



# the HELICOPTER

The Rotary Club of Pensacola District 6940 Club 4248

## WEEK IN REVIEW 11/12/2024

**Call to Order:** President Roberts called meeting to order at 12:12 PM and led the club in the Four Way Test.

President Roberts announced the passing of Kenneth H. Woolf, who died on November 6, 2024.

**Prayer & Pledge:** Ellen Vinson led the club in prayer, with special recognition of the family of Mr. Woolf.

**Announcements:** Allison Hill gives update on the status of the pledge campaign.

**Raffle:** Winner did not pull Joker card. Pot continues to grow.

**Sunshine:** Paul Tobin brought sunshine to the club and introduced 1 guest.

The club recognized the following birthdays: Britt Landrum, Leslie Halsall, Randall Richardson. The club sang happy birthday to Britt.

### President Roberts introduced our program: Dr. Don Winslett, Mental Health

- Today's topic is what it means to be mentally healthy.
- It is important to note that someone can be mentally healthy but not physically, spiritually or emotionally healthy.
- Being healthy has all kinds of legitimate definitions. Some people define it as being able to get on the floor and play with grandchildren and then being able to get back up.
- Some define it as being able to run a 5K.
- Based on age and stage, there are numerous definitions for that it means to be healthy.
- The "systems theory" is about physical, spiritual, and emotional health.

o **Emotional health** refers to the ability to understand, manage and express feelings appropriately.

- We live in a world full of stress. Part of being emotionally healthy is the ability to cope with stress effectively.

- It means you have an ability to engage in and endure relationships.
- It's the ability to be resilient and to "bounce back" from adversity.
- It means you have the ability to seek help when you need it.

### o Physical health is about self-care.

- Engaging in regular physical activity—The only thing that will delay the onset of a cognitive decline is physical exercise. The amount of exercise recommended per with is 5 times per week for 30 minutes.
- Eating a balanced, nutritional diet.
- Having sufficient sleep—6 to 8 hours of uninterrupted sleep including significant amounts of REM sleep (allows you to dream).
- Maintaining a healthy weight. A healthy BMI is 18.5 to 24.9. There are numerous BMI calculators available online.
- Avoid harmful and deadly habits like nicotine, excessive alcohol use, or drug use.
- Regular medical check-ups. The absence of symptoms is not necessarily a sign of health.

### o Spiritual health

- Not just religion. It involves a sense of purpose, connection to something greater than yourself.
- It's about enjoying a sense of inner peace and fulfillment
- Practicing gratitude and mindfulness.
- Exploring personal beliefs and living them.

Meeting adjourned at 12:57 PM.

## WHAT'S HAPPENING IN ROTARY

**TODAY, TUESDAY, November 19, WE MEET AT PENSACOLA YACHT CLUB.**

**PLEASE Note: December 3rd we will meet at Pensacola Bay Center, 201 East Gregory Street.**

**It Is Time To Sign Up for the Salvation Army Bell Ringing.** The Rotary Club of Pensacola will ring the bell at Sam's Club every Friday and Saturday beginning November 29th through December 21st. The goal is to have 2 individuals ring for a two-hour shift. You can sign-up at the weekly meeting or contact Chris via email.

**This week we welcome the return of Rotarian Lindsay Durre and Rotarian Cedric Durre.** Lindsay is with Whitney Hancock Bank in the commercial banking department where she is the AVP. Cedric is the IT Director for Engineered Cooling Services. Cedric previously served on the board of Directors for the Rotary Club of Pensacola. Ed Wonders is sponsoring the Durre's.

**We have kicked-off our Pledge Campaign for the Rotary International Foundation and our Local Foundation.** Attached is the 2024 pledge form, also available at the weekly meeting and by email.

**"Thank you to the following members for their annual pledge to The Rotary International Foundation and The Rotary Club of Pensacola Foundation".** To date we have had 57 members or 34.5% of the club membership make their annual pledge. If you have not made your pledge, please do so soon.

