

## Lunch and Learn on Engaging Employees

**Jay Jenkins (class 31)** is a leadership advisor, coach, and trainer with experience in business development and leadership coaching. He spoke about “Engaging the Hearts & Minds of all Your Employees”.



Sam Bruning, Alumni President and Jay Jenkins guest speaker

## IN THIS ISSUE

<b>LUNCH &amp; LEARN</b> <i>Jay Jenkins</i>	1
<b>LEADERSHIP APP.</b> <i>Class 33</i>	2
<b>ENVIRNOMENT DAY</b> <i>Class 32</i>	3
<b>HEATH/WELLNESS</b> <i>Youth Class 23</i>	4
<b>CHAMBER EVENTS</b> <i>March Calendar</i>	4
<b>AUMNI BOARD</b> <i>2022- 2023</i>	5
<b>BULLETIN BOARD</b> <i>Announcements</i>	5
<b>WEB ADDRESS</b> <i>Information</i>	5
<b>ALUMNI ADDRESS</b> <i>Pay Dues</i>	5

Class 32 and Alumni attending the LEADERship Alumni Luncheon held at Twisted Tuna on February 22, 2023



Class 32 Leaders



Cindy Groover and Sue Whittington



Elisabeth Glynn, Cheree Ramirez, Cindy LaConte & Nancy McCarthy

**Class 33**  
*applications*  
*are now available*  
**& due**  
**June 20, 2023**  
(see flyer on page 2)

# LEAD NOW. LEARN HOW.

## LEADERship MARTIN COUNTY

**L**earn the tools to help you make a difference in Martin County. This esteemed leadership education program guides participants through an in-depth look into our community and everything it has to offer its residents. Key components of the program include:

- Meeting the decision makers in business, education, health care, government, social services, arts and law enforcement
- Learning about the issues and asking the hard questions that affect Martin County
- Touring area facilities and their operations
- Networking with other leaders and making your voice heard and
- Committing to one program day a month for ten months.

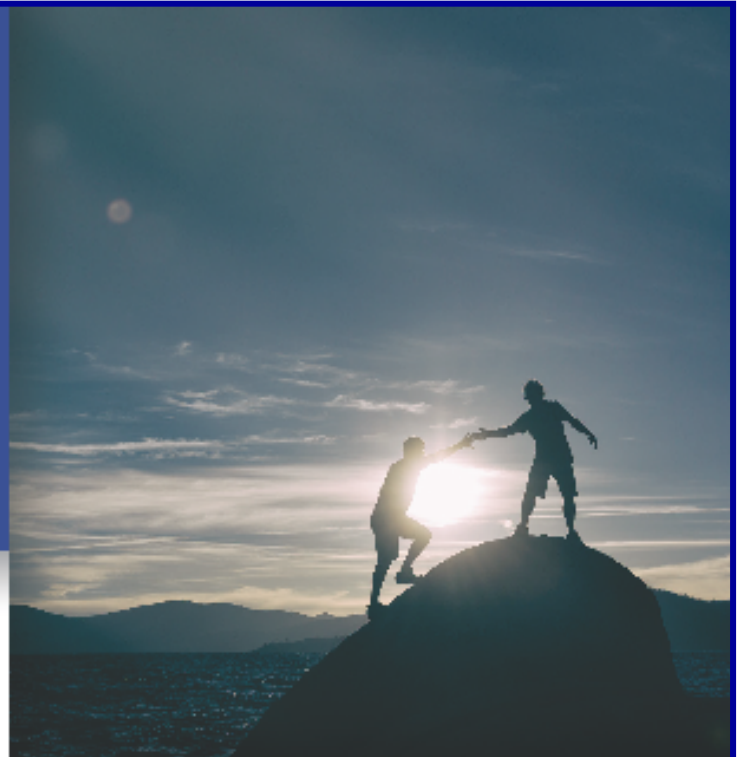
For more information, contact LEADERship Martin County Program Director, Cindy LaConte, at [claconte@stuartmartinchamber.org](mailto:claconte@stuartmartinchamber.org) or (772) 341-6096.

