

Blake Rogerson

From: Ann Waters <mailservice@clubrunner.ca>
Sent: Wednesday, February 15, 2017 10:12 AM
To: Blake Rogerson
Subject: THE BUZZ

The BUZZ for February 14 meeting

1. Brain brought us some guest speakers today. Trista who is a Dietician and Educator for the Heart Wise program and her assistant Kevin. In keeping with Valentines they gave us a talk on Heart Health focusing on high blood pressure and high cholesterol. They went on to talking about how much sugar we actually take in daily compared to what we should be taking in. For those who didn't make the meeting - most of us aren't doing too well in this area.

2. Paula took the recycling in with Peter over the weekend. She thanked us for our donations of empty cans and bottles. She also went on a shopping trip to Edmonton last Thursday and had a soccer game last Sunday. She is excited about the upcoming Yellowknife trip.

3. Brian said that the Interact group that is going to Belize had their training and all is good. They are ready and excited for the trip

If you haven't already signed up for one of our subcommittees, please contact me and I can get a list to you so you can chose your passion.

If you want to join our meeting via Skype, please contact Blake so he can get things set up prior to the meeting. A one day's notice would be nice. Thanks

Next meeting we have a few more members giving their vocational/classification talks. This is a great way to learn more about our members

REMINDERS

March 31 - Taste of Bolivia

April 6-8 - District Conference in Westlock

June 10-14 - International Conference in Atlanta, Georgia

June 16-17 - Fort Mac Casino

June 22 - Lobsterfest

Till Next Meeting

Ann Waters

President 2016 - 2016

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