



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:

Angela Butler
President
President-Elect

Katherine Gould
Secretary
Diane Sullivan
Treasurer

Ken Sullivan
Immediate Past-President

Directors:

James Gould
LW Jones
Jack Thacker

Jeff Conly
Al Dickens
Martin Butler

BULLETIN EDITORS: Diane Sullivan/Katherine Gould

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February 12, 2009

NEXT MEETING Stand Up America!

Speaker: Ken Sullivan, Past-President
Update on 2008 Taxes

WHEN: February 17, 2009, Tuesday
6:30 p.m.

WHERE: Western Sizzlin
1011 Lake Harbour Drive
Ridgeland, Mississippi

MENU: Buffet, tea, coffee, dessert

Program Chair, July: Diane Sullivan

LAST MEETING:

The Exchange Club of North Jackson met on Tuesday, February 3, for their regularly scheduled meeting at Western Sizzlin. Angela Butler called on Ken Sullivan to give the invocation. She then led us in the Pledge of Allegiance to our flag and welcomed our guest, Dr. Sylvia McCandless. Everyone then enjoyed the buffet meal provided by Western Sizzlin.

Angela reminded us of a major parking event next week, the Dixie National Rodeo, for which a sign-up sheet is available for those able to help with this. It is a seven-day event, Thursday—Wednesday. We had an update on Troy Nickelson (Let's Have a Drawing fame!) of the Northwoods Club. He has had heart surgery and is recuperating at Wisteria Gardens rehabilitation facility.

There was a report on the Mid-Winter meeting at Richland from Al Dickens. He and three other members attended; he reported the attendance was about fifty-two. Ken Sullivan told us that Mr. Tickle, Diane's father, had

lung surgery in Memphis and will be in ICU for two days or so before moving to rehab.

Jack Thacker and George Bragg have February birthdays, and Al and Emily Dickens have an anniversary on the 16th.

Angela had received a card from Emily Dickens telling us that, due to health reasons, she was resigning from the club effective January 28. Also, a letter of resignation had been received from George and Susan Bragg, effective January 31. They are resigning because of family and church responsibilities, though George will continue to help with the website until August. We will dearly miss you all and hope to see you back.

Ken Sullivan then introduced Sylvia McCandless, who has a doctorate in physical therapy and owns McCandless Physical Therapy in Flowood. She is also an avid golfer and tennis player.

Dr. McCandless told us that loss of balance and falls are often due to aging and lack of activity. Posture is important for your balance, also. Diabetes can affect the feeling in feet and therefore affect balance.

We were invited to stand and try out some exercises to gauge our balance and flexibility. She asked us to stand with our eyes closed; she detected some of us swaying a bit! We stood on one foot, twisted to the right and left, reached behind our backs, and tried to touch the floor with our palms. Some of us are not as young as we used to be! Jeff, our oldest member, told the doctor about a fall he'd had and showed us the bump on his head; luckily he had no breaks. She advised us to try to use well-lit areas and watch out for loose rugs.



She passed out some information on what physical therapists do and information on computer posture and taking care of hips. She answered some questions, and we thanked her for coming with a round of applause

Angela again thanked Dr. McCandless. She then read a letter of appreciation from John Stowers of the Salvation Army for helping with bell-ringing. Also, Ken Sullivan has agreed and been approved by the Board to serve as club President-elect for the unexpired term of Ralph Brown. He will need our full cooperation. Thank you, Ken.

We then dismissed with our motto, "Unity for Service."

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Would you like to win a trip to the 2011 Anniversary Celebration in Detroit? Design a new LOGO for Exchange for their 100th anniversary and submit it by May 31, 2009. Check it out in the EXCHANGE-O-GRAM, your Exchange Today Magazine, or go to the website, www.nationalexchangeclub.org. Sounds like fun!!

UPCOMING EVENTS

Basketball Tournament, March

BIRTHDAYS AND ANNIVERSARIES

February Birthdays

Jack Thacker, 2/12
George Bragg, 2/26

February Anniversaries

Al and Emily Dickens, 2/16

IN THE HOSPITAL

Mr. Jack Tickle, home recuperating from surgery.

Kathy Jones Lawrence will be having back surgery on March 2 at St. Dominic Hospital. She will be in the hospital about 4 or 5 days. This will be a serious operation for her so remember to keep her in your prayers. If you are able, go by to see her while she is there.

Parking Project

I wish to "Thank You All" for volunteering to help with parking day or night, and through hot or cold and windy conditions that we had during the "Dixie National Rodeo". I want to especially "Thank" Katherine, James and Ken for taking charge in my absence.

I also would like to thank you for your many prayers for my Father during his recent surgery and for his continued recovery.

Diane Sullivan

Coming June 19—21:

Mississippi District Convention at Cleveland, MS



Invite your boss, neighbors, church friends and relatives to our next club meeting. Make a list of all the people you know who would benefit from being involved in the Exchange Club of North Jackson. Exchange's 90-day trial membership program, is now under way through March 31. This has become Exchange's most successful membership recruitment program. Let's "**Grow our Club**".

Youth of the Month/Year Project

The 2008-2009 Youth of the Year Essay theme is "America's Youth - Stepping Forward to Change the Beat of America"

We will be recognizing the students soon. If you would like to help with this project or any other project please feel free to contact Angela, Katherine, any officer or committee chair member.

Program Chairs

February, Diane Sullivan
March, Charles and Martin Butler

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