

# The BAC Connection

workout and play in a new way

## Notice of Pool and Floor Maintenance

All BAC swimming pools will be closed for annual maintenance and repair from Sunday, August 30 through Sunday, Sept. 6. The pools will reopen on Monday Sept. 7.

Over the next two months, we will also be conducting floor-refinishing projects in various areas of the club. Please refer to the posted notices to find out when these areas will be closed for annual maintenance.

We appreciate your patience while these improvements are completed.

## Last Chance for Free Dues!

Encourage your friends, co-workers, and family members to join the BAC this month. This is the last month you can receive one month of primary dues free for each new member account you refer by August 31. In addition, the new member you refer will receive a \$200 discount on the initiation fee and receive one month of primary dues free!

Pass along the Summer Member Referral Certificate enclosed in this newsletter to someone you would like to have as a fellow member at the club. When your referral joins please make sure they mention you as their member sponsor. No referral credit will be given if you are not listed as the member sponsor upon joining. Remember, the more people you refer, the more free dues you earn. Refer one person, get one month free. Refer two people, get two months free... and so on. It's our way of saying "thank you" for supporting your club.

For more information and to pick up more referral certificates, please stop by membership services. ●

### INSIDE BRONSON

## Online Registration Open for Walk Across Kalamazoo

Join us at Walk Across Kalamazoo — a walk benefiting The Children's Hospital at Bronson on Sunday, October 4 beginning at 1 p.m. at the John Street Lot on Bronson's North Campus. Funds raised help enable all patients and their families to receive the highest level of pediatric care close to home. To participate in this event, register at [bronsonhealth.com/walk](http://bronsonhealth.com/walk). You can also download a pledge sheet on the site.



Consider creating or joining a team. Walk Across Kalamazoo is a great way to bring people together to work toward a common goal. For more information about teams or being a team captain, check out our Team FAQ Sheet at [bronsonhealth.com/walk](http://bronsonhealth.com/walk).

Participate in the walk and make strides toward good health while helping seriously ill and injured children in our community. See page 3 for all the details. ●



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## Brandon Kimp Lifeguard



Brandon Kimp

When Brandon Kimp learned about the BAC, he knew he wanted to join the aquatics team. He went straight to work earning his lifeguard certification, then immediately applied for a job. “I don’t like to put things off,” he states.

A swimmer, runner and artist, the BAC fits his lifestyle well. “I grew up in Marcellus, Mich. where I ran on the track team,” Brandon says. “I started at Kalamazoo Valley Community College studying art (with an emphasis on ceramics) right after high school. I took swimming fitness classes there.” That’s where Brandon discovered, “I love the water.”

Now a junior at Western Michigan University pursuing a history/archeology degree, Brandon lifeguards at the BAC pools on especially busy swim lesson days. “It’s constant action during swim lessons,” Brandon says. “I like that, though. I’ve met a lot of great families at the pool. I like the people I work with, too.”

Brandon tries to exercise several times a week – usually in the pool. His workouts often include two-mile swims. He laughs, “That’s when I can put my mind on auto-pilot and unwind.” ●

## SPORTS

### Fall Leagues for Members Only

#### Racquetball Leagues

##### September 14

Our racquetball leagues are designed to accommodate your busy schedule. The people and the week you play will be preset; you choose the day and time you will play. Players are required to arrange their own matches.

Choose from Advanced (A), Advanced/Intermediate (AB), Intermediate (B) and Novice (C) levels of play. Sign up at the service desk, or contact John VandeWeerd, league coordinator (voice mail #54). League fee is \$15.

#### Basketball League

##### September 16

Our adult recreational league is designed for players seeking some friendly competition. You may sign up as an individual (you will be placed on a team) or you can enter as a team. Entry forms are available at the service desk. League fee is \$35.

