
Kiwanis Club of Brantford Newsletter 06-March-2025

1 message

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**A WEEKLY NEWSLETTER from and about
THE KIWANIS CLUB OF BRANTFORD**

Meeting at the Best Western Brantford Hotel & Conference Centre:
Every Thursday at 12:00 noon

Current Membership – 43



E.C. & C. District

Governor

Pamela Rodney White
KC of Constant Spring

Governor Elect

Cynthina Blackman
KC of Pride of Barbados

Immediate Past Governor

John Chave
KC of Barrie

Secretary/Treasurer

Jim Steele

PROGRAM FOR MARCH 06, 2025

Anniversary of Club Founding - March 6, 2025

HEAD TABLE

President Nancy Thompson, Funmaster Ken McNaughton,
Harold and Margot Offenhammer, Service award Winner
Joanne Murray and David Neumann, Past President Judy
Jones

UPCOMING MEETINGS

Thursday, March 13 – Pam MacDonald, Master Gardener
Thursday, March 20 – Bob Saunders, 50th Anniversary of

KC of Brantford

Division Lt. Governor
Angel Vieth
KC of Kitchener–Waterloo

Club Officers

President
Nancy Thompson

Past President
Alfred Hauk

President–Elect
Maureen Henry

Treasurer
Jim Steele

Secretary
Dave Lewis

Club Directors

2 Year Term
Ross Pope
Karen Adams
Joanne Murray

1 Year Term
Randy MacKenzie
Leo Vos
Bob Wade

Metric System

Thursday, March 27 – TBD

Thursday, April 3 – Annemarie Peirce, Brantford Community Foundation, Vital Signs Report

UPCOMING SOCIAL EVENTS

March 17th: Pasta night at Piper Arms. Details and sign up sheet to follow.

June: Dinner and music night at Brantford Golf and Country club (date to be confirmed)

August 9th: Family potluck/picnic

September 13th: 2:00 PM Port Dover play and dinner ("Here on the flight path" Norm Foster")

KIWANIS CONVENTIONS

Eastern Canada & Caribbean District Convention – Niagara Falls, May 29 to 31, 2025

Kiwanis International Convention – Pittsburgh, June 25 to 28–2025

BIRTHDAYS

Peter Liberati – Birthday – March 2

Alex Morris – Birthday – March 4

WEDDING ANNIVERSARIES

None

ANNIVERSARIES OF DATE JOINED

Eardly Judah – Joined – March 4

Judy Jones – Joined – March 8

EDUCATIONAL SPOT

Kiwanis is a global organization of volunteers with close to 600,000 adult and youth members. Worldwide, there are 8600 adult clubs and 7700 youth clubs.

THOUGHT FOR THE WEEK

Hope sees the invisible, feels the intangible, and achieves the impossible.

–Charles Caleb Colton

**To view the highlights of last week's meeting,
please page down.**

Last Week's Meeting Highlights



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Kiwaniis
CLUB OF BRANTFORD



*Celebrating
106 years of service*

Thursday, March 6, 2025 regular meeting

Members ... Please plan to attend.

Yes, there will be cake!!!!

Highlights of the Thursday, 27 February, 2025 Weekly Meeting

President Nancy, welcomed all members, New Member Janet Jordan and her Husband Chuck Shagass and Guest Speaker: Amy Campbell ~ Grand River Community Health Centre.



Phil Hoekstra organized the 50/50 draw, with a Peter Liberati holding the potential winning ticket, but unfortunately he did not draw the Joker. The pot continues to grow.

This meeting was a special meeting, as LGE Randy MacKenzie was inducting a new member, Janet Jordan into our Club today.



LGE Randy asked Janet Jordan to come to the front of the room and was joined by her sponsor PG Joanne, and warmly welcomed by all members. Randy started with a statement that, with Janet's help and insight, by joining this club this will be the Janet Jordan's Kiwanis Club of Brantford.



LGE Randy stated a few of the vital induction phrases required, and a brief club history. He then led all members and Janet stating the, "Six Objects of Kiwanis"



President Nancy presented Kiwanian Janet Jordon with her Kiwanis Member Pin to a rousing round of applause and congratulations.

