



ROTA-BITS



SERVICE ABOVE SELF

VOL. 17, NO. 25, Jan. 14, 2016 * EDITOR: * JASON LEA*

January is Vocational Service Month

Rotary Meeting Summary – Jan. 14, 2016

Reported by: Jason Lea

Announcements: If you have contact with high school-aged homeschoolers, please reach out to Cheryl Noviski.

We want to make sure we include them in this year's 4-Way speech contest.

We are collecting orders for khaki Rotary caps. They look sharp and promote the club.

They only cost \$12 each, which is less than some of us spend on coffee each week.

If you want one, reach out to Rocketron@ameritech.net.

Program: Our speaker this week was Dr. Brian Kane, who explained to us (among other things) the different between an ophthal-

mologist, an *optometrist* and an optician.

Ophthalmologists are medical doctors, optometrists (while not medical doctors) can provide primary care on your eyes, and an optician is a technician who helps make the lenses.

Kane touched on multiple topics that pertain to eye health. He mentioned how the blue light from digital devices could speed your sight's deterioration. He also recommended a product to slow said degeneration, BluTech lenses.

He also recommended Vitamin D as a way to prevent macular degeneration.

When asked, Kane said Lasic surgery was a safe procedure but not necessary or advisable for everyone.

He concluded his talk by explaining how far progressive lenses have come and how the makeup of lenses has changed drastically in the last 20 years.

We are grateful to Dr. Kane and would like to thank him for sharing his insight and knowledge with us.



If you want to look smart, wear a hat.



Dr. Kane

Will it be Beneficial to all concerned?

**OFFICERS
MENTOR
ROTARY
CLUB
2014\2015**

**President
Shane Novak (PHF)
Immediate Past President
Amy Kapostasy (PHF)
President Elect
Joe Tomsick**

Amy Kapostasy

WHERE WE MEET

LaMalfa Center
5783 Heisley Road
Mentor, Ohio
Thursday at Noon

OUR MAILING ADDRESS

PO Box 1177
Mentor, OH 44061-1177

OUR WEB SITE

www.mentor-rotary.org

ROTARY INTERNATIONAL

<http://www.rotary.org>

MEETING MAKEUPS

Following are a few nearby Rotary Club meeting sites and times for makeups:

Monday

Willoughby at LaVera Party Center Complex, 32200 Chardon Road, Willoughby Hills at noon

Tuesday

Painesville at Hellriegel's Inn at noon

Wednesday

Burton-Middlefield at Welshfield Inn Banquet Hall, 14001 Main Market Road, Burton at 7 p.m.

Cleveland East at Nighttown Restaurant, 12387 Cedar Road in Cleveland Heights at noon

Thursday

Cleveland at Windows on the River in the Flats, Bridge View Room, Third floor, in the Powerhouse

Friday

UPCOMING EVENTS.

Jan. 21—Tim McCarthy, the entrepreneur and philanthropist behind the Business of Doing Good
Jan. 28—Mark Gilson of Gilson Garden Center

BIRTHDAYS

January 19 – Rick Cooper
January 30 – Bill Pickett
February 5 – Kevin Newcomb
February 12 – Amy Kapostasy

If I have missed anyone, please email jasonmarklea@gmail.com

THE 4-WAY TEST

**Of the things we think, say or do...
Is it the Truth?
Is it Fair to all concerned?
Will it build Goodwill and Better Friendships?**

(PHF)
Vice President
T. R. Hach PHF
Secretary
Tom Lemire (PHF)
Treasurer
Curt Jones (PHF)
Sergeant-at-Arms
Fred Lariccia PHF
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Lee Quignano PHF
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Ron Traub PHF
Bill Robertson PHF
Tom Hough PHF
Cheryl Noviski PHF
Nancy Sanden PHF
Vickie Wildeman PHF
Wayne Brodnan PHF
Membership Chair
Wayne Brodnan PHF
Tom Hough
District Governor Nominee

Chagrin Highlands (Beachwood area) at Mitchell's Fish Market,
28601 Chagrin Blvd., Woodmere at
Eton Square
