



FEBRUARY 9, 2004

# THE HOUGHTON LAKE ROTARIAN

DISTRICT 6290

WWW.HLROTARY.ORG

## “The Diet Wars”

Mary Anne Van Oosterhout, Clinical Nutritionist at Mid Michigan Health Park in Houghton Lake, presented to the Houghton Lake Rotary Club on February 2, 2004. Mary Anne presented her version of what she calls “The Diet Wars” which was a comparison of several of the most popular diets that are currently being followed.

The first question that Mary Anne addressed was “Why are Americans gaining weight?” The answer to that question is that we’re eating more and we’re moving less. Over the years, portion sizes have increased, and we’ve come to rely on energy savers such as computers, cars, escalators, drive-thru windows, remote controls, dishwashers, and garage door openers.

Mary Anne then did an overview of some of the most popular diets and talked about the pros and cons of each. Her presentation covered The Atkins Diet, The Carbohydrate Addict’s Diet, The Ultimate Weight Loss Solution, Eat Right 4 Your Type, The Pritikin Principle and Eat More Weigh Less, Slim Fast, The South Beach Diet, Sugar Busters, Weight Watchers, and The Zone.

The next question was “So what works?” There is a national weight control registry made up of a database of more than 3000 people who have lost at least 30 pounds and kept it off for a year or more and there are four common elements associated with their success: Low fat, high carbohydrate food plan, high levels of physical activity, regular monitoring of food intake and body weight, and inclusion of breakfast in the food plan. Mary Anne’s recommendations are: Exercise a minimum of 30 minutes 5 times weekly, keep a food diary, watch portions, choose a low fat diet with moderate amounts of unsaturated fats, choose more whole grains, increase consumption of fruits and vegetables, choose lean protein sources, eat a minimum

of 50 grams of carbohydrates daily, eat a minimum of 20 grams of fat daily, get support, remember that calories count, drink plenty of water, be realistic about weight loss per week, and consider meeting with a registered dietician for an individualized plan. For more information, check out the Mid Michigan Health website at [www.midmichigan.org](http://www.midmichigan.org).

**ROTARY AUCTION—MAY 1, 2004**  
Please get your auction items to your Auction Team Leader. Bill Oliver is the Procurement Chairman and the teams are as follows:

Team #1—Team Leader, **Sindy Winkler**

Tom Moreau	Dick Brown
Rhonda Lamberg	Phil Spicer
Terry Anderson	Gary Gandolfi
Rick Hacker	Debbie Banks
Dan McGregor	Allison Docherty
Rodney Walker	Marv Myers
Wendy Turner	Bill Oliver

Team #2—Team Leader, **Matt Grover**

John MacKenzie	Lou Boggs
Bert Sisson	Barb Souder
Louise Spicer	Steve Hunter
Jim Deamud	Tom McNamara
Dick Follrath	Mike Ryan
Darrell Milner	Gavin Carnegie
Vicki Kalmbach	Mike Rankin

Team #3—Team Leader, **Dave Hanson**

Art Gonzales	John Stark
Laurie Wallin	Bob Gandolfi
Rich Saterlee	Randy Seymour
Bob Pacella	Stacey Barnes
Anita Sheppard	Denise Clasen
Amy Hance	Charlie Berg
Jim Kent	Diane Tompkins

## Service Above Self

The Four Way Test of the things we say or do

- 1) Is it the truth?
- 2) Is it fair to all concerned?
- 3) Will it build good will and better friendships?
- 4) Will it be beneficial to all concerned?

## 2003-2004 Rotary Theme



## Lend a Hand

### The Four Avenues of Rotary Service

#### Vocational Service

Representing the dignity and utility of one’s vocation to others.

#### Club Service

Activities to make a club function successfully.

#### Community Service

Activities to improve the quality of life in one’s community. Assistance to youth, the aged, the handicapped and others.

#### International Service

Programs and activities to advance international understanding, goodwill and peace. Meeting humanitarian needs of people in many lands.

### Program

T. Moreau	2/9
M. Myers	2/16
Club Assembly	2/23
B. Oliver	3/1
B. Pacella	3/8
M. Rankin	3/15
M. Ryan	3/22

### Greeters

P. Spicer/L. Spicer
P. Spicer/L. Spicer
Souder/Sisson
Souder/Sisson
Sheppard/Seymour
Sheppard/Seymour
Rankin/Pacella

### Rotary/Interact Calendar

#### *February is World Understanding Month!*

- Board meeting—February 9, 2004
- Spouse Night, Springbrook Inn—February 9, 2004
- PETS Conference—March, 2004
- Silent Auction—May 1, 2004
- Rotary Track Meet—May 15, 2004
- RI Convention, Japan—May 23-26, 2004

2003-2004 Rotary Int. President: Jonathan Majiyagbe  
 2003-2004 Rotary Dist. 6290 Governor: Chuck Vonesh

### Rotary Club of Houghton Lake 2003-2004 Officers and Chairmen

**President** Gary Gandolfi  
**Past President** Laurie Wallin  
**President Elect** Randy Seymour  
**President Nominee** John Stark  
**Secretary** Bob Pacella  
**Treasurer** Bert Sisson  
**Board Members** Denise Clasen, John Stark,  
 Rick Hacker

**Auction** Allison Docherty/Denise Clasen  
**Sgt. At Arms** Dan McGregor  
**Vocation** Rodney Walker  
**International** Wendy Turner/Rhonda Lamberg  
**Community Service** Debbie Banks  
**Club Service** Rick Hacker  
**Club Membership** Robert Gandolfi  
**Strive** Denise Clasen  
**Program** Lou Boggs  
**Webmaster** Gary Gandolfi  
**Bulletin** Stacey Barnes  
**WCS Project**  
**Foundation/Polio**

