

## Fitness

### Speaker this week: Paul Lewis



Martial Artist, motivational speaker, Executive Coach and owner of The Immortal Executive LLC.

Starting his career as a Food Technologist in Australia, Paul moved to Israel at the age of 24 where he studied alternative medicine, was a head therapist in a private health club and opened and ran a pain and injury clinic treating physical and somatic pain and injuries.

Moving to the US in 2001, Paul became the Athletics and Wellness Director of the Ravinia Club, here in Atlanta.

His focus: the correlation between physical, physiological and cognitive performance.

4 years in Vietnam, Paul worked with US Embassy officers and their families, focusing on performance, productivity and motivation. He also established the Immortal Executive - promoting extraordinary performance inside and outside the workplace.

A loving wife who works at the CDC; ten year old boy/girl twins, and passionate about photography, you'll find Paul in his down time preparing and serving artisanal tea in his tea room at home, sharing dialogue with anyone willing to create time in their busy day.

### Official Handover of the C-ARM machine

Dear All,

The Rotary Club of Les Cayes, taking advantage of the visit of our District Governor Dr. Patrick Adizua and his wife Dr. Lesline Adizua, officially handed over to the hospital of Les Cayes on Friday January 25th, 2019 a C-ARM medical imaging device worth of more than \$ 182,000.00 that will make it easier for orthopedic surgeons to have a better surgical approach, allowing the physician to monitor progress at any time during the operation and make any corrections immediately. With this device, the results of treatment

## MEETINGS

January is Vocational Service Month

- 2/1 Paul Lewis, Fitness
- 2/8 Vanessa Carey - My Sister's House
- 2/15 Andra Watkins, Author
- 2/22 US Congresswoman Lucy McBath
- 3/1 Dell Spry, FBI re: Ames Case
- 3/8 Brian Holland, Phoenix Roasters
- 3/15 No meeting - Governor's Ball is tomorrow
- 3/22 Dekalb Rotary Council Breakfast - no Dunwoody meeting

## EVENTS

- 1/29 Rotary Means Business
- 2/21 Thirsty Thursday
- 3/16 2019 Governors Ball - A Celebration of Peace and Love
- 3/21 Thirsty Thursday
- 4/1 Polio Plus - Individual Donations
- 4/11 Dunwoody State of the City - Volunteers Needed
- 4/18 Thirsty Thursday
- 5/11 Dunwoody Arts Festival

## BIRTHDAYS

- 1/29 Kobelah Svensen Bennah
- 1/30 Anita Augello
- 2/4 Laura Kann
- 2/5 Jay Brackman
- 2/6 Meghan Berry
- 2/7 Buzz Law
- 2/7 Peter Sherman
- 2/9 Dr. John E. Carr
- 2/10 Eleni Bafas
- 2/13 Griff Ransom
- 2/13 Mark Galvin

are better and patients recover more quickly. The hospital and also patients will benefit from savings through fewer follow-up operations.

The hospital of Les Cayes being a center of reference for all the Great South of Haiti will now be able to better serve the population affected by so many accidents of motorbikes and cars but also to receive in the future teams of orthopedic surgeons coming from other hospitals nationally or internationally allowing academic exchanges so this service we hope will become in the future one of the most modern Trauma and Orthopedic Center in Haiti.

This Global Grant project has been achieved through the Rotary Club of Les Cayes thanks to the contributions of Rotarians at their Club level but especially the contributions of 15 Districts, 4 Rotary Clubs through their members, the DAF (Donor Advised Funds) of the Rotary Foundation via the Caribbean Partnership, two Rotarians Dr. Jack Guy Lafontant of the Rotary Club of Pétion-Ville and Beverly Kennedy of the Rotary Club of Boca Raton Florida and finally two non-Rotarian contributions the APCH (the Association of Haitian Bus Owners and Drivers) and the Municipality of Les Cayes.

On behalf of the population of Haiti, particularly from the South of Haiti, with this email I want to thank all of you who made this project become a reality allowing once again **Rotary to Make A Difference** and **Be An Inspiration**.

To share with you this moment attached please find some pictures.

YIRs,

***J.M. Robert Léger***

District Governor 2017-2018

Rotary International District 7020

Tel: 509-3701-8566

Email: robertleger7020@gmail.com

2/21 Marie Crean

2/24 Dave Burr

## **WEDDING ANNIVERSARIES**

2/2 John Vinyard (11)

2/14 Erich Schuetz (42)

## **ROTARY ONLINE**

<https://dunwoodyrotary.org>

<https://rotary6900.org/>

<https://rotary.org/>

## **ROTARY CLUB OF DUNWOODY**

Fridays, 7:15 am

Maggiano's - Perimeter Mall

4400 Ashford Dunwoody Rd,

Dunwoody, GA 30338

Atlanta, GA , GA 30338

## **SOCIAL MEDIA**



## **LEADERSHIP**

President-Elect Cathie Brumfield

Treasurer Ron Barden

Secretary Ardy Bastien

# Rotarians Needed as Volunteers



## LAWS OF LIFE ESSAY CONTEST

### Essay Judging Sign Up

As a judge, you will see how core values – such as generosity, courage, compassion, perseverance and grit – are experienced by a younger generation. Sign up today!

