



1 ROTARY CLUB OF KITCHENER-GRAND RIVER BULLETIN

January 27, 2009

Dr. Tony Hutchison Brampton Community Resource Centre

	January 27	February 3	February 10
Sgt. At Arms	<i>January/09 Glenn Stewart –Leader Gerry Muller, Len Brunen,</i>	<i>Gebry Berihun – tutoring for new Canadian children</i>	<i>Jack Tacoma – The Rise and Fall of Rotary Clubs</i>
50/50 Draw	<i>Lindsay Restagno, John Scace, Lisa Klimstra (Smith), Dave Moser</i>		
Greeter			
Blessing			
Introduction			
Thank-You			

Bruce Ritter: “A Second Chance at Health”



We were joined by Bruce Ritter (co-incidentally Ann Brubacher’s brother) to speak on an article in the KW Record (that has subsequently been widely released) about his lifestyle change to get healthy. Bruce is a local criminal lawyer and is surprised by the attention and initially wondered: why would anyone care to hear his story?

In December 2006, Bruce was weighing in at 444lbs and while he did not feel particularly bad, he knew his weight was significantly unhealthy. Bruce had unsuccessfully battled his weight with many diets since high school

mostly driven by his poor eating habits and lack of exercise. At this time, Bruce went to a long delayed appointment with his doctor and found that other than his weight, he was mostly healthy. He looked upon this as a second chance and decided that this was his opportunity (perhaps the last) to get healthy. Bruce started by reading the labels on foods and researching healthy eating habits over the internet. His doctor put him on several medications for appetite suppression but Bruce realized quickly that if you make a commitment to weight loss, the medications are not needed. He learned to eat more like a regular human with smaller regular meals consisting of healthy foods. His prior diet of fast food was significantly reduced and while he still eats at restaurants a lot due to his work, he is now more aware of the ingredients and is not afraid to make healthy substitutions. In addition to changing his food intake, Bruce has started to follow a regular exercise regimen. His main exercise is walking his dog and by using a gps, Bruce made a game of this exercise by virtually walking to Florida. On an average weekend, Bruce walks 15-20km. In the first month, Bruce was down 40 lbs and after 6 months almost 100lbs. Overall, Bruce has lost 165lbs and he has aspirations of

losing another 60lbs more. The benefits of his weight loss are many including reduced risk of health issues, the thrill of buying clothes off the rack in a store and not having to worry if he will be able to fit in a chair in a restaurant or will it collapse under his weight. He has become less self conscious and is happy with the change that he has accomplished.

This has not been a weight loss project for Bruce but a new life and a new lifestyle. It is not hard to do but you must remind yourself every day and when you do cheat, recognize it as an exception or a treat and not let it become your normal. He has decided that moderation is key for a healthy lifestyle with emphasis on both eating, exercise and working. Previously, he fooled himself that he was too busy working 7 days a week to exercise or eat right but now he has determined it is important to stop and smell the roses.

To read the article in the Record from October 2008:

<http://news.therecord.com/News/CanadaWorld/article/435245>

ANNOUNCEMENTS

Attendance

There were 26 members in attendance at the last meeting.

Skate 48 – February 21



Please mark your calendars for the date of Skate 48- February 21. . The attendance of all members is needed to help make this event a success! We need you for a minimum of half of

the day – if you can give a full day it's even better. This is our major fund raiser that allows us to make a difference in our community and in the world. More details coming soon!!

Meeting of the organizing committee is scheduled for Wednesday January 21st. If you have any suggestions to help improve the event, send an email to Blair Haley or John Murray. The date of the event is Saturday February 21st and we need the help of all members to make this a success!

Visioning Session

The club visioning session is scheduled for Saturday January 24 at KidsAbility. We have 15 volunteers that will help us start the process of mapping out a 5 year plan for the club. Results will be presented at a future club meeting.

Mayor's State of the City Address

The Rotary Club of Waterloo will be hosting the second annual Mayor's Breakfast with speaker Brenda Halloran, Mayor of Waterloo. The event will be held at RIM Park on February 27th.

Proceeds of the event will go to S.H.O.W. and KidsAbility. To reserve tickets (or tables of 8), contact me at rdippell@knells.ca

Parking

Parking downtown for the Walper is going to be an issue for the next year as construction is due to begin soon on a new downtown parking garage on the lot at the corner of Charles and Benton. A map of alternate parking locations is attached. Pat Schlitt is also trying to arrange some spots at Shreiter Sandrock as well.

