

Sea Island Rotary

Beaufort, South Carolina



November 24, 2009

SERVICE Above Self

Today's Meeting- Jennifer Kophe, Personal Trainer

Today's drawing - \$577.00

Rebecca Bass has donated today's door prize.

From President Marc

Last week we heard from Martha O'Regan of Therapeutic Solutions on the healing arts of caring for our nervous systems. Martha reminded us how stress is related to illness and how trauma, toxins and thoughts can cause physical pain. One of the keys is to "think about what you think about when you think about it" ... or put another way, to shift our thoughts to eliminate negative thinking ... that act alone can lead to better health!

Christmas Party: December 10th, Berry Island (Newpoint, on Lady's Island), 5:30 pm. Tell your spouses and significant others, please! Don't forget our Adopt-a-Family program. Your generous donations reflect the giving spirit of Sea Island Rotary!

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

Upcoming Events and Speakers

Dec.1 David Brown, Mike Konoza Young Life
Dec. 8 Chris Barrow BCSD Protective Services
Dec. 10 Christmas Party @ Berry Island in Newpoint
Dec. 15 Vic Varner BHS Voices

Note: No meeting December 22 or 29

Birthdays and Anniversaries

November 25 Baxter McClendon Anniversary
November 26 John Tuckwiller Anniversary
November 28 Walt Gnann Anniversary

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

November 17 Rotary Meeting Highlights



Amy Purdy receives her Paul Harris Fellow award.



Rion Salley receives his Paul Harris Fellow award.



Martha O'Regan of Therapeutic Solutions speaks to SIRC .

Opportunities for SIRC to Give Back to the Community

SIRC's blood drive is December 5, 10:00 am until 2:00 pm in front of Belk.

SIRC trash pickup is December 12, sign-up sheet on line at www.seaislandrotary.org.