Sessions: (8 weeks)

Day: Wednesday evenings  
September 16 – November 4 ●

### Recipe of the Month Salmon Asparagus Chowder

Makes 6 cups

- 2 cups chicken broth
- 3 cups asparagus spears, washed, trimmed, and cut into 1 1/2-inch pieces
- 1 lb. pan-seared salmon, cut into chunks
- 1 tbsp. extra virgin olive oil
- 1 large leek (or 2 bunches of green onions)
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup cubed, unpeeled redskin potatoes
- 2 garlic cloves, minced
- 1 bay leaf
- 1/2 tsp. thyme
- Sea salt and freshly ground black pepper, to taste
- 2 cups skim milk
- 4 tbsp. shredded reduced fat sharp cheddar cheese
- 2 tbsp. finely minced fresh chives

In a large skillet, bring the chicken broth to a boil, add the asparagus and cook about five minutes. Drain and reserve broth. Plunge the asparagus into ice water to prevent over-cooking, then drain. Strain the broth and set aside. In same skillet, heat the olive oil over medium-high heat. Add leeks (or onions) and sauté four minutes. Add celery, garlic, and carrots and sauté one minute more. Add potatoes, strained broth, bay leaf, thyme, salt and pepper to taste. Simmer uncovered until the potatoes are quite tender, about 15 minutes. Let cool slightly and then mash at least half of the vegetables in the pot. Add milk and heat just to a boil. Add reserved asparagus and chunks of salmon. Stir very gently so that the salmon remains in chunks. Continue to cook for five additional minutes over low heat. Ladle into bowls and garnish with reduced fat cheddar cheese and chives.

1 cup = 252 calories; 19g CHO; 9g FAT; 24g PRO; 4g Fiber

**Walk Across Kalamazoo**  
*continued from page 1*



**Sunday, October 4**

**On-site registration  
begins at noon**

**Walk begins at 1 p.m.**

**Location**

Bronson Methodist Hospital  
parking lot at the corner of  
John and Lovell streets.

**Register**

Visit [bronsonhealth.com/walk](http://bronsonhealth.com/walk)  
to register and download  
a pledge sheet.

**Entry Donations**

Adults age 18+: \$25  
*(includes t-shirt)*

Children age 6-17: \$15  
*(includes t-shirt)*

Children younger than  
age 6 are free  
*(does not include t-shirt)*

Additional shirts are \$5 each.

All shirts can be picked up  
the day of the walk.

**Length of Walk**

The long route is 5K and the  
short route is 2.5K.

**For More Information**

Contact Deb Carpenter  
at 341-8830

**TRAINERS CORNER**

**Fats: The Body's Healing Nutrient**

As a society we are brain-washed to believe that all fats are unhealthy and will cause weight gain. This is not true. Incorporating good fats into your daily diet will make you more satisfied and stabilize your blood sugar, keeping your energy higher throughout the day. A balance of good fats helps to improve cholesterol, diabetes, blood pressure, and your waistline.

**Good Fat #1: Monounsaturated Fats (Omega 3)**

Monounsaturated fats are excellent for cooking and include: olives, avocados, almonds, almond oil, almond butter, natural peanut butter, extra virgin olive oil, expeller pressed canola oil, and sunflower or safflower oil. The recommended serving size is two tablespoons per day.

**Good Fat #2: Polyunsaturated Fats (Omega 3)**

Omega 3 oils are the superstars of fats, but are difficult to find in the American diet as many foods here are refined. The highest source of Omega 3 fats is flaxseed oil. For optimum benefit, consume one tablespoon of flaxseed oil per 100 pounds of body weight daily. Flaxseed oil can be added to your cereal, smoothie drink, cottage cheese, yogurt, or salad dressing. Other sources of Omega 3 fats are walnuts, walnut oil, soybeans, ground flaxseeds, leafy greens and cold water fish (salmon, tuna and trout). Polyunsaturated Omega 3 fats and oils should be kept in the refrigerator and not used for cooking. One to two servings of cold water fish are recommended per week.

**Good Fat #3: Polyunsaturated Fats (Omega 6)**

The typical American diet consists of too much refined Omega 6 oils such as corn, safflower, cottonseed and sunflower oils. Avoid these oils. To get unrefined Omega 6 fats you may need to visit your local natural foods store. Sources of Omega 6 fats include pumpkin seed oil, sesame oil, many nuts and seeds, and evening-primrose oil. The recommended serving is one to two tablespoons per day. As with polyunsaturated Omega 3 fats, do not cook with Omega 6 oils.

