

Sea Island Rotary Beaufort, South Carolina



November 10, 2009

SERVICE Above Self

Today's Meeting- Mike Mashke on being a Professional Mascot

Today's drawing - \$525

Chris Baker has donated today's door prize.

From President Marc

Last week we heard from Jon Cowles, from Janus, on managing our energy. The bad news was our energy capacity begins declining at age 30. The good news is that we can compensate for that with good diet, exercise that emphasizes interval training and making a habit of getting a good night's sleep. Of particular interest was Jon's advice to eat light and often to keep up our energy levels throughout the work day. Thanks to Jon for this excellent presentation.

Please remember the "Circle of Rotary" when you are doing business ... call a Sea Island Rotarian FIRST.

Marc Fisher, 2009-2010 Sea Island Rotary President
"Many Hands Make Light the Work"

Upcoming Events and Speakers

November 17 Martha O'Regan of Therapeutic Solutions
November 24 Jennifer Kopkhe, Personal Trainer
December 10 Christmas Party @ Berry Island in
Newpoint

Birthdays and Anniversaries

November 10 Jan Malinowski Anniversary
November 11 Ryan Copeland Birthday

In all we think, say and do....

1. Is it the Truth?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



President
Marc Fisher

President-Elect
Randy Wall

Secretary
Kelly Singletary

Treasurer
Kathy Bundy

Sergeant-at-Arms
Ray Harvey

Photo Highlights from the November 2 meeting



Looks like Edna got the crying towel!



Jack introduces Jon Cowles.



Jon Cowles tells us how to handle stress.



This week's speaker, Mike Mashke is enjoying last week's topic.

Happy Birthday U.S. Marine Corps

The United States Marine Corps traces its institutional roots to the Continental Marines of the American Revolutionary War, formed at Tun Tavern in Philadelphia, by a resolution of the Second Continental Congress on 10 November 1775.

The United States Marine Corps includes just over 203,000 (as of October 2009) active duty Marines and just under 40,000 reserve Marines. It is the smallest of the United States' armed forces in the Department of Defense.

The Marine Corps is highly cost-effective. The cost per Marine is \$20,000 less than the cost of a serviceman from the other services, and the entire force can be used for both hybrid and major combat operations.

The Lowcountry Community Blood Center December 12

The location is in front of Belk at Cross Creek from 10 a.m. to 2 p.m.