

2010 District Conference 53rd Annual Conference

April 23-25, 2010
Jekyll Island Convention Center
Jekyll Island, GA

www.rotarydistrict6920.net
Register On-Line or Register using Mail- In Form

The 2010 District 6920 Conference Committee has made booking arrangements with Jekyll Island hotels listed on the district website. You should make your own reservations and refer to "Rotary District 6920". To get your "Group Discount" you may need to call the hotel instead of making the reservation on-line. Contact data is provided for each hotel. Since Jekyll is a tourist destination your reservations should be made as early as possible. When making reservations always mention Rotary District 6920 or the hotel may say there



Win a Vacation Trip

Four exciting and interesting trips will be awarded to four lucky winners at the 6920 District Conference at Jekyll Island, April 23-25, 2010.

\$25 per Ticket - 5 Tickets for \$100

The net proceeds of these sales will be donated to qualified Rotary charities to create Paul Harris Fellow and/or Will Watt Fellow Awards. Raffle proceeds will be available on a matching basis for Rotarians who want to make a contribution toward a Paul Harris Fellow or a Will Watt Fellow. As an example, if a Rotarian has contributed \$500 toward a Paul Harris Fellow and will make an additional \$250 contribution we will match the contribution with \$250 from the raffle proceeds. The Rotarian becomes a Paul Harris Fellow and the club gets credit for the full \$500 contribution. The contribution can be directed toward the club's EREY or Polio Plus Goal.

Raffle open to citizens or permanent residents of the United States who are 18 years of age or older. You do not have to be present to win. Winners must agree to travel within 90 days of trip receipt. No cash value if winner does not wish to accept trip.

Members

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Coins for Alzheimer's Research Trust The CART Fund



A joint project of Districts 6900, 6910, 6920, 7670, 7680, 7690, 7710, 7720, 7730, 7750, and 7770



SERVICE Above Self



Clyde A. Taylor
Brunswick, GA
District Governor

John Kenny
Scotland
Rotary International
President

AREA ROTARY MEETINGS

Monday
Downtown 12:30 Desoto Hilton

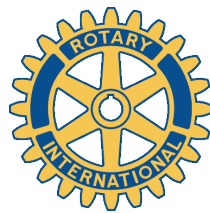
Tuesday
Effingham Sunrise 7:30 Claudette's Guyton
Hinesville 12:30 Western Sizzlin'
South 12:30 Carey Hilliard's Abercorn

Wednesday
Landings 7:30 Plantation Club
Pooler 7:30 Western Sizzlin'
West 12:30 Hyatt Regency

Thursday
Savannah Sunrise 7:30 First City Club
Effingham 12:30 St. John's Lutheran
Richmond Hill 12:30 Holiday Inn

Friday
East 12:30 Desoto Hilton

On-line Makeup
www.rotarydistrict6920.net



First City Club 7:30 AM

savannahsunriserotary.org

District 6920 Club Number 50780

P.O. Box 1592

Savannah, GA 31412

February 11, 2010

Chartered October 31, 1997

2009-2010 Officers

President - *Jeff Haliburton*
President Elect - *Clete Bergen*
Vice President - *Dodie Gay*
Secretary - *Maureen Horvath*
Treasurer - *Neville Stein*
Sergeant At Arms - *Mick McCay*
Past President - *Marty Harrell*

Greeter - Eugene Nwsou

Invocation - Deepika Paul

Roto Lotto - Bill Oakley

Fines - Rachel Posen

Bring A Guest - Karen Martin and Sissy Levy

Victoria Ten Broeck
Community Manager
American Cancer Society
South Atlantic Division, Inc.



Victoria Ten Broeck is a Community Manager with the American Cancer Society and oversees all ACS functions in Effingham, Bryan, & Liberty Counties as well as all the colleges in Chatham County. Upon graduating from Mary Baldwin College with a B.S. in Biology in 2005, Victoria moved to Key West, Florida for a year long internship (and scuba diving all the time!) and then took a Community Manager position with the American Cancer Society in Portland, Oregon. After a year of rain and clouds, Victoria transferred to sunny Savannah to work with five Relay For Life events as well as all the mission delivery in her territories. She loves working with the Effingham County & Richmond Hill Chamber Ambassador Programs.

Outside of her work, she sits on the Young Leader Society Board for United Way of the Coastal Empire as the Learning Opportunity Co-Chair, and spends one week of her vacation each year at an ACS Kids' Cancer Camp. She is also currently enrolled at Georgia Southern University, pursuing her Masters of Business Administration.

Victoria certainly agrees whole heartedly with the Rotary's motto of "Service Above Self".

Have a Healthier Valentine's Day

Valentine's Day traditions - boxes of chocolate and lavish dinners - aren't exactly good for your heart, or your waistline. This February 14th, show that special someone you love him or her in a way that's a little healthier.

Here are some suggestions.

If you're giving chocolate, go with dark chocolate. No doubt about it, chocolate is the Valentine's Day gift of choice - and if you go with the dark variety, it can also be a healthy treat. Dark chocolate contains flavonoids, which have been shown to be good for the heart. Look for dark chocolate treats that contain at least 60 percent cocoa to get the most health benefits. Don't go overboard, though - dark chocolate packs just as much fat and calories as the milky kind.

If you're drinking alcohol, pick red wine. Red wine contains antioxidants called polyphenols and a compound called resveratrol that protects the heart and may have other health benefits as well. However, alcohol use is also linked to an increased risk of cancer. The American Cancer Society recommends you limit yourself to no more than 1 drink per day for women and 2 drinks per day for men, if you drink at all.

Make a romantic meal at home. If you eat in, you'll have more control over calories, fat, and portion size. For dessert, serve fruit such as strawberries dipped in dark chocolate or poached pears drizzled with hot chocolate.

If you do go out, keep these tips in mind. Save on fat and calories by ordering an appetizer, splitting an entrée, or sharing a meal with your sweetie. Ask waiters if the cooks can use lighter preparations: grill the chicken, steam the vegetables, or bring sauces and salad dressings on the side.

Rethink date night. Instead of dinner and a movie, consider a date that involves being active or exercising together. Enjoy romantic vistas on a hike, or pair up on the ice skating rink.

The American Cancer Society can help you learn more ways to stay well and reduce your risk for cancer - visit cancer.org/GreatAmericans, check out our [Powerful Choices](#) podcast series, or call 1-800-227-2345 for more information.