



## Dr. Ryan Van Roo presents program on Nutrition



Dr. Ryan Van Roo – chiropractor - Topic “Wellness”  
 Ryan is a partner with his wife and also has a brother that is a chiropractor.

Chiropractic care is more than treatment for pain. Your spinal chord is used for sending signals from the brain to the body and if the spinal chord is misaligned it hampers the sending of those signals, which can affect other parts of the body. Chiropractic adjustments have shown to benefit ailments other than just back pain.

Life expectancy of our children is expected to decrease from our present life expectancy reversing a long time trend of longer life expectancy. Also, tests have shown that people are getting less intelligent for the first time on record. The primary reasons: Sedentary lifestyle, poorer diet, particularly more fatty acids, such as hydrogenated oils which are replacing good fats (omega 3) found in fish. Your brain is 60% fat and needs the good (omega 3) fats to function properly. The decrease in good fats and increase in bad fats leads to lower IQ and decreased brain size. The bottom line is – reduce the bad fats and eat fatty fish such as wild salmon, or take your Omega 3 fish oil pills to reduce the risk of becoming dumb and/or gaining weight.

### '03-'04 Board

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### Committee Chairs

**BINGO**  
 Dr. Kevin O'Leary

**Bloodmobile**  
 Pastor Judi Huseth

**Breakfast with Santa**  
 Dave Calverly

**Christmas Tour of Lights**  
 Bob Elliot

**Fest-of-Ale**  
 Linda Mellenburger

**IDD**  
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**INTERCLUBS**  
 Floyd Kowal

**KEY CLUB - CRAIG**  
 Jim Leeser

**KEY CLUB - PARKER**  
 Kevin Apfel

**Mother's Day Breakfast**  
 Bob Elliot

**Meals on Wheels**  
 Irene Stewart

**MEMBERSHIP**  
 Angela Bernhardt

**PANCAKE DAY**  
 Jim Stoa

**PROGRAMS**  
 Tom Waller

**Scholarships**  
 Bob Elliot

**SOCIAL EVENTS**  
 Irene Stewart

**SPIRITUAL AIMS**  
 Dale Halverson

**TERRIFIC KIDS**  
 Nancy Verhoven

### Attendance:

Total members: 33

Guests: Bob Dohring , guest of Pete Carman

### Announcements:

- Angela Burnhart will have a survey going to out members
- Floyd Kowal – he and Jack Damrow trying to hit all interclubs only has 3 to go
- Sunday August 8, Lincoln Tallman Ice Cream Fest

### Happy Dollars

- Pete Carman – Blew his knee out while trying to make a catch while playing church league softball (he did not catch the ball, they lost the game by a run and Pete is now looking for a new congregation, preferably one with a shuffleboard team.)
- Angela - Happy to drive Pete to the hospital after blowing his knee out
- Eric Scherdell: #1 forced to retire from softball after pulling his hamstring chasing a flyballs hit by Pat Weberpal - #2 no golf outing today, this breaks a streak of 82 straight days of golf for Eric - #3 Brian Hansen and Eric Scherdell busted each other for skipping Kiwanis by running into each other at Brewer game last Thursday.
- George Mark: Had a good time at the golf outing and lost no money

### Ace of Hearts Drawing:

## And We Have A Winner!

Dr. Jack Damrow had the winning ticket, and he had the “luck of the draw” on his side. He pulled the Ace of Hearts from the 39 cards still in the deck. Doc's share of the pot was \$170.00!



**Song:** Brian Hansen led 'Take Me Out To The Ballgame' for Brewers sweeping Cubs