

Rotary Cowbell – April 9, 2018

Present:

Black, Bob	Lockhart, Robert	Monahan, Tina	Wilson, Rhoda
Brown, Lisa	Long, Craig	Northrup, Bruce	
Gilchrist, Donna	Lowe, Harold	Tremblett, Robert	
Ingersoll, Don	McNair, Mary	White, Matt	

Absent:

Alexander, Alaina	Driscoll, Robert	Keith, Greg	Savidant, Mark
Cameron, Josh	Fuller, Jeff	Kimball, Robert Jr.	Short, Bob
Coffin, Alex	Haynes, Rhonda	Lockhart, Alaina	Smyth, Ian
Cummings, Angela	Homenick, Erik	Matthews, Julie	Thorne, Jason
Dow, Don	Hyslop, Blair	McNamara, Lou	Vail, Shelley
	Kearley, Paul	Moffett, Christine	Wallace, Tracey

Guests:

Elaine Shannon – Reclaiming Time
 Stacey Geldart & Jenny Powell – Crosswinds
 Cecile Matheson – back from maternity leave
 Paula Fleming – prospective member
 Alison Smith – Parenting Coach and guest of Elaine Shannon

Today was a “double hitter” with two sets of speakers. Tina Monahan introduced and thanked both speakers.

Reclaiming Time – Elaine Shannon

Elaine provided advice on how to make the most of your time in the workplace. Each attendee was given a list of priorities and asked to pick five that were the most important to them. Elaine recommended evaluating everything through the “funnel” of our main priorities and also to take 30 minutes at the end of the day to set priorities for the next day. This allows an individual to “hit the ground running” at the start of each new day.

Crosswinds – Stacey Geldart & Jenny Powell reviewed a PowerPoint on the role of Crosswinds in the community. Crosswinds has been in existence for more than 30 years and specializes in assisting individuals with disabilities. One major focus of Crosswinds is to teach workplace essential skills including reading, document use, writing, numeracy, oral communication, working with others, thinking skills, computer use, and continuous learning.

Stacey and Jenny handed out information about sponsorship and volunteer opportunities for the Crosswinds Race that will be held on Sunday, May 27, 2018.

Remainder of Agenda – *The remainder of the items are the undiscussed items on the agenda.*

❖ **New Prospective Member** – *Judy Freeze*

❖ **Committee sign up lists for 2018/19**

❖ **Events:**

- **District Grant MOU signing** – *Due May 1st, Lisa and Tina sign*
- **Breakfast Clubs** – *Harold Lowe at SMS on Wed, Mary McNair at SES on Fri*
- **Next Rotary Leadership Institute** – *October 27th, 2018 in Truro (Lisa/Tina give report from April 7th RLI in Dieppe)*
- **Rotary District 7810 Conference** – *Bathurst, October 19 – 21, 2018*
- **Community Clean up** – *Saturday, May 5th from 9-noon at the 8th Hussars*
- **Relay for Life** – *Sat, June 9th from 1pm to 11pm, Relay begins at 6pm – Amphitheatre*

Happy Bucks/Sad Bucks/Fines – Tina Monahan

Chase the Joker – Don Ingersoll's ticket was drawn but still no Joker. The pot is now \$326.

Next Meeting – April 16th, **Speaker:** Randy Dickinson – Camp Rotary, **Chairperson:** Lou McNamara, **Rotary Minute:** Bob Tremblett

Adjournment –Four-Way Test

Respectfully submitted,

Rhoda Wilson, Secretary
Rotary Club of Sussex