Visit <https://www.stuartmartinchamber.org/the-chamber/leadership> to learn more and application.

Class 33 applications are now available and due June 20, 2023.



STUART/MARTIN COUNTY  
CHAMBER OF COMMERCE



## Making a difference

LEADERship Martin County is an exciting program designed to prepare potential leaders to meet the challenges facing Martin County. Participants will explore critical issues through a series of presentations, seminars and field trips. Interaction with key decision makers, experts, community leaders and government representatives will assist participants in understanding the forces that impact their community, business and daily lives.

The success of the program, now in its 32nd year, is reflected in the broad base of leaders who have gone through the program and chosen to make a difference. CEO's of many businesses and Non-Profit Organizations have been through the program, along with elected officials such as City and County Commissioners, Sheriff, City Police Chief, Property Appraiser, Clerk of the Court, Superintendent of Schools, School Board Members and many State Legislators.

**"Learn the tools to make a difference in Martin County."**

# Outdoors In Our Environment

**LEADERship Class 32** enjoyed Environment Day by experiencing a day outdoors and out of their usual environment. It was a glance at how our county's surroundings affect our daily lives. A special thank you to LEADERship Alumni and the Environment Day Planning Committee for making this day great for class 32: Tim Kinane (1), Rick Hartman (15), Cindy Groover (30), Eric Kiehn (29), Brittany Bearden (27) and Jeanne Dunn (28)



Class 32 lined up for their visit at the C-44 Canal and a visit to a local ranch.



Tour guides for the day were Tim Kinane, Eric Kiehn and Rick Hartman.



Rick Mancil, (28) The Barn & Pavilion at Mancil Ranch hosted lunch. Tim Kinane, Cindy Groover and Eric Kiehn.



Public Safety Committee members stopped by for a visit: Chief Tumminelli (20), Chief Deputy/Under Sheriff Budensick (30) and Sheriff Snyder (17).

## Martin Youth LEADERship Class 23 students met for Health and Wellness Day: Mind, Body, Soul and Spirit on Feb. 21 at the East Stuart Community Center.

Health and Wellness Day Program Chairperson Julie McHenry (ALTOSS Coordinator at Tykes and Teens), kicked-off the program by introducing a game to the students, which highlighted the importance of mental health. Students participated in a trust game which became competitive immediately, yet identified eight issues of mental health.

Students then participated in a HIIT class (High Intensity Interval Training) led by Dr. Andrew Calderone of Performance Health and Chiropractic. Dr. Calderone led the students through calisthenic exercises discussing the benefits of exercise and the career of a chiropractor.

Four officers from the Stuart Police Department: Joe Hogan, TJ Delancy, Rachael Minor and Kathleen Lannon spoke to students about the dangers of alcohol, drugs, DUIs, vaping and more. To emphasize how little alcohol it takes for one to become impaired, students were given “drunk goggles”, goggles designed to mimic the visual effects of different levels of intoxication from well below the legal limit to well above. Students were asked to complete basic field sobriety tests such as walking in a straight line, or reaching for an object. The lesson became very clear, that it takes very little alcohol to become too impaired to make good decisions or drive.

Denise Bradley, a nutritionist and owner of Healthy Steps Kids Cook, arrived to set up food prep stations so that students could prepare their own healthy lunch. This hands-on cooking activity demonstrated the direct relationship between what one eats to one’s health and how much more healthfully students can create food at home than on the go.

