Rotary Club of Dunwoody

The Friendly Breakfast Club

MARCH 25, 2026

This Week's Speaker

Dr. Ioana Bonta, Oncologist



Join us this Friday at Maggiano's to welcome Dr. Ioana Bonta, a board-certified physician in medical oncology, practicing general oncology with an interest in thoracic and head and neck oncology.

She completed her medical degree at Carol Davila University of Medicine and Pharmacy in Bucharest and after graduation relocated to Chicago. She spent the next six years working in cancer research at the University of Chicago in Dr. Maryellen Giger's lab. Dr. Bonta completed her Internal Medicine residency at Michel Reese Hospital in Chicago and a Fellowship in Medical Ethics at the University of Chicago, MacLean Center for Clinical Medical Ethics as well as a fellowship in Hematology and Oncology at Boston University. [read more]

There's Room for You: District Conference 2026

MEETINGS

March is Water, Sanitation, and Hygiene Month

5/1	Julia Carlotto Biral, Brazil - Our 2025/26 GRSP Student
5/8	General Meeting: Laws of Life Presentation
5/14	Thirsty Thursday
5/22	Memorial Day Weekend - No Meeting
5/29	Abbi Diego, Prelude Bookstore Owner
6/5	Kyle Wingfield; President & CEO of the Georgia Public Policy Foundation
6/12	Alan Mothner, Spruill Center for the ARts
6/26	END OF YEAR BANQUET

EVENTS

3/27	GENERAL MEETING - Dr. Iona Bonta, Georgia Cancer Specialist
4/3	GENERAL MEETING - Speaker: Mr. Andrew Ziffer, District 1: Dekalb Board of Education
4/10	GENERAL MEETING - Speaker: Alex Willson, CEO of Sunnyland Farms
4/16	Thirsty Thursday back at Culinary Dropout
4/24	GENERAL MEETING - Speaker: Ms. Rebekah Lignugaris, owner of Organized for Health
5/8	GENERAL MEETING: Laws of Life Presentation
5/9	Bounds Garden Clean Up Day
5/14	Thirsty Thursday

BIRTHDAYS

3/30	Matthew Johnson
3/31	Alison Norris
4/9	Kathy Brandt



District Conference 2026 is fast approaching ... at the beautiful Lake Lanier Resort. Join fellow District 6900 Rotarians and your Dunwoody Family of Rotary from April 16-19 for fun, fellowship, and learning opportunities. Check out our District Conference **"cheat sheet"** for more details and register today. Let me know if you have any questions!

Golf Tournament Update

In Search of ... Your Support



Interesting golf fact: Did you know that it's estimated 300 million golf balls are lost each year on US golf courses alone! A company called Found Golf Balls collects and resells lost golf balls, and estimates the average golfer loses 1-4 golf balls per round. It's said professional divers recovering golf balls can make $100,000 a year.

4/12	Mike Irvin
4/13	Sherry Levy

WEDDING ANNIVERSARIES

3/31	Mike Irvin, Jr. (19)
4/1	John L Mills (37)
4/3	Pavittar Safir (18)
4/7	Cathie Brumfield (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	Matthew Johnson
Immediate PP	Louise Barden
Vice President	Dave Burr
Treasurer	Carter Stout
Secretary	Mark Galvin
Public Image	Bob O'Brien

When it comes to our FORE! the Memories Golf Tournament, our goal is to raise as much as we can for the Alzheimer's Association of Georgia, Anchor Place and our community outreach projects. Our search is for sponsors and auction items, not old golf balls, and here's where we stand:

- **Sponsors**: We have successfully secured all of our event sponsors and have 19 hole sponsors. We continue to look for a Platinum and Signature sponsor and can take as many more hole sponsors, contributing sponsors, donating sponsors and participating sponsors as possible with the hope that every Dunwoody Rotarian is participating in this fundraiser at some level whether that be as a golfer, as a sponsor or as a volunteer.
- **Auction**: We have about 10 items and we continue to look for quality items to display at the after event auction so please continue to work with Neal and his team on things like restaurant gift cards. hotel packages and destination deals as well as new, unique gift items.
- **Golfers**: If you are planning on playing golf and have a foursome, please let Rick Woods know names & handicaps as soon as possible so that he can start building that list for the club.

Thanks again for the support of our major fundraiser for 2026. So far we're looking pretty good. www.rcdgolftournament.com is up-to-date thanks to Hoshi's weekly diligence.

Sunshine Revisited

Reflecting on What's Important in Life

To start the March 14 meeting, Charlie Augello shared a message from Bronnie Ware, a hospice nurse who spent years listening to the life stories and reflections of people in their final days. According to Bronnie, below are the five most common regrets:

1. **I wish I'd had the courage to live a life true to myself, not the life others expected of me.** Many people suppress their own dreams and desires to meet others' expectations, only realizing at the end that they haven't honored their own path.
2. **I wish I didn't work so hard.** Especially common among male patients, this regret reflects missing children's youth and partners' companionship due to excessive work.
3. **I wish I'd had the courage to express my feelings.** People often suppress their true emotions to keep peace, leading to regret for not being more authentic
4. **I wish I'd stayed in touch with my friends.** Life gets busy, and many let valuable friendships fade, realizing too late the importance of these connections.
5. **I wish I'd let myself be happier.** Many people realize too late that happiness is a choice they didn't

make, often due to old patterns or fear.