

Greeter: Ryan Callaway
Invocation: Jess Gutzwiler

Introductions: Nate Baer
Flag Salute: Eric Sobolik

<http://www.anchoragesouthrotary.org/>

Happy Bucks:

- Dan Johnson has done some work on our website! Make sure to have your photo in the club directory or you will be fined \$1 per week until you have one!
- Ryan Callaway has a forgiveness buck because his boat died in the midst of a fishing trip that Dean McVey bought at auction last year. The good news is that he bought a new boat!
- Paul Schilling spent the last 2 weeks in Jakarta. He brought back 2 special bags of coffee – Java Gold and Great Sumatra, which Sam Lazenby purchased for \$50.
- Join us to welcome Pato the exchange student THIS SUNDAY at 2:35 PM. He comes in on Delta flight #943.
- Laura Asgari announced that we have a date set for our Civil Air Patrol “Service Above Self” Auction – October 22nd at Chilkoots 6:00 PM.
- Jess Gutz thanked everyone who brought items for Phil Reed’s care package. She will ship it!
- Julie Erickson brought guest Mike Smith with Wells Fargo. Julie’s daughter is also finishing college and in 3 years to boot!
- Lyn Whitley brought lovely guest Wanda Laws, a probation officer and Executive Director of our local NAACP chapter.
- Sam Lazenby got a nice “thank you” from the Niles Rotary Club. Also, the ASR Memorial Fund has a new board and they are switching things up! ASR will be awarding scholarships to adult applicants since UAA has so many older students!
- Dave Stratton is back from Missoula, MT. He enjoyed spending time w/ Niles, CA Rotarians.
- Paul Michaelson also enjoyed spending time with our out-of-town Rotarians. He took them

out to his cabin and they enjoy an evening at Kassok’s Brewery with some Jazz music. They also caught 12 halibut in Homer!

- Doran Powell brought his lovely daughter Alexandria – she is working as an auditor at BDO.
- Nate Baer gave \$1 for the awesome weather we’ve had this summer!
- Christopher Sutliff had a successful deer hunt on Kodiak, although not as successful as father who got an even bigger one!
- Ed Rasmussen came out of cataract surgery just fine and he can see! He recommends it for those suffering the same ailment.

Miscellaneous:

Welcome PATO this SUNDAY at 2:35 PM – Delta Flight #943!!

Canandaigua Trip:

Terri Hall has spent a lot of time planning a great trip back to her hometown. The dates are October 4th – 11th and it promises to be a fun adventure! Activities include, but are not limited to, a botanical garden, historic homes and districts, carriage museum, NIAGRA FALLS, Erie Canal boat trip, copious wine and a winery tour...AND the beautiful fall colors! Contact Terri if interested.

Program:

Rick Mystrom – Author

Rick Mystrom, former Anchorage Mayor, was diagnosed with Type 1 diabetes at age 20! Since then, he has written two books on the topic, his most recent gaining some success nationwide! Through giving himself 60,000 blood tests over a 5-

year period, Rick was able to determine HOW different foods affected blood sugar and WHICH foods lead to weight gain. The gist of his findings are the following:

- Eat as much better as you want!
- Feel free to eat steak and any protein you want!
- Avoid sweet and starchy carbs – those are what lead to weight gain.
- Cereal is one of, if not THE WORST thing you can eat for breakfast!
- Rick eats 2 eggs and cauliflower with 2 tablespoons of butter for breakfast.
- Alcohol is obviously not great, but if you must drink it, straight vodka, bourbon or scotch is the way to go.

www.rickmystrom.com

rick@rickmystrom.com

He is available for book signing and presentations – (907) 440-7425

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Becka

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