

Rotary



Club of Daytona Beach

Club Leaders

Michael R Leonard
President

John R Guthrie
President-Elect

DJ Lebo
Secretary

Timothy L Smith
Treasurer

Renny Miles Jr.
Sergeant-at-Arms

Lori Campbell-Baker
Club Director

Stephen Dole
Club Director

Jeffrey Todd Huffstickler
Club Director

Bev Johnson
Club Director

Matthew Metz
Club Director

Keith A. Norden
Club Director

Joyce Shanahan
Club Director

Linda Webster
Club Director

Rosaria C. Upchurch
iPast President

Charles Miller
Assistant Governor

Account Leaders

Michael Thomas Bruce
Lt. Governor

Niels Hansen
Legal Counsel

Jeffrey Eliot Michelman
District Governor

John D. Tabor
DG-Elect

Kelly Altosino-Sastre
Assistant Governor

Steven Crump
Assistant Governor

Cindy Dalecki
Assistant Governor

Chessie L Flanders
Assistant Governor

Lavonia Fore
Assistant Governor

Alvin J. Formella

Speaker Monday, March 13, 2023 Rob Maxwell - You Can't Outrun a Poor Diet



Rob Maxwell began his career in the Health and Fitness Industry over 20 years ago after graduating from the University of Central Florida with a Master's of Arts degree in Exercise Physiology. Rob is also a Licensed Sports Nutritionist. Rob holds certifications from the American College of Sports Medicine for Personal Training and from the National Strength and Conditioning Association for the prestigious Certified Strength and Conditioning Specialist. Rob won "Best Around for Personal Trainer" and "Best Around for Exercise Physiologist" by the Daytona Beach News Journal for eleven consecutive years until the newspaper discontinued that category.

While working as a personal trainer, Rob built his company, Maxwell's Fitness Programs, a studio where his clients can work in a private atmosphere following a specific exercise prescription tailored to each client's athletic ability. He has coached and trained hundreds of individuals, from those requiring rehabilitation and overweight, to professional athletes. Rob works with all types of rehabilitation clients including hypertensive, musculoskeletal injuries, diabetics, and autoimmune diseases, just to name a few. He enjoys working with populations of people that need exercise modification. Rob believes absolutely everyone should workout and that there is no condition that should disallow exercise participation.

Rob has been a consultant and speaker since the beginning of his career, specializing in workshops that enable people to improve their health and wellness. He has spoken at schools, businesses, and rotary clubs and can customize his speaking topic for your group. His speaking style is interactive, practical, and energetic, offering insights on the benefits of exercising and proper nutrition and the importance of rest and recovery.

Rotary International News - March 13, 2023

Assistant Governor
 Rusty Hall
 Assistant Governor
 Ron M. Heymann Jr.
 Assistant Governor
 Preston Mangus III
 Assistant Governor
 Charles Miller
 Assistant Governor
 Gerald Charles Watson
 Assistant Governor
 Gary Williams
 Assistant Governor
 Dale M Moe
 DG-Nominee Designate
 Mickey Ulmer
 DG-Nominee
 Richard Cooper II
 iPDG

James D. Kocmoud
 District Communications Officer
 Katherine Batenhorst
 District Membership Chair
 Bill Griffin
 District Membership Chair
 Mary Stutts
 District Membership Chair
 Jeanette M. Loftus
 District Rotary Foundation Chair
 Amy Workowski
 District Public Image/PR Chair
 Karen Lickiss Weiss
 District Secretary
 Teresa Harrington
 District Treasurer

Billy D Larson
 Sgt. At Arms
 Marie R. Turnbull
 Training Coordinator
 Edward Lombard
 Sgt. At Arms

