



The Fayetteville Rotary Spokes

The Weekly Newsletter of the Fayetteville Rotary Club
April 23, 2018

Fayetteville Rotary Club Meeting

Welcome: President Andy McBain opened this week's meeting at 6:30 PM, welcoming all to the Fayetteville Rotary Club (FRC), and lead all in the Pledge of Allegiance.

Meeting Prayer and Meal: Drew Young gave the meeting/meal invocation. The meal included fried fish, French fries, sweet potato fries, and coleslaw.

Rotary Song and Rotary Minute: The club did not sing a song. Magda Baggett provided today in history. Today in 1954 Hank Aaron hit his first major-league home run. Today in 1987 Chrysler bought Lamborghini.

Attendance & Guests: There were 8 members and 3 guests including the Oran Nelson and two Physical Therapy Doctors who were the guest speakers.

Health and Happiness: There were several Happy Bucks given. Dave Baggett gave a Happy Buck to acknowledge the student awardees and recognized the University President and his wife. Tim Richardson gave five Happy Bucks to acknowledge Bill Lowdermilk the individual who provided the funds that form the basis for the scholarship. Dave Baggett used one of Tim's bucks to acknowledge the Faculty who nominated the outstanding students for the achievement awards.

Club Program: The program for the evening was a presentation on Physical Therapy. The two speakers provided folders to each member that had information about different programs available. While most folks were familiar with physical therapy because of personal experiences with physically limiting events at least one member had never interacted with physical therapy. This provided the opportunity for the Physical Therapists to let everyone know that everyone whether they think they have a problem or not should get an annual evaluation as they get older. The evaluation can help with joint pain and muscle strength to ensure continued mobility. And, for anyone with arthritis, other chronic pain or problems sleeping, exercises that will help, can be prescribed. For older adults with balance problems, a visit can be especially helpful.

Future Meetings and Upcoming Event

- April 30 – Fayetteville Rotary Club meeting at Scrub Oaks.
- May 7 - Fayetteville Rotary Club meeting at Scrub Oaks.
- May 14 - Fayetteville Rotary Club meeting at Scrub Oaks.
- May 21 – Fayetteville Rotary Club will clean the Riverwalk and eat dinner from a food truck.

50-50 Raffle - This week Drew Young's ticket was drawn but Drew did not draw the queen of spades from the deck. With 10 cards left, the pot has more than \$439.00. Andy lead everyone in the **Four Way Test, of the things that we think, say and do**, and the meeting was adjourned at 7:30 PM.