Essay Readers & School Judges First Review Sessions – Individual Readings

Wednesday, February 13 10:15-2:15 Vinings Library, 4290 Paces Ferry

Thursday, February 14 12:30-4:30 Sharon Forks Library, 2820 Old Atlanta Road

Saturday, February 16 10:15-2:15 Fulton Co Library, Northside Branch, 3295 Northside Pkwy

Tuesday, February 19 9:30-1:30 Phoenix & Dragon Bookstore, 5505 Roswell Road NE

Tuesday, February 26 12:30 - 4:30 Dawson County Library, 342 Allen Street

Monday, February 25 12:30-4:30 Athens Library, 2025 Baxter Street

Thursday, February 21 9:30-1:30 Columbus, GA, Location TBD

Wednesday, February 27 12:30 - 4:30 Forest Park Library, 4812 West Street

Essay Readers & School Judges Second Review Sessions – Group Reviews

Monday, March 4 10:00 - 1:00 Carol Gray's home, West Buckhead

Tuesday, March 10:00 - 1:00 Carol Gray's home, West Buckhead

Wednesday, March 6 10:00 - 1:00 Carol Gray's home, West Buckhead

Friday, March 8 (if needed) 10:00 - 1:00 Carol Gray's home, West Buckhead

State Judge Via Email: Email received on or about March 18 rankings due March 22. 15 essays to read and return rankings. Most judges take 2 to 3 hours of at-home reading to complete the

assignment

To participate simply fill out the sign-up form here: <http://georgialawsoflife.org/volunteer/>. Please sign up by February 8th.

For additional information on Rotary's Laws of Life Essay Contest or to read last year's winning essays, visit [www.georgialawsoflife.org](http://www.georgialawsoflife.org).

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## **Promote your business at Rotary 6900 Event! Networking! For Free!**



### **Become a marketing machine and the go to person in your market!**

Appetizers will be provided for the early birds. Cash Bar.  
Rotary Means Business— newest Rotary Fellowship. A business to business networking opportunity to share your business with fellow Rotarians. Empowering your business by the Power of the Pin.

Atlanta Rotary Networking meetings are held monthly on the last Tuesday at 6:30 pm Jan 29, 2019 at McKinnon's Louisianne . 3209 Maple Dr NE, Atlanta, GA 30305

Plenty of parking just off Peachtree St

Check out this monthly gathering for cross-club Rotarians and Rotarian guests.

For more information: Russ Hiner [russ@ibuyga.com](mailto:russ@ibuyga.com); 404-660-4289  
Ally Wingate, [allywingate3@gmail.com](mailto:allywingate3@gmail.com), 404-955-0131

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## **In Memoriam**



### **In Memoriam**

#### **Hardy Croom, III**

Past President of the Rotary Club of Dunwoody

Sad to report that Hardy Croom, III of Naples, Florida, former member and past president of the Rotary Club of Dunwoody, passed away on December 28, 2018 at the age of 85.

Hardy Croom, III became a member of the Rotary Club of Dunwoody on October 26, 1984, six months after the club chartered. As the General Manager of the Dunwoody Country Club he initiated the club's relationship with the Dunwoody Country Club where we had our Annual Holiday Luncheon, Annual Awards and Installation Dinner and numerous fundraising events.

Hardy served as president of the Rotary Club of Dunwoody in 1989-1990 when the RI presidential theme was "Enjoy Rotary." At the 1990 District 690 Conference, which was held at Jekyll Island, Georgia, the Rotary Club of Dunwoody was recognized with the Best All Around Club award.

After resigning from the club on June 30, 2000, Hardy and Maureen moved to Naples, Florida.

On May 17, 2009 Hardy and Maureen returned to Dunwoody as our special guests to attend the RCD 25th Anniversary Gala when we celebrated 25 Years of Making Dreams Real.

We will always cherish the memory of Rotarian Hardy Croom, III and his years of dedicated service in the Rotary Club of Dunwoody.

**Bill Mulkey**

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## **FROM THE DESK OF THE NEWSLETTER EDITOR**



Send your Newsletter submission to:

**rcdnewsletter@yahoo.com**

Our Club's Weekly Newsletter typically consists of:

- Speaker bio
- New Member Name(s)
- Featured article(s) (regarding events, service projects, or on-going topics general club administrative items, etc..).
- Foundation initiatives or other topics of interest to Members and with value for our Club archives.
- Announcements (seeking volunteers, advertising service projects, etc.)
- For Your Calendar (Club and other activities we encourage members and/or their spouses to attend, including Family of Rotary events
- Member News (birthdays, anniversaries, accomplishments, Caring Hands)

Please keep in mind key components to include with your submission:

- Title of your article
- Description of the activity
- Dates, Time, Location, deadline, etc... (especially for upcoming events)
- Key Points of Contact Information and/or a link to reference website for details
- Names and/or headcount of Rotarians (and others) participating,
- The reaction of those benefiting and the numbers of those benefiting.
- Picture(s)

Please also tell me the number of weeks would you like the article published.

Finally, the deadline for articles to run in the current week are

**Mondays by 5 p.m.**

If you have any questions feel free to ask me!

Thank you!

Tania López

rotary\_tls@outlook.com

