



**Invocation:** *Marc Savy*

**Pledge:** *Randy Hayes*

## 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*

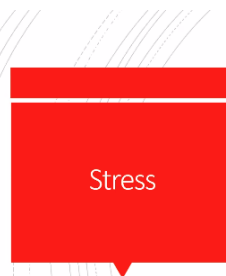
**Rich Turnbull**  
*President 2020-2021*  
*Governor, District 6970*  
**Holger Knaack**  
*Rotary Club of Herzogtum*  
*Lauenburg-Mölln (Germany)*  
*2020-2021*  
*Rotary International*  
*President*

## Board Members

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

**Appointed**  
**Toni Boudreaux**  
**Toni Chrobot**  
**Beverly Flanagan**

We hope everyone had a wonderful Easter holiday! If you missed us last week you missed us getting to know new member **Susan Mack** with the return of two truths and a lie. Our guest speaker was Dr. Mona Shah who specializes in cardiology but also became board certified in integrative holistic medicine. She spoke to the club about how changes in our nutrition, stress level, and medications can improve not only our heart health but our overall health. Besides exploring stress management and nutrition with her patients, she also discusses natural options for treating ailments such as vitamins, supplements, and herbs. You can visit and follow her on her blog at: <https://drmonashah.wordpress.com/>.



- Known risk factor for cardiovascular disease
- Anxiety and depression increases stroke and heart attack risk
- Hormones and chemicals released in body, including adrenaline, cortisol
- Acute stress can cause stress induced cardiomyopathy
- Chronic stress can cause long term damage even down to DNA level
- Not about GETTING RID OF STRESS, ABOUT MANAGING IT

## April 8th Program:



Dr. David M. Szymanski is the sixth president of the University of North Florida. He joined UNF in the summer of 2018 and was inaugurated in February 2019. Committed to student success, President Szymanski has spearheaded initiatives to ensure that all students have the resources they need to succeed, on campus and after they graduate. This includes boosting programs to enhance student wellness and to provide students with opportunities to gain leadership experience and engage in the community. President Szymanski recognizes the vital role that UNF plays in the region as the top source of talent and innovation for area businesses. He has worked to build partnerships to advance academic excellence at UNF, ensuring that students not only learn on campus but have abundant and meaningful real-world opportunities outside of the classroom to gain experience in their fields. A new Strategic Plan for the University was commissioned by President Szymanski and approved by the Florida Board of Governors in January 2020. The ambitious plan aims to creatively build on UNF's current successes while expanding partnerships, enhancing research and development, and creating rigorous programs that give UNF students an even greater competitive advantage. Before joining UNF, President Szymanski served as dean of the Carl H. Lindner College of Business at the University of Cincinnati. During his tenure, enrollment in the business college grew significantly, as did retention and graduation rates. Prior to his time at UC, he was the director of the Center for Retailing Studies at Texas A&M University where he was a professor of marketing. He earned a Bachelor of Arts in economics at the University of North Carolina Asheville, a Master of Arts in economics at Vanderbilt University, as well as a Master of Business Administration and Ph.D., both in marketing, at the University of Wisconsin at Madison. President Szymanski and his wife, Maria, have a son, two daughters and a granddaughter.



Rotarian of the Month



April 2021

Lorraine Dorsa

## On the Web Club

#21038

Just click the links!

[PVB Rotary Club](#)

[Rotary District 6970](#)

[Rotary International](#)

[Rotary Youth Exchange](#)

[Beaches Rotaract](#)



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.

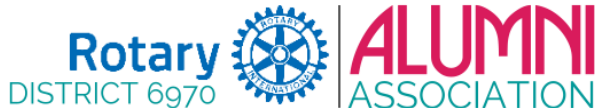
Click the [link](#) to purchase raffle tickets to places like:

Fairmont Sonoma Mission Inn, 2021 Newport Mansions

Wine & Food Festival, Del Monte Golf Course, 2020 Del Mar

Race, A Sailing Experience on the America's Cup Yacht

on San Francisco Bay and more!



Thanks to your support of our Rotary Feeding Heroes project, they provided lunch for over 600 healthcare workers in Flagler and Volusia Counties. Your donations specifically helped to deliver approx. 300 meals to AdventHealth Palm Coast and 300 meals to Halifax Health Medical Center of Port Orange. The Alumni Assoc. purchased meals from local restaurants including Tortuga's Florida Kitchen and Bar, Beachfront Grille, Oceanside Beach Bar & Grill, Martin's Restaurant, and Terranova's Restaurant and Pizzeria. We also supported local food trucks including Wing It To The Bone, FatBoi Gourmet Potatoes, Taco's Land, and Cool Beans Barbeque and Catering. **#ServiceAboveSelf**

### April Speakers & Events

**April 8th:** UNF President David Szymanski

**April 10th:** District Grant Management Seminar

**April 15th:** **Bruce Jones** & Dale Pirkle, Vicars Landing Update

**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.

