



# THE SANDPIPER



## THE WEEKLY MEMBERSHIP NEWSLETTER OF THE KIWANIS CLUB OF SAND LAKE, NY

P. O. Box 535, West Sand Lake, NY 12196

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Meets 6:30 PM Mondays at The Lakeview Inn Restaurant

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## MEETING OF DECEMBER 29, 2014

PRESIDENT Linda Ellis presiding

GREETER/CERTIFICATE PRESENTER - Pat Lane

INVOCATION by Bob Pasquarelli

**GUEST:** Speaker Dr. Tim Kelly, on right  
with Program Chair Drew Cook



### PROJECT SIGNUP SHEETS

DOORS OF HOPE, unloading food truck Friday, January 2:

Bob Loveridge, Bryce Ginther, Skip Patton, Linda Ellis and Sue Jensky

and on Tuesday January 20:

Bob Loveridge, Ron Wagner and Linda Ellis

BLOOD DRIVE Tuesday, December 30:

11-1 Setup: Nancy Davis

1-3:30 Registration: Eve Ward and Canteen: Linda Ellis

3:30 – 6 Registration: Pat Lane and Canteen: Bob Pasquarelli

6 Cleanup: Nancy Davis

MONTHLY PASTA DINNER @ WSL Firehouse, Saturday, January 10

12 – 7, Setup & Cook: Linda & Lyndon Ellis and John Brownrigg

3 – 5:30, Setup & Serve: Jean Hamlin

3:30 – 7, Cashiers: Eve Ward

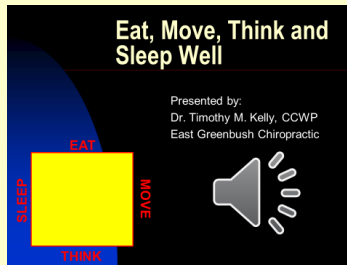
5 – 7:30, Serve & Takedown: Jean Hamlin

DIVISION COUNCIL MEETING/INTERCLUB Thursday, January 15 at the Senior Center, 50 Herrick Street, Rensselaer. Dinner catered by Casey's is \$20. Bob Pasquarelli, Eve Ward, David Booker and John Mulligan have signed up.

## ANNOUNCEMENTS:

- Bob Loveridge announced that he collected additional “Bells of Life” funds from local businesses.  
SLKC’s Grand Total to be submitted to AMC = \$1,051.00
- Jim Collabelli passed around the Eliminate bucket  
Pat Lane brought in Barb’s pennies totaling=\$11.06
- President Linda reminded all that the cost of a meal will increase to \$14.00 beginning next week.

## PROGRAM

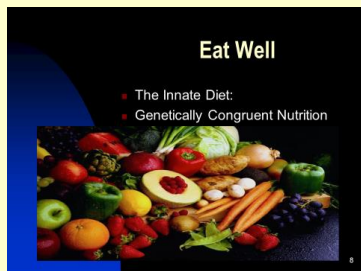


Program Chair Drew Cook introduced Chiropractor – Dr. Timothy Kelly who as a part of his introduction – explained that as a student athlete he was sponsored (with a significant financial contribution) by the Sand Lake Kiwanis to fund a trip to Kenya Africa to compete in a running competition.

Dr. Kelly introduced his eat well presentation: “Eat, Move, Think & Sleep Well”.

Dr. Kelly explained that - Life Style...not heredity influences your health.

The environment you allow or permit yourself to exist in significantly determines your health condition. Your mind truly can instruct & influence how your genes behave.



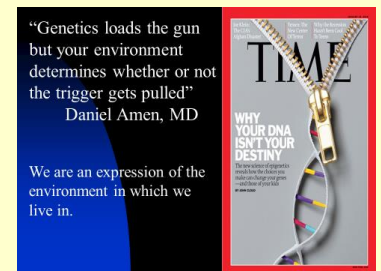
It is a matter of Balance & Health that determines the degree of stress & illness or pureness & efficiency one experiences. This demonstrates that there is a connection between healthy living and maintaining a healthy body, absent of toxicity & deficiency. Dr. Kelly recommends reducing the “Inflammatory Load” in one’s body.

Food inflames the body more than anything else. So a healthy body begins with a proper degree of food intake – excessive consumption causes

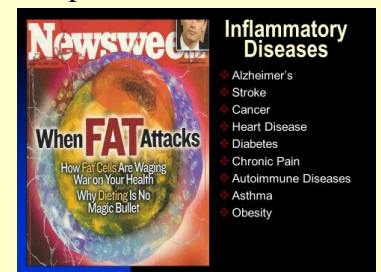
inflammation. Eating foods that are pro inflammatory (fatty acids) is also harmful. The ideal meal contains 75% vegetables/fruits and 25% protein, high proteins & low carbohydrates. He recommends organic fruits/vegetables, grass fed meats, diet smoothies are good if not too sweet.

Dr. Kelly also encourages the use of multi vitamins / juice plus and a conscious attention of the degree of Omega 3 (non-inflammatory) versus Omega 6 (pro-Inflammatory). He encourages taking 2.5 grams of fish oil daily. Physical exercise also contributes to a healthy body. 40 minutes of aerobic exercise followed by 20 minutes of weight training, three to four times a week is ideal. Excessive exercise can also be harmful. Finally,

adequate amount of sleep/rest is essential as a component of a well-rounded healthy life style.



