

BECON  
9/22/23

Well, I got busy with work yesterday and spaced out the BECON completely. Sorry about that but here is a recap of the meeting yesterday.

#### Guests

- Lee Stadtmiller had Katelynn Hoffman as a guest this morning.

#### Announcements

- Craig passed around a thank you from the Burn the Point folks who appreciate our help with their event.
- If you're reading the BECON this morning with a headache, maybe you attended the open house social at Jerry Votos' last evening. I'm sure a good time was had by all.
- A reminder that the Dress A Child event will be held on November 11 from 7 – 11 am at the Westend Walmart. The sign-up sheet is going around. Breakfast will follow at Holligans.
- We are going to have the opportunity to have a person come in and speak to us about the potential Aquatic/Recreation Center whose bond/levy will be voted on in the ballot in November. The only time we can get them though, before the election, is 10/13, which would normally be a business meeting. So, the decision was made to pre-empt the business meeting in order to accommodate this speaker and hold the business the meeting at a later date – likely the following week. Not sure who the speaker is – it was probably mentioned but I missed it.

#### Speaker

Our own Shannon Johnson – Club Secretary, Membership Committee Chair, and one of the essential cogs that keeps our Club running - was our speaker today and gave us a fascinating discussion about natural wellness – an alternative to “Western” medicine - that is practiced by Shannon through her business, Creative Light Wellness and is used to help with most anything that ails you.

Natural Wellness uses methods that are so far removed from traditional Western medicine that it was somewhat hard for me to grasp – but fascinating none-the-less. Using methods and modalities rooted from the natural world of sunlight, air and water, and the health benefits of “real” food and sleep, the natural healing toolbox includes the use of essential oils, flower remedies, massage, aromatics, cupping, herbal tea detoxes, light therapy, pH testing and even iridology, or looking at the iris of your eye, to identify and help with sickness or trauma that has occurred in the body over time. Particularly interesting to me was the “biofield” scan service that helps identify a frequency (you know – like 93.3 on your FM dial) to treat body imbalances. Being a civil engineer and learning about a force strong enough to bring down bridges when the natural frequency of an object (like a bridge) is matched by the frequency of an external source (like the wind) such that something called resonance occurs . . . yikes, an amplitude explosion that will rock your world . . . frequency is real! - but I digress.

Shannon was brought into the world of no-drug, natural healing, through her own experience with her new-born son and the inability of Western medicine to harmlessly diagnose and help with an illness that would go unchecked for the first seven years of her son's life. Since then, Shannon has acquired multiple natural health wellness certifications and degrees to become educated and to practice this, so much so, that she needs a second business card to list her credentials. Bottom-line is that if you have something that is ailing you and you would like to try a natural way to restore your health, give Shannon a call.

Please go to Creative Light Wellness – dot – org – Shannon's website, for more, and accurate information, on her services as I probably butchered most of the information and messages she was conveying to the group.

Have a great weekend!