



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
Al Dickens President-Elect
Susan Rentschler Secretary
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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March 18, 2006

March 20, 2006

NEXT MEETING:

Speaker: President Kathy Jones

WHEN: **Monday, March 20, 2006, 6:30pm**

WHERE: Western Sizzlin
1011 Lake Harbor Drive
Ridgeland, Mississippi

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

President Jones will be reviewing our club's goals and progress of programs that were initiated at the beginning of her administrative year. She will have the Nominating Chair present the slate of officers and board members to the club for their election as the form with the newly elected officers must be submitted to National Headquarter by April 15. **March** is election of officers Month.

LAST MEETING:

Ken Sullivan presented the Invocation and the Pledge of Allegiance was presented by Al Dickens.

Our speaker was Dr. James Sones of Gastrointestinal Associates. GI Associates was organized in 1981 by Dr. Sones, Dr. Billy Long, and Dr. James Johnston. Their practice has grown to be the largest in Mississippi and one of the largest in the Southeast with thirteen physicians and over 100 employees.

Dr. Sones stressed the importance of having a colonoscopy at least once every ten years beginning at the age of 50 or a routine screening test to include a fecal occult blood test yearly plus a flexible sigmoidoscopy every five years starting at age 50. If you have a colonoscopy done and a polyps is found it is easily removed at that time. You wake up from the procedure pretty rapidly in about 15 to 30 minutes and can go home. The cure rate can be up to 90% if the disease is found before it involves the lymph nodes or penetrates the bowel wall.

Colorectal cancer is the second leading cause of cancer death in the US. Its symptoms often appear only later in the cancer's development. Regular screening techniques can catch the disease when it is curable.

UPCOMING EVENTS:

Sunday, March 19, 2006 – WWE Wrestling

Saturday, March 25, 2006 – Motley Crue

Be sure to respond positively when called to volunteer. We have limited assignments again this year, so it's critically important that we are fully staffed when assigned to park. "Motley Crue" on Saturday, March 25, is sold out so we will be needing ten workers.

REPORTS:

The Exchange Club of Louisville has set a date of Saturday, March 25, 2006 at 6:00pm for their Charter Celebration Banquet. Due to a conflict with the Motley Crue Concert, this Charter Banquet will be re-scheduled. Everyone is encouraged to attend when the revised date is set.

Special Thanks to Parkers:

Feb 27 – March 11, 2006 MS State Championship Basketball. Thanks to those who have helped park the cars and raise the money to fund of projects and Programs of Service: Al Dickens, Kathy Jones, LW Jones, Teresa Kemp, Diane Sullivan, Ken Sullivan, Jack Thacker, Jay Thacker, Cynthia Reece, Martin Butler, Charles Butler, Glenn Ward, Brandon Walton, Jessica Guess, Jessica Kiefer, and Caitlin Sudbury, Ken and Diane's granddaughter, and from Northwoods – Stan Martin, Tommy Smith and Troy Nickelson.

March 18, 2006 Frankie Beverly and Maze Concert
Thanks to George Bragg, Susan Rentschler, Ken and Diane Sullivan and Northwoods - Tommy Smith and Troy Nickelson.

BIRTHDAYS:

March 11th, Emily Dickens
20th, Maxine Sullivan
24th, Annette Butler

GET WELL WISHES:

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

WELCOME HOME:

We wish to welcome home Susan Rentschler and George Bragg from their extended vacation to Arizona. We have missed seeing you at our meeting and look forward to hearing about your vacation.

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:

Please mark your calendars to attend the Mississippi District Convention here in Jackson from Thursday, June 22 through Saturday, June 24, 2006 at the Clarion on I55 North. Our club will be involved with helping when called upon by the MS District President or Convention Committee.

National has made arrangements with the Buena Vista Palace to honor the room rates set for the convention to be \$125.00 to run from July 20th through August 3, 2006. You must let the hotel know that you are with the National Exchange Club Convention to get this rate. Don't delay as this accommodation request must be

received by June 16, 2006. There are only a limited number of rooms blocked for this special rate.

Kathy

EXCHANGE IS THE BEST SERVICE ORGANIZATION!

EXCHANGE EDUCATION:

Membership expansion and retention is a continuous challenge. Current members should be energetic and involved in activities which will help to recruit new members. It is important to induct the new member promptly and make sure that the member receives a proper orientation with the Exchange Education Committee. To help grow our club perhaps a **Rush Party** could be planned. We must continue to grow our membership.

Last meeting Diane invited a friend, Angela Butler to join us. She would like to ask Angela to become a member of our club and be involved with the many projects that we do. 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.

April is Child Abuse Prevention Month. In support of this vital Program of Service the Metro Jackson Exchange Clubs have formed a committee to plan, oversee, implement and conduct the "Night of the Child" drawdown. The event will be held Thursday, July 13, 2006 from 6-9:00 p.m. at the Sparkman Auditorium at the Mississippi Agricultural Museum on Lakeland Drive. There will be 400 \$100 tickets sold. We are responsible for selling tickets and other tasks as designated by the joint committee. As you are asked to help, please volunteer to take an extra assignment. This is a big job and can result in a large donation and a much-needed boost in our public image for the Center and our Club.

Irish Friendship Wish

*May there always be work for your hands to do;
May your purse always hold a coin or two;
May the sun always shine on your windowpane;
May a rainbow be certain to follow each rain;
May the hand of a friend always be near you;
May God fill your heart with gladness to cheer you.*