



THE COG

Rotary Club No. 3503

P. O. Box 544,

St. Marys, OH 45885.

www.stmarysrotary.org

January 23, 2019

Call to Order

President Zach Ferrall opened the meeting and Rev. Charles Richtmyer offered the invocation.

Guests included Mary Kay Musyt (guest of Rita Hilty), Megan Smit (guest of Lori Martensen), Patricia Lawler and Wynette Mase (guests of Kevin Lawler), Jan Heinrich (guest of Jim), and Teresa & Jake Dowling (Evening Leader). Kraig Noble led the singing of “Home on the Range”. Abby Balster, Kevin Harlan, and Rob Spees had birthdays, but were not present to be recognized.

Happy Dollars/Fines

President Zach was happy to survive snow-mageddon and for the local Mexican restaurant; Lori

Martensen for her guest Megan and for the newly established WSLC Knapke Fund; Linda Haines for chance at Queen, “Tailgate for Cancer” & for community support; and Kevin Lawler for his guests.



Finemaster, Phil Schumann quizzed the group on blood circulation trivia. Did you know our bodies have 74,000 miles of capillaries, 100 trillion cells, and 2,000 gallons of blood pumped by the heart each day?

Announcements

- President Zach announced that due to personal circumstances, Ron Gorby has resigned his membership in the Club
- Just a reminder: \$100 donation to Rotary Foundation gets a \$50 Club match, plus 200 extra pts for new contributors (100 pts for recurring contributors) from the Heinrich Family Foundation, AND entry into raffle for 250 extra recognition points. For more info, see Beth Noneman.
- Family of Rotary Event—Family Skate at Roller Rink on 1/27/19
- “We’ve Got Talent” will be on 2/23/19. For tickets, see Ellen Hunter or Kathy Sampson.
- St. Marys Area Chamber of commerce Annual Banquet is set for 3/7/19 at the Union Hall with a Kentucky Derby theme;

see Abby Balster or Chamber Office for tickets

- Mary Kay Musyt has been nominated for membership. Speak with President Zach if you have any comments.
- According to Keith F. , dues are ‘overdue’

Program

Our own Kevin Lawler presented today’s program on the importance of having good blood circulation. While caring for his mother, Kevin learned how circulation ensures the proper supply of nutrients and oxygen to the cells and the proper removal of wastes. Of course, blood circulation is closely related with cardiac function and also with physical fitness, energy, endurance, concentration, and mental acuity.



Kevin went on to explain the Bemer—a product that uses electromagnetic pulses to positively influence the flow of blood through even the smallest blood vessels in the body. He claims that the Bemer has helped him improve his blood circulation and helped him relax, reduce stress, and improve the quality of his sleep. Kevin’s wife, Patricia, and friend, Wynette Mase, also provided personal testimonials regarding their use of the Bemer.

The Bemer is simple to use, requiring a person to lie down eight minutes, twice per day. No other changes in routine, diet, etc. are required in conjunction with the Bemer.

Although use of the Bemer product is not yet prevalent in the U.S., there are over a million users, including hospitals, clinics, and professional athletes. The Bemer is recognized as an FDA Class 1 medical device; however the purchase price is not considered an approved expense by health insurance programs.

Kevin closed by offering a free trial to any members who would consider purchasing their own unit.

Queen of Hearts

Phil Schumann’s number was drawn, but he could not find the Queen.

Upcoming Programs

- 1/30 Bill Roshak on West-Central Ohio Program
- 2/6 Jesse Ranly has worked the Rose Bowl, UCLA and OSU
- 2/13 Sunni Lomnicki on Acupuncture
- 2/20 Patrick McGowan, Mayor, City of St. Marys

Upcoming Greeters

- 1/30 Surprise Mystery Greeter
- 2/6 Alisher Khudaykulov
- 2/13 Kevin Lawler
- 2/20 Mike Makley

President Ferrall closed the meeting with the recitation of the “The 4-Way Test”.

