



SPEAKER FEATURE

Trevor Howard: “Bring It On”

Gymnast, speaker and Disney performer Trevor Howard told the Club how a missed catch by a fingernail, a broken hip and a back injury shaped his comeback. **“It’s only a failure if you give up.”**



Read the full story on pages 5-7 → *At*

OCTOBER 20th MEETING at:
FOGARTYVILLE – 525 Kumquat Court

Oct 20	Fogarty -ville	Broadway theatre manager and author shares behind-the-scenes stories <i>From The Back of the House</i> .
Nov 3	100 Central	Peter Rothstein, the new artistic director of the Asolo Repertory Theatre
Dec 4 Friday		Holiday Party Home of Leslie & Lindsey Glass

Promenade Estates Microforest featured in the *Nature-Based Solutions* Magazine

Check out the article on Page 2 of the Bay Breeze

ISSUE No2 September 2026

THE VOICES OF NATURE- BASED SOLUTIONS

Create Lasting Impact



Wikipedia – Autumn



P.O. Box 755 Sarasota, FL 34230



Club #4340

District 6960

PROMENADE ESTATES MICROFOREST– SARASOTA

ROTARY PARTNERS FOR NATURE

AUTHOR: CHARLES E. REITH PH.D, D 6960, RC SARASOTA BAY

"THESE SMALL FORESTS DEMONSTRATE WHAT CAN HAPPEN WHEN NEIGHBORS WORK TOGETHER: ORDINARY LANDSCAPES BECOME PLACES OF HABITAT, SHADE, BEAUTY, STORMWATER PROTECTION, CARBON STORAGE, AND ENDURING CONNECTIONS WITH NATURE."



An energized partnership of three Rotary clubs launched the **10th regional microforest** on June 5 at Promenade Estates in Sarasota, Florida. The Microforest and Walking Trail surrounds a beautiful two-acre lake, providing residents with a place to enjoy nature while creating lasting ecological benefits for the community.

The **Rotary Club of Sarasota Bay, Rotary Club of Sarasota Sunrise, and Southwest Florida Rotary Club** and the Pineview Interact club made substantial financial contributions and brought members and their families together for an exceptional planting day. They were joined by Promenade Estates residents ranging in age from 8 to 80.

Together, volunteers transformed a landscape of turf and scattered trees into a diverse young forest containing more than **50 species of native canopy** and understory trees, shrubs and groundcovers. The Promenade Estates Homeowners Association generously provided the site and will maintain it as a public amenity.

The microforest follows principles pioneered by Japanese botanist **Akira Miyawaki**, using closely planted native species to encourage rapid growth and develop the layered structure of a natural forest. The site was prepared using sheet mulching, with cardboard and locally sourced botanical material helping create healthy growing conditions.



The project was led by longtime microforest program director and **Sarasota Bay Rotary past president Charles Reith**, with Promenade Estates resident and new Sarasota Bay Rotarian **Mike Ansel** serving as neighborhood leader.

The planting also commemorated the life of longtime **Rotarian Richard Macafee**, whose memory will live on through a landscape that will benefit the community for generations.

This 10th regional microforest demonstrates the power of Rotary service, community partnerships and hands-on volunteer action. With neighborhood associations, Rotary clubs, Interact students, veterans and other community allies working together, the initiative is creating healthier communities—one microforest at a time.



GROWING FORESTS STRENGTHENING COMMUNITIES

10th
regional
microforest

50+
native plant
species

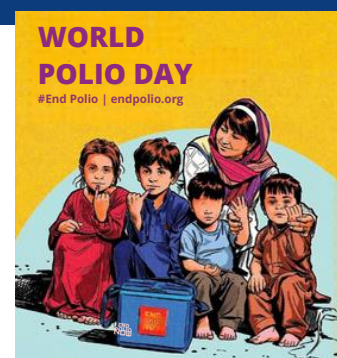
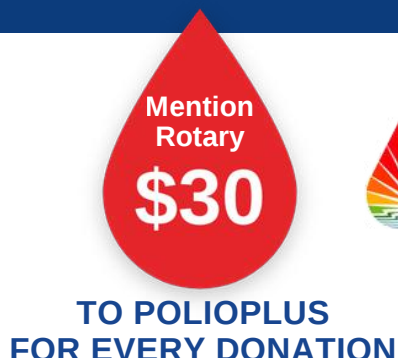
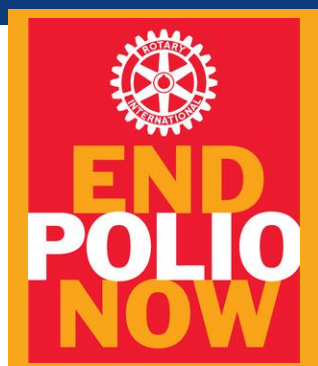
3
partner
Rotary clubs