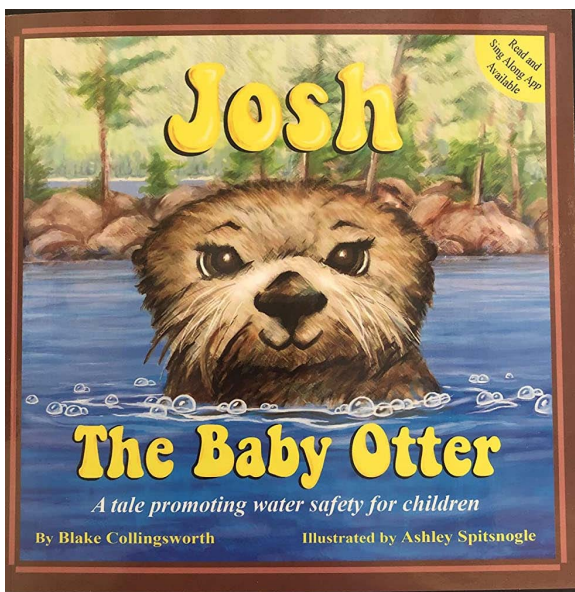
Birthdays

Sherry Paramore
 March 11th
 Steve Rice
 March 15th
 Kathleen L. Crotty
 March 17th
 Jennifer Buth
 March 24th
 Mahyar Okhovatian
 March 28th
 Carl W. Lentz III
 April 10th



In 2011, Liberian peace activist Leymah Gbowee was in Oslo, Norway, waiting to deliver her Nobel lecture. After giving her lecture, people asked, "What's next?" She could only think about girls and education at that moment. She went on to found Gbowee Peace Foundation Africa, which focuses on just that. Leymah Gbowee is not only a Nobel Peace Laureate but also a Liberian Peace Activist, a trained social worker, and a women's rights advocate. Gbowee will be a keynote speaker at Rotary23. Join us in Melbourne to connect with other Rotary members and discover new opportunities, and imagine what's next <https://on.rotary.org/3L9zeDy>

Please Join Us - Monday, March 13th at 2pm



All,
 Congratulations fellow Rotarians...we are going to kick off our partnership for water safety and Josh the Otter. We will be announcing this program at the **Ormond Beach YMCA at 2:00 on Monday, March 13th** and hope you can join us.

In addition to our club, we will be partnering with:
 YMCA of Volusia Flagler
 Early Learning Coalition
 Healthy Start
 Easter Seals
 Our Lady of Lourdes Students
 Florida Health Department
 Volusia County Beach Patrol
 Halifax Health – Healthy Communities

The goal of the program will be to purchase and distribute 1,000 Josh the Otter books this spring. The books are the first step in water safety for young families.

In Volusia County alone, 18 children, aged 4 and under have drowned in the last 12 years.

The number of children who drown in our state each year could fill 3 to 4 preschool classrooms, according to the Florida Department of Health. These drownings include deaths in swimming pools and other bodies of water; infants have drowned in bathtubs and even buckets.

We are starting small but intend to grow the program. There is no cost to partner. Our Lady of Lourdes and Halifax Health are supplying funding for the books and we are asking you to help get them in the right hands to save lives.

As special guest and our spokesperson on water safety, Rowdy Gaines, US Olympic Hall of Famer and three-time Olympic Gold Medalist, will be our master of ceremonies.

I hope you can attend as we kick off this important work.

Thank you,
John Guthrie

The CVB Needs Our Help



As you may know, the *Daytona Beach Area Convention & Visitors Bureau (CVB)*, the organization responsible for promoting overnight visitation to the Daytona Beach area, is in the process of surveying local residents – and we would love to know your thoughts. Feedback will be used to help inform our planning and priorities for Daytona Beach area tourism.

Here's the survey link:

<https://www.research.net/r/DBAResident>

2023 Zoom Meeting Login



The Four Way Test



“

Is it the truth?

Is it fair to all
concerned?

Will it build goodwill
and better friendships

Will it be beneficial to
all concerned?"

”

Club Meeting

Daytona Beach
Meets at Palmetto Club
1000 S Beach St
Daytona Beach, FL 32114-6202
Time: Monday at 12:15 PM