

Jack LaLanne 1914 – 2011

For many members of Operation:Children, Jack LaLanne was more than just a famous television personality, fitness guru, and strong supporter of helping underprivileged children – he was a personal friend. Many of us saw him last at our October 2010 fundraiser “A Night In Monte Carlo”. Following are some written memories and pictures submitted by Operation:Children members:



Jack and Elaine will always be two VERY SPECIAL friends! I will miss their early morning phone calls on June 13th singing a duet of “Happy Birthday”. It was truly exciting and scary watching Jack pulling 70 boats with 70 people on his 70th Birthday from the Press Boat. I’ll never forget his beautiful voice singing “I Believe” with Connie Haines. I’m eternally grateful to Elaine for co-sponsoring me along with my dearest friend, Nancy Flournoy, as a new member of WAIF in the early 60’s. Because of that one act my life has been enriched in so many ways. Thank you, Jack and Elaine, for your love and friendship, and for all the beautiful memories. I love you both!

~ Mary Robertson

An Icon and the most famous exercise guru of our generation. Dearest friends, Lala and Jack, who were always at “Silver Tip” (our home) on Pyramid Place, Hollywood Hills....or we were at the LaLanne’s beautiful home just below us. The friendship goes way back to San Francisco when Jack starred in his own television show. Jack and Elaine were always two of my favorite people. Jack, LaLa, Rudy and I used to laugh and laugh over so many crazy episodes we experienced. One funny, crazy escapade included jumping in the pool with our clothes on! All of you knew and loved Jack and Elaine. Jack will be missed.

~ Ellie Vallee

He was as nice a guy as there ever was! I first met Jack at his 54th Birthday dinner at the family home in Hollywood. It was the beginning of what would be a long and treasured friendship. An experience I will never forget was my house warming many years ago. Present were Jack & Elaine, Rudy & Eleanor Vallee, Gilbert & Gia Roland, Regis & Joy Philbin, plus many more. I was seated on the living room floor showing off my two dogs when I noticed that something was going on in the kitchen where a number of guests had gathered. Upon investigating, I found Jack demonstrating how easy it is to exercise on a kitchen chair. So no matter where he was, Jack never let an opportunity pass without doing his thing. At times, either on his own show or as a guest on others, Jack would belt out his rendition of “I Believe”, always to the delight of the audience.

I doubt if Jack would have been able to accomplish his goals were it not for the loving long-time support of his wonderful spouse Elaine, who was by his side both in the good times and the bad. I hope that she will continue where Jack left off by lecturing on the benefits of healthy eating and exercise, and promoting the Jack LaLanne juicer. She is no stranger to the preaching and products that were, and hopefully will, continue to be associated with the legendary Jack LaLanne phenomenon.

It’s difficult to comprehend that Jack is no longer with us. However, he is with us in spirit and wonderful memories, for which I feel blessed in claiming him as a friend. May God bless him and his.

~ Fil Perell

Jack LaLanne.....there will never be another like him. What a marvel. Jack was a supporter of Operation:Children from the beginning. Entertaining us with his jokes and singing at our events sometimes meant re-arranging his schedule, but he never let us down. It was a joy to see Jack juggling hundreds of kids on his knee while he played Santa Claus at our Christmas Give-A-Ways, with Elaine by his side handing out gifts to the children. He never even frowned when kids smeared him with their sticky fingers, or kissed his cheek with their sugar-coated faces. And how about just lifting those kids, who weighed anywhere from 25 to ?? pounds, up and down on his knee for hours on end and always with a smile on his face. Jack truly was jolly old St. Nick. I guess it was all in a day's work for someone who, on his seventieth birthday, towed 70 people in 70 boats for one and a half miles, from the Queens Way Bridge in Long Beach harbor to the Queen Mary.

Although Jack gave sound advice to millions, trying to show them the proper way to go with nutrition, exercise or discipline, he was never judgmental of those who couldn't keep up. Yes, Jack was remarkable, and the members of Operation:Children were so lucky to have known him. We will never encounter again, anyone with so much warmth, so much love to share....and with the generosity of heart, mind and soul that Jack showed our group. Elaine, our hearts go out to you at this difficult time.

~ Toni Greene



Here are a few of Jack's words of wisdom:

Anything in life is possible if you make it happen.

Anything in life is possible and you can make it happen.

Your waistline is your lifeline.

Exercise is King, nutrition is Queen, and put them together and you've got a kingdom.

Don't exceed the feed limit.

Ten seconds on the lips and a lifetime on the hips.

Work at living and you don't have to die tomorrow.

I can't die, it would ruin my image.

If man makes it, don't eat it.

If it tastes good, spit it out.

Make haste slowly.

Eat right and you can't go wrong.

Your health account is like your bank account: The more you put in, the more you can take out.

