

# Rotary Club of Sussex Inc.

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

[www.sussexrotary.org](http://www.sussexrotary.org)

Club # 6355 / District # 7810

## Cowbell

Date: October 22, 2012

**Attendance:** *Scott, Terri, Bruce, Robert L, Robert K, Lou, Wendy, Donna, Andrew, Bob B, Bob T  
Jason, Harley, Sandra, Rick, Teri*

**Regrets:** *Lou*

**GUEST SPEAKER:** *Matt Moore, Fundy Civic Center*

**Guests:** *None*

**Rotary Grace**

**Toast to the Queen**

**Rotary Minute:** Donna gave us a rotary minute trivia quiz on various Rotary dates and Facts.

**Matt Moore** who is originally from St. Martins has worked in Fort McMurray, and has vast experience in the fitness industry as he worked at the YMCA in Moncton.

His goal at the Civic Center is to promote a healthy living lifestyle in Rural N.B. He believes that the term Health is sometimes misunderstood. Good Health should be made up of three categories:

1. Physical Well Being
2. Social Well Being
3. Mental Well Being

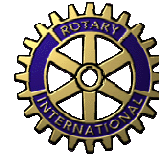
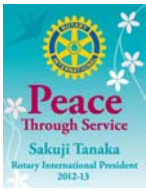
**Matt** gave us a small task which involved counting up the hours that we have in the day, and most found out that if we try we can find the extra time to work on our health.

**Committees:**

**Bikes, Boots and Band Aids** was a success as we brought in 12 bikes and nearly 200 shoes. We also gathered a lot of medication that can be used as well.

**Trip Draw:** Lottery Licenses is being processed. Update forthcoming.

**Dinner/Auction:** Rhoda is looking after things, and Rick will be reporting and providing status updates.



## Duty Roster for our Oct 29<sup>nd</sup> , 2012 meeting:

- Rotary Minute: Terri Peck
- Chair: Robert Kimball
- Introducer: None/Business Meeting
- Thanker: None/Business Meeting

**Highway Cleanup**: is schedule for the this Saturday, October 27– meet at Tim's as usual at 8 am.

**Next Meeting** – October 29<sup>th</sup>, 2012

**Happy Sad Bucks**

**50/50 was won by Bob Tremblett**

**Meeting Adjourned.**

**Stay tuned for the Next Cowbell!!!**