

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, March 22, 2022

Meeting via Zoom; the meeting was recorded

Members Present: Ginger Souders-Mason (President), Roberta Anthes, Connie Barker, Kevin Hogan, Bobby Moske, Jennifer Rienks, Sandy Ross, Barbara Wientjes, Derice Seid Tao

Members Absent: Christopher Murphy

Guests: Eric Windheim, Dr. Cheryl Scheurer, Kathleen Boggs, Jolie Diane, Christie Dammes, Clayton Smith, Mary Beth Brangan, Marsha ____, Loretta Rogers (Secretary)

Handouts: *Agenda*

1. **Call to Order:** President Ginger Souders-Mason called the meeting to order at 7:36 pm. The meeting started late due to technical difficulties with Zoom.
2. **Public Comment Time:** None.
3. **Resolution regarding Tele/Video Conference Meetings during the COVID-19 State of Emergency:** Sandra Ross moved to pass the resolution. Bobby Moske seconded the motion. The motion passed unanimously.
4. **Approval of Agenda:** President Souders-Mason asked the members to review the agenda. Sandy Ross moved to approve the agenda with one change i.e. to have Erick Windheim's presentation first and the HHS Update afterwards. Roberta Anthes seconded the motion. The motion passed unanimously.
5. **Approval of Minutes of the January 25, 2022, Health Council of Marin Meeting.** President Souders-Mason asked members to review the January 25, 2022, Health Council of Marin meeting minutes. Sandra Ross moved to approve the minutes. Roberta Anthes seconded the motion. The motion passed unanimously.
6. **Approval of Minutes of the February 22, 2022, Health Council of Marin Meeting.** President Souders-Mason asked members to review the February 22, 2022, Health Council of Marin meeting minutes. Sandra Ross moved to approve the minutes. Barbara Wientjes seconded the motion. The motion passed unanimously.
7. **Presentation by Eric Windheim of Windheim EMF Solutions:** President Ginger Souders-Mason introduced Eric Windheim by reading a paragraph from an email sent by Vicky Sievers, giving Eric Windheim a warm recommendation. Eric Windheim then shared his screen and gave a PowerPoint presentation.
 1. Eric Windheim reported how he started being aware of EMF hazards and how he started his company. It started in 2012, when PG&E wanted to put a SMART meter on his bedroom wall. He researched and found out that PG&E was not being truthful about the number of transmissions, the strength and duration of transmissions. He went to Board meetings and met people who were being injured. This brought him into greater awareness of "dirty" electricity and its effects. Also, his parents had died as a result of EMF exposure. He learned about building biology which really attracted him. He learned he could be more than an activist but could help people detect and reduce their exposure. It is now his profession and livelihood. He provides this service for businesses, organizations, and homeowners. It is the most fulfilling thing he's done in his life. It's gratifying to find that when a source of EMF is turned off, people get immediate relief.
 2. The name of his PowerPoint presentation was "Creating Safe Havens in a Toxic Electromagnetic World." He reported that the negative effects of electromagnetic fields were apparent early on, citing the experiences of Marconi and others. He stated that we

need electricity, but if it is not used wisely, it can be very destructive. He said the current environment is pretty toxic and getting worse.

3. He reviewed his education and credentials. He reviewed the basic principles of building biology, including (1) verifying a site is safe and free of naturally occurring and man-made health hazards; and (2) minimizing EMF from inside and outside the site.
 4. He stated that there are four kinds of EMF: (1) electric fields; (2) magnetic fields; (3) dirty electricity; and (4) wireless radiation. He reviewed the health effects: Discomfort, impairment, injury, sickness and death. He urged attendees to get a professional assessment if they suspect they live in a “sick” house. Some sources of harmful EMF include energy efficient devices mandated by the state of California, such as dimmer switches, variable speed pool pumps, some electric car battery chargers, and more. But his presentation concentrated on wireless radiation. He reviewed sources of same both inside and outside a home, such as 5G-MM Wave antennas, TV and Radio towers, WiFi, cordless phones and more. He then discussed solutions.
 5. He listed devices that attendees could purchase to measure 5G radiation / exposure. He suggested recording measurements in all rooms and areas of a house or office. He reviewed what to look for to avoid external sources of EMF when choosing to rent, buy or build a home. Then, he reviewed sources of internal EMF, such as baby monitors, laptops, etc., recommending that people use them sparingly and turn them off when not in use. He described how to create a safe haven for sleeping and reduce exposure while driving.
8. **County HHS Update – Loretta Rogers:** Due to time constraints, Loretta Rogers gave a very brief report on the number of COVID-19 cases, hospitalizations, etc. in Marin County as of today. She stated that the Omicron (B.1.1.529/BA.1) variant is still the dominant variant in Marin County. The Omicron (BA.2) has already arrived in Marin County and is more infectious than the original Omicron variant and therefore is anticipated to become the dominant variant soon. She then reported that COVID-19 specific response efforts are winding down and being folded into regular Communicable Disease responses. Dr. Matt Willis made a presentation to the Board of Supervisors, providing a retrospective of Marin County’s pandemic response. Loretta Rogers will send a link to this presentation as soon as it is posted on the County’s website.
9. **Updates from Council Members:**
1. Barbara Wientjes noted that in years past there has been an EMF Medical conference at this time of year down in the Big Sur area. To her knowledge, there hasn’t been one this year. Sandy Ross responded that there have been several ones on Zoom that have lasted several days. She says that she gets notifications regularly and if she sees anything coming up, she will post it.
 2. Jennifer Rienks referenced some of the statements and comments made by members of the public at the last meeting. They mentioned a European site where adverse effects of COVID-19 vaccine could be reported and listed. The members of the public at the last meeting misrepresented what was shown on that site as evidence of the deaths and injuries caused by the vaccine. The site actually has a number of disclaimers stating that the site allows listing of adverse effects that may or may not have been caused by vaccine and that none of them had been investigated and verified. It takes time to establish these links. She is concerned that sites like this are picked up by others and misrepresented to cause others to be fearful of the vaccines. She urged Council members to always check a source to assure that the site states what is claimed. There is a lot of conflict of interest. Bobby Moske thanked Jennifer for her statement. He feels the public is often confused with all the misinformation on the Internet and elsewhere. Everyone needs to be their own investigators and do their own due diligence.
 3. Roberta Anthes agreed with Jennifer Rienks. She stated that this applies also to the data recently released by the FDA about the Pfizer studies. She stated that it is important to look at numbers in context.
 4. Derice Seid Tao also agreed with Jennifer’s statement and others.
 5. Connie Barker agreed with what Jennifer, Bobby Moske, Roberta et al. have said. The Council is involved with policy and for that it is important to have well-substantiated data. She also stated that the lifting of the masking mandate and the response of most of

the public who are now walking around without masks is very disturbing to the disabled community. In fact, there is a tremendous amount of anger in that community, who are feeling that the general public is uncaring and not concerned about the safety of vulnerable residents.

10. Adjournment: The meeting was adjourned at 9:17 pm. The next meeting will be on April 26, 2022.