

Rotary Buzzer

Meeting Recap

October 2
Pulled Pork Work Day

October 9
Boone Hope
Foundation Board
members
Tim Trudeau, Program
Chair

October 14
Pulled Pork Dinner

October 16
No Meeting Post Pulled
Pork Dinner

October 23
Networking Day: Phil
Hauser, Eldon
Hutcheson

October 30
Phil Hauser, Program
Chair

November 6
Craig Downs, Program
Chair

November 13
Eldon Hutcheson,
Program Chair

November 20
Networking: Bill
Curran, Mary
Youngblood, and
Craig Downs

Pres. Vicki Greco

DG Erna Morain

RI Pres. Mark Maloney

Jeff Anderson, Editor

Pres. Vicki called the meeting to order and noted that the Sun actually was peering out for a bit! She called upon Dave Cook to present several Rotary banners from clubs he visited during his southern sojourn including clubs in Memphis (with Elvis on their banner), Midtown New Orleans, Scottsville, KY, Huntsville, AL, and Nashville. He noted that he was able to find Rotary club meeting places and times with the Rotary locator app and that the clubs were all thrilled to have visiting Rotarians join them.

Vicki shared a few “on this date in history” items including one that Henry

Ford instituted a five day work week for his employees—but evidently Andrew didn’t get Mr. Ford’s memo!

Highway Litter Pick Up

It was gray, but not raining, so we were able to go ahead with our litter pick up on Wednesday night. The stretch of Highway 30 in Boone turned out to not be too “littered” but it is even cleaner now!



Sergeant at Arms

Andrew stepped in as Sergeant at Arms and encouraged everyone to stop out at Moffitt Ford on Saturday for the Drive One 4 Your School fundraiser for the Boone Booster Club. The Booster Club will receive up to \$6000 (\$20 for each person who signs up for a test drive).

Abby was happy that she grew up before social media and several other members echoed that sentiment. Dave was really impressed by the Saturn V rocket (37 stories tall he saw in Huntsville, AL and for the silencing of the cowbells

Vicki also reminded everyone of Thursday evening’s Literacy Night at Franklin and encouraged everyone to keep selling pulled pork tickets. Next week’s meeting will be devoted to planning and preparation for the big event (which is only slightly over two weeks away). Andrew indicated that set up at the Community Building is tentatively scheduled to begin at 2:00 on Sunday October 13. He’ll keep us posted if that needs to change due to other groups or events using the facility.

at Mississippi State last Saturday by the end of the KSU game. Craig had to leave early but not before relishing the strong finish the Cardinals have had and Tim was looking forward to his daughter’s upcoming wedding in Carmel, CA!



QUOTE OF THE WEEK

If you aren't in
over your
head, how do
you know how
tall you are?

T. S. Eliot



Jamie Rabe, Low Back Pain

Jamie Williams introduced Jamie Rabe (who happens to be our newest member) who is a physical therapist at 21st Century Rehab who presented a program on lower back pain. Jamie has been a PT for 10 years. She shared that 21st Century Rehab is focused on community education and so she enjoys providing program and workshops to enable community members to better consumers of healthcare. Jamie said there are three primary causes of lower back pain. Under age 40 persistent lower back pain is more likely to be due to herniated or bulging discs (because younger disc are "more squishy". Patients with bulging disc tend to experience pain when they bend forward. Over 40 the cause of back pain is increasingly likely to be due to osteoarthritis and spinal stenosis. Individuals with these problems feel pain and discomfort when standing or walking. The other main cause is due to sacroiliac joint problems (in the hip and pelvis) that attach to spine. People with these issues have pain when they are sitting. Much to chagrin of the majority of folks in the room Jamie shared that most of us over 50 probably have some measure of degenerative disc disease due to a variety of factors (including age). Jamie said her goal

in dealing with individuals with back pain is to help train them to sue their muscles and joints correctly and to use their muscles to pull into better alignment. She also figures out ways for patients to modify their movements (at work, at computers, desks, etc.) to try and minimize harmful movements and habits and how to help patients strengthen muscles to avoid injury and alleviate pain. Those present had a TON of questions for Jamie so it was very evident her presentation "struck a nerve". Thanks to Jamie for a very interesting and informative program!



Jamie Williams with Jamie Rabe of
21st Century Rehab

PULLED PORK DINNER REMINDER

Please be sure to keep Megan or Andrew updated on your ticket sales for the Pulled Pork Dinner. Megan's email address is mhouston118@gmail.com and Andrew can be reached at Andrew@moffitts.com