

the HELICOPTER



The Rotary Club of Pensacola District 6940 Club 4248

WEEK IN REVIEW 5/16/2023

Past President Ed Wonders called the Rotary Meeting at Pensacola Yacht Club to order. Past President Ed asked all to stand and recite the Four Way Test. He next called on Judge Bill Stafford to give the Prayer and lead the Pledge of Allegiance.

Rotarian Brian Wyer approached the podium and thanked all who sponsored him and chose him for the UWF College of Business and Combined Rotary Clubs of Pensacola Small Business in Ethics Award.

President Ed called Christina Doss to introduce a new member, Sarah Horne. Sarah, an accountant at Saltmarsh, graciously pledged to support Rotary and thanked Christina for introducing her to Rotary.

President Ed moved into a series of histories that had occurred from ancient times to present on May 9. His next movement was the drawing of the day. Former Pensacola Mayor Ashton Hayward won a small portion of the funds but donated them back to the Club.

Former Mayor Grover Robinson brought in Sunshine by welcoming visitors and announcing birthdays. His humor centered around his visits to National Parks noting a special Mountain Sunflower in

Kansas.

Speaker of the Day was our club Rotarian Chiropractor Dr. Caleb Heifner of the Stearns Chiropractic Group. Dr. Heifner talked on Back Safety. He explained the objectives of Chiropractors to relieve pain in a natural way. Specifics he identified were causes of back injuries, how to lift safely, what happens to the Spine when an injury occurs and RICE. RICE represents what to do when there is a back injury including icing the location, compressing and seeing a chiropractor to assist with relieving pain. As to back injuries even when treated often come back. He said we all may have arthritis as we age and to avoid lifting and bending to prevent injuries. Along with Dr. Heifner's talk he presented a PowerPoint which showed much of his talk with charts and illustrations. Several questions were asked in closing.

Past President Ed thanked all for attending and those who helped make the meeting a success. He adjourned with Imagine Rotary.

Submitted by
Betty B. Roberts

WHAT'S HAPPENING IN ROTARY

This week's meeting will be at Pensacola Yacht Club

We will meet at Pensacola Yacht Club this week for our weekly meeting. Please note the change of venue for the following two weeks. We return to the Pensacola Bay Center on May 30th and June 6th. See schedule below.

Welcome new member David Williams. David is a Pensacola native and a graduate of Southern University with a degree in Business Management. He received a Masters and Graduate Degree in Educational Leadership, Curriculum and Instructions from the University of West Florida. David retired as the Principal of Pensacola High School and now serves on the Escambia County School Board. He serves on numerous civic organization boards and is a member of professional organizations. David and his wife Gail have 2 children. His sponsors are Charles Thornton and Rick Fountain.

Registration for the Melbourne International Convention is open and information can be found at www.Rotary.Org or at www.rotarymelbourne2023.org

We are now streaming our meeting using Microsoft Teams. If you already have a Microsoft account, you can join the meeting just like any other. If you don't have a Microsoft account, there aren't any special downloads or requirements to join as a guest. Click here for a quick overview of accessing Microsoft Teams as a guest. The meeting join information will be sent out in the same manner as before. If you have any questions or concerns regarding these changes, please let me know. 850-434-0684

Our Clubs Annual Pledge Drive continues. Along with our Club Foundation, Rotary International EREY and Polio Plus, a new category has been added to give. The **Hanwash Project** collaborative national initiatives to provide and sustain clean water in order to promote prosperity and better health to the people of Haiti. Pledge forms will be available at the weekly meeting every Tuesday, or you can request a pledge form at cbridwell@pensacolarotaryclub.org.

In an effort to increase the membership of our club, at the most recent board meeting it was decided to extend the offer of three free lunches for potential new members.

Promote your business by placing an ad in the Helicopter. Your ad will run for a full month each week. Business card-sized ads are \$25.00, a 1/4 page is \$50.00, and a 1/2-page ad is \$75.00. To place your ad, send the prepared document to cbridwell@pensacolarotaryclub.org stating the size of the ad you wish to place. **Proceeds benefit the Rotary Club of Pensacola Foundation.**

To pay your quarterly Rotary Club dues with a credit card/debit card go to <http://www.pensacolarotaryclub.org/payment>. Please note a service charge will be applied to your payment.

2022-2023 Club Officers

•President	Bruce Partington
•Past President	Ed Wonders
•President Elect	Charles Beall
•Secretary	Lisa York
•Treasurer	Lori Nesmith
•Sergeant At Arms	Scott Grissett
•Communications Officer	Betty Roberts

Bulletin Information

Web Site: Pensacolarotaryclub.org
E-Mail: cbridwell@pensacolarotaryclub.org
Chris Bridwell, Executive Secretary
13 Palafox Place, Suite 200
P.O. Box 528 • Pensacola, FL 32591-0528
Phone: 850-434-0684

Clubs Available for Makeup

Five Flags	Pensacola Bay Center	Mon.	12:00 pm
Gulf Breeze	Legends at Andrews Institute	Tues.	7:00 am
Milton	The Hangar Restaurant	Tues.	12:00 pm
Seville	Seville Quarter	Tues.	4:15 pm
Cantonment	St. Luke's United Methodist Church	Wed.	12:15 pm
Perdido	The Point Church	Wed.	7:30 am
Pace	Stonebrook Village Country Club	Thur.	7:00 am
Cordova	Gulf Coast Kid's House	Thur.	7:00 am
Suburban West	Pensacola Yacht Club	Thur.	12:00 pm
Navarre	Broussard's Cajun Restaurant	Fri.	12:00 pm
Pensacola North	Hyatt Place - Pensacola Airport	Fri.	12:00 pm

District Governor

Dan Sulgar
<http://www.rotary6940.org>

Assistant District Governor

Sally Fox

HAPPY BIRTHDAY

Birthdays for the week of
May 23 through May 29

Donn Scott – May 23 – born in Brewton, AL, in Rotary 27 years
Paul Harris Fellow

Art Hufford – May 23 – born in Pensacola, FL, in Rotary 22 years
Paul Harris Fellow +1

Greeters and Ticket Sales

May 23

Greeters: David DelGallo and Peter Doyle
Ticket Sales: Sarah Horne and Cedric Durre

May 30

Greeters: Jane White and Russell Fertitta
Ticket Sales: Lee Elebash and Bill Fleming

Prayer/Pledge And Sunshine

May 23

Prayer/Pledge: John Tice Sunshine: Richard Sherrill

May 30

Prayer/Pledge: Paul Tobin Sunshine: Margaret Stopp

Program Schedule

May

23 - Nan DeStafney - Alzheimer Awareness
30 - Eric Buer - Ghosts of Baghdad

June

6 - Brian Weaver - PSC, Visual Arts Department
13 - Cliff Curtis - Chappie James Flight Academy
20 - Mark Faulkner - Baptist Hospital, President & CEO

What's Happening in Rotary

May

23 - Noon Regular Weekly Meeting at Pensacola Yacht Club and
MicroSoft Teams
30 - Noon Regular Weekly Meeting at Pensacola Bay Center and
MicroSoft Teams

June

6 - Noon Regular Weekly Meeting at Pensacola Bay Center and
MicroSoft Teams
13 - Noon Regular Weekly Meeting at Pensacola Yacht Club and
MicroSoft Teams
20 - Noon Regular Weekly Meeting at Pensacola Yacht Club and
MicroSoft Teams
1:00 Board of Directors Meeting
22 - 5:30pm Location TBD