



# THE ROTARY CLUB OF NORTH VANCOUVER WHEEL SQUEALS



September 22, 2008

This week's editor: Norm Binion

**Desk:** With open arms Alec Wallace graciously accepted our fees and donations to RI Foundation.

**Greeter:** Jeff Pearce was the greeter. In the tight confines of the small main floor room Jeff welcomed, wove and bobbed, along with all Rotarians, among the steadily growing crowd. Neil Creighton led us in a robust and moving rendition of 'O' Canada. Visiting DG Elect Gord Dalglish remarked that in the 18 years he has known Neil he can not remember Neil ever having been in such fine singing form. Norm Binion concurred that it sounded like a group of Rotarians singing in a shower.

**Guests:** There were 7 guests - DG Elect Gord Dalglish, Mara Creighton (website developer extraordinaire), Conservative MP candidate Andrew Saxton and his Campaign Manager Marko Dekovic, Sabrina Pontillo (North Shore Rotoract President extraordinaire), fellow Rotoractor Silvia and Guest Speaker Dr. Peter Ting.

## Announcements:

Brian Hooshi updated us on progress with the Wine Festival. Norm Binion remarked that our Club is selling tickets well, with over 125 confirmed ticket sales to date.



President Norm mentioned that there was a Ducksplash 'Sponsors and Prizes' committee meeting prior to the meeting and that the promotional piece was well into development.

Norm reaffirmed the November 22<sup>nd</sup> 'Guess Who Is Coming To Dinner' event. Also, the need for members to file Operation Red Nose paperwork at the RCMP office as soon as possible.

Deneka Michaud summarized some of the findings from a research project that she and Catherine are completing for the Club on youth drug addiction on the North Shore.

David Philips introduced Andrew Saxton, our local Conservative party candidate. Andrew summarized some of his views on the need for safety and security in our community, the need for Canada's health care system to improve, a desire to keep paying down debt so our children don't inherit it and the need to develop alternative energy sources. Andrew remarked that incumbent Don Bell had never lost an election, to which DGE Gord DalGLISH responded that neither had Andrew. President Norm thanked Andrew for taking time out of his busy schedule and for rolling up his sleeves to help out at the North Shore Youth Safe House.

**Sergeant-At-Arms:** Oliver Twist the artful dodger, in the guise of Dr. Deborah Sommerfeld, again systematically picked our pockets by asking a tough question - What does DRRAGS stand for? Of course no one knew the answer - Disaster Relief Rotarian Action Group - resulting in another great haul for Deborah. David Spears and Norm Binion expressed happiness for Deneka's North Shore News "Fit Over 50" article. DGE Gord DalGLISH expressed happiness at returning to his roots with a visit to the RCNV and presented the Club with three videos from some of the first Duck Races. Jeff summarized Sunday's Bowen Island golf event, where members from the four North Shore Rotary clubs got together for a fun morning of golf. Bud Fast claimed victory, with Jeff claiming one over and John Ward challenging the results. It was unclear as to whether they were each laying claim to the highest or lowest score for the round.

Laurie Porter had the winning raffle ticket. She pulled the Jack of Clubs, missing the ever elusive Ace of Spades

**Presenter:** Laurie Porter introduced our guest speaker - Dr. Peter Ting, a Chiropractor operating out of his West Vancouver office. Dr. Ting discussed how to prevent back and disc injuries. He emphasized the need for proper posture, proper lifting and bending technique and core development through exercise. Laurie Porter demonstrated proper posture and bending technique for

the group, taking on some of the martial arts stances of a ninja warrior. Dr. Ting stressed that icing and rest were important responses to injury, while the use of anti-inflammatories could be harmful. After the meeting Dr. Ting assessed the individual back structure of participating members.

**Thanks to Speaker:** Alec Wallace thanked Dr. Ting. Alec recollected an event twenty years ago when in a diving effort to salvage a winning point from his son in a racquetball match, he overextended and compressed a disc. Alec heartily concurred with Dr. Ting's emphasis on the use of ice to treat back injury, noting that he addressed back pain with a dram of Irish whiskey poured over ice.

**Toast to Rotary International:** Dan Eisenhauer led the group in toasting Rotary International.

**The 4-Way Test:** President Norm led the group in the 4-Way test and hearing nothing more for the good of Rotary adjourned the meeting.

**Of the things we think, say or do:**

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOODWILL and Better FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?

**Future Meetings / Key Dates**

Sep 29	Kent Bubbs	"Universal Outreach Foundation Projects"
Oct 6	Club Committee Meeting	
Oct 13	Angélique Rose - Ballet de Printemps	
Oct 18	North Shore Rotary Wine & Food Festival	
Oct 20	Mark McLaughlin - Crystal Meth Society	
Nov 17	DG Bob Blacker (partner evening)	

	<b>Wheel Squeals - Editor for a Day</b>	<b>Proof Reader</b>
Sep 29	TBA	Deneka Michaud
Oct 6	Jeff Pearce	Neil Creighton
Oct 13	Neil Creighton	Jeff Pearce