8–80
volunteer
age range

SUBMITTED BY CHARLES C. REITH, PHD — REGIONAL MICROFOREST
PROGRAM DIRECTOR

GIVE BLOOD, help your community & HELP END POLIO

WORLD POLIO DAY · COMMUNITY BLOOD DRIVE



Wednesday, October 21, 2026 • 1:00 PM – 7:00 PM

Roll Up Your Sleeve to End Polio

SUNCOAST BLOOD CENTERS BLOODMOBILE · MARINA JACK'S, SARASOTA

On Wednesday, October 21, a SunCoast Blood Centers bloodmobile will be parked at Marina Jack's from 1:00 to 7:00 PM. For every blood donation received that day, the blood bank will make a \$30 donation to PolioPlus—Rotary's campaign to wipe polio off the face of the earth. One donation helps patients right here in our community and helps protect children around the world. The drive comes just days before World Polio Day on October 24. Since Rotary launched PolioPlus in 1985, polio cases have dropped by more than 99.9%, and the Gates Foundation matches Rotary's polio contributions two-to-one—so every dollar raised goes even further.

"We are this close to ending polio."

—Rotary International · #EndPolio · endpolio.org

Wednesday, October 21, 2026 • 1:00 – 7:00 PM

Marina Jack's • 2 Marina Plaza, Sarasota

Every blood donation = \$30 for PolioPlus

Before you donate: eat a good meal, drink plenty of water, and bring a photo ID.

Bring a friend—and help us end polio for good!

"The Friendliest Club in the World"

Rotary Club of Sarasota Bay • District 6960 • rotarysarasotabay@gmail.com

Save The Date! Planting Day – November 14th



Veterans Forest Walking Park at Promenade Estates (Palmer Ranch, Sarasota, FL)



Florida Veterans for Common Sense Fund, Inc. and Promenade Estates Homeowners Association are raising \$15,000 to install a 0.6-acre microforest and walking trail at the corner of Honore Blvd and East Bay Street.

The Nature Park in South Palmer Ranch will be open to the public and will provide the following benefits.

- Streetside beautification
- A shaded walking trail
- Outdoor recreation
- Wildlife habitation



Honore and East Bay
(Near Legacy Trail and Sherer Thaxton Preserve)



The Nature Trail will have upland forest, waterside forest, and aquatic plants along the lake



Last June's Rotary Forest



Your tax-deductible contribution will underwrite the planting of a Veterans Forest, which will cover about 40% of the habitats surrounding the lake.

The Rotary forest was planted last June. (See lower left corner of map)

All contributions between \$250 and \$1000 will be matched by the Florida Veterans for Common Sense Fund, Inc. up to a total of \$5000.

The lake-encircling Forest Park will be completed by the end of next year.

Your logo will be included on a sign for the forest, and you will be mentioned on planting day to all in attendance, including the media.



For more information, please contact [redacted] or call 703 342 6185

Thank you for considering a contribution to the Veterans Forest at the Promenade Estates Microforest and Walking Trail Park. The Promenade Estates HOA will maintain the park as a public amenity in perpetuity. Your contribution will grow into hundreds of native trees and a maturing Forest Park.



givebutter.com/PE-MF

A Boy from Ohio, a Fingertip from Success

Gymnast, motivational speaker and Disney performer Trevor Howard told the Club his story of falling short, getting back up, and learning that a setback does not define you.



