

Rotary Club of Sussex Inc.

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

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

Date: January 19, 2015.

Attendance: Erik H., Bob T., Rob D., Ian S, Don D., Rhoda, Robert L., Scott, Kathy C., Donna G., Lorinda P., Alaina L.

Regrets: Shelley V., Sandra M., Lou McN., Jeff F., Wendy O., Bob B., Robert K., Bruce, Alaina A., Steven G.,

Guests: Rhonda Hayes, Shoppers Drug Mart Sussex.

Rotary Grace

Toast to the Queen

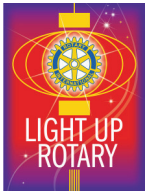
Chairperson Robert Driscoll welcomes all members, and today's guest Rhonda Haynes, Owner operator of the two Sussex Shoppers Drug Mart locations to today's meeting.

Rotary Minute: Alaina Lockhart spoke of the addition of the new Rotary Amphitheater and how it will make improvements to events and opportunities for special events in Sussex. With her involvement in the Relay for Life and other organizations that will benefit from this new infrastructure she thanked the Rotary members and the Town for this welcomed addition.

Membership Meeting Talk and Discussion: Robert D. introduces his membership talk and the inspirational video he recently watched and wanted to share with the club membership. Robert introduces Shawn Achor's as one of the world's leading experts on the connection between happiness and success. His TED (Ted.com) talk is one of the most popular of all time with over 9.4 million views and our club will be the next counted view. Shawn has worked with over a third of the His Happiness Advantage training is the largest and most successful positive psychology corporate training program to date in the world.

Shawn is the author of *New York Times* best-selling books *The Happiness Advantage* (2010) and *Before Happiness* (2013), as well as *Ripple's Effect* and *The Orange Frog*. Shawn was published in the top psychology journal last year for the work he did at UBS in partnership with Yale University to create a more effective stress training. And he recently did a two-hour interview with Oprah at her house discussing happiness research and perception of success.

- Positive philosophy.
- Escaping the cult of being average.



- His studies on Outliers.
- Positive brain on success.
- The happiness average.
- Making small changes ripple outward.

Committee Reports:

- ❖ **Secretary's Report:** Scott he had received regrets received from, Jeff F., Lou, Bruce, Wendy, Bob b., Shelley V., Robert K., Alaina A.
- ❖ **Trip Draw Tickets:** Robert D. spoke on the need to continue ticket sales and reminds everyone to turn in any sold tickets.
- ❖ **Membership:** Robert D reported the membership team met last week on ongoing recruitment.
- ❖ **Adventures in Citizenship;** Rhoda W. spoke that she was in receipt of this year's applications. Rhoda indicated contact had been made with Sussex Regional High School, Petitcodiac High School and Belleisle High School to solicit applications for consideration. Deadline for submissions is set at February 19th, 2015.
- ❖ **Wednesday night skiing, Poley Mountain:** Robert D indicate a ski night was scheduled, weather permitting this Wednesday night. Everyone interested is to meet at the hill at 6:00 pm.
- ❖ **Pin Presentations, Membership recruiting:** President Bob T. presented, Robert D. and Kathy Carver with the Rotary International recognition for membership recruitment. Robert D. then presented, President Bob T with the Rotary International recognition for membership recruitment.

Happy / Sad Bucks

50/50: Lorinda P.

Meeting Adjourned, 1:04 pm.

Stay tuned for the Next Cowbell!!!