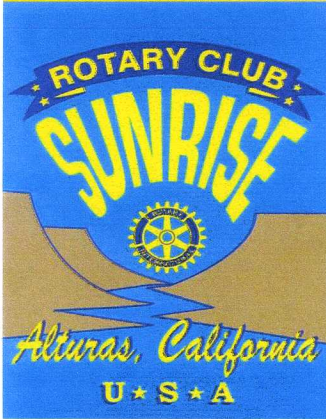


THE WEEKLY HASH

www.alturassunriserotary.com

Volume 4 Issue 18

May 5, 2011



District Governor:

Steven W. Lewis

Dls. Governor Nominee:

Alan Cain

Assistant Dls. Governor:

Jeanne Cain

President:

Bill Hall

Vice-President:

Monica Derner

Secretary:

Frieda Dubois

Treasurer:

Dwight Beeson

Past-President

Paul Bailey

Board Members:

Dwight Beeson

Carol Callaghan

Frieda DuBois

Dan Silveria

Sandy Stevenson

President Bill brought in Health Specialist, Holly Stains to talk about Portion Control in our diets

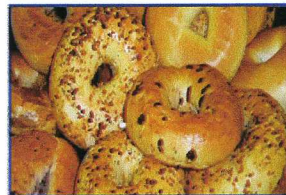
Portion Size

vs. Serving Size

Remember that a portion size is the amount of a single food item served in a single eating occasion, normally a meal or a snack. People often confuse portion size with serving size, which is a standard unit of measuring foods (a cup or an ounce are good examples). Portion size is the amount offered in the packaging of prepared foods, or the amount a person chooses to put on his or her plate. For example, bagels or muffins are often sold in sizes that constitute at least 2 servings, but consumers often eat the whole thing, thinking that they have eaten 1 serving. They do not realize that they have selected a large portion size that

was more than 1 serving.

Portion sizes have increased over time, so make sure you check the serving size on the label.



Portion Control In Front of the TV

Remember that a portion size is the amount of a single food item served in a single eating occasion, normally a meal or a snack. People often confuse portion size with serving size, which is a standard unit of measuring foods (a cup or an ounce are good examples). Portion size is the amount offered in the packaging of prepared foods, or the amount a person chooses to put on his or her plate.

For more info go to www.smallstep.gov/portion_control.html



Happy Pot!

Alan-China Trip, Modoc Medical Center, and glad to be home

Kimberly- Forest Service Chief had a great visit

Sandy-United Country Realty's Open House

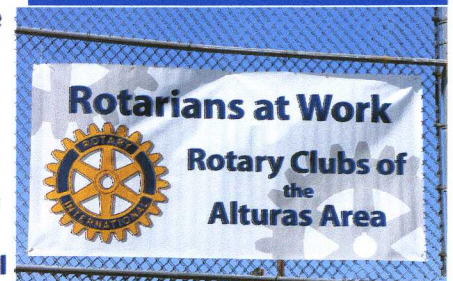
Monica-M.M.C. Open House and Health Fair

Joe C.- Modoc Vet Center Open House and Joey got a new job!

Harry-Thanks for a great home show.

Frieda-Daughter competed in the Eugene 1/2 marathon

Bill-Holly here for program



This Saturday! 8 am

Program Schedule: 5/12 Joe Catania, 5/19 Jim Hertel, 5/26 Assembly

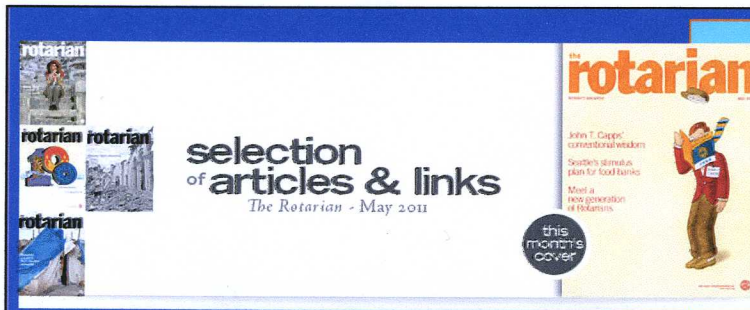
MARBLE GAME.

Joe Catania drew too many marbles and we donated the money to buy rose bushes for the RAW day!!



Today's Guest

Holly Stains



Rotary Tidbit:

Read Rules of Engagement in this months issue!

EVENT CALANDER

ROTARY SOCIAL SITES



Rotarians At Work
Day 8-9 am to ??? At
Warnerview Convales-
cent Hospital

Rotray Roundup
June 9-12 at the Atlan-
tis visit District 5190
website for details!

Demotion Party
June 25th at Dan
Lowry's time TBA



<http://www.facebook.com/pages/Rotary-International/7268844551>



<http://twitter.com/rotary>



<http://www.youtube.com/user/RotaryInternational>

Check out our District 5190 Newsletter!

http://rotarydistrict5190.org/District_News_0810.pdf