



Rotary Club of Sussex Inc.

P O Box 7004, Sussex Corner, NB E4E 5M3

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

Date: December 14, 2015

Attendance: Bob B., Rob D., Kathy C., Angie C., Jeff., Donna G., Rhonda H., Erik H., Don I., Ed K., Robert K., Harold L., Mary M., Bruce N., Ian S., Bob T., Shelley V., Rhoda W., Robert L.

Regrets: Alaina A., Lisa B., Don D., Cindy D., Greg K., Alaina L., Lou Mc., Tina M., Wendy O.

Guests: Tom T., Cecile Matheson

Toast to the Queen

Welcome: Jeff Fuller welcomed all members and guests.

Rotary Minute: Jeff talked about his father's legacy of faithfully working the Salvation Army Christmas Kettle each year. Rotary's support of this tradition is a worthwhile cause.

Speaker:

Guest speaker today was Tom Toner from Optimal Health who works in the area of business and development. Tom has studied physiology and is a graduate of St. F.X. and the University of Saskatchewan. He has worked at the University of Saskatchewan and at the Dartmouth Sportsplex. Tom talked about the "fight or flight" response to stress and the long-term impact stress has on the body. A stressor is an event or condition that may be purely physical, social, or psychological, includes anticipation and imagination and that triggers a stress reaction. Stress cues are fatigue, over-reactivity, frustration, impatience, lack of control, not enough time-overload, and no "me" time. Negative impacts of stress are cardiovascular disease, atherosclerosis, digestive issues, muscles problems, skin disorders, mental fatigue, and James Dean lifestyle. Tom talked about ways of relieving stress including dealing with the gap between stimulus and response, quieting the mind through yoga and meditation; and physical activity. The Optimal Health Institute has a variety of health professionals on staff and they are equipped and available to do detailed health assessments – something that doctors do not do on a regular basis. Their website is www.360healthmanagement.com

Highway Clean-up:

Bruce reported that the Rotary's Highway Clean-up Activity may be back on.

Trip Draw Tickets:

The tickets have been printed and tickets are being distributed. Details about selling were communicated through an e-mail. Members were reminded that some of the buyers want tickets for Christmas presents so making contact in December gets the campaign started. Last year's buyers are given first option to purchase. Please make notes on the spreadsheet of



special information you want to track for next year. Five prizes are given out every month and all but the trip winners have their names returned to the drum.

Next Meeting: Next Club meeting has been scheduled for Monday, December 21, 2015, at the All Seasons Inn and Restaurant starting at 12:15 pm.

Happy / Sad Bucks

Chase the joker: The pot now has a value of \$91.

Meeting Adjourned, 1:15 pm.

Stay tuned for the Next Cowbell!!!