
Fort Smith Noon Exchange Club

Officers and Board

PRESIDENT	SCOTT MONROE
PRESIDENT-ELECT	BARRY MCCORMICK
IMMEDIATE PAST PRES.	BILL SAMPSON
TREASURER	PAUL ULMSCHNEIDER
SECRETARY & BULLETIN EDITOR	GARY MARCOTTE (648-2949)

BOARD MEMBERS

TOMMY FOWLER (646-6902), PAUL RIVALDO (452-5246), CLAUDE LEGRIS, PAUL BRIDGES, BUDDY ACOACH, BILLY DOOLY

STATISTICS FOR JANUARY 26, 2007:

Presiding	Scott Monroe
Invocation	Buddy Acoach
Guest Slips	Ray Fougne
Birthday Slips	Herb Couvillion
50/50 Tickets	Ruth and Bill Pitts
50/50 Winner	Dr. Sloat

ANNOUNCEMENTS:

- There will be no noon meeting on February 2, 2007 due to The Golden Deeds Banquet that evening.
- Reservations for the Golden Deeds Banquet can still be made. The final cutoff will be Wednesday.
- The Board will meet on Monday, February 5, 2007 at the home of Billy Dooly.
- Membership stands at 129
- Our condolences go out to Paul Benson and Mike Fitzhugh on their recent losses.

--- THE 65TH ANNUAL BOOK OF GOLDEN DEEDS BANQUET WILL BE HELD AT 6:30PM ON FRIDAY, FEBRUARY 2, 2007 AT FIANNA HILLS COUNTRY CLUB. PLEASE JOIN US AS WE HONOR A MEMBER OF OUR COMMUNITY.

PROGRAM:

The program was presented by Alysia Cover of UAFA. She has quite an impressive resume in the health and fitness fields. While Alysia gave a plethora of facts and figures; weight loss seems to boil down to just a few concepts. First and foremost, in order to lose weight or fat; one must burn more calories than one consumes. Burning calories is done two ways...through your metabolism; which is the energy that it takes for your body to simply operate. The other way is to achieve your "target heart rate". This is energy that you burn from speeding up your heart...exercise. The bad news is that to lose one pound, you must burn 3500 calories. Alysia then provided some basic guidelines for an exercise program. There is a minimum for all of us under-achievers: burn 1000 calories per week...that's 20 minutes per day. The acceptable level is a mere 1000 to 2000 calories per week and that takes about 40 minutes per day. And if you're out to really impress the opposite sex...2500 to 3000 calories per week and that takes about 60 minutes per day.

HUMOR:

Words of wisdom from Henny Youngman: "When I read about the evils of drinking, I gave up reading."

THE BOOK OF GOLDEN DEEDS AWARD:

This exclusive Exchange Club program honors the quiet, good deeds of America's unsung heroes. The woman who regularly donates her time to care for disadvantaged children-the man who voluntarily instructs disabled persons in some skill or craft- these are the kinds of exceptional individuals that the Book of Golden Deeds Award aims to recognize. These uncommon men and women exist in every city and town and, if not for this project, might never receive the acclaim that they deserve.