

the HELICOPTER



The Rotary Club of Pensacola District 6940 Club 4248

WEEK IN REVIEW 12/14/2021

The Pensacola Downtown Rotary met via Zoom. This note taker missed the first few minutes trying to access Zoom. However, I got there via phone in time to hear Joe Vinson provide the introduction to the speaker, Dr. David Joyner of the Andrews Institute for Orthopedics and Sports Medicine division of Baptist Health Care. The Institute specializes in bone and muscle care but does not provide pediatric care. The focus is on patient care, research and education. There are currently over 30 ongoing clinical studies. Dr. Joyner expect the next 50 years of care and research to be focused on biologics.

The Covid pandemic has caused stress on all health systems, according to Dr. Joyner. Andrews Institute had to increase their capacity, restrict visitors, and stop elective surgeries during the first six weeks of the pandemic (by government decree). At the peak, the Institute was serving 118 patients. The challenge has been to find people to work and to make pay adjustments.

The Sports medicine outreach by Andrews supports the community. They supply athletic trainers to area high schools and to UWF. School physicals for athletes may be scheduled for free. Also, Andrews certifies

local coaches in CPR.

Asked about some of the studies, Dr. Joyner discussed BFR or blood flow restriction which is used to exercise muscles faster and has been used by Navy SEALs in their training. The institute also has an underwater treadmill for use in rehabilitation. Medical tourism is a growing phenomenon.

Dr. Joyner also clarified that the Andrews Center in Birmingham is not the same institution as the Andrews Institute here although they do share research.

President Meadows stated that new Rotary member orientation will be held on January 11. And March 31 – April 3 will be RILA and we sponsor 5 students for the leadership institute.

Next week will be an in person meeting at the PYC for our Holiday Fun - singing and perhaps special gifts – wear your “best” seasonal sweater.

Respectfully submitted, Rotarian Lynne Tobin

WHAT'S HAPPENING IN ROTARY

This week we return to the Pensacola Yacht Club for our Christmas Program. President Ed asks that we all wear our favorite “Ugly Christmas Sweater”. We will have door prizes, and entertainment by the Rotary Rooters, Pensacola Symphony and The Pensacola Opera.

Let's not forget the great staff that greets us every week at the Yacht Club. As we have every year, we ask that you show your appreciation by dropping a gift of cash in the plate at the end of the meeting.

Welcome New Member Shamahl Lee. Shamahl is a native of Niceville, Florida. He is a graduate of Florida State University with a Bachelor's Degree in Information Technology. Shamahl is the CEO of LMI Enterprises, Inc. His sponsor is Carter Herman.

New Member Orientation will take place on January 11th immediately following the regular weekly meeting at the Yacht Club. All new members and their sponsors are encouraged to attend. This introduction to Rotary International is given by Rotarian John Tice and all members are welcome to join in.

It is that time of the year again to make your annual pledge to our local Foundation and Rotary International. Copies of the pledge form are available upon request and at the weekly club meetings.

Our Prayer/Pledge and Sunshine Committee Chair-Person Jean Norman is looking for members to serve at our weekly Rotary Club meeting. Contact Jean at: jean.n.norman@gmail.com and let her know if you would like to be included and if you would like to provide prayer and pledge or sunshine or maybe both.

Our Helicopter Committee Chair-Person Nicole Gislason is looking for members who would like to take minutes at the weekly Rotary Club meetings. If you would like to be a part of that committee please contact Nicole at: nicole@uwf.edu.

We will continue to have On-Line Zoom Meetings along with the In-person meetings at Pensacola Yacht Club. You will continue to get a Zoom invitation every Monday. If you have any questions please feel free to give me a call. 850-434-0684. Chris

You are now able to pay your quarterly Rotary Club dues with a credit card/debit card. Please note a service charge will be applied to your payment. The link can be found on our website at <http://www.pensacolarotaryclub.org/payment>.

Promote your business by placing an ad in the Helicopter. The Rotary Club of Pensacola will advertise your business in our weekly newsletter with ads running for a full month. Business cards \$250. 1/4 page \$500. 1/2 page \$750. To place your ad send the prepared document to rcopensa@bellsouth.net stating the size ad you wish to place. **Proceeds to benefit the Rotary Club of Pensacola Foundation.**

2021-2022 Club Officers

•President	Ed Wonders
•Past President	Sally Fox
•President Elect	Bruce Partington
•Secretary	Lisa York
•Treasurer	Lori Nesmith
•Sergeant At Arms	Scott Grissett
•Communications Officer	Joe Vinson

Bulletin Information

Nicole Gisalon email: nicole@uwf.edu
Web Site: Pensacolarotaryclub.org
E-Mail: rcopens@bellsouth.net
Chris Bridwell, Executive Secretary
Office, Room 323 Brent Building
P.O. Box 528 • Pensacola, FL 32591-0528
Phone: 434-0684

Clubs Available for Makeup

Five Flags	McQuire's Irish Pub	Mon.	12:15 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

Larry Kubiak
<http://www.rotary6940.org>

Assistant District Governor

Sally Fox

What's Happening in Rotary

December

21 - Noon Regular Weekly Meeting @ Pensacola Yacht Club and On-Line Zoom Meeting

January

- 4 - Noon Regular Weekly Meeting ZOOM ONLY
- 11 - Noon Regular Weekly Meeting @ Pensacola Yacht Club and On-Line Zoom Meeting
1:00 New Member Orientation @ Pensacola Yacht Club
- 18 - Noon Regular Weekly Meeting @ Pensacola Yacht Club and On-Line Zoom Meeting
1:00 Board of Director Meeting @ Pensacola Yacht Club
- 25 - Noon Regular Weekly Meeting @ Pensacola Yacht Club and On-Line Zoom Meeting

HAPPY BIRTHDAY

Birthdays for the week of
December 21 through January 3

Jerry Maygarden – December 22 – born in Pensacola, FL, in Rotary 32 years, Paul Harris Fellow +8

Alan Moore – December 23 – born in Pensacola, FL, in Rotary 18 years, Paul Harris Fellow 1

LaVonne Agerton - December 26 – born in Pensacola, FL, in Rotary 26 years, Paul Harris Fellow +1

Dale Jordan – December 27 – born in Huntsville, AL, in Rotary 29 years, Paul Harris Fellow

Betty Roberts – January 1 – born in McComb, MS, in Rotary 16 years, Paul Harris +4

Denise Windham – January 2 – born in Pensacola, FL, in Rotary 19 years, Paul Harris Fellow

Prayer/Pledge And Sunshine

December 21

Prayer/Pledge: Charles Thornton Sunshine: Chris Kelly

January 4

Prayer/Pledge: Charles Kahn Sunshine: Bob Palmer

Greeters and Ticket Sales

December 21

Greeters: Bob Slaby and Mike Steltenkamp
Ticket Sales: Margaret Stopp and David Stafford

Program Schedule

December

21 - Christmas Program with the Pensacola Opera and the Pensacola Symphony

January

- 4 - Megan Pratt - Pensacola Mess Hall
- 11 - Dr. Tim Smith - Escambia Co School Superintendent
- 18 - Mike Waldo - Rotary Themed Majic Show
- 25 - Flash Gordon Sprague - Vermont Dairy Farmer