

Lake Placid Noon Rotary

Home of the World Famous Wild Game Dinner

PO BOX 852
Lake Placid, FL 33862
www.LPNR.com

Rotary 
July 28, 2020

CBD FOR YOU

The Lake Placid Noon Rotary Club was visited this week by Jerry Nunn, owner of Nunn Better Health and Wellness.

As a registered pharmacist, Jerry's primary goal is to help people learn about CBD products. Cannabidiol, more commonly known as CBD, is one of many cannabinoids found in industrial hemp. It's a naturally occurring substance that's used in products like oils and edibles to provide pain relief, as well as reduce anxiety and stress. CBD is a non-addictive substance and will not cause euphoria or get you high.

Extensive scientific research – much of it sponsored by the U.S. government – and mounting anecdotal accounts from patients and physicians highlight CBD's potential as a treatment for a wide range of maladies, including (but not limited to):

- Autoimmune diseases (inflammation, rheumatoid arthritis)
- Neurological conditions (Alzheimer's, dementia, Parkinson's, multiple sclerosis, epilepsy, Huntington's chorea, stroke, traumatic brain injury)
- Metabolic syndrome (diabetes, obesity)
- Neuropsychiatric illness (autism, ADHD, PTSD, alcoholism)
- Gut disorders (colitis, Crohn's)
- Cardiovascular dysfunction (atherosclerosis, arrhythmia)
- Skin disease (acne, dermatitis, psoriasis)

CBD is available in many types of products...oils or tinctures, topical creams, edibles - such as gummies, and even bath bombs, although the

majority of Nunn Better's sales are tinctures and topical roll-ons.

Quality CBD products are available in his store at 180 E. Interlake in Lake Placid. No matter where you purchase your CBD, make sure you're safe.

Jerry pointed out that in order to be legal in Florida, CBD vendors must have at least 3 of the following:

- Hemp Food License
- Full Panel Certificate of Analysis (COA)
- COA must be batch specific to the product
- Label must say Hemp Extract with the milligrams of CBD per dose and container
- Label must have a QR code linking to the company website where COAs can be seen

Additionally, he pointed out that patients who are using blood thinners should not use oral CBD products due to drug interaction. Topical products will not interfere with blood thinner medications.



Stop in today at 180 E Interlake or visit on the web (www.NunnBetterHealth.com) for more information.

ROTARY PARK THEN & NOW

Projects planned and executed by any club or organization have a tendency to become forgotten after a while. The project may live on, but those who actually made it happen and the stories around the start up are often lost to time. That's the case with Rotary Park.

Sometime in 2002, the Lake Placid Noon Rotary Club made plans to complete a small park with a pond on Interlake Boulevard, between the Lake Placid Christian School and an office building. The land was unused, so it was decided to make Rotary Park.



Club members who were active in the club at this time are Merry Cresswell, Donald Elliott, Kathy Main, Luis Ojeda, and Nick Reed. Merry, of course served as Club Historian for many years, so perhaps she remembers the most.

These photos show the beginning of the park and the only way the time can be documented in the photos is by the murals. The mural on the church school wall (*Birding*) was completed in early 2003; since it's not shown in the photos, that gives us an idea of when these were taken.

It's been 17 years since the park was constructed, which explains why some updating needs to be done. Currently, the main problem is the small walk bridge going over the stream. Maintenance has been done on and off over the years, but it's just time to replace the structure, hopefully with a ramp instead of stairs. Burke Marine Construction will hopefully replace this structure as part of their WGD sponsorship this year.

Some of the plantings have been replaced, but some are old and have come to the end of their lives. Not all the plants need to be removed, but the landscaping certainly needs to be addressed.

Luckily, we have a friend in David Austin, Urban Horticulture Agent and Master Gardener Coordinator for the Highlands County Extension Service. David is well known in the area for his expertise with plants and he's offered to make a landscape plan for the park utilizing Florida-Friendly

plantings. The Florida-Friendly Landscaping Program involves plants that will utilize water efficiently, attract wildlife (think butterflies, etc.), and basically, put the right plant in the right place.

After the plan is completed, we will check with area nurseries to see if they can help. If necessary, we can do one section at a time to manage expenses.

As for the pond, Rob Bullock of Bullock Farms is helping get the water under control. While it sounds simple to have a water garden, it's more complicated than you might believe. First up, to help control the growth of algae, Rob suggests installing an additional filter with a UV light. Ultraviolet lights reduce the growth of algae and additional movement of the water makes it harder for algae to grab on. On the fun side, we'll install a small fountain head (more water movement) and some underwater lights that will come on at dark and turn off at dawn.



