

The BAC Connection

Sports, Health, Fitness and Fun

Mark Your Calendars

Michigan Blood Drive
August 17 • 12 - 6 p.m.
BAC Conference Room 2

Walk Across Kalamazoo
October 2 • 1 p.m.
corner of John and
Lovell Streets
See the Inside Bronson
article on page two for
all the details.

Farmer's Market Opens at the BAC

Experience the convenience of finding locally produced goods right here at the BAC. You can now shop at the Bronson Athletic Club for your homegrown vegetables, berries, baked multigrain breads and gluten-free products. The market will also offer "Naturally Norms" fresh chicken and pork from Carlson Farms. Both products are all natural and are free of chemicals and genetically-modified organisms (GMO).

The market will be open Tuesdays from 9 a.m. to 1 p.m. For more information, stop by the BAC service desk. ●



New Resources for a Healthier You

The BAC Pro Shop is now stocking several educational books to help you reach your fitness goals. Our selection of books is recommended by our personal training staff as excellent resources to help answer questions about your body, nutrition, and ways to improve your overall health.

Our current selection includes: *You the Owner's Manual* by Dr. Mehmet Oz and Dr. Michael Roizen; *On Target Living, Nutrition (and cookbook)* by Chris Johnson; *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest* by Dan Buettner; *Food Rules, An Eater's Manual* by Michael Pollan; *Women's Bodies, Women's Wisdom* by Dr. Christiane Northrup; and *Eat Right for Life* by Ann G. Kulze, MD.

Stop in the BAC Pro Shop to find all of these valuable resources. ●



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Anne Sons

Lifeguard, Swim Instructor and Swim Team Coach



Anne Sons

“I started swimming competitively when I was five years old,” Anne Sons explains. Her affinity for the water was cultivated with summers spent at the Sons’ Michigan lakefront cottage. “My mom would lap swim (for exercise). My siblings were on the team, so I did it, too. I swam competitively all my growing up years and went on to earn a swimming scholarship to Valparaiso University in Indiana.” Her hard work paid off with a degree in elementary education, and a career path that combines both of her passions.

“Swimming is a good thing to know how to do,” Anne states. “I loved doing it. I’ve built a lot of good relationships from the sport.” One of those relationships was with the BAC where she works as a lifeguard. “I’ve been working on and off as a swim instructor and coach for the BAC since we opened. I like witnessing the moment it clicks with a child. I also like meeting the members and seeing them coming in and working toward a common goal of living well.”

In her spare time, Anne says, “I like anything that has to do with being outside. I enjoy cooking and I’m learning to knit.” Not surprisingly, she exercises regularly by swimming and running. “If I’m asking (my students) to do these things, I figure I should do them as well,” she explains. “I like passing on something that I am passionate about.” ●

Now in the BAC Deli: Farm Fresh Blueberries

The BAC Deli is now featuring items filled with farm fresh blueberries. You’ll find them in our yogurt parfaits, banana loaves, muffins, and granola and fruit cups. They also can be purchased in packages of 1 lb., 5 lbs., and 10 lbs. and can be pre-ordered.

For more information or to order, contact Trish in the BAC Deli. ●

Pools Closing for Annual Maintenance

The BAC pools will be closing at noon on Saturday, August 27 and will reopen on Monday, September 5. We appreciate your patience while we take care of this important annual maintenance. ●

INSIDE BRONSON



Registration Open for 2011 Walk Across Kalamazoo

Online registration is now open for the 2011 Walk Across Kalamazoo, which takes place on Sunday, October 2 at the corner of John and Lovell streets. This fourth annual event benefits pediatric life enhancement services at The Children’s Hospital at Bronson. On-site registration and pre-walk activities begin at 11:30 a.m., and the walk itself begins at 1 p.m. Funds raised through the Walk support pediatric life enhancement services, such as pediatric palliative care, child life services, art therapy, music therapy and more.

To register online, visit bronsonhealth.com/walk. Costs for the walk are:

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

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

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

Register by Wednesday, September 14 to receive a Walk t-shirt. For more information email the Bronson Health Foundation at (269) 341-8100 or send an e-mail to healthfoundation@bronson.org. ●

Earn a Half-Hour Massage Free

Refer a new massage client to The Wellness Factor and you'll earn a free half-hour massage for yourself! Conveniently located inside the BAC, The Wellness Factor has been providing therapeutic massage services since 1997.

Give your friends, co-workers, family, and others a massage referral certificate and they will receive a free half-hour massage. In return, when your referral uses the certificate, you will earn a half-hour massage for yourself. To receive credit, the referral must use the certificate and must name you as their source of referral at the time of their massage appointment.

Certificates are available at the service desk. This special offer ends August 31, 2011. ●

How Not to Be a Victim in 2011

Saturday Dates: August 13, August 20, September 24, and October 29, 2011

Location: BAC Studio 3

Time: 1 - 3:30 p.m.

