



WEEKLY MEETING Minutes
Wednesday, August 12, 2026

Collins Acheampong, Frank Adamson, Paul Allen, Debbie Blakelock, Janet Cripps, Bob Eamer, Hugh Graham, Mel Groom, Don Haber, Phil Hanna, Ann Harrison, Paul Hewitt, Annie Holtby, Sharon Pfeifer, Karen Rush, Dave Schulz, Dave Sherlock, Paul Snack, Lance Wiebe, Guest Speaker – Dr. David Harper, Chiropractor.

1. Welcome!

2. Land Acknowledgement – Sharon

We begin this gathering by acknowledging the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish with One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Metis and Inuit people and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people

3. National Anthems– ALL

4. 4-WAY TEST –

Of the things we think, say, or do
Is it the truth?
Is it fair to all concerned?
Will it build good will and better friendships?
Will it be beneficial to all concerned?

Invocation – Sharon – Strength and Service

“As we gather today, we acknowledge the overpowering power of the elements. We acknowledge the sheer force of nature, and the need to respect it, protect it, and build our communities in concert with it. In parts of our province, people have had to flee

their homes due to wildfire, while here at home, many are dealing with the aftermath of flooding. “

We hold in our hearts all those who are dealing with the impact of extreme weather. We give thanks for first responders, volunteers, and neighbours, as well as the community organisations that offer help and comfort.

Let us be grateful for the comforts we ourselves enjoy, and for the fellowship of Rotary that allows us to service others.

Let us consider Rotary International’s 7th key area of focus – to conserve natural resources, repair ecosystems and fight climate change.

6. Announcements.

Bingo. Mel We’re on hold with new bank account . The government is waiting for Angela to get signing authority. 23 people have signed up.

Purse Bingo. Is it ready to go? Mel is hoping to get license approved.

7. Presentation. Hugh introduced and welcomed Guest Speaker Dr. David Harper,

Chiropractor. Dr. Dave Harper is a Chiropractic Sports Specialist with more than 37 years of clinical experience helping people move better, perform better, and remain strong and capable throughout life. He is the founder of Maverick Health Precision Wellness, where he brings together performance-based care, movement, metabolic health, and personalized wellness strategies to help people build greater strength, energy and resilience. In his clinical practice, Dr. Dave also utilizes PulStar computerized adjusting technology, providing a precise and gentle approach to chiropractic care. His philosophy is simple: health isn't merely about living longer—it's about having the strength and capacity to live well, perform well, and continue doing what matters most. Through Maverick Health, his mission is to redefine healthy aging by helping people build the strength, power and capacity to live stronger, live longer—and create a life that fits. Please welcome Dr. Dave Harper.

Dr Dave Harper, Chiropractor Thank you to Hugh for asking me to speak today. I acknowledge those individuals -mentors and teachers – who brought me to this place. The consequences of leading a healthy life: life is a game; here are the rules. How is your body handling life? We don’t use measurements. If you live stronger, you live longer! Managing risk is the issue. (David demonstrated strength through muscle testing with Hugh. Tested arm strength, etc., which was not there and then adjusted Hugh so that his arms held strong, etc. David tested Hugh another several times and each time the initial adjustment continued to hold. It was a great testament to adjustment. The

Fundamentals of Muscle Testing. The Deltoid muscle is nerve route 5. Offer people a chance to live long, strong or weak lives. I used a computerised system. It sells strength and power. The system ID's the problem. You need to see yourself healthy.

Question re exercise. #1 prevention of dementia – get out and walk, do weight bearing exercises. Strength and power from chiropractic - strength training.

Question re computer sitting. We suggest standing desks! You need strength of legs and arms and power to perform. You need endurance!

Mel's question about his Aura Ring. I do use it. I do wear it.

Thank you so much, David!

8. Happy thoughts.

Dave. Back Pain. I'll see what I can do!

Bob. I start with stretches in bed. Thank you. Very interesting!

Mel. Going on a cruise to Croatia.

Paul A. Thanks! Looking forward to my bike ride!

Debbie. At cottage with my parents. My Dad is 83. We swim across the lake together.

Ann. \$20 or more Happy Thoughts can get you a tax receipt!

Sharon. I think about my kids with this information. Thanks for the reminder.

Karen. I'm going on a golf outing and hope to beat my husband.

Lance. Boat cruise to raise money for the Hospital.

Hugh. I've signed up and paid for hockey.

Annie. I wish Peter were here to hear David's presentation.

Janet. I need my son to see you. He's a varsity runner at Queens. **Slow Roll** - Started in Detroit. 4-500 people biked through historic Buffalo. It was wonderful, It made me think of a fundraiser.

David Thank you for the presentation. I've been involved with Kwik Fit for years. Your presentation was very informative. I'm also grateful for summer. I'm happy to hear of other travels.

Don. I really enjoyed today I hope for transformation. 'Whatever Dave said' Maintain capacity!

Phil. It's great to be here. My Dad's not feeling great so I've been to the Bahamas to be with him. Happy to be here!

Next Meetings/Events

August 19. Weekly Meeting, Speaker Gayle Baltjes-Chataway, Charter President

August 26. Board Meeting, MCC First Floor Concession, All Welcome

September 2. Weekly Meeting, Speaker Dave Sherlock, Classification Talk