

Rotary Club of Portage Bulletin  
Porta-Rota-Call

Date: July 17, 2019

by: Christy Klien

The meeting was called to order at 12:00 p.m. by President Tom Welsh.

President Tom led us in the **Four-Way Test**,

Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Chaplain Wendell Pierce gave our invocation.

The Pledge of Allegiance was recited.

Greeter Nancy Card welcomed Rotarians and guests, including Ligia Corredor, Dr. James Sillers, Joe Madrid, Erica McCulley, and Mary Zoeller.

**PROGRAM: Kelly Kovi of Portage Pharmacy -CBD Oil Presentation**



Dr. Kovi is a pharmacist at the Portage Pharmacy. She started her research on Cannabidiol (CBD) when her father, who was suffering from back pain asked her if CBD would help with the pain.

She explained that in 2018, the government legalized hemp; it has to have <0.3% of (Tetrahydrocannabinol) THC to be considered legal. Endocannabinoid system made in our liver. There are many strands (113) of cannabinoids found in the hemp plant.

It is not legal to put CBD in food and drinks, be aware of food establishments that advertise food made with CBD.

Some Common Questions:

Is it safe? A few studies show that it does not have adverse impairments. Though you should talk with your doctor and pharmacist about the medicines that you are taking before using CBD products.

What dosage should you take? You should start low 5-10 mg and increase as needed. Most people need 20-40 mg.

How do I know if I have a good quality CBD? 70% of hemp is imported. The cover crop is very good at absorbing pesticides. The only way to know of the quality of CBD is to ask to see the certificate of analysis.

How do I talk to my medical provider about using CBD products? Don't be afraid to ask questions and have a conversation with your doctor; most (87%) of medical professionals were not trained in CBD products. It is a new topic and they are learning about it.

What are the negatives if I take too large of a dosage? You could experience headaches or diarrhea.

Is CBD addictive? No

Does it work topically? Yes

What should I expect when I start using CBD? You may not notice anything immediately or you may notice a calming effect.

Can I give it to my pet? Yes, pets can take it.

OTHER PRESENTATIONS:

Marlene Camacho-Ochoa invited her guest Ligia Corredor to talk about her experiences with Rotary International services and exchanges. We exchanged our flag with her club flag.



Mary Hall received her Paul Harris +1

#### ANNOUNCEMENTS:

- Bonnie Granado still needs foursomes for the August Golf Outing. Also, needs tee sponsors and major sponsors.
- Board approved the Adopt a Park activity; North Celery Flats first cleanup on July 31 at 5:01 PM followed by Jac's Pizza social time, if desired. Spouses and children are welcome to attend.

BIRTHDAYS/ANNIVERSARIES/LATECOMERS: Betty Lee Ongley announced that we had several birthdays to celebrate today: Bonnie Granado, Bill Crown, Bill Kaufman and Pete Marsiglia.

President Tom Welsh paid for our latecomer Paul