



Rotary Club of Hertford Meeting Activities and Events

April 9, 2024

Club Officers

President

Henry House

President-Elect

TBD

Vice President

TBD

Secretary

Bob Bennett

Treasurer

Micki Levine

Past President

Bob Bennett

Club Directors

Club Service

Joe Easterwood

Community Service

Glenn White

International Service

TBD

Youth & Vocational

Services

TBD

Public Relations

Mike Cantin

District # 7720

Club # 6109

Quote of the Day

“Three things cannot be long hidden: the sun, the moon, and the truth.”

--*Buddha*

Guests

Cyndi Watters (speaker)

Merry Greene

Nicole Dickerson

Member Birthdays

None

Member Anniversaries

None

Wedding Anniversaries

None

Program Schedule

04/09 Micki Levine

04/16 Bron Prokuski

04/23 Sandy Stevenson

04/30 Kimberly Westbrook

05/07 Winfield Boyer

05/14 Bob Bennett

05/21 Tanya Turner (TOY)

05/28 Jack Boone

06/04 Glenn White

06/11 Mike Cantin

06/18 Assembly

06/25 Installation Banquet

Attendance

Members Present 12

Attendance % 60

Opening Activities

Henry opened the meeting at 8:03 am. Members recited the Pledge of Allegiance, sang My Country Tis of Thee, then Bob gave the Invocation.

Announcements

- * Remember Hunger Heroes. Drop off at The Hub.
- * The next Students of the Month will occur on 4/16.

Program

Micki introduced Cyndi Watters who is married to Steve and living at AP for the past 2 years. They moved here from Virginia Beach, where Steve continues to work in EMS for the Virginia Beach Fire Department. Prior to moving to the East Coast, Cyndi lived in Chicago. Her presentation focused on Enhancing Well-Being Through Mindfulness. She is certified with the HeartMath Institute, which created the materials for helping people to live better, healthier lives by learning to live in the moment without dwelling on the past or worrying about the future. There are different ways that are often used to help people to achieve this, including through meditation, yoga, Tai Chi, and art (which fosters creativity & mental tranquility). By learning to develop this focus, it helps to bring about resilience, which helps the body to move beyond and recover from stress. She concluded her presentation by talking about the 4 domains of health: Physical, Emotional, Mental & Spiritual. When there is coherence with them a person can live a happier and healthier life.

Concluding Activities

- * Happy Bucks: Connie, Frank, Micki, Sandy, Brenda, Tim
- * 50/50 Raffle: Sandy won & donated it to CART
- * Members recited the 4-Way Test.
- * The meeting adjourned at 9:05 am.

Respectfully submitted by Bob