Marjorie Anders	Lee Elebash	Art Hufford	Lori NeSmith	Grover Robinson	Mike Steltenkamp	Joe Vinson
Dennis Barnes	William Fleming	Benny Jeansonne	Tony Neuner	Bob Rogers	Robert Stephens	Jane White
Charles Beall	Richard Forsley	Charles Ray Jones	Kathy Horton Brown	Scott Sallis	Jim Stolhanske	Brian Wyrer
Frank Beall	Sophia Forsley	Dale Jordan	Bruce Partington	Jessica Scholl	Margaret Stopp	
George Biggs	Sally Fox	Charles Kahn	Laura Piovesana	John Shaffer	Stephania Streit	
Ted Brown	Lane Harper	Chris Kelly	Innes Richards	Charles Sherrill, Jr.	John Tice	
Vicki Campbell	Sherry Hartnett	Britt Landrum	Randall Richardson	Charles Sherrill, III	Lynne Tobin	
Vince Currie	Allison Hill	Jerry Maygarden	Betty Roberts	Auby Smith	Paul Tobin	
Madison Currin	Craig Hindsman	Norris McMahan	Henry Roberts	Pam Smith	Ellen Vinson	

**We will continue to stream our meeting using Microsoft Teams; however, changes will be made due to poor wi-fi reception at PYC.** You will no longer receive visual video of the meetings but will be able to listen to the announcements and hear the speaker. The link to join 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.

**To increase the membership of our club, we will continue to offer three free lunches for potential new members.**

## 2024-2025 Club Officers

•President	Henry Roberts
•Past President	Charles Beall
•President Elect	Allison Hill
•Secretary	Randall Richardson
•Treasurer	Lori Nesmith
•Communications Officer	Betty Roberts

## Bulletin Information

Web Site: [Pensacolarotaryclub.org](http://Pensacolarotaryclub.org)  
E-Mail: [cbridwell@pensacolarotaryclub.org](mailto: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.	5:15 pm
	meets every other Tuesday		
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	Hancock Bank, Creighton Rd.	Fri.	12:00 pm

## District Governor

Mike Tatem  
<http://www.rotary6940.org>

## Assistant District Governor

Cliff Schornak



**Pamela L. Smith**  
Realtor, CRS, PMN, e-Pro, C2EX  
Real Estate Counselors, Inc.

### EXPERIENCE MATTERS

When it comes to the biggest investment of your life, choose a Realtor who has earned the endorsement of Florida Realtors as a Board Certified Professional. This professional endorsement is earned by Realtors who demonstrate high competency, professionalism in sales, ethical conduct, volunteerism, support for homeownership and sets us apart as The Best of the Best. Out of 238,000 Realtors, only 20 are Board Certified.

With over 30 years of experience, I deliver a high level of service based on industry knowledge, skills, a strong moral compass, and a deep connection to my community. Choose a Board Certified Realtor - You deserve to work with the Best of the Best.

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# HAPPY BIRTHDAY

Birthdays for the week of  
**November 19 through November 25**

**Lane Harper** - born November 21 in Pensacola, in  
Rotary 8 years

## Greeters and Ticket Sales

### November 19

Greeters: Lane Harper and Sherry Hartnett  
Ticket Sales: Verdell Hawkins and Caleb Heifner

### November 26

Greeters: Allison Hill and Craig Hindsman  
Ticket Sales: Leslie Halsall and Kathy Horton Brown

## Prayer/Pledge And Sunshine

### November 19

Prayer/Pledge: Art Hufford      Sunshine: Joe Vinson

### November 26

Prayer/Pledge: Lisa York      Sunshine: Jack Williams

## Program Schedule

### November

19 - Dr. Jaromy Kuhl, UWF Provost - PAM Lab  
26 - Dr. Geoffrey Lentz - Thanksgiving

### December

3 - Kim Wilson - Habitat for Humanity  
10 - Dr. Tim Ryschon - American Magic  
17 - Pensacola Symphony - Christmas Program

## MEETING SCHEDULE

### November

19 - Noon Regular Weekly Meeting at Pensacola Yacht Club and  
MicroSoft Teams  
1:00 Board Meeting  
26 - Noon Regular Weekly Meeting at Pensacola Yacht Club and  
MicroSoft Teams

### December

3 - Noon Regular Weekly Meeting at Pensacola Yacht Club and  
MicroSoft Teams  
10 - Noon Regular Weekly Meeting at Pensacola Yacht Club and  
MicroSoft Teams  
17 - Noon Regular Weekly Meeting at Pensacola Yacht Club and  
MicroSoft Teams  
1:00 Board Meeting

*continued from front*

**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](mailto: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.