Since Rob has a fish farm (he grows fish for ponds and hobbyists), he's willing to bring us some smaller koi and then rotate them out as they become larger. Smaller fish will be less attractive to thieves and harder to catch. He also suggested giving the fish a place to hide, which will also be done.

Lastly, the signs on both sides of the park that were generously given by the town when the park

was built are being replaced with more modern identification signs, similar to the ones now used in the medians out on Highway 27.

With a little help from our friends, it won't be long until Rotary Park is once again a showplace.



New Signs



Club Speakers

7/39	Pam Grine
8/6	Norma Rizer
8/13	Tosha Reiss - EOC

Other Events/Meetings

7/29	WDG Planning 7am Heartland Bank
12/5	Wild Game Dinner

Kathy 7/30

David 7/31



OUR PAUL HARRIS FELLOWS

Farmer Phil Bennett©
 Mary Birge
 C.B. Brewer
 Pam Brewer
 Sara Carnes-Costello
 Merry Cresswell©
 Donald Elliott
 Scott Hanks
 Patty McFetridge
 Kenny Gardner



©Multiple Paul Harris Fellow
 Kathy Main
 Jennifer McGee
 Margaret Ellerbee-Moore

Todd Moore
 Luis Ojeda
 Nicholas E. Reed, M.D.
 Sherida Ridgill
 Norma Rizer
 David Smith
 Patsy Stamm
 Jason Test
 Katie Wilson
 Alan Underwood

It's Sponsor Time Part II



How many potential sponsors did you speak with (or think about) this week? I know it's difficult, since we don't stop to chat now in the store, at the gas station or on the street. But everyone has a phone. Call your person!

How do you sell a sponsorship? Well, first and foremost, you make sure you're speaking to the right person. If it's a "mom and pop" shop, you'd better know who really makes the decisions...mom or pop? If you're trying to get a larger organization to come on board, you appear unprepared if you don't know exactly whom to approach. How do you find out? Simply ask. "I'd like to speak with someone who makes the decisions about donations. Call you tell me who that is?" Another good way is to ask around if any of your business acquaintances know the person with whom you need to speak. You may need to make an appointment, but maybe not. Again, you will have to ask.

Before you even start talking, you need to be prepared. Make sure your sponsor can get to the sponsor forms. Carry them with you or make sure a copy has been mailed to them. By all means, bring a sponsor commitment form. All three of these items can be found in [this sponsorship package](#) from the web site.

Start by introducing yourself, unless the person is well known to you. Next, state exactly why you're there. "I'm here today to offer you a sponsorship opportunity for this year's Wild Game Dinner. I'm a Rotarian and I volunteered to see you." In this way, you've let the person know you want something, it's an opportunity for him, you're a member of Rotary and you're a volunteer.

Familiarize yourself with the details in the solicitation letter so you have lots to tell your client about what we do with the money we raise. Hand over the sponsorship opportunity sheet and make sure you mention that your company is a sponsor and they'll be joining many other local businesses as a sponsor. (WHAT? Your company ISN'T A SPONSOR???) No wonder you're nervous about this. It's hard to ask for money for something you won't give to! Go back to your office and get a sponsorship!! Do not pass GO.)

The sponsor needs to understand what he gets for his sponsorship. If you need help identifying the benefits, ask me or anyone else on the WGD committee. Every sponsor gets free tickets. Every sponsor above Bronze gets their name on the free tee shirt. Perhaps your sponsor would be interested in donating goods or services. As I said last week, if you get 50% in cash and 50% in kind, that's great! If the donor wants to only give product or wants to give less than 50% cash, the WGD committee asks that you bring that to us to make a decision. Just let your donor know you'll be glad to present that to the committee.

Be sure to close the sale. If the donor says he'll think it over or he has to ask someone higher up, be specific. "When would be a convenient time for me to return?" If he's interested, but not committed, be sure to mention that sponsors who commit later may be left off the web site and tee shirt.

Greeter

7/30	Donald Elliott
8/6	James Fansler
8/13	Kenny Gardner
8/20	Scott Hanks

Invocation

7/30	Kathy Main
8/6	Mary Birge
8/13	CB Brewer

You thought funnel cakes were bad? Should have been here for cotton candy!



Donald Elliott with a naked chick.



Jason shows his hula skills at an installation banquet.



David Smith dressed as Margaret...but I don't remember why.

FUN TIMES



A Fireside Chat...Donald, David and I don't remember the drive home.

(Below) CB gets intimate with the TSA on a Freedom Flight trip.



Returnees from a project trip to Costa Rica.