*“It’s only a failure if you
give up.”*

— Trevor Howard

OUR SPEAKER

Trevor Howard

Penn State All-American

US National Team gymnast

Motivational speaker

Trevor was named the 2013 Big Ten Conference Freshman of the Year at Penn State and earned All-American honors all four years. At the senior international level he won the U.S. national title on still rings in 2018 and gold on rings at the 2019 Winter Cup. He opened by asking the room a question: who were you as a kid, and what did you believe you could do before you started worrying about being good enough?

A Kid Who Climbed Everything

Trevor grew up in Ohio as the youngest of four siblings. His dad sold cars, and his mom worked as a nurse. He was a boy who longed for friendship and craved attention, often climbing on everything. To harness his energy, his mom enrolled him in gymnastics, noting the furniture was too pricey for him to climb.

A pivotal car ride home altered his outlook. When he answered one of his dad's questions with whatever came to mind to appease him, his dad remarked, “If you don’t know the answer, don’t say anything.” Trevor called this moment “the first chip” in his once vibrant confidence. Then, a coach named Arnold noticed potential in Trevor before he recognized it himself, promoting him from the “Mommy and Me” classes to the boys’ team. Trevor posed a thought-provoking question: “Who first recognized your potential?”

THE CLIMB

*Close Enough to Taste It***4×**ALL-
AMERICAN**2013**BIG TEN FRESHMAN
OF THE YEAR**2018**U.S. STILL RINGS
CHAMPION**2019**

WORLD TEAM

Chasing the Big Stage

Watching the Olympics on a gym TV, Trevor wanted the big lights. His coach Mike Serra entered him in the Future Stars program, and he traveled to the Olympic Training Center in Colorado Springs to see his idols. He missed the national spot by three places, then missed it again by one. Each time, he told himself the same three words from a childhood TV spot: “Bring it on.”



A young Trevor on the parallel bars.

Iron Sharpens Iron

Watching teammates in new uniforms while he stayed home taught him to surround himself with people who wanted more. He copied how they trained and how they thought, and he made the regional team, then nationals.

**The Moment That Came Down to a Fingernail**

After finally making the Visa Championships in eighth grade, Trevor broke his hip in gym class kickball and lost two years. He came back, finished second in the nation, and placed 24th at his first Visas Championship. The next year he was in first place heading into the last event. There he missed catching the bar by the width of a fingernail, fell, and was repeating the skill when he fell again. He slid from first place to seventh. His coach said, “Looks like we wasted another year.”

“These moments don’t make or break you. It’s how you handle the moments.”

— Trevor’s mom, on the drive back to the hotel

Trevor took time away from the sport and found a piece of him was missing. When he walked back into the gym, he made the team the next year.

THE LANDSLIDE

One Decision, Then Everything

That one comeback led to the junior national team, a trip to China, a USA uniform, a scholarship to Penn State, and a national title on floor. After he later competed at Ohio State, a herniated disc in his lower back left doctors telling him his Olympic dream was over. Trevor didn't take no for an answer. Eastern medicine, acupuncture, careful eating, and extra work got him back on the team, and he made the 2019 World Team in Stuttgart, Germany. His Olympic petitions and emails were gaining traction when COVID arrived. With no fans allowed in the arena, Trevor chose a new path.



Trevor representing the US National Team ©

Life After Gymnastics

Trevor founded **ETHICKS** Coaching, a coaching business whose name draws on his family's names—"E" for his father, Enoch, and "TH" for Trevor. Its purpose is to build not only stronger bodies, but also more resilient mindsets. Today, he speaks to teams, schools, and community groups. At Disney, he performs as a tumble monkey in Festival of the Lion King and appears in Fantasmic! as a friend of Aladdin's.

From the Q&A

Asked about his new career, Trevor said he is bumping his head the way he did in gymnastics, and that discipline, dedication and desire carry over. On aging, he said to treat your body like a temple, because if it gives out, nothing else you want to do will happen. President Todd closed with a reminder that one encouraging comment can light a match for a younger person.

Trevor's question for us

What is the goal or dream you're chasing, or the thing you're struggling with?
And what is the first actionable step you can take?

Bring it on.

©

ABOUT TREVOR

Ethicks coaching
Speaker & Disney
performer

OUR PROGRAM

Tuesday Noon, Oct. 6,
2026 Club of Sarasota Bay

PHOTOS

Courtesy of Trevor
Howard