

THE ROTATOR

WEEKLY BULLETIN OF THE ROTARY CLUB OF COUNCIL BLUFFS

CLUB NO. 1506 ORGINATED FEBRUARY 23, 1915 VOLUME 37 NUMBER 26



Rotary International Theme 2011-2012

Thursday, December 29, 2011, 12:00 pm
Vocational Talks – Rick Guill and Matt O’Reilly
The Center, 714 S. Main St.

DECEMBER MEETINGS/EVENTS

- 01 Arian Haddix – American Cancer Society
- 03 Salvation Army Bell Ringing, 11 am-7 pm, Walmart
- 08 Annual Meeting/Club Elections/Club Assembly
- 14 Board Meeting, 1 pm, TS Bank, 1745 Madison Ave.
- 15 Christmas Luncheon, 12 pm, Council Bluffs Country Club
- 22 Dr. David Bouda – How to Overcome Obesity in the Midwest
- 29 Vocational Talks – Rick Guill and Matt O’Reilly
- 31 First Night, 2:30-10:30 pm, Council Bluffs Library

DECEMBER BIRTHDAYS

- | | |
|--------------------|-----------------|
| 01 Martha Bruckner | 18 Mike Maher |
| 09 Mick McKinley | 19 Carol Horner |
| 10 Stan Grote | 24 Kelly Sears |
| 16 Betty Cernech | 29 Jane Bell |
| 17 Cindi Keithley | |

2011-2012 Officers

President – Mike Maher
Past Pres. – Carol Horner
Pres. Elect – Mick McKinley
Treasurer – Paul Hamilton
Secretary – Donna Pritchard
RI Fndn. – Doris Heineman

Board Members

Terry LeMaster 12
Gilbert Thomas 12
Tom Whitson 12
Peg Christensen 13
Tony Doremus 13
Jay Simms 13
Marcia Antworth 14
Jason James 14
Jill Orton 14

Executive Director

Wendy Chubick

December	Song Leader	Clipper	Greeter
01	Marcia Antworth	Marcia Antworth	Nancy Schulze
08	Greg Witte	Matt O’Reilly	Carol Grieder
22	Carol Wood	Doug Goodman	Brad Richardson
29	Greg Witte	Susan Enewold	Rosalie Shepherd

Rotary Club of Council Bluffs
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Website: www.noonrotaryclub.org

Wendy Chubick, Executive Director

MAKE UP OPPORTUNITIES

MONDAY

North – Noon, Eppley Airport Conference Center

Bellevue – Noon, DJ's Dugout, 2440 Cornhusker Rd.

Millard – Noon, Bel Air Banquet Room, 12100 W. Center Rd

TUESDAY

Morning – 7 a.m., Happy Hollow Club, 1701 S. 105th St

Northwest – Noon, Champions Run, 13800 Eagle Run Dr.

Southwest – 5:15 p.m., The Prestige, 168th & Pacific

WEDNESDAY

Downtown – Noon, The Field Club, 3615 Woolworth Ave.

Council Bluffs Centennial – 7 a.m., Hy-Vee, Madison Ave.

THURSDAY

Suburban – Noon, Anthony's, 7220 F St.

Western Douglas County – 7 a.m., Elkhorn Common Ground Community Center, 1701 Veterans Dr.

FRIDAY

West – Noon, Champions Run, 13800 Eagle Run Dr.

E-Club Meeting Links:

www.rotaryclub7210.org

www.rotaryclubone.org

www.rotaryclubny1.com

www.rotaryclub7890.org

www.rotaryclubsouthwest.org

www.rotaryclub34.org

Rotary Events

First Night – Sat., Dec. 31, 2:30-10:30 pm, Council Bluffs Public Library.

Volunteers are still needed for:

6:30-8:30 pm (partner with Rick Killion)

8:30-10:30 pm (partner with Bryan Biederman)

Performers for these shifts are Double Play Flute & Tuba.

Volunteers receive free admission buttons. Sign up at the Dec. 29 meeting or contact the Executive Director.

Announcements

District Simplified Grant applications are due Jan. 11. Doris Heineman, Marcia Antworth and Tony Doremus are on the grant committee. TODAY is the last day to give them your grant ideas.

Rotary Links:

District 5650 Website: <http://www.rotarydistrict5650.org>

Rotary International Website: <http://www.rotary.org>

December 22 Program

Dr. David Bouda

How to Overcome Obesity in the Midwest

BMI (Body Mass Index):

- Less than 30 is normal
- Over 30 is overweight

- Over 35 is obese
- Over 40 is morbidly obese

Figuring BMI:

- Women – first 60 in. (5 ft.) of height = 106 lbs.. For every inch over 5 ft. add 5 lbs. to get LBM (Lean Body Mass). Take LBM x .10 to get BMI.
- Men – first 60 in. = 107 lbs. For every inch over 5 ft. add 6 lbs. to get LBM. Take LBM x .10 to get BMI.

Why are we overweight?

- Eat too much
- Decreased activity
- Gas stations have everything
- Vending machines are everywhere
- Restaurant portions are bigger
- Physical Education is less of a focus in schools
- Solve problems with food
- Genetics
- Cuban missile crisis – during this time our country switched from using cane sugar to corn sugar. Corn sugar signals the brain to desire fatty foods.

Consequences of obesity:

- Cardio vascular disease
- Stroke (high blood lipids and cholesterol)
- Increased risk of cancer
- Diabetes
- Non-alcoholic fatty liver disease
- Gall stones
- Sleep apnea
- Degenerative joint disease
- Osteo arthritis
- Increased risk of death with surgery
- Infertility
- Increased risk of blood clots

How to lose weight:

- Healthy cooking habits
- Eat fresh food - if you have to unwrap it or unscrew it, don't eat it
- Eat breakfast
- Keep a good calorie flow during the day – hunger signals metabolism to slow down to conserve energy
- Portion control – a serving of meat is the size of your palm, a serving of salad dressing is the size of your thumb
- If your grandma wouldn't know what it is, don't eat it
- If there's more than one of the same restaurant in town, don't eat there
- Eat an apple and drink 2-3 glasses of water before hitting the buffet
- If you're right handed, eat left handed – you'll eat slower and give your stomach time to signal your brain that you're full
- Watch less TV
- Get up and get it yourself
- Take the stairs
- Walk – get a pedometer and take 9,000 steps per day

For more information visit www.yourweightlossforlife.com