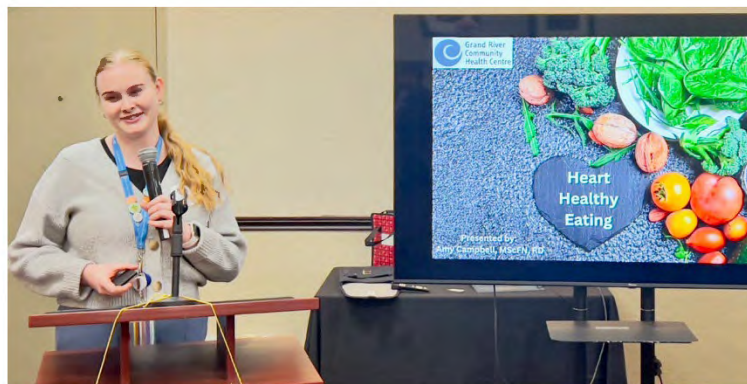


Linda Moyer was up next to introduce our Speaker for today, Amy Campbell of the Grand River Community Health Centre. Amy's topic was: Heart Health Eating.

Amy is currently working as a Registered Dietitian at the Grand River Community Health Centre and with CBI Home Health. Her passions include chronic disease management, eating disorder care, and striving to help others develop healthy relationships with food and their bodies. Linda welcomed Amy to the club and thanked her for agreeing to make this presentation.



Amy Campbell was welcomed with enthusiasm, as most members were interested in food. She thanked us for inviting her to speak about Health food choices. As a dietitian she said that a good diet is really a life choice of specific types of foods in reasonable portions. Amy used a slide show and supported each slide with significant details and understanding. The Diet she focused on was the "Mediterranean way of eating".

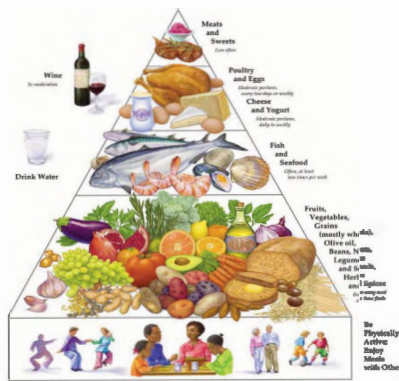


Contents

- The Mediterranean way of eating
 - Beneficial for heart health, mental health, inflammation, and much more
- Practical nutrition tips for implementing the Mediterranean way of eating in your life



Mediterranean Diet Pyramid



Fruits and Vegetables

- Aim to consume 3 servings of fruit and 4 servings of vegetables each day
 - 1 serving = 1/2 cup
- These can be fresh, frozen, or canned
 - Choose canned fruits packed in water and vegetables low in sodium
- Eat the rainbow

Whole Grains

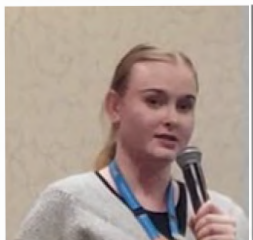
- Choose whole grains more often than white grains for fibre
- Whole grains include barley, brown rice, oatmeal, quinoa, whole grain bread, whole grain pasta, etc.

Legumes

- Legumes include beans, lentils, and peas
- Aim to consume 3 or more servings of legumes each week
 - 1 serving = 1/2-2/3 cup
- Choose low-sodium options most often

Fibre Facts

- Sources of soluble fibre include:
 - Barley
 - Brussels sprouts
 - Chia seeds
 - Legumes
 - Oatmeal
 - Psyllium fibre supplements (e.g. Metamucil)
 - Soy nuts



Fish and Seafood

- Aim to consume 3 or more servings of fish or seafood each week
 - 1 serving of fish = 3.5-5 oz or 100-150 grams
 - 1 servings of seafood = 4-5 pieces or 200 grams
- Choose fatty fish in particular, such as herring, mackerel, salmon, or sardines

Tips

- Cut up fruits and vegetables ahead of time
- Make a smoothie
- Add berries to cereal, oatmeal, etc.
- Freeze chopped vegetables to be added to foods later
- Add vegetables to omelettes, sauces, soups, stir-fries, and more
- Meal prep a quinoa or pasta salad with beans for lunches
- Throw beans into soups
- Eat hummus with crackers or vegetables as a snack
- Add lentils to pasta sauces
- Add lentils to meatloaf

Nuts and Seeds

- Aim to eat nuts 3 or more times each week
 - 1 serving = 1/4 cup
- Choose unsalted varieties most often