Rotary Club of HL meets each Monday at Coyle's-12:15pm

#### Rotary Membership:

Terry Anderson-PP	Rick Hacker	Mike Ryan
Stacey Barnes	Amy Hance	Rich Saterlee
Debbie Banks	David Hanson	Randy Seymour-PP
Charlie Berg	Steve Hunter	Anita Sheppard
Lou Boggs	Vickie Kalmbach	Bert Sisson
Dick Brown	Jim Kent	Barb Souder-PP
Gavin Carnegie	Rhonda Lamberg	Louise Spicer-PP
Denise Clasen	John MacKenzie-PP	Phillip Spicer-PP
Bret Cook	Dan McGregor	John Stark-PN
Jim Deamud	Tom McNamara-PP	Sheryl Tester
Allison Docherty	Darrell Milner-PP	Wendy Turner
Dick Follrath	Tom Moreau-PP	Rodney Walker
Bob Gandolfi-PP	Marv Myers	Laurie Wallin-PP
Gary Gandolfi-P	Bill Oliver-PP	Sindy Winkler
Art Gonzalez-PP	Bob Pacella	
Matt Grover	Mike Rankin	

#### HL High School Interact Club 2003-2004 Officers and Chairmen

President	George Davis
Past President	Elise Jury
President Elect	Mary Domsitz
Secretary	Lauren Lambert
Treasurer	Kate Lepper
Sophomore Directors	Amanda Davis
	Jessica McClenathan
Junior Director	Courtney Yoder
Senior Director	John MacKenzie II
Advisors	Alison Docherty
	Bill Oliver

Interact meets twice monthly during seminar

#### Interact Membership:

Kelsey Barber	Lauren Lambert	Sam VanY
Sara Buccilli	Kate Lepper	Jenny Wagner
Anni Clayton	Kelly Lepper	Elizabeth Wall
Devon Clifford	Chelsea Lockwood	Rachel Walsh
Amanda Davis	Emily Loy	Paige Warden
George Davis	John MacKenzie II	Chrissy Watrous
Mary Domsitz	Dani Marquedant	Amanda Weideman
Michelle Fitzgerald	Keri McCann	Courtney Yoder
Katie Gierszwiski	Jessica McClenathan	
Leanna Harvey	Sara Mills	
Brittany Herbst	Rachel Nauikow	
Marissa Janco	Nikki Neal	
Joe Jurkovich	Kathryn Pothoof	
Andrea King	Andrea Randall	
Becky King	Ashley Tilman	

## February 2, 2004 retrospect:

Program: Mary Anne Van Oosterhout, "The Diet Wars"  
 Interact Guests: Becky King, Chrissy Watrous  
 Other Guests: Ron Homan (Mancelona), Sheryl Tester, Karen Patterson, Lowell Souder, Mary Walker, Mary Anne Van Oosterhout  
 Birthday: Terry Anderson (\$1 group sing)

#### HL Rotary news:

- Spouse Night is tonight!! 6:00 social, 7:00 dinner, 8:00 entertain—at Springbrook Inn.
- Congratulations to Sheryl Tester, our newest Rotarian, who was inducted on February 2nd!
- Bill Oliver reported that procurements for the auction need to be in to your team leader by the end of February. The latest standings on procurements, as reported by Bill on February 2nd, is Team Winkler, \$10,592; Team Grover, \$305; and Team Hanson, \$540. Turn in ticket sales to Bob Pacella.
- If you are interested in attending the District Conference in Grand Haven, June 10—13, please contact Gary.

#### HLHS Interact news:

- Due to the snow days, the board meeting and general meeting will be held on Thursday, February 12th starting at 10:30 a.m. in the cafeteria.
- The can drive for the joint fundraiser with the Roscommon club raised a little over \$100. More plans are underway for fundraising at a boys basketball game to reach the goal of \$500. The money will be used to benefit the Roscommon County K-9 Unit.

#### Proposed Members:

Name	Classification	Business/Company	Sponsor	Week
Greg McMillan	School Administration	HL Community Schools	R. Saterlee	@
Ron Homan	?	Glen's Manager	Mancelona Club	2
Dan Bratta	?	Retired	T. McNamara	2
Karen Patterson	Retail Clothing	The Shirt Factory	S. Winkler	1

Any objections to proposed members must be submitted to the Rotary board before the third week on this list. A @ in the Week column indicates "Approved for membership".

**Inbound Exchange Student:** Susanna Vuorinen  
 Home city, country: Ilmajoki, Finland

**Outbound Exchange Student:**  
 Host country:



#### Meetings can be made up lunch time at:

**Monday:** Hotel Kalkaska, Kalkaska  
**Tuesday:** McGuires, Cadillac  
**Wednesday:** Patti's Townhouse, Grayling  
**Thursday:** BJ's, Gaylord  
 Michael's on the River, Roscommon

The Weekly Rotarian is published weekly by the Rotary Club of Houghton Lake, MI - USA - Rotary District 6290. Visit us on the Internet at: [WWW.HLROTARY.ORG](http://WWW.HLROTARY.ORG).

IF YOU HAVE ROTARY NEWS CONTACT ROTARIAN GARY AT (989) 422-4070  
 OR E-MAIL GARY AT [webmaster@hlrotary.org](mailto:webmaster@hlrotary.org).