



The Northside Record

The Official Publication of

THE EXCHANGE CLUB OF NORTH JACKSON, MS -- Organized March 21, 1958
Chartered April 18, 1958



Meetings on 1st & 3rd Monday 6:30 p.m. Western Sizzlin (1011 Lake Harbor)

Club Officers:

Kathy Jones President	Susan Rentschler Secretary	
Al Dickens President-Elect	George Bragg Treasurer	Diane Sullivan Immediate Past-President

Directors:

James Gould	Ken Sullivan
Katherine Gould	Maxine Sullivan
L. W. Jones	Martin Butler

BULLETIN EDITOR: Ken Sullivan

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February 12, 2006

February 21, 2006 THIS IS A CHANGE!!!

NEXT MEETING:

Speaker: Ken Sullivan, Enrolled Agent and Master Tax Advisor and Club Member.

WHEN: **Tuesday, February 21, 2006, 6:30pm**

WHERE: Western Sizzlin
1011 Lake Harbor Drive
Ridgeland, Mississippi

MENU: Delicious Buffet Style. Serve yourself, tea, coffee, salad, and dessert.

Our next meeting will be presented by Ken Sullivan. He will speak about tax changes for 2005. These changes could make a significant difference in your refund or balance due when filing your 2005 Federal and State Income tax return that is due April 17, 2006.

LAST MEETING:

The Invocation was presented by Ken Sullivan and the Pledge of Allegiance was presented by L. W. Jones.

Ken Sullivan, RVP6, installed with a challenge to participate and recruit new members our newest Club Members. While Sullivan recited the Covenant of Service, President Jones proudly pinned James Walton, Cathy Brandon, and Jack Thacker.

Lorrie Davis of the Mississippi Affiliate of the American Heart Association and the American Stroke Association spoke with us about the prevalence of heart disease and stroke in Mississippi. Nationally heart disease is the number 1 killer and strokes are the number 3 killer.

She told us about the warning signs of heart attack. These include pain, pressure or both in the chest; pain spreading to the shoulders, arms, back neck, jaw or stomach; shortness of breath; sweating; feeling "sick to your stomach"; and feeling faint.

The warning signs of a stroke include sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion, trouble speaking; sudden trouble walking, dizziness, loss of balance or coordination; trouble seeing in one or both eyes; and sudden severe headache with no known cause. Not all heart attacks and/or strokes present all of these symptoms. The presence of even one could be a warning signs and demands immediate medical attention. Lorrie left pamphlets for those present on heart attack, stroke and the warnings signs and medical actions to be taken.

Divisions IV, V, VI meeting will be February 18 from 11:30am to 2:00pm at Western Sizzlin in Ridgeland.

The Board of Directors voted to pay the meal expense/registration fee for those members who choose to attend. Let Diane Sullivan know BEFORE February 15th if you intend to be present.

Division VII will be March 4 location to be announced. Divisions VIII and IX will be March 18 location to be announced.

UPCOMING EVENTS:

Dixie National Rodeo Thursday, February 9 through Wednesday, February 15, 2006. In March there is a rock concert featuring "Motley Crue" on Saturday, March 25. This event is sold out. There will also be two consecutive weeks of State High School Basketball Championships starting on Monday, February 27 through Saturday, March 11, 2006.

REPORTS:

The Exchange Club of Louisville has set a date of Saturday, March 25, 2006 at 6:00pm for their Charter Celebration Banquet. Everyone is encouraged to attend this meeting.

The Mississippi District Exchange Clubs Convention will be relocated to another site in the state due to the disaster caused by Hurricane Katrina. The District Board is checking into the possibility of having the convention in the Jackson area. We will keep you posted as to when and where the convention will be held.

Special Thanks to Parkers:

We are in the middle of one of our Club's biggest fund raisers, the Dixie National Rodeo. Thanks to those who have helped park the cars and raise the money to fund of projects and Programs of Service: Cathy Brandon, LW Jones, Teresa Kemp, Diane Sullivan, Ken Sullivan, and James Walton from Northwoods – Tommy Smith from Louisville – Cory Gully and Allison Shanabrough (Thursday) and Martin Butler, Al Dickens, James and Katherine Gould, LW Jones from Northwoods – Stan Martin and Troy Nickelson (Friday). Remember your commitments for Monday, Tuesday and Wednesday.

BIRTHDAYS:

February 10th, Marilyn McGregor
12th, Jack Thacker
16th, Kathy Brandon
26th, George Bragg
29th, George McCully

ANNIVERSARIES:

February 16th, Emily & Al Dickens

GET WELL WISHES:

Betsy Semko is taking a new round of chemotherapy treatment. Please keep her in your prayers.

OUR WEB SITE:

Check it out! Go to the web address listed below and see what's happening if you haven't visited the site in a while. THANKS, GEORGE!!

PRESIDENT'S COMMENTS:

Plan to attend the Inter-Club meeting on Saturday, February 18th. The Exchange Club of Ridgeland will be the host club and our Club will bring gifts for the "Let's Have A Drawing".

Thanks to all who have committed to support our fund raising project at the Coliseum. It is through your hands that God works miracles for our community service projects including our programs in Americanism, Community Service, Youth and the Prevention of Child Abuse.

Plan now to attend the Annual Convention in Orlando, Florida. Special room rate of only \$125/night. Register early to get this special rate. Dates are July 25-30, 2006. We must register as soon as possible as there is only a limited number of rooms blocked for this special rate.

Kathy

EXCHANGE IS THE BEST SERVICE ORGANIZATION!

EXCHANGE EDUCATION:

March is Membership Month. Be sure to invite a friend or neighbor to attend a meeting with you and invite them to be a part of America's Service Club.

Visit our website at <http://exchangeclub-jacksonms.org>