Following lunch, students were led through a gentle yoga introduction given by Andrea Levy, owner of Lotus Loft Yoga. She explained yoga’s strength, flexibility and stress reduction benefits as students practiced. Pictures courtesy of Robin Hall, Out2 News



## UPCOMING Stuart/Martin Chamber Events – 772-287-1088

Mar 8, Wed., 11:45am, **International Women's Day Business At Lunch**, *Martin Downs Golf Club, 3801 SW Greenwood Way, Palm City, Sponsored by: Martin Funeral Home & Crematory*

Mar 21, Tues., 7:45am, **Business Before breakfast**, *Feel Great Meditate, Chamber CC, 1650 S Kanner Hwy, Stuart*

Mar 22, Wed., 5:30-7:00pm, **Business After Hours**, *Coquina Cove at Martin Downs, 3641 SW Coquina Cove Way, PC*

Mar 28, Tues., 7:45am, **Business Before Breakfast**, *PrimeLending, 729 SW Federal Highway, Stuart*

**SAVE THE DATE - SKY'S THE LIMIT AUCTION & BUSINESS AFTER HOURS - WEDNESDAY, APRIL 19TH**  
**SKYBLUE JET AVIATION - call Debbi at 287-1088, ext. 112**

# Bulletin Board

POST YOUR NOTES

**LEADERship Alumni Board  
2022- 2023**

**President**

**Sam Bruning**  
Southern Magnolia Invest. Mgt.

**Vice-President**

**Cindy Groover**  
Stuart Air Show

**Exec. Vice President**

**Dr. Tracey Miller**  
Martin County School District

**Treasurer**

**Greg Nuttall**  
Hill, Barth & King, LLC

**Recording Secretary**

**Jon Milton**  
Milton Engineering Consultants

**Past President**

**Sarah Baker**  
First Citizens Bank

**Directors**

**George Dzama**  
Martin County Government

**Frank Fender**  
TeamLogic IT

**Jeremy Harris**  
Growth Squad

**Nancy McCarthy**  
United Way of Martin County

**Chelsey Matheson**  
Council on Aging of MC

**David Sarno**  
Valley National Bank

**Ex-Officio**

**Class 31 Representative**  
**Doug Mustapick**  
Avanti Home Health

**Youth Planning Chair**  
**Diana Bruton**  
Treasure Coast Realty

**LEADERship Prog. Director**  
**Cindy LaConte**  
Stuart/Martin County Chamber

**LEADERlines Editor**  
**Nancy Sailer**



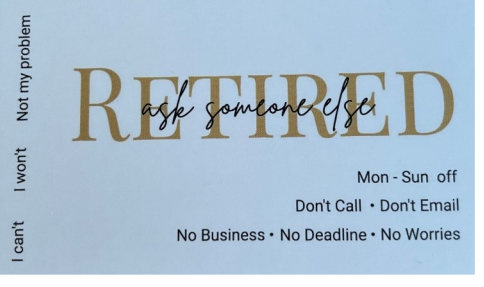
**Elisabeth Glynn** CFRE (26), has been appointed to the Executive Committee of the AFP Fl. Caucus Board of Directors. She is Immediate Past President of AFP Treasure Coast Chapter and Director of Philanthropy for United Way of Martin County.



**Sharon Kinane** (9) retired January 6<sup>th</sup> after 43 years of nursing with Cleveland Clinic Martin Health. She has a new business card that she is handing out to friends who want to contact her as she enjoys traveling, reading, gardening, running and working out more along with mega house projects. LOVING it all.



**Alec Connolly** (11) retired from Gulf Stream Council of the Boy scouts of America after 16 years on December 2022. He previously retired from the Stuart Police Department in 2006 after 25 years. Connolly will continue to volunteer for the Boy Scouts and the Martin Youth LEADERship Planning Committee.



## Alumni Purpose

*The purpose of LEADERship Martin County Alumni is to support the LEADERship Martin County Program; to provide education and networking opportunities for our members; and to enhance community awareness of our members by providing opportunities to evaluate and act on issues affecting the community.*

Note: Our monthly newsletter can now be viewed on our website [www.LeadershipMCalumni.com](http://www.LeadershipMCalumni.com)

**LEADERship Alumni**  
**P.O. Box 794**  
**Stuart, FL 34995-794**