So, get those bad fats out of your diet and bring on the good fats. Start slowly and enjoy all the wonderful benefits that eating the right balance of good fats can bring you. ●



**Jeremy Wheaton**  
BAC Fitness Director

**New in the Pro Shop**

The BAC Pro Shop now offers a variety of Timex® heart rate monitors and pedometers, including the Ironman® Race Trainer™ digital heart rate monitor, which allows users to wirelessly exchange workout data from their heart rate monitor and home computer. To learn more about the Ironman® or other Timex® brand products, visit the Pro Shop or the Timex® website, [Timexironman.com](http://Timexironman.com). ●

## Meet Laura Darr



Laura Darr  
and BAC trainer  
John Gaunt

"In October 2008 I was considering gastric bypass surgery," Laura Darr begins. "More than just weight loss, I was interested in getting my diabetes under control. For a while I was in denial about the whole thing. It wasn't until my physician said that I was literally on the verge of a heart attack or stroke that I realized I had to get a handle on this. I called the Bronson Athletic Club and talked with personal trainer John Gaunt. John told me I just had to put work into it."

"At first I was scared to go to the athletic club," Laura recalls. She worried about feeling out of place. She even felt a little guilty setting aside time to exercise. As a surgical

### "I've lost 43 pounds since last October."

nurse for Bronson LakeView Hospital in Paw Paw, wife of 35 years to Randy, mother of two grown daughters, a grandmother, and proprietor of a small machine embroidery business, Laura felt her duty was to serve others. But as the diabetes progressed, she says, "I realized that it was time to do this. There was simply no choice." As for the club atmosphere, happily Laura found she fit right in. "Everyone is very, very nice. People are supportive here."

"Having a trainer made all the difference," Laura confides. "John made me realize that my goal was obtainable." Plus it made her workouts fun.

After several sessions with John, Laura started meeting with three friends to work out. "We are very strict," she says.

"We challenge each other and sometimes we're a little on the competitive edge."

Little by little, Laura built her strength and endurance. "At first I couldn't move the elliptical at all," she says. But it didn't take long before she could spend an hour on it. "I've lost 43 pounds since last October," Laura shares. But even better, "I'm off insulin and Glucotrol (antidiabetic medication). Once the metabolism gets turned on, so to speak, it's amazing what happens to you. Exercise burns glucose. I have so much energy now. It helps me deal with stress, too. The whole picture of my day looks different after I've exercised." ●

- written by Kristine Wilkinson

**Do you know a BAC member you'd like to nominate to be featured in the member profile column? If so, please contact Heather Jonas at (269) 544-3200.**



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### Bronson Athletic Club Staff

President . . . . .	Carl Porter
General Manager . . . . .	Jim Reading
Fitness Director . . . . .	Jeremy Wheaton
Group Exercise Director . . . . .	Sheri Shon
Membership Director . . . . .	Heather Jonas
Building Supervisor . . . . .	Mark Jones
Business Office Manager . . . . .	Mary-Elizabeth Bell
Aquatics Director . . . . .	Karen Sue Mackaluso
Pro Shop Manager . . . . .	Char Heckaman
Service Desk Manager . . . . .	Erin Westover
Deli Manager . . . . .	Trish Thomas-DeYoung
Programs Coordinator . . . . .	Kaitlin Johnson

### Club Hours

Monday – Friday . . . . .	5:30 a.m. – 10 p.m.
Saturday/Sunday . . . . .	7 a.m. – 9 p.m.

### Business Office Hours

Monday – Friday . . . . .	9 a.m. – 5 p.m.
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### Membership Office Hours

Monday – Thursday . . . . .	9 a.m. – 9 p.m.
Friday . . . . .	9 a.m. – 8 p.m.
Saturday . . . . .	10 a.m. – 5 p.m.
Sunday . . . . .	11 a.m. – 5 p.m.

### Youth Activity Center Hours

Monday – Thursday . . . . .	8:30 a.m. – 8 p.m.
Friday . . . . .	8:30 a.m. – 5 p.m.
Saturday . . . . .	8:30 a.m. – 2 p.m.
Sunday . . . . .	Noon – 4 p.m.