



THE ROTARY CLUB OF NORTH VANCOUVER **WHEEL SQUEALS**

July 9th, 2012



Written by David Spears

Alec Wallace kindly took our money at the desk and cheerfully greeted us all. Twelve members attended as well as our guest speaker.

Bob McKilligan gave the Invocation and Norman Thomson led us in O Canada.

Announcements:

- Social BBQ on Aug 27 (Monday), in lieu of meeting, at David's House
- Picnic at Rotary Bluff on Cypress Bowl on Tuesday, July 31st at 5:00 pm, hosted by the Rotary Club of West Vancouver
- Fred was looking for 2 volunteers to help out on Saturday with the Rotary Traffic Circle

Sergeant-at-Arms:

Rolf Gillardon (back from Palm Springs) won the ticket draw and pulled the Jack of Spades rather than the elusive Ace of Spades.

Happy / Sads:

- Alec was happy about the summer weather
- John S. was happy about the belly flop contest he judged to raise money for the [C.H.I.L.D. Foundation](#)
- Wendy was happy that our members showed up for her 1st meeting
- Norman was happy that he got his first swim in at 3rd Beach
- Neil C. was happy he saw John S. on CBC re belly flop contest and that he saw a B-17 Flying Fortress bomber at the Bellingham airport museum
- John W. was happy to see his son on Perry's Prospect airing on CBC
- Rolf was happy he had good weather on his trip to Alaska
- Bob Mc. was happy have Alec back as Sergeant-at-Arms

Guest Speaker:

Colleen Butler spoke to us about Building a Healthy Brain.



Key points were:

- Our brain, weighing only 3 lbs, dictates our entire body function yet donations to brain research in Canada are only \$1 M annually
- Concussions vary so much that they are hard to diagnose
- Nutrition today is horrendous and contributes to Acquired Brain Injury (ABI)
- ABI occurs once every 3 minutes in Canada
- ABI expense is \$2800 per day
- Damage to the brain from Traumatic Brain Injury (TBI) depends on angle and magnitude of blow to the head
- There are major consequences from concussions, including depression and behavioral changes to list only 2 of about 20
- Reflexology can stimulate certain parts of the brain by massaging parts of the feet and hands
- To avoid ABI, exercise, meditate, relax, play brain games

Colleen offered her book on Concussion Recovery based on her personal research and recovery from her TBI, when her car was struck by a Hydro vehicle.

Wendy Law thanked Colleen with the coveted Certificate stating that our club will donate funds in her name to immunize 20 children against polio.

Closing:

Wendy Law proposed the toast to RI and David Spears led us in the 4-Way Test

Meeting adjourned.

Future Meetings / Key Dates:

July 16	Mon Program	Paddling the Arctic Ocean (Norm Binion)
July 23	Mon Program	Kenya Water Project (Khayanga Wasike)
July 30	Mon Program	Club Assembly / Fellowship
Aug 6	No Meeting	BC Day Statutory Holiday
Aug 13	Mon Program	Sales Coaching to Increase Profit (Robin Elliott)
Aug 27	Mon Event	Social BBQ @ David's House
Sept 16	Sun Event	Terry Fox Run @ Inter River Park
Sept 17	Mon Program	Government Disability Benefits (Tom Locke)
Oct 20	Sat Event	Wine and Food Festival @ Park Royal South

