



Rotary Club of Sussex Inc.

P O Box 7004, Sussex, NB E4E 5M3

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

Date: March 21st, 2011

Attendance: *Stewart, Wendy, Bruce, Peter, Paul, Robert Jr., Lou, Donna, Harley, Jason, Robert L. & Rhoda*

Absent: *Barb, Andrew, April, Murray, Kim, Frank, Bob K Sr., Bob B. & Roger*

GUEST SPEAKERS: *Jennifer Gendron of Lifestyles Fitness.*

Other Guest: *None*

50/50: Donna

Rotary Minute: Noted below is the schedule of who is doing the Rotary Minute during each meeting. Please be sure to mark you calendar. You can also find material on our web site www.sussexrotary.org or on RI's www.rotary.org or the Rotary magazine. If you are not able to attend on the meeting of your minute, please find a substitution for your slot.

Rotary Minutes

21-Mar-11 Andrew Palmer
28-Mar-11 Robert Kimball Sr.
4-Apr-11 Stewart Duncan
11-Apr-11 Roger Albert
18-Apr-11 Bob Black
2-May-11 April Caissie
9-May-11 Barb Crowe
16-May-11 Frank Derrah
30-May-11 Stewart Duncan
5-Jun-11 Donna Gilchrist
13-Jun-11 Peter Haines
20-Jun-11 Robert E. Kimball
27-Jun-11 Robert J. Kimball

Noted below is the updated list of future guest speaker.



- March 2011**
 7 Cathy Healy & Colleen DeWinter - Capital Project for High School
 14 Judy & Stan Folkins - Salvation Army
 21 Jennifer Gendron - Lifestyles Fitness
 28 **Business Meeting**
- April 2011**
 4 Jason Thorne - Town of Sussex
 11 **Jim Balcomb & Frank Tenhave - Apache**
 18 Wanda Steeves - Crosswinds & guest
 25 **Easter Monday - no meeting**

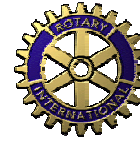
THE NEXT FEW MONTHS!!!!

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|-------|---|-----------------------------|---|---------------------------------------|
| APRIL | - | Rotary Annual Dinner | - | Camp Clean-Up |
| | - | Purple Pinkie | - | Grad Bursaries |
| | - | Highway Clean-Up | - | Paint Club Sign |
| MAY | - | Pets & Sets | - | District Conference |
| | - | Camp Rotary Clean-Up | - | Coats for Kids |
| | - | District Youth Merit Awards | - | Committee Chairs & Members (New Year) |

Rotary Minute – Andrew did the Rotary Minute and he talked about a program that he and his father found when they were going through some of his late grandfathers belongings. Andrew’s grandfather was a Rotarian in the Fredericton club and one of the things he held on to was a program from the Fredericton Clubs 50th Golden Anniversary. The Fredericton club was chartered in 1922. Andrew said that he was surprised with how many projects listed in this 1972 program were the same or very similar to what we still do today, Coats for Kids, Christmas Boxes etcetera.

Andrew introduced out guest speaker.

Jennifer had some water this morning so she started by apologizing\g for coming at the last



minute. Jennifer is the owner and manager of Lifestyles Fitness. They began in Hampton in 2007 and recently opened in Sussex above the Subway restaurant. They offer a variety of classes for both men and women. She is especially excited about the new programs they are offering for youth and youth fitness ages 10-17 years old.

They offer wellness for seniors, personal and team training among other services. Their goal is to have a full service gym in the near future. They just finished their plans for the cycling class that they will offer starting in April

They are hoping to integrate their services with the Civic Center. She loves Sussex and how great they have been with feedback about what the community needs. Their classes and programs for both Hampton and Sussex are scheduled online on their website – www.lifestylesfitnessstudio.ca.

Zumba is a dance based fitness. They started offering these services in a church hall but it grew so fast in the Sussex area that they decided to get a permanent location with plenty of space above the Subway.

She stated that for the first time in recorded history, the young generation will be expected to have a shorter life expectancy than their parents and this is a huge focus for them. She believes that with the government on board they can start to turn these statistics around and spend money to prevent health issues with our youth rather than spend the money in the future to treat and take care of the same individuals that might have health related issues that could have been prevented with some prevention. The more money spent on health in the beginning the less will have to be spent in the end.

The town is considering having a wellness month in May. She is glad that we have other fitness facilities in the area because they all have the same goals, fitness. They can't all offer everything so she hopes to work with the other fitness centers to offer the best options for the community.

She has 3 boys and the play "manhunter" which is a great outdoor activity. She promotes outdoor activities as it is very important and good for your health.

Lou – The Highway Clean-Up is scheduled for Saturday the 14th of May.

We will be having a business meeting next week.

At the Executive meeting last week we decided that we should have the business meeting agendas sent to the membership a few days prior to the meeting so every member has a chance to read the agenda and can weigh in with some time to think about the topic without having to make comments or decisions on the fly. We felt that if we have a topic that concerns a member then it is more likely that the member will attend the meeting so the agenda being distributed prior to the meetings could encourage attendance too. If you would like to add something to the business meeting agenda, please contact Lou so he can organize the agenda in a timely manner.

Sunil Rajaram from the Rothesay Kings Club will be at our meeting next week.

Robert Jr. – Gift for Guest Speaker at dinner. The club decided that we will give the guest speaker at our dinner (Hon. Blaine Higgs) a Rotary Pen and an envelope with a letter thanking him and advising that we have made a donation to the Rotary Foundation in his name. We will donate \$50 in his name to the Foundation.

Paul – Report on Prize Patrol – We have approximately \$1500 in prizes so far, 15 have been



identified so far including desserts plus 4 more that were brought in to this meeting. The list of 150 + businesses was circulated to have members review and if they see a "new" donor that they have a connection with then they can see about switching with other members.

We need a push on prizes and go for big dollar prizes... Robert Jr. won't be happy if we don't beat last years totals!!!

Lou – Rotary Wheel – We still need a chair for the Rotary Wheel but we wil discuss this at the business meeting.

Rhoda – Rhoda will try to get the Google Docs to track ticket sales. Where this is new, please continue to track the ticket sales on your own hard copy in order to have a backup. Roger has had another tremendous year for selling tables and has already sold to several businesses. Please try to sell to businesses that you deal with. A table of 8 or a ticket for one...it is still the same question and a table is a lot less work than selling 8 individuals.

Harley – Shelter Boxes are helping out and are a big part of the recovery efforts in Japan.

Donna – Water Bottles – Harley, Bob K. & Frank all have water bottles that need to be cleaned and returned for refund. Goo Gone and sponges is best for getting them clean.

Meeting Adjourned.

*** Please note that I have included our Rotary Club Calendar with this Cowbell. ***

Stay tuned for the Next Cowbell!!!