Instructor: Captain Tom Shull, Kalamazoo County Sheriff Department

This course will help an individual to recognize, eliminate and avoid potential trouble by becoming more aware of daily surroundings with physical confrontation being the last resort.

For more information, call (269) 544-3200 or stop by the service desk. ●

TRAINER'S CORNER

Intention

We live in a world where most people are doing as many things as possible because it seems like that is what we are expected to do. Often we are taking care of the people around us in some manner, and/or working outside of the home and taking care of those we work with or for. We put ourselves in that position because we care about those people, but it also puts us in a position to become so busy that we lose sight of ourselves.

The people, places, and activities that we engage in usually present a strong base description of who we are. However, as we get incredibly caught up in the swift moving circle of life, our own health, wellbeing, and happiness gets pushed to the bottom of our priorities. It becomes apparent, when you start to notice easy things that are getting harder to handle.

As we move into the (slower?) summer months, take a moment to remember yourself and decide if you are taking care of you as well as you are taking care of those you care about. Imagine how much more you will enjoy caring for others if you feel great! Live with intention for yourself, and not just for those who surround you. ●

Everything in life is about intention, not about doing everything... but instead do what you can. -Sheryl Crow

Kris Knight
Fitness Director, BAC



Kris Knight
BAC Fitness Director

Easy Healthy Eating: Basic Roasted Vegetables

Preheat the oven to the desired temperature. Liberally coat a cookie sheet with extra virgin olive oil. Toss servings of a single vegetable or a combination of vegetables with additional extra virgin olive oil, sea salt, pepper, a handful of peeled, whole garlic cloves, and other seasonings of your choice. Spread the vegetables on the cookie sheet in a single layer. Roast in the oven until tender and browned, shaking the pan at least once or turning the vegetables during cooking to prevent burning. Eat as is or season with a sauce of your choice. Following are guidelines for various vegetables.

Vegetable	Temperature	Cooking time
Green beans/onions	425°	10-15 minutes
Broccoli/cauliflower	450°	10 minutes
Brussels sprouts/carrots	425°	15-20 minutes
Potatos	425°	20-30 minutes
Squash (winter, butternut, acorn)	400°	25-30 minutes
Squash (summer, zucchini)	425°	10-15 minutes

HC and Cory Cortes: BAC 10-YEAR MEMBERS



Cory and HC Cortes began to exercise regularly in 1974, when they moved from Chicago to Comstock. What started as walks around the block soon included wintertime cross country skiing in the fields behind their house. Exercise helped Cory manage her high blood pressure and, later in life, the osteoarthritis in her knees.

“When we built our retirement house at Eagle Lake in Paw Paw in 2000,” Corey explains. “We did not realize our good fortune. The Bronson Athletic Club opened in 2001, just a few miles away, in an attractive development with top quality, modern equipment and facilities – not to mention the friendly atmosphere. Of course, we were among the first to join!”

Cory had knee replacement surgeries in 2007 and 2008.

The BAC proved instrumental in what she says was, “a short recovery because the exercise strengthened my knee muscles. I would walk the BAC track gradually, starting at one mile, then two. Now I do brisk laps for three miles. I also take aquatic exercise classes.”

HC and Cory are now in their 80s. HC takes no medications and Cory’s blood pressure is under control. They go to the BAC at least three times a week. HC plays golf, likes fishing, maintains their yard and garden, and enjoys their pontoon boat and his Boston Whaler.

Married for 53 years, HC and Cory immigrated to the USA from the Philippines in 1969. Both earned advanced degrees in business and accounting. HC served as financial controller for Upjohn Philippines, and Cory worked for Colgate Palmolive-Philippines. In the United States, HC worked for American Hospital Supply in

Chicago for five years. He then rejoined Upjohn in Kalamazoo where he held management positions in the international division.

HC and Cory have four adult children and eight grandchildren. Their fifth child died tragically in a swimming accident in 1978. Through their heartbreak, the Cortes family sought to offer hope to others and established a memorial scholarship fund in his memory The RZC Memorial Scholarship Fund continues to grant a college scholarship for graduating seniors at Comstock High School. “In the Philippines,” Cory explains “education is the number one thing. We were motivated to immigrate to the U.S. in large part due to the educational opportunities for our children.”

- written by Kristine Wilkinson

Do you know a BAC member you’d like to see featured in the member profile column? If so, please contact Heather Jonas at (269) 544-3200 or by e-mail at jonash@bronsonhg.org.



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Bronson Athletic Club Staff

President Carl Porter
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Director of Operations Jim Reading
Exercise & Fitness Coordinator. Stacie Kryszak
Fitness Director. Kris Knight
Personal Training DirectorDamian Harris
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 ManagerErin Westover
Deli Manager Trish Thomas-DeYoung

Club Hours

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

Business Office Hours

Monday – Friday 9 a.m. – 5 p.m.

Membership Office Hours

Monday – Thursday 9 a.m. – 9 p.m.
Friday 9 a.m. – 8 p.m.
Saturday 9 a.m. – 4 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 closed