



KiwaniScoop

The Official Publication of the Kiwanis Club of Manhattan Beach

<http://www.mbkiwanis.com/>

Editor: Rick Block	July 27, 2010	Vol. XXXIX No.17
Healthy Eating Habits for a Healthy Life		

Coming Events

August 3rd-Regular meeting at the Manhattan Country Club.

August 5th-Board Meeting 12:30pm at Rick's office.

August 5th-Social hour at Grunions, 5:30pm-7:00pm.

August 10th-Regular meeting at the Manhattan Country Club.

August 17th-Regular meeting at the Manhattan Country Club.

August 24th-Regular meeting at the Manhattan Country Club.

The Meeting

Madame President welcomed our guest speakers, Brooke McIntyre Tuley and Kali Nelson from the South Bay Family Healthcare Center. Judy Giss was also welcomed as was my sister-in-law, daughter and wife, Catherine Rinfret, Karen and Helen Block.

I had to pay my standard \$2 late fine and Greg Schill was nabbed for \$3.

The Program

Kali gave us a great program on healthy eating habits. She stressed the importance of a well rounded diet and exercise. Here is Kali's list of healthy eating habits:

1. Losing and maintaining weight doesn't mean you have to only have a diet of lettuce. With the diet approach, you will actually decrease your chances of success.
2. Pour an individual serving of pretzels, chips, popcorn or cookies into a bowl instead of eating from the bag.
3. Freeze grapes, watermelon or another fruit when you want something sweet. They actually taste like popsicles!
4. At a restaurant, if you want a main entree, appetizer or a dessert, split it with a friend.
5. If you want a meal/appetizer/dessert all to yourself, eat a portion of your food now, and save the other portion for another meal. Not only will this help you to watch what you eat, but you will also be able to save money.
6. Eat slowly to make your meal last and reduce your urge for seconds. It takes about 10-20 minutes for your stomach to tell your brain that you're full!
7. Try not to go into the store hungry. If you are hungry, chances are you will buy food items that you normally would not buy.
8. Drink water throughout your meal. Many people do not drink anything until they are finished with their meal. Drinking water while you eat will help you get full much faster.
9. Go for the brights: The brighter, deeper colored fruits and vegetables contain higher concentrations of vitamins, minerals and antioxidants.
10. Reward yourself each week for sticking to your eating goals. "If I avoid eating chips this week, I will go see a movie with my friends on the weekend."

See more healthy eating tips at http://www.helpguide.org/life/healthy_eating_diet.htm

Happy Dollars

Jeff Wilson started the happy dollars. His application to the Masters of Harmony (<http://www.mastersofharmony.org/home/>) is progressing. He passed his audition on his second try. Most applicants need more attempts than two. Over the years, the Masters of Harmony have won the gold medal more times than any other group. The group will be performing at the Plummer Auditorium in Fullerton on December 11th and in Long Beach on January 30th.

Ken Giss noted that until now, we have not had a successor to Alex Rennie as our song leader.

After Kali's presentation, Greg was proud he ordered a salad for lunch.

Dave Dinwiddie's wife received checks from the FDIC after getting Congress to pass legislation on increasing the insured amounts for depositors at certain banks. Over \$200 million has already been paid on account of her efforts.

Jeff gave a mini advertisement for JW Party Pictures that netted him a \$5 fine.

Stan Ralls was happy Double D and his wife were able to accomplish this feat. One of his friends benefited by their work to the tune of \$119,000.

Brooke snuck in a happy dollar for Karen Block becoming the Soroptimist's latest president. A second happy dollar was for Kali leaving the South Bay Family Healthcare Center to pursue a post graduate degree.

Kali responded with her dollar for working with Brooke and for being here today.

Don Metcalf thought the presentation was very informative. He is also forming a scavenger hunt team for the Golden Heart Ranch fundraiser that will take place on September 19th.

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Madame President was warming to the task as she levied another \$10 fine on Jeff for interrupting the meeting.

Greg noted that he received a \$1.2 million that was delivered in a hand addressed envelope by regular mail a few years ago. He told his client that they should try more secure ways of transmitting such amounts.

Gene Willis had \$1 for his camping/business trip to Grass Valley and a new knee on Thursday. Madame President declared the Grass Valley trip a vacation and got Gene to agree to a \$10 fine.

My dollar was for Helen's return from Santa Barbara that coincided with the end of my vacation. A sad dollar for the fund of misinformation in last Sunday's LA Times Op-Ed piece on Pension Envy.

Bibi Goldstein had her long time friend visit with her 17 year old son. Bibi was happy to see them leave after her refrigerator was cleaned out.

Madame President thanked Bibi for designing our newest letterhead.

Announcements

We received a thank you note from Jules Duffin for our contribution to her round the world class. Double D helped her with a new website to keep us informed of her travels at <http://julesduffin.com/>

Happy Birthday

Happy Birthday was sung for Helen Duncan who celebrates her birthday on the 29th.

Door Prize

Gene won the \$10 door prize and donated it to the South Bay Family Health Care Center.

Fine Free

Jeff held today's fine free ticket. Now that was a real surprise. Fine Free for next week is the holder of ticket number 640065.

First Class