



MEETING NOTES: July 21, 2021

Call to Order: President Bill rang the bell. Hogey led us in the pledge. "The Star Spangled Banner" was filmed at Fort McHenry where it was written.

Visiting Rotarian Bill Eames was with us. Jo Deanhardt and Claire Castel were present. Both have submitted their applications for membership.

Sunshine: Jean D. with the Sunshine Report. Jean is dealing with a bum knee. There was a nice article in the paper about Patrice J. being honored as the Rotarian of the Year.

Thought for the Day: Chuck L. presented a bunch of outdated sayings that most of us recognized.

Happy Dollars: Patrice J. for attending a family reunion in Salt Lake City.
Joy A. for Bill E. visiting and our prospective members. Joy is also very happy with the wonderful lunch. Nick's basa fish is her favorite.
Davis. B. for Steve E. walking without assistive devices at only 4 weeks post new knee.
Hogey H. for turning 90 soon.
Tillie happy to be alive.
Sue A., Jeff K., and Irv F. for being able to meet in person again.
Raffle: David B. won and gave his winning ticket to Tillie. She won a bottle of wine. Merilee H. won a free lunch.



ANNOUNCEMENTS

Jim O. Gave us an update on Polio Plus. The goal of 500 members joining the Polio Plus Society was met.

The district contributed an additional \$50,000. With all the matching from RI and Gates Foundation the total contribution was over \$500,000. Our District was the largest contributor in the Zone.

Bill B. Announced that Merilee H. has agreed to be the Membership chair.

We need new placemats. It will only cost \$150 for a business sized card to advertise your business on the new placemats. This is down from the \$200 last time. Give the card and check to President Jim. They will go to the printer by the end of August.

We are still working on what changes are needed to the way we charge for lunch so that we do not run at a deficit.

PROGRAM

Laurie Vollen M.D. Cannabis and Covid 19 Recreational use. A joint now has up to 180Mg THC. As it is now so much more potent users build up tolerances quickly and need more and more for the same effect. The recommended starting point for medicinal use is .05 Mg.

Questions:

1. Does it help Covid? No
2. Does it help anxiety. Yes, often.
3. Does it help pain? Some
4. Is it safe for seniors? Yes

Seniors are the largest users. It reduces the need for polypharmacy.

Start LOW. Go SLOW. Dr. Vollen is available through naturallyhealingMD.com



CALENDAR

July 28	Lauren Carey Coaching Corps
Aug. 4	Jeff Applebaum Humor and Comedy