



THE ROTARY CLUB OF NORTH VANCOUVER WHEEL SQUEALS



July 22, 2013

Text by John Ward

Our President, Deborah Sommerfeld, led our club in singing O Canada. Bob McKilligan gave the invocation.

Guests: Our speakers for the night, Ed and Val Meyer.

Sergeant-At-Arms: Neil Creighton

Norman Thomson won the ticket draw and drew the unlucky Eight of Spades.

- Many members contributed to the club's coffers by paying towards happy and sads. Sad for Whitecaps, happy for recycling event, happy for new royal baby, and happy for Phil Mickelson.
- Fines were paid by the table which had no guests.



Announcements:

- President Debra announced that RLI will be Sept. 28 in Burnaby. See e-mail.
- President Debra announced that the Disability Foundation is looking for "volunteers of time" for various programs to keep the disabled active. See e-mail.
- Neil Creighton was able to get Wheel Squeals volunteers for the next few weeks while he will be on holidays.
- Norman Thomson was able to get an assistant lead organizer for the Terry Fox Run. Thank you Bob Malcolm.
- We have a new member who has transferred from Vancouver Quadra. She is Rupinder Khotar.



Program:



Ed Meyer explained that he is an electrical engineer, worked with McDonald Dettwiler, and has a high-tech background with LED's and what they can do.

He says that LED's are more incredible than lasers. The Russians used LED's long before NASA, which is now the largest user.

It has been found that LED's help plants to grow faster and help injuries to heal (41% of servicemen returned to duty much faster than expected).

With the right frequency and colour, the LED promotes body cells to produce ATP and nitrous oxide (N-O) that heals the body. This will open up more blood vessels, more oxygen is transported to cells, and blood pressure is reduced. Most bodily functions depend on N-O. Without it you would have excruciating pain.

The colours of the LED to promote healing are: Near-infrared, which penetrates the deepest into the body; Red, which penetrates up to 4 inches; and Blue, which penetrates near the surface. Treatments are for pain relief, mobility, speed healing (reduces inflammation), skin and bone maladies, body sculpturing and anti-aging. It



is new to Canada and has been in the U.S. for some time. The technology is safe and cool to the body (near infrared produces some heat). The mask used to apply the treatment is soothing and tends towards making you fall asleep.

Rolf Gillardon thanked the speakers, and presented the coveted "immunization certificate".

Adjournment: President Debra conducted the toast to Rotary International, and the 4-Way Test. Hearing there was nothing further for the "Good of Rotary"; President Debra adjourned the meeting and wished one and all a "Good Rotary Week".

Future Meetings / Key Dates:

- Jul 29 Club Assembly & Fellowship Evening - Fund Raising
- Aug 5 No Meeting - BC Day Statutory Holiday
- Aug 12 Peer2Peer Program, Odd Squad Productions - David Steverding, Vancouver Police Department
- Aug 19 No Meeting
- Aug 26 Club Fellowship Evening - BBQ at President Deborah's Home
- Sep 2 No Meeting - Labour Day Statutory Holiday
- Sep 9 RRSPs for Real Estate Investment - Dan Eisenhauer
- Sep 15 Terry Fox Run
- Sep 16 Eyeglass Sorting Workshop at Third World Eye Care Society warehouse (Burnaby)

