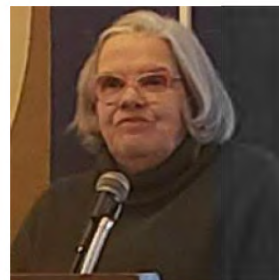


## Highlights of the Tuesday, 20 January, 2026 Weekly Meeting

President Maureen, welcomed everyone including our speaker for today, Alfred Hauk and Guests: Steve Smith, Ann Saunders and Jim Thompson to the Kiwanis Club of Brantford's meeting for Tuesday, 20-January, 2026.



President Maureen called Bob Saunders as Funmaster to the podium.



Bob Saunders opened with the following humorous story.

A blind pilot walks into a plane waving his walking stick  
The passengers all look at each other in disbelief. The flight attendant gets on the P.A. and says, "Ladies and gentlemen, as you can see, the captain is legally blind, but rest assured, he is one of the best pilots in the world with over six thousand successful flights."

Next the co-pilot makes his way to the plane and he is also blind and uses his walking stick to make it to the cabin. The flight attendant gets on the P.A. and says, "Ladies and gentlemen, as you can see, the co-pilot is also blind, but rest assured, he is the second-best pilot in the world with over five thousand successful flights."

At this point the plane begins to take off from the runway. As it gains speed, the passengers grow tenser. The plane keeps accelerating more and more and as it approaches the end of the runway, it still hasn't left the ground. The plane is approaching the end of the runway at high speed and the passengers scream, "Oh my God, we're all going to die!!"

Suddenly, the plane takes off and begins its ascent. The pilot turns to the co-pilot and says, "The day they stop screaming, we're finished."

Bob then added a couple of Puns/Groaners, but Leo Vos was not here to apprise them.

- What do you call a hippie's wife? Mississippi.
- England has no kidney bank, but it does have a Liverpool.
- I got a job at a bakery because I kneaded dough.

Lastly, Bob had a 10 questions Quiz, that the members were to call out the answers to.

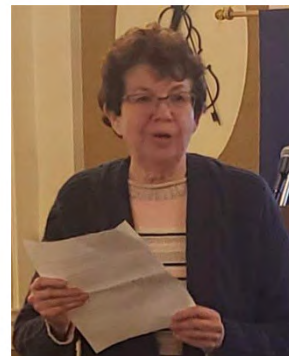
Following are a couple of examples.

- How long did the Hundred Years War last? **116 years**
- Which country makes Panama hats? **Ecuador**
- From which animal do we get cat gut? **Sheep and Horses**

President Maureen thanks Bob for starting our meeting with a smile or at least a smirk.

President Maureen asked Kiwanian Paulette Hauk, to come to the podium to introduce our guest speaker PP Alfred Hauk on the topic of “Holistic Healing”.

Paulette said that she was asked to introduce the speaker Alfred because I know him pretty well. It takes 7+ years post graduate education and upwards of \$100,000 in tuition fees to become a licensed naturopathic doctor - so it has to be something you get into because you love it.



Alfred brought Naturopathic medicine to Brantford 34 years ago. His colleagues all said you are never going to make it there - that's a blue-collar town. But he persisted because it is, and has always been something he loved. Having had enough of the construction trade, he went back to university at the age of 33 to finish his pre-med. We then moved here from Alberta so he could enrol in the 4-year naturopathic program at the Canadian College of Naturopathic Medicine. He was finally able to start his practice part time in March 2nd of 1992. Meanwhile he delivered pizzas, moved fridges - did various jobs to get some income. (I didn't say that just because you graduate that it means you make much money.)

Fast forward to now - he has created a multi disciplinary clinic with 5 Naturopathic doctors, 2 massage therapists, 2 manual osteopaths and a Reflexologist - plus a full store of nutraceuticals and natural products - which I run (lol).

Paulette asked the members to welcome Dr Alfred Hauk.

Dr Alfred thanked everyone for attending and that he was please to explain some of the background and details of, “Holistic Healing”

Dr Alfred gave us a condensed background about the development of Holistic healing in Ontario and more specifically Brantford.



Dr Alfred stressed there are two aspects of health we need to appreciate. The 1<sup>st</sup> is that if you are injured, have some type of trauma, have cancer or need surgery there are Medical Doctors using modern science to addressing an illness or injury of a patient. Once the cause of distress is addressed to as certain level, the 2<sup>nd</sup> aspect comes into play. The 2<sup>nd</sup> aspect is for your body to heal to the best possible level. That is where Naturopathic Medicine and today's science, can come into play.

Dr Alfred indicated that Naturopathic Medicine offers a customized approach to health care, and that they provide treatment plans tailored to suit each individual patient's needs. Their own, “Owners Manual”.

He warned against quick-fix diets, fads and marketing promotional gimmicks. The objective is to practice "Smart Living". To work together with each person to tailor their individual needs to live the best life they can.

Dr Alfred closed showing a Chamber of Commerce video highlighting him as Entrepreneur of the year in 2016. This video presented a quick overview of the development of Dr Hauk's holistic's organization in Brantford from the early 1990 to 2016.

Dr. Alfred Hauk thanked all members warmly and appreciated their interest.

Afterwards, a Q & A session was held with Dr Alfred, who readily handed several questions with solid common sense answers. Dr Hauk explained to LG Randy that, Holistic was **not**, correctly spelled Wholistic.

LG Randy MacKenzie thanked Dr Alfred Hauk for his informative and interesting presentation.

LG Randy when on further saying, that as part of his initiative this year as District LG, he wanted to recognize and congratulate Dr Alfred and Paulette for all that they had done for the club since joining it.

That Alfred and Paulette from the start, have been fun, active and energetic members in many elements of our club. You both have brought new, innovative ideas and perspectives which improved our Clubs image and pushed it into new areas. (Christmas, Kindness Day, Polish Hall, Oban, Trivia, Christmas Campaign, and several other areas.)



Thank You ~ Alfred and Paulette Hauk

President Maureen called for Committee Reports and Announcements:

- Pallo Sahota announced that: Saturday, February 7, 2026, was the Kiwanis Club of Guelph Music Festival Gala. Rsvp By: January 26, 2026. Sign Up Sheet Available at our Lunch Meetings or Email to: [thompson834@icloud.com](mailto:thompson834@icloud.com) .  
Nelson McClinchey mentioned that Chris Bisson is having a Pre-cocktail Social at his home. Contact Nelson if you are interested. [nelsonmcclinchey@gmail.com](mailto:nelsonmcclinchey@gmail.com)

President Maureen, thanked all members and guest speaker Dr Alfred Hauk and wished everyone well.

Closing Thought for the Day: "He who has health has hope, and he who has hope has everything." ~ Arabian Proverb

President Maureen asked If there was anything else for the good of Kiwanis, seeing none, she adjourned the meeting with the ringing of the Bell.