



DECEMBER 2, 1983

Rancho Canada GC, Carmel
 Highlights for Christmas party

Reservation card will be in the December
 THRU THE GREEN (Do Not Mail Before)

Golf - Rancho Canada, West Course, Crab Feed, Cocktails, Dinner
 and dancing

Prices listed are per person

	Member	Guest
Crab feed (optional)	\$12.00	\$15.00
Golfer package Includes carts, prizes, dinner	\$38.00	\$43.00
Non - Golfer	\$25.00	\$30.00

Member may bring spouse and/or guest (1 only) at member price

No gift exchange Money must accompany reservation

Golfers can make own foursome

Crab feed reservations will be allowed to participate one time through line
 REMEMBER TO PLAY GOLF - you have to attend dinner.

MAKE YOUR PLANS NOW It will be a short time to cancellation date
 (November 25, 1983) when Thru The Green arrives for December



COUNTING CALORIES ... "Anon"

A recent report by the Southern California Medical Association pointed out that proper weight control and physical fitness cannot be attained by dieting alone: Persons engaged in sedentary occupations often do not realize that calories by the hundreds can be burned off by a variety of strenuous "exercises". Here are the per calorie consumption rates of some activities:

- | | |
|----------------------------------------------|--------------------------------|
| beating around the bush, 75 calories | running around in circles, |
| jumping to conclusions, 100 calories | 350 calories |
| swallowing your pride, 50 calories | making mountains out of |
| throwing your weight around, 50-300 calories | molehills, 500 calories |
| dragging your heels, 100 calories | climbing the ladder of success |
| bending over backwards, 75 calories | 750 calories |
| pushing your luck, 250 calories | |