

# Sea Island Rotary Beaufort, South Carolina



Nov. 29, 2011

## Gordon Robertson III, Red Cross

Today's drawing = \$1,024

Jay Desai donated today's door prize.

### President's Message

Good Morning,

We have a great meeting set up for you folks today. Look forward to seeing everyone today at the Quality Inn. This year's Biathlon participants will receive a cinch bag and a performance type hat with the race logo on the front. We will only order enough hats for participants and must place our order ASAP. We are going to place an additional order for members wanting a hat for our cost of \$10.00 but need to know now. A sign-up sheet will be available the next two club meetings for the hats. Kathy can include the cost of the hats with your dues if you wish. There will be no extra hats available on race day so please take time to order now. Thank you and see you soon!

President Tom

### Upcoming Events and Speakers

Nov. 29- Gordon Robertson, Red Cross

#### Birthdays & Anniversaries

Jay Desai	Nov. 21	Birthday
Harley Ruff	Nov. 21	Birthday
Baxter McClendon	Nov. 25	Wedding
Walter Gnann	Nov. 28	Wedding
Paddi Bailey	Dec. 2	Rotary Anniv.
Mike Maschke	Dec. 2	Rotary Anniv.

### Last Meeting's Notes

Tom Hetherington spoke to us about the benefits of good posture health. Tom, a University of California - Fresno graduate, has been a licensed physical therapist since 1989. In addition to being the owner of Coastal Physical Therapy, Tom also serves as an adjunct professor at MUSC. Tom pointed out that most of his physical therapy is for problems related to poor alignment of the spine rather than for injuries. It is important for us to use our bodies the way they are designed to be used, and to protect and strengthen our core with good posture. Tom showed us photos of star athletes, pointing out that even when relaxed their postures feature shoulders back, chest out, and chin down. This posture is best for spinal alignment, disk health, and protecting nerves. Tom pointed out that "most people fall apart the same way" and we can improve our spinal health through proper posture. It is important to keep good posture throughout the day - and night - as well during exercise. Remember when sitting or driving to sit back and keep our work close to us rather than leaning forward or back.

### **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?**



Reach Within to Embrace Humanity

## Pictures from the Past Meeting



A very attentive SIRC audience.



Tom checks out Dan's leg strength.



Tom tells us about the benefits of good posture.



John Perrill shares good Rotary news.



Honorary member Lynn joins us for an informative program.



Jay, Ray, Pres. Tom, and Stan share in some good news.