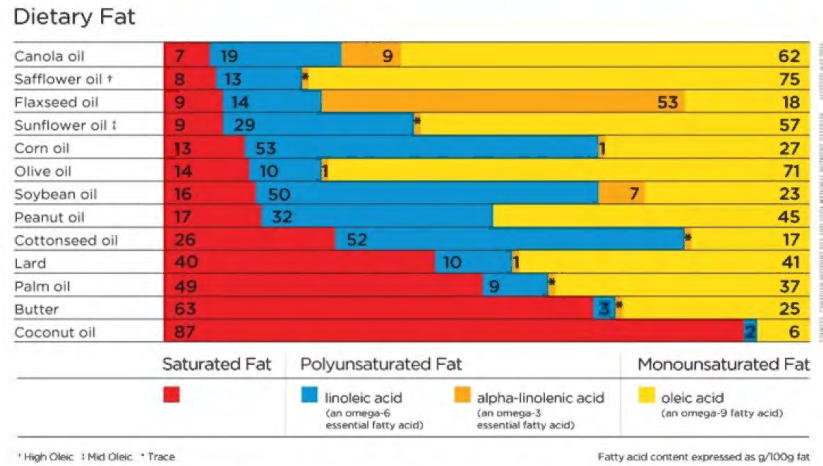
Olive Oil

- Olive oil is a staple of the Mediterranean way of eating
- Use olive oil as the main source of fat for cooking
- Guidelines suggest consuming 4 tablespoons per day
- Choose extra virgin olive oil if feasible for you

Types of Fats

- Unsaturated fats – Choose most often
 - Found in avocado, fatty fish, nuts and seeds, and olive oil
 - Liquid at room temperature
- Saturated fats – Limit
 - Found in beef, butter, coconut oil, pork, etc.
 - Solid at room temperature

Comparison of Dietary Fats



(Canola Council of Canada, 2016)

Poultry and Eggs

- Consume poultry and eggs in moderation
- Choose chicken and turkey more often than red meat
- For the general population, individuals can consume about 1 egg per day
- Those at a greater risk of developing cardiovascular disease may need to eat less than 1 egg per day

Dairy Products

- Consume dairy products, such as milk, yogurt, and cheese, in moderation
- Limit high-fat dairy products, including butter, cream, and ice cream
- Aim to eat 1 tablespoon or less of butter and cream each day

Limit Meats

- Limit red meats, including beef, pork, and lamb
- In particular, limit processed meats, such as bacon, deli meats, hot dogs, and sausages
- Aim to eat less than 1 serving of red or processed meats each day
 - 1 serving = 2.5 oz or 75 grams

Limit Sweets

- Limit added sugars, which are those added to foods during preparation, processing, or at the table
- Examples include sugar, honey, jam, baked goods, pastries, some cereals, energy drinks, fruit juices, sodas, etc.
- “Sugar is sugar”



FREE NUTRITION COUNSELLING

Led by a Registered Dietitian

- ✓ Digestive concerns
- ✓ Celiac disease
- ✓ Liver health
- ✓ Kidney disease
- ✓ Poor appetite
- ✓ Nutrient deficiencies
- ✓ Child nutrition
- ✓ And more!

Available to individuals in Brantford, Brant, and Norfolk who do not currently have access to a Dietitian

In-person with various location options or virtual

Contact: (226) 388-4725 or
ipct-info@grchc.ca



Amy finished her presentation and answered a number of questions from members showing a great deal of interest.

Leo Vos offered the official thank you to Amy and turn the microphone over to President Nancy.

President Nancy called for any Announcements or Committee Reports

- President Nancy announced a social event at the Lighthouse Theatre, Saturday 13th September, 2025. It is a Norm Foster's Play "Here on the Flight Path". Note it is the 2:00 PM, matinee. Tickets can be purchase by Credit card.

Following is the link to the website: <https://lighthousetheatre.com/>.

Once you have purchased your tickets, please be sure to let Pallo Sahota and Nancy Thompson know by email as they will be attempting to organize a Dinner after the Theatre presentation.

- Dave Lewis mentioned that the Trivia Challenge event at the Dunsdon Legion is on Thursday 03-April which is just over a month away and suggested you get your Teams in and registered as soon as possible.
- Leo Vos asked that anyone wishing to help out at the Trivia Challenge should contact him, as we can always use help setting up and managing the event.

President Nancy thanked all members and Guests and wished everyone well.

Final thought of the day: "Every new friend is a new adventure.....the start of more memories." ~ Patrick Lindsay

If there is nothing else for the good of Kiwanis, we will adjourn this meeting with the ringing of the Bell.

Have a safe weekend.

Meeting adjourned

Following are candid pictures from this meeting.