District News

The district is looking for an Assistant District Governor for the Kitchener/Waterloo cluster of 5 clubs starting in July 2009. Generally, ADG posting are for a maximum 2 year term. If you are a past president, contact incoming DG Bob Palmateer thru the district website at:

http://www.clubrunner.ca/dprg/DxHome/_home.aspx?did=7080

Allocations

Chair of the Allocations Committee Joanne Renaud is still searching for members to assist in identifying and evaluating worthy recipients of money we have raised with our fundraisers. The first meeting should be later this week. Anyone interested in joining this committee should contact Joanne at Joanne.Renaud@td.com.

Mudpuppy Sponsorship Committee

The committee raising money for Mudpuppy is comprised of Mitch Blaine, Joanne Renaud, Peter McCann, Tom Burns and Glenn Stewart. They are asking the club to come up with one possible lead to pass on to them. The goal is to try to find \$500 sponsors.

Mudpuppy Chase is May 3.



Mudpuppy Chase

Thanks to those Rotarians who have stepped forward to help with this year's Mudpuppy Chase. We are still looking for some more committee members. If you are interested, please contact John Dobson to let him know!

Email: John.Dobson@emerson.com

Directory Photos

Good news!! I got a new camera for Christmas. Over the next month, I will be updating the photos for the Directory as it has been a few years since the last photos were taken. Take this as a warning!!

Do You Know Someone Who Would Make a Great Rotarian?

Think about the people you interact with on a weekly basis and consider inviting them out to our club – your pharmacist, vet, doctor, community volunteer, former Rotarian, colleague, retailer, Our goal is to end the year with net one new member.

EVERY
ROTARIAN
EVERY
YEAR

Rotary International is encouraging Rotarians to make a small donation of \$100 US every year to the Rotary Foundation. A \$100 annual contribution from club members makes you a sustaining member. You can donate \$100 directly to the Canadian office of the Rotary Foundation or you can request that you are billed quarterly as part of your club billings. To learn more about making direct donations through the Canadian site go to: <http://www.trfcanada.org/>

Looking for a Rotary Club to Make-up?

Kitchener Club – Monday at noon at Delta Hotel Kitchener

Waterloo Club – Tuesday at 6:00 p.m. in the Laurel Room at U of W

Kitchener Westmount Club – Wednesday at noon at Delta Hotel Kitchener

Cambridge North – Wednesday at noon at 20 Hobson Street (formerly Blackshop)

Cambridge Preston Hespeler – Thursday at noon at the Cambridge Golf club

Cambridge Sunrise – Friday at 7 am at the Cambridge Golf Club

Kitchener Conestoga Club – Friday at noon at Westmount Golf & Country Club

For other clubs in the area, log on to www.rotary7080.org and click on where and when clubs meet. Make-ups are a great way to learn more about Rotary!!

The Bulletin (& speaker ideas)

Please forward any information for publication to Kathi Smith at smithkathi@sympatico.ca and any speaker ideas to Mitch Blaine at mitchell.blaine@cbre.com

Upcoming PODS

February/09 Paul Walman-Leader

Tony Maruna, Martin Ward, Deanna Brennehan, Tom Burns, Darryl Dalke, Sharon McMorran

March/09 Doug Edwards-Leader

Mark Caldwell, Fraser Moull, Des Gibb, Rod Goetz, Mark Grossman, Anne Brubacher

April/09 Pat Schlitt – Leader

Rupert Hanson, Kathi Smith, Jim MacArthur, Jim McIntyre, Bill Brown, Bill Muirhead

May/09 Doug Jones – Leader

Andrew McGauley, Dave Timlock, Joanne Renaud, Thea Holdevici, Justin Nesbitt, Jeff Righton

June/09 Peter McCann – Leader

Jon Kaufman, Duane Eby, Dennis Yanke, Mitch Blaine, John Murray, Blair Haley

Coming Soon to Your Rotary Club:

January 27 – Dr. Anthony Hutchison, Brampton Community Resource Centre

February 3 – Gebry Berihun, Tutoring Program

February 10 – Jack Tacoma, "The Rise & Fall of Rotary Clubs"

