



Rotary Club of Carleton Place and Mississippi Mills

Meeting of May 25, 2015

Eleven of our thirteen members were present at our new (and old) venue at The Thirsty Moose. It felt like coming home for many of us.

The compost sale and the theft of upwards to 150 bags was the lead item for discussion. Mike reported that he had deposited \$10,310 in the bank from the sale with perhaps a few payments yet to come. It was a successful sale in spite of the theft although not up to the sales number of the peak year. A report to the OPP regarding the theft was approved; members thanked Glenda through AI for the article to go in the Humm and also requested that she prepare something for the EMC. (That she has done and it will appear on the Millstone as well. Thanks Glenda.)

Our speaker for the evening was Allison Adamovits who runs a private counselling centre in Carleton Place. She spoke to us on the subject of "Understanding Anxiety and Depression" with an emphasis on how widespread various forms of mental illness are, what constitutes anxiety and depression, the extent to which it is a normal bodily function and how a rigid avoidance of anxiety and depression can be the real enemy. The Club thanks Allison for her presentation and the enlightenment it provided.

Members are reminded that:

- **The board will meet at 11 am on Friday May 29 at Brenda's office and all Club members are invited to attend, and that**
- **Weather permitting, Spring clean-up of the trail will take place on Saturday May 30. Those so inclined can meet at the Thruway for breakfast at 8 am and all participants will then gather at the Pentecostal Church parking lot.**