



## Ray Brulé, an Everyday Champion

The Everyday Champions program would like to recognize an amazing individual, Ray Brulé, for his passion in tennis as well as active living. As his son, Albert Brulé, mentioned, Ray is “perhaps more active than many people half his age!” Ray is an avid tennis player; he organizes the roster for his regular group aptly named "The Old Curmudgeons" at the Greenhills Tennis Club in London, Ontario.

This past summer, at the 75+ Mixed Doubles Tennis at the London Senior Games, Ray and his wife, Rheta, won gold and went on to be recognized for first place at the Southwestern Regional Ontario Senior Games in Chatham.

Ray attributes his good health to active living and a good diet. He loves cheese especially aged cheddar, and he enjoys ice cream for dessert. He also likes cream on his cereal and the occasional glass of milk. Ray leaps at any excuse to eat butter (he will often say he enjoys a little bread with his butter). Ray is truly an Everyday Champion!

