

The Future of Rotary is Here!



NEWS FOR AUGUST 20, 2018

OUR MOST RECENT MEETING

Ten years working in a cardiology practice and experience as a clinical researcher focused on obesity helped make Dr. Seday Samuel an expert in the health and fitness arena. She educated the club on the right and wrong foods to eat, the importance of portion control, as well as the right proportions of vegetables,



fruits, proteins, carbs, and dairy. She also provided valuable information on the right types and amounts of exercise, as well as some of exercise's little-known benefits. Dr. Samuel is the founder of Dynamic Cycle Studio in Duluth. There she helps others improve their health and their lives through education and her personal example.

YOUR DATA IN ROTARY



President Mark took a look at web sites that have information on the different levels of Rotary. There's Rotary International, our own District 6910, the club, and the individual Rotarian. Whatever you want to know about Rotary, you can find it on one of these sites. Members also have the ability to edit their own information in DACdb, our database, which helps assure that each Rotarian stays in touch with everything going on at the club level and beyond. Under ***WHEN AND WHERE WE MEET*** below are all the links to the various web sites. Please take a few minutes to check them out.

UPCOMING

August 28th – Gwinnett Stripers Baseball Game

September 3rd – No Meeting (Labor Day)

**September 17th Meeting – Shawn Lesko, Mission Work in Africa
A Rotarian's Story – Tina Miller**

**October 1st Meeting– Randy Redner, Community Foundation for
Northeast Georgia; Club Assembly for Q2 of Rotary Year**

**October 15th Meeting – To be determined
A Rotarian's Story – Angela Duncan**

October 24th – World Polio Day

**October 29th Meeting – Zinah Ghazi, Iraqi Refugee
A Rotarian's Story – Eric Bailey**

**November 12th Meeting – The Rotary Foundation
A Rotarian's Story – Michele Tainter**

WHO AND WHY WE ARE

Our mission is to reflect, shape, and serve the Gwinnett of tomorrow.

WHEN AND WHERE WE MEET

- **Alternate Mondays, 6PM to 8PM**
- **St. Matthew's Episcopal Church, 1520 Oak Rd., Snellville GA 30078**
Click [HERE](#) for directions.
- **Remaining 2018 Meeting Dates: 9/17; 10/1; 10/15; 10/29; 11/12; 11/26; 12/10**
- **Missed a meeting? Watch the video on our YouTube channel. Click [HERE](#).**
- **Our club web site, www.gwinnetttomorrow.org, has back issues of club newsletters, club by-laws, and other info.**
- **Keep up with club happenings on our Facebook page. Click [HERE](#).**
- **Members can check and update their info at DACdb. Click [HERE](#).**
- **Rotary International website – Click [HERE](#).**
- **District 6910 website – Click [HERE](#).**

CLUB LEADERSHIP 2018-2019

President: MARK DIGIOVANNI

President-Elect: BERTHINE CREVECOEUR WEST

Treasurer: SEMIRA YUSUF

Secretary: MARA DIGIOVANNI

Rotary Foundation: SHON DAVIS

Membership: ANN LAFAVOR

Community Service: CAROL TERRY

Director At-Large: SWETHA GUPTA

Director At-Large: OSCAR DELEON



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INSPIRATION**