



# The Cornpicker

Bulletin of Fairbury, IL Rotary Club

*Fairburyrotary.com*



2010 - 2011 Officers

President . . . . . Charlie McDonald  
 Pres. Elect . . . . . Becky Whitfill  
 Vice President . . . . .  
 Sec/Treas/Editor . . . . . Leroy McPherson

**DATE/TIME/PLACE:** March 8, 2011 - 12:00 noon at Marchelloni's

**ATTENDANCE:** 26 plus Kim McClintic, Kay Stevens

**LOTTO:** T. Casson and L. Weber

**PERFECT  
ATTENDANCE**

Lou Retter

## ***ACTION ON THE AVENUES***

### CLUB SERVICE

**Programs:**

03/15 - PCHS  
 03/22 - Rev. Jarrett Wells

**Membership:**

Charlie showed Rotarians the microwave they are donating to the pool.

Deb Moran made a quick announcement on behalf of The American Red Cross. They were thrilled to get 101 units of blood from the school blood drive.

### Quips and Quotes

Why not cultivate health  
 instead of treating disease?

### AREA CLUB MEETINGS

Bloomington	12:00 Noon	Thurs.	Elks Club
Gibson City	6:45 a.m.	Wed.	The Country Kettle
Gilman	6:05 p.m.	Tues.	Gilman Lounge
Lincoln	11:50 a.m.	Wed.	Elks Country Club
Normal	12:00 Noon	Wed.	Bone Student Center



## Eat More . . . Weigh Less!

**Kim McClintic, Registered Dietitian**  
Center for Healthy Lifestyles - OSF

Kim told us not to concentrate on what we couldn't eat but to think in terms of eating more of the right things - fruits and veggies - bold in color. It's all about portion. There are no bad foods.

There are 5 food groups: fruits, veggies, dairy, meat, grains. We need a variety of them all. Start by making a 50% reduction in the foods you tend to overeat. Eat variety. Go tomato base when you can.

Frozen fruits and veggies are great - you don't have to get fresh. Enjoy some dark chocolate but limit the amount you have.

They used to say 5 fruits and veggies was the right number - then went to 9, now they say 13. Seem difficult to get in all those servings of fruits and veggies? Most are 1/2 cup servings - easy to do. The average American only gets 2.

Meat portion should be about 3 oz. and should be a real animal - not processed.

Half your plate should be filled with veggies. Bread - Whole grain. Dietary fiber should be >3. You should get 25 - 35 grams of fiber per day. Beans are also a great source of fiber.

One of the most well known tomato eating benefits is its Lycopene content which is a vital antioxidant that helps fight against cancer.

There are many vitamins, minerals in berries. Quick frozen is great!

Tea is a powerhouse of antioxidants.

Nuts are great - walnuts have Omega 3, Almonds have Vit. E and Antioxidants

It's not about less . . . but more!



### CONFIDENTIAL MEMBERSHIP NOTICE

Date 3/8/11

The following individual(s) has(ve) been proposed for membership into the Fairbury Rotary Club and is/are hereby being published as required by Article XI, Section 1,(5) of the Fairbury Rotary Club By-Laws. Written objections to membership admittance, stating reasons, must be received by the Club Secretary not later than 10 days following publication.

<u>Name</u>	<u>Proposed Classification</u>	<u>Membership</u>	<u>1st/2nd Publication</u>	<u>Proposed by</u>
Will Gerber	Attorney	A	1st	Bud Gerber

Leroy McPherson, Secretary