

Richmond CHIP Graduation Newsletter

Date: March 25, 2006

Location: 8711 Cambie Road, Richmond

CHIP participants, their invited guests, CHIP alumni, and volunteers gathered on the evening on March 25/06 to attend the graduation dinner and awards ceremony for the 3rd Richmond CHIP group.

The dinner showcased a fabulous buffet of CHIP dishes such as vegetarian lasagna, curries, salads, and home-made bread. The meal was topped off with Branka's pineapple cheesecake for dessert.

When the dinner portion of the evening was over, the group listened to the guest speaker, Dr. Sherman Nagel. He was introduced by his daughter Betty Steinke, RN and coordinator of the Langley CHIP group. Dr. Nagel's talk—called "Udder Amazement"—explained the downside of including dairy products in our diet.

Following the guest speaker, participants in Richmond's 3rd CHIP group were presented with their graduation certificates. Awards were given out in the following categories for health improvements achieved during the 4-week CHIP program:

- *"No-Belly Award" - the greatest weight loss - 11 lb*
- *"Mrs. Dash Award" - the most km - female - 140 km*
- *"Globe Trotter Award" - the most km - male - 137.5 km*
- *"Queen of Triglycerides Award" the largest decrease in triglycerides - 56% from 4.1 to 1.8*
- *"No Yoke Award" - the largest decrease in cholesterol - 24% from 6.2 to 4.7*
- *"Non-Sweet Award" - the largest decrease in glucose - 31% from 9.4 to 6.5*

Thanks to the volunteers who helped with the program and the graduation ceremony, and a special thanks to Branka for leading another successful group of "Chippers" to better health!