



THE CITY SALESMEN'S CLUB

SELEGRAM



Meeting Date: September 19, 2023
Location: Hoover Country Club
Presiding: Joe Daniel
Prayer, Pledge & Creed: Cody Burns – WBRC

GUEST (HOST): Program Director at The Fitness Center, Dan Tourtellotte (Vic Nigri)

APPROVAL OF LAST WEEK'S MINUTES: Approved as submitted.

THANK YOU'S: Started by Mike Lorino

MEMBER HEALTH REPORT: Tom Meter had Mohs surgery on his scalp and is having issues with his esophagus. Please keep him in your prayers.

ATTENDANCE REPORT: 56 Active. 1 Associate. 3 Retired. 1 Guests. **61 Total.**

SECRETARY'S REPORT:

- 1st Reading for Brian Jackson with EcoView Windows & Doors of Birmingham. Club sponsors are Joseph Habshey & Coman Baum.
- Birthdays: 9/20 John Nelson (absent); 9/21 Fred Johnston (absent); 9/22 Nick Sealy (absent); 9/23 Jeff Phillips; 9/24 CD Denson & Richard Dixon (absent)

TREASURER'S REPORT: No report.

SOCIAL REPORT:

- NFL watch party social will take place on Thursday, 9/28/23 at The Golfclub.

MEMBERSHIP REPORT: No report.

PRESIDENT'S REPORT:

- An auction for the CSC pocket roster cover will take place at our next meeting on Tuesday, September 26th.
- CSC golf tournament will take place on October 30th at Highland Park Golf Club. All team slots are full, but there are a handful of openings for golfers. See Alex Lott for more information.

PROGRAM: Vic Nigri (and Dan Tourtellotte) – The Fitness Center

There will be a 30th Anniversary Celebration on October 4th from 3:30-5:30pm.

Vic

- Vic's warning was for each of us to get right with the Lord. We can't ride other's coattails into eternity.
- The men who came before us made it possible for us to be a part of the CSC. Our legacy will be left through mentorship.
- U.S. obesity stats are alarming. Obesity leads to diabetes type 2, cardiovascular disease, and stroke.
- Exercise is the key to feeling better and helping us serve our families.
- Alabama ranks as one of the least active states in the U.S.
- The Fitness Center provides personal training and accountability.
- Other reasons to change our lifestyle: high cholesterol, high blood pressure, elevated stress, depression, and obesity.

Dan

- Dan is a former athlete and coach, and he's been at The Fitness Center for 3 years.
- He is certified in balance exercises.
- Balance – 1 in 4 adults will fall this year.
- Falls are the #1 contributor to head injuries.
- Age is a major factor.
- Dan creates individualized programs and includes cognitive exercise, strength, functional fitness, and balance training.

SERGEANT AT ARMS: Jeff Baker imposed some serious fines. His observations were epic!

GREETERS & PRIZES:

Alex Solis (SMAD Auto Detailing & Tinting) – won by Keith Keller
Alan Smith (ADW Temporary Staffing) – won by Joseph Habshey & Dick Coffee (Alan brought 2 prizes)

JACKPOT: \$28 – Won by Sam Sciara

MEETING ADJOURNED: 12:59 PM **NEXT MEETING:** September 26, 2023 **SPEAKER:** Paul Bryant – B'ham Recovery

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Second Vice President _____ Alex Lott
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