

Rotary Club of Sussex Inc.

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

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

Date: May 11, 2015.

Attendance: Robert K., Harold L., Erik H., Lorinda P., Mary McN, Rob D., Bruce, Ian S, Rhoda, Scott, Alaina A., Cindy D., Sandra M., Shelley V., Kathy C., Bob B.

Regrets: Robert L., Lisa B., Jeff F., Don D., Wendy O., Bob T., Rhonda H, Alaina L., Don I., Tina M., Donna G.,

Guests: Mila Maxwell, Simply for Life.

Rotary Grace

Toast to the Queen

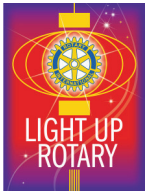
Chairperson Robert Driscoll welcomes all members and guests to today's meeting.

Robert received regrets received from; Lisa B., Jeff F., Wendy O., Bob T., Alaina L., Don I., Donna G.

- ❖ **Rotary Minute:** Ian Smyth spoke on recent article in the May issue of Rotary Magazine. The article is a story on how Jeff Bridges is determined to end hunger in America one breakfast at a time. Jeff has teamed with Billy Shore to end hunger in America. Interesting read worth considering.

Scott H. introduced Ms. Mila Maxwell, owner of Simply for Life to speak to the Club today. Mila Maxwell loves the outdoors. Her motto is that time spent outdoors is never time wasted. She is an avid skier and snowboarder and loves to run and cycle in warmer months. She loves yoga and is obsessed with eating well.

- ❖ **Guest Speaker:** Ms. Mila Maxwell, owner of Simply for Life.
 - Having an active, healthy lifestyle is important, but attitude can offer that extra boost to guide us to reach our health goals. With the right foods, at the right time, in the right portions you will gain the fuel to stay energized, find clarity of thought and maintain a better mood. It is too hard to stay on track when you are tired and craving foods. Try to challenge yourself to eat as little junk food as possible, but when you crave it I make the healthiest version of it at home.
 - It's all about using the best ingredients and eating in moderation.
 - Focus on a healthy diet with a few diet supplements.
 - Her main goals are to "take it and make it simple."



- Stick with the basic full fat versions and avoid the chemical additives in process food.
- There is an importance in food preparation.
- Important to keep a food journal. People who do are far more successful in the diet changes for a healthy and simple life food choices.
- Holistic health, whole body, whole person choices for healthy diet.
- Mila believes in buying local fresh product for healthy food preparation.

Rhoda W. thanks Mila for her interesting talk to the club today and presents her with a token of our appreciation.

- ❖ **Correspondence:** Scott indicated the club has received no correspondence this week.
- ❖ **Camp Rotary:** Alaina A. indicated clean-up day has been announced and is scheduled for May 30th, 2015. The camp is looking for help on that day and if any member had a spare day to assist it would be appreciated.
- ❖ **Youth Awards:** RYLA. Rhoda W. indicated the club will be sending Elizabeth Gushue to the seminar and training later this month.
- ❖ **Membership Inductions:** Robert Driscoll the following new member was inducted to the Rotary Club of Sussex Inc.:

Chief Harold Lowe

Membership Team Leader Rob Driscoll reads the admissions statement into the Club. Harold together with his sponsor, Rod Driscoll was provided a membership package and a Rotary pin for the photo session.

Each Rotarian welcomed Harold as a new Rotarian to the club.

Motion carried.

Happy / Sad Bucks

50/50: Cindy D.

Meeting Adjourned, 1:10 pm.

Stay tuned for the Next Cowbell!!!