristi Hoskinson for sharing with us her knowledge of thriving during adversity during a time when we all find ourselves facing adversity on a daily basis. Kristi encouraged us to start each day being purposeful and intentional. She described resiliency as the capacity to prepare for, recover from and adapt in the face of adversity, stress and challenge. She shared a graph which described how our heart rate is affected by emotion during a difficult situation and long after. She also explained that emotions drive physiology and affect our autonomic nervous systems. Kristi shared the Neutral Tool which when practiced, deflates our reactions to negative situations. The Freeze Frame technique pauses the scene we are in and takes us to a coherent state which could lead us to a more effective attitude, action and solution. For more information, Kristi encouraged us to check out the HeartMath Institute at heartmath.org.

“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”

Rabindranath Tagore



TRF Committee Report Pam Akins, Chair

Our District Grant for RY 2020-21 for Kindergarten Readiness Bags has been approved by the District Grants Committee, along with 44 other District Grants totaling \$199,982.

These funds are part of the 50% of the Annual Fund donations made to The Rotary Foundation three years ago that come back to the District to do District Grants and Global Grants. The other 50% goes to TRF World Fund for matches on Global Grants, PolioPlus and Peace Scholars.

There were 19 multi-club grants, one community project grant, and 25 single-club grants, many of which were at the minimum \$1,000 grant level. The Sarasota Club, partnering with the Sarasota Sunrise Club, received the \$6,000 maximum allowed for multi-club projects for the Early Learning Project. Our Club Foundation, along with the Sunrise Club, funds the initial outlay for the project upfront and, upon completion and submission of a project report, is reimbursed for the amount of the District Grant.

The largest grant proposal was the \$50,000 Community Grant for Disaster Response; it has been approved contingent on the Charlotte Harbor Sunset Club pulling together the remaining funding needed because not all of the clubs in the district participated in the grant.

What's next?

Where in the world is our speaker?

Out of an abundance of caution for our members and our community, we will continue to meet virtually via Zoom for the foreseeable future. Our team will be hitting the road to meet our speakers in their space. Zoom in this Wednesday and find out where **Mike Melnick** will take us! Click [here](#) for the permanent lunch time link. The meeting ID is 850 7495 4959.

Stay Connected!

Don't let a Global Pandemic get in the way of connecting with Rotarians! Here are a few ways to stay connected:

- Join our weekly Zoom meetings and learn from our engaging speakers
- Join the Saturday morning Zoom Room @ 9:00am. [Here's](#) the link or call **Lee-En Chung** for info.
- Join a Rotary Affinity Group like the Supper Club or create your own group. Contact **Tom Melville** for assistance.



Working Women @ Rotary

Working Women @ Rotary, founded in 2020, is a community where likeminded women can connect, get inspired, and cultivate their careers. It was founded as an effort to grow and maintain our exceptional club environment by creating a more inclusive culture. As such, the **Working Women @ Rotary** objectives include championing diversity and inclusion, having a positive, open dialogue, encouraging each other to showcase and develop leadership skills, and inspiring each other.

If you are interested in being a part of this dynamic group, please reach out to Shelly Wilson, swilson@rpmosp.com



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Dan Smith - Vice President
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Steve Cork - Treasurer
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