



# THE ROTARY CLUB OF NORTH VANCOUVER WHEEL SQUEALS

May 26th, 2008



Sonia Wolowidnyk took over Charlie's duties at the door and Bob McKilligan welcomed us to the meeting.

Bryan Chalmers and Bud Fast led us in a tuneful rendition of 'O Canada'. Jeff Pearce gave us a simple and sincere invocation.

**Guests:** Joanne Benson and Bob Noel paid a return visit.  
Guest speakers were Mike Wise, Chris and Margaret  
Student Kathryn Mandel - bound for India  
Peter Chapman  
Jim Cuthbert

**Meal:** The meal was a nice surf and turf for the beefeaters.

## Announcements

### **By Neil Creighton**

1. The District Conference was well attended by our club.
2. At Neil's request, Jeff Pearce provided a short report on the VASS session hosted by our club. Jeff indicated that it generated a good response from those attending.
3. Neil reminded us of the "Rotaplast Dinner" to raise funds for the cleft pallet surgery on children in China. The dinner is being held in Richmond on Sunday, June 8<sup>th</sup>.

### **By Norm Binion**

He has committed our club to participate in the Wheels in Motion event to be held at Park Royal on June 8<sup>th</sup>. Norm wants two more members from the club to sign up for the wheel chair races.

### **By Deborah Sommerfeld**

Deborah asked for support for the presentation of the Rotary scholarships. The following people will do this duty:

Carson Graham School	- Peter Chapman
Windsor School	- Deborah Sommerfeld
Handsworth	- Norman Thomson
St. Thomas Aquinas	- Joan Ferri

Deborah said the students were selected on a needs and academic achievement criteria.

### **By Joanne Benson**

Joanne told us about her new business in Kamloops - "My Wine Connection-U-Brew". She brought a bottle of wine to be included with the sheriff's draw later on.

### **By Kathryn Mandel**

She is the student who received some Rotary funding for her visit to India for three weeks to gain knowledge of life in that community. She was obviously excited about the trip and very grateful for our club's effort.

### **Sergeant-At-Arms Duty - Deborah Sommerfeld (7:30 p.m.)**

Deborah had to wrestle the job back from Bud Fast, who had been asked to do the job before Deborah arrived. With Deborah back in control, the draw was made but no Ace of Spades was found. A second draw for Joanne's bottle of wine was won by our guest, Kathryn Mandel. Deborah cleaned up quickly again with one of her Rotary knowledge-based questions and then quickly moved to Happy and Sads.

Bob McKilligan thanked everyone for their support of his heart fund raising and said he beat his last year's time by 8 minutes!

Neil Creighton said that a distant relative of his had been honored by the Prime Minister for starting organized hockey.

John Stuart said he was late because he was organizing the tent show for the Early Settlers and invited us to see it at Presentation House.

Terry McGauley reported on his wife's school band triumph at the contest in Ottawa. He said they received a standing ovation from the audience.

John Ward said the District Conference at the River Rock was the best he had attended.

At 7:45 p.m. Joan introduced the speakers for the night.

### **Program - TAOIST TAI CHI**

Mike Wise started off saying they had planned to have four people demonstrating but only two had arrived. The program has 108 movements, which are derived from a combination of 55 unique movements. To get us going, Mike started with 4 upper body warm-up movements and our club readily joined in. This was followed by 3 lower body warm-ups.

Throughout the demonstration of the movements Mike maintained an informative commentary. Tai Chi was practiced in China approximately 1000 years ago. The current program was brought to Toronto in 1970. It is especially beneficial for both physical and mental health. It is often prescribed for recovery classes and for people with osteoporosis.

With the warm-up complete, the demonstrators started the program with a bow. They then demonstrated many of the movements carried out in a typical 17-minute program. Mike noted that the names of the movements carried over from China with titles such as "Scary Tiger to Mountain" and that many of the names were based on observations of how animals moved, hence names such as "Monkey, Lions, Horses, and Storks".

The demonstration ended at 8:15 pm. Questions were answered at 8:20. Norm Binion, as always, came up with a clever and humorous "thank you" speech.

**The Toast to Rotary International** was proposed by Bud Fast.

**The Four Way Test** - Led by new member Michael O'Flaherty.

**Adjournment** - With nothing further for the good of Rotary, President Neil Creighton adjourned the meeting at 8:30 p.m. and wished all a good Rotary week.