



Invocation: *Tim Crosby*

Pledge: *Jennifer Logue*

Club Officers

Sam Hall
President

Lori Anderson
President-Elect

Doc Renuart
President Nominee

Vickie Cavey
Immediate Past President

Jennifer Logue
Secretary

Lorraine Dorsa
Treasurer

Ken Jones
Sergeant at Arms

Lee Lockett
Legal Counsel

Rich Turnbull
President 2020-2021
Governor, District 6970
Holger Knaack
Rotary Club of Herzogtum
Lauenburg-Mölln (Germany)
2020-2021
Rotary International
President

Board Members

Jon Blauvelt
Ed Dalton
Wayne Gordon
Todd Hickey
Sherry Mahoney
Doc Renuart

Appointed
Toni Boudreaux
Toni Chrabot
Beverly Flanagan

We heard two truths a lie from the game host herself: **Michele McManamon**. Thank you for your infectious effervescence and appreciate all your hard work to help us kick start our mornings off right! We also heard from DGN

Jeff Michelman who shared updates including the new Rotary license plate project. You can learn more by clicking here. <http://floridarotarytag.com/>. **Lori and Emily** also updated us on all things Mineral City! Don't forget you have until the end of the month to take advantage of the ticket promo deal! It was all smiles for both Ecology Day and the Wine Tasting event this past Saturday. Thank you to everyone who came out to clean up our mile. Our presentation last week was a special one with two of my favorites: **Tim Crosby** (K9's for Warriors) and **Mike Linnington** (WWP). Because of the lack of resources, many veterans suffer from PTSD for years without realizing that they have it. Both of these life saving organizations are working to move the needle and change the way that our veterans return home and get the support and access to critical resources that they so desperately need. Thank you both for doing what you do! Lastly, make sure to check out the article in the PV Recorder highlighting TBRCITW and our outstanding women in leadership. You can read the article by clicking the link here: [LINK](#). Great story!!



April 1st Program:



Mona Shah, MD has been living in Jacksonville since 2006 after moving from Ohio. She was born and raised in Chicago and moved all over the Midwest during her medical training. After becoming a mom, she made the decision to move to sunnier skies and have thoroughly enjoyed raising her three boys here in Jacksonville. They love bike riding, working out together and going to the beach. In addition to cardiology, she became board certified in integrative holistic medicine because she has seen the result of treating not only a patient's physical symptoms but also working with them to make changes in their nutrition, stress level, and medications to improve their heart health. She understands a patients desire to use more natural vitamins and supplements in addition to traditional medications and strives to really hear her patients and help them find the root of their health issues in order to best heal their heart. Dr. Shah, specializes in cardiology due to her love of analyzing and detail oriented care. In order to further develop her passion for treating the whole patient and educating them on the connection between their lifestyle and heart health, she became board certified in holistic medicine. Dr. Shah's areas of expertise include: Women's Heart Health, Valve Disease, Heart Disease Prevention, Non-invasive Cardiac Testing, Holistic Medicine.



On the Web Club

#21038

Just click the links!

[PVB Rotary Club](#)

[Rotary District 6970](#)

[Rotary International](#)

[Rotary Youth Exchange](#)

[Beaches Rotaract](#)



Nominations are now being accepted for this year's Local Heroes! The Local Heroes Award recognizes individuals who give back to the community and reflect the spirit of the Rotary Club's motto, "Service Above Self." Know a Local Hero? Please complete the attached nomination form and return it to the address below by **March 31st**. Questions: Please email Steve Crosby at: stevecrosby101@gmail.com



Our Mineral City Celebration is going virtual this year!

Check out all the latest details by clicking here:

<https://www.mineralcitycelebration.com/>

Also check out the silent auction form attached to the Rote.

Click the [link](#) to purchase raffle tickets to places like: Fairmont Sonoma Mission Inn, 2021 Newport Mansions Wine & Food Festival, Del Monte Golf Course, 2020 Del Mar Race,

A Sailing Experience on America's Cup Yacht on San Francisco Bay and more!



April Speakers & Events

April 1st: Mona Shah, practical heart issues and holistic approaches

April 8th: UNF President David Szymanski

April 15th: TBD

April 20th: **Sam Hall**, President - Board Meeting

April 22nd: SJC Sheriff Hardwick

April 29th: No Meeting

May 1st: Mineral City Celebration!

*Board meetings are from 7:30-8:30am every third Tuesday of each month.

[The Rotary District 6970 Alumni Association](#), led by our very own **Bill Hill, Jon Blauvelt, Magda Cichon, and Tatty Chavez**, is launching the second round of its Rotary Feeding Heroes service project. You may remember that the group raised money in the fall to buy meals from local businesses and donate those meals to healthcare workers at UF Health Shands Hospital in Jacksonville. This time around, the alumni association is raising funds to provide meals to personnel at AdventHealth Palm Coast and Halifax Health in Daytona Beach. The project will provide lunch or dinner to approximately 600 healthcare workers at these hospitals in Flagler and Volusia Counties. Project supporters can donate in \$10 increments to buy lunch(s) or dinner(s) for local healthcare heroes. The goal is to raise \$6,000 by the end of March when the group plans to donate the meals. Buy a meal for a healthcare hero [here](#). For more information, contact **Jon Blauvelt** at Blauveltjon@gmail.com.