



Rotary Club of Sussex Inc.

P O Box 7004, Sussex, NB E4E 5M3

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

April 19, 2010

Attendance – Lou, Harley, Frank, Donna, Robert L, Andrew, Barb, Rhoda

Absent - Murray, Wendy, April, Roger, Kim, Robert K Sr, Robert K Sr, Bob B, Peter

Guest Speaker – Dr. Bob Richmond – Chiropractor

His practice is in the old RCMP building. He spoke about Total Health – all systems working 100% free all the time. The most important systems in the body are the spine and the central nervous system. Misalignment of the spine causes the cushions between the disks in the back to protrude. You may not have any symptoms / pain but could have issues that you are not aware of. He had Andrew stand at the front of the room and he showed us that you could have a misalignment and that the body compensates for these issues, for example one of Andrew's shoulders were lower than the other and his tilted one way. Dr. Bob suggested that in order to correct what ever issues someone is having it may take several trips and this would depend upon the person. To keep up with the usual maintenance most people have to go once a month. He has sons that are professional athletics. He had mentioned that one plays for the Blue Jays.

Rotary Minute – Andrew Palmer

He spoke about an article in April's Rotarian magazine about Money Management. He referenced that 75% of kids are not able to make basic financial decisions. Maybe this is something that we could help with in the community as a Rotarian especially with some of our backgrounds / employment. If you would like to read this article please refer to your April Rotarian magazine.

Fund Raising Dinner

Please be sure to give the list of the businesses that you had been in contact with for the auction to Robert Lockhart as he will put together a master list so that we have this for reference for next years event.

Cost of Meals – All Seasons

On May 3rd the cost of our meals will increase from \$6.00 to \$7.00 and \$9.00 to \$10.00

50/50 – not drawn



Upcoming Meetings

April 15th – Fund Raising Dinner - Legion

April 19th - Dr. Bob Richmond

April 26th - Business Meeting

May 3rd – TBD

May 17th – TBD

May 24th – Victoria Day

May 31st – Business Meeting

Rotary Minute: Noted below is the schedule of who is responsible for 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.

Date	Rotary Minute
Mar. 29	Robert Lockhart
Apr. 12	Bruce Northrup
Apr. 19	Wendy Osborne
Apr. 26	Andrew Palmer
May. 3	Kim Pearson
May. 10	Rhoda Wilson
May. 17	Roger Albert
May 24	Holiday
May. 31	Bob Black
June. 7	April Caissie
June. 14	Barb Crowe
June. 21	Frank Derrah
June. 28	Donna Gilchrist