We are an expression of the environment in which we live in.



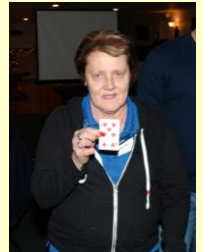
## HAPPY DOLLARS

- \$ Pat Lane (\$2.00) – Thanks to everyone who helped with the holiday food and gift service project. Thanks to Dave Booker for his help in converting a document to pdf.
- \$ Sue Jensky (\$3.00) – Tonight’s program speaker was fabulous. Sue’s sister in law & brother took steps to set up a holiday adoption for a needy family. Sue hopes everyone had a good Christmas.
- \$ Jean Hamlin (\$2.00) had a wonderful Christmas with her family. Her grandson is going to be a godfather.

**DOOR PRIZE**, provided by Drew was won by Bryce Ginther. With the attendance six short of the meals needed to meet the restaurant’s minimum, five of the extra meals were presented to Pat Lane, Jim Colabelli, Kevin Sarsfield, Jean Hamlin and Peter Stevens. Skip Patton bought one.

50/50 for \$15.50 was won by Ron Wagner.

**PROGRESSIVE 50/50**, President Linda had a shoot at the \$161.50 in the pot this week with 45 cards remaining – but she drew the 7 of hearts instead of the King of Clubs.



## COMING WEEKS...

**NEXT MEETING:** Program Chair: Bob Pasquarelli  
 Program: Interclub Committee Update – Board Meeting night  
 Greeter/Invocator/Presenter: Drew Cook

**JANUARY 12** Program Chair: Mike Gates  
 Program: To Be Announced  
 Greeter/Invocator/Certificate Presenter: Bob Loveridge

**Certain Foods Cause Inflammation**

- Omega 6 vs. Omega 3 Fatty acids.
- Omega 6 FA are pro-inflammatory
- Omega 3 FA are anti-inflammatory
- Our ratio is off in this country
- 20 to 1 pushing us into a pro-inflammatory state.
- Maybe this is why we are seeing such a vast amount of disease.

**How Could Things Be So Different?**

- Trans Fats were developed in early 1940's- allows for increased shelf life.
- In the early 1960's and 1970's the cholesterol lowering fade started
- An increase in usage of Vegetable oils occurred- Omega 6's
- In the mid 1980's the diet craze focused on high carbohydrate and low fat.
- Today diets high in protein and low in carbohydrates are the fad.

**Other Ways to Reduce Inflammation**

- Fish oil
- Multiple Vitamin- Juice Plus
- Turmeric- a yellow spice used in Indian curry.
- Ginger
- Bromelain
- Extra-Virgin Olive oil
- Exercise
- Weight loss- Isagenix
- Flossing
- Chiropractic Adjustments-Do you Cope with Life or Live your life.
- Detox

**How is your food pyramid?**

Standard American Diet= SAD

**Omega 6 Fatty Acids**

- Corn oil
- Sunflower oil
- Safflower oil
- Soybean oil
- Grains
- All Vegetable oils
- Meats- corn fed 30% higher palmitic acid- go grass fed
- Dairy Fats
- Shellfish
- Organs
- All fun foods

**The Most Critical Issue is to BALANCE YOUR OMEGA 3'S TO OMEGA 6'S**

**Omega 3 Fatty Acids**

- Green Leafy Vegetables
- Flaxseed oil
- Fish
- Olive oil
- Walnuts, cashews, almonds
- Some farmers are getting higher amounts of Omega 3's in their eggs and meat by the feed they utilize. (Grass fed)
- MOST POTENT SOURCE- FISH OIL SUPPLEMENT- EPA/DHA

**What Does A Meal Look Like?**

**MEAL PLATE**

75% Vegetables & Fruit  
 25% Protein

**The Key with Eating:**

- Always eat within ONE HOUR of getting up.
- Always eat before you exercise in the am.
- Balance your meal plate
- Get rid of the trans fats/partially hydrogenated oils
- Take Turmeric, Ginger and Bromelain
- Watch the glycemic index
- Balance all meals with a lean fat, protein (not just in meats-spinach, kale & broccoli) and Carbs
- Eat Small Meals at least every THREE HOURS
- Take the CORE FOUR Supplements: Omega 3 Fish Oil, Multiple Vitamin, Vitamin D, Probiotics (prevents leaky gut syndrome).
- Toxin Day

**THE DO's and DON'Ts**

- Eat lots of green leafy vegetables and salads, lean meats, poultry, eggs, shellfish, and fruits. Location Location.
- "If it does not grow in the ground, on a tree, or swim in the ocean it is not a food." Larry Palevski, M.D.
- Stay away from PHO's, HFCS- Fructose may be causing liver cirrhosis, hormone/antibiotic rich meats, all grain products- which is all the breads and pastas.
- Excess fruit and other carbs will push insulin levels and cholesterol levels upward. It is not just animal products that push cholesterol/stress connection.

**THE DO's and DON'Ts**

- Fructose found in juice is entirely processed in the liver which can lead to a fatty liver.
- Uric acid is a byproduct which decreases production of nitric oxide potentially causing high blood pressure.
- Increased Sugar Increases Insulin decreasing Leptin (which tells your body you are full) which now makes you continue to eat despite lots of calories coming in the form of sugar.