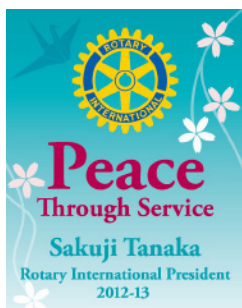


FALL
Weekly

Reader

Volume 9, Issue 64, November 29, 2012

The Plano Rotary Club
www.PlanoRotary.com



UPCOMING MEETINGS

November 29:
Snowball Express

NOVEMBER BIRTHDAYS

Lissa Smith	Nov 03
Olin Jaye	Nov 05
Martin Jackson	Nov 12
James Youngblood	Nov 22
Patti Schwartz	Nov 29



What's your Shape?



We are hoping that "Everyone" had a Great Thanksgiving with the calories stripped out. I did this at our house, and I am having a problem explaining how we all gained 15 pounds. I did just like our speaker said, 3/4 of my plate was full of vegetables, (pumpkin pie is a vegetable, correct? And I added the required 2 cups of homemade whipped cream as my dairy portion). The other 1/3 was pure protein, (Ken's perfectly smoked turkey.) What went wrong????



Lenny started the meeting by introducing our new microphone system. No hands and very loud. Now the people in the back corners will

not be able to sleep through the meeting while blaming the sound system for not hearing what was going on. Thanks to Herb Hoxie for our new toy.

Lenny has decided that watching Aggies play football could be very exciting. He watched the Alabama vs Aggies, and routed for the Aggies. It was a VERY good game. For being such a sport, Pam Little presented Lenny with an Aggie 12th Man T-shirt, making Lenny an Honorary Aggie on Game Day. I bet he was happy about this over Thanksgiving, because UT lost their game, and Lenny could still fall back on the Aggies to bring that win home to Texas.



Joe Foor was asked to give the invocation and Tino Trujillo led the pledge. Reedy Spigner was our greeter at the front door. Pam Little was called to the podium as the Sergeant-A-



Arms, to introduce our Guests and visiting Rotarians.

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Announcements followed, with the first being the BIG thank you to Jim Cooper and Randy Wright for obtaining the sound system and making it work. It was definitely a big improvement.



I hope everyone remembered not to come to Rotary on Thanksgiving Day, but that reminder was announcement number 2.

Announcement number 3 was about our Annual Christmas Party at the Haggard Party Barn. It will be on December 13th from 6:00 pm to 8:00 pm. To get in the door, Rotarians need to bring a warm coat (to be given to our usual Christmas Charity, The Christmas Cops) or an unwrapped toy for Children's Medical Center. RSVP to Lynette Piper at lpieper2@aol.com before December 7th. If your spouse or significant other or guest would like to attend, their admission is \$25. Hope to see everyone there.



The fourth Announcement came from Larry Flannery. He was approached by a Rotary club in Temple, to setup a

tour while in Lisbon. If there are any members from our Club going to Lisbon for the Conference and they would be interested in a tour, Larry will take the time to do this and include the Temple Club. Otherwise he will pass on this engagement. So if you are going to Lisbon and are interested in a tour, please contact Larry immediately.

David McWhorter introduced our speaker for the day, Betty Murray, who gave us a talk on "Banish Body Fat: The Secrets to Fat Loss the Experts Haven't Told You About."



Betty Murray is a Certified Nutritionist and the CEO of Living Well Dallas, an Integrative Medical Center in Dallas that is dedicated to reinventing how health care is managed and delivered. Through the team of health care professionals at Living Well Dallas, she has developed disruptive innovations that deliver nutrition and lifestyle answers to today's most threatening health concerns, such as obesity, autoimmunity, diabetes, cardiovascular disease and cancer, all while honoring and supporting the entire person.



Betty is the author of two books, ***Cleanse: Detox Your Mind, Body and Spirit*** and the soon to be release, ***Banish Body Fat***,

slated to be released March 1st of next year. When she is not running Living Well Dallas or writing, she spends a good deal of her time spreading the word before other corporate entities, government agencies, non-profit organizations, and as a featured expert in her field on Fox Radio National Broadcasting. Betty's cutting-edge, informative word for us today, is intended to be a message of hope that will inspire positive change toward good health and well-being for all.

Betty started her talk by telling us that when she speaks at luncheons it is funny to watch the people try to cover their food. Then she dug into the meat of her discussion.

What is the most often believed concept about weight loss? Eat fewer calories and burn more calories through exercise equals weight loss. Only this does not really work, as many women can testify to. They have done all the right things but not obtained the right results. Why? This is not the way the body understands weight loss. This simple fact is a major reason for the obesity

epidemic in this country today. By 2050 one in three adults will be diabetic.

What do you need to know in order to work on weight loss? Where you carry your body fat will tell you a little about what is going on physically. Generally, men will start to pick up weight around the middle, better known as the beer gut or apple shape of the body. The most concerning fact about this, is that not only is the fat accumulating on the outside of the abdominal muscles, but also underneath those muscles, where your vital organs reside. Fat is also being deposited in those vital organs, creating health issues such as a fatty liver, which cannot function well when it is clogged with fat. This all leads to a higher risk of heart disease and cancer.

There is also the pear shaped body, mostly found in women, where the fat is accumulated around the hips and thighs. This location for fat is a little less dangerous, because it is not infiltrating the area around the vital organs.

Why are these locations important? They tell us which hormones are causing our bodies to store fat. The hormones tell our bodies to use or store energy. Insulin is the most important hormone. It has two jobs; to take sugar to the cells for energy and when we are not exerting our cells, it takes the sugar to our fat cells. The American diet today is way too heavy in carbohydrates, and we no longer need the excessive amounts of sugars that we consume in our

diets. We eat sugars for breakfast, then sit until lunch. Then eat sugars for lunch and sit until dinner, and eat sugars for dinner and sit around until we go to bed. The body's production of insulin is on a roller coaster ride, up and down all day long. This causes the body to become insulin resistant. The body can no longer shuttle the sugar with the lower amount of insulin.

Cortisol is the second most important hormone. It is the hormone that is produced when we are under stress. Our fast pace, stress laden lives, have our bodies reading our stress as a constant flight response. We are still cavemen. Our bodies are suppose to go forage or hunt food and come back to the cave and sit on a rock. Our bodies do not understand that the high cortisol in our bodies is not because we are running from a bear, but because we are sitting on the freeway and we are angry about traffic or a crazy driver. It sends insulin into our blood stream to take sugar to our cells and muscles. Our bodies cannot interrupt these reactions, because it is still in the caveman days.

Therefore, if you have a stressful life, you do not sleep well and you have a sit down job, you could be exercising everyday and eating a low calorie diet and still be gaining weight. Without controlling the hormones and the stress in your life, losing weight could be a struggle.

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Know someone who would
make a great Rotarian?
Invite them to be your guest
at Rotary!

The 4 Way Test:

Of the things we think, say, and do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill & better friendships?
4. Will it be beneficial to all concerned?

Guests & Visiting Rotarians

Guest

Marco Amoyo
Kim Reasoner
Faye Breedon
Lynette Fedash
James Burton
Diana Dues
Don Rosics
Deborah Stewart
Bill Conerd
Jordan Case
April Spigner

Visiting Rotarian

David Craig

Guest Of

Mike Robnett
UNT
Mike Robnett
Mike Robnett
John Pittman
Lori Roberts
Mike Robnett
Jim Cooper
Mike Robnett
Mike Robnett
Reedy Spigner

Home Club

Plano Sunrise

Member NEWS

New Member Proposal:

Larry Bisno
Classification: Health Care
Proposed by: John Ernst


Sara Akers
Classification: Children's
Theater
Proposed by: Larry Flannery

James Burton
Classification: Telecommunications
Proposed by: John Pittman

AWARDS:

Athena Award:
Camille Ussery
Citizen of the Year:
Jamie Schell
Outstanding Corporate
Citizen of the Year:
The Shops at Willow Bend
(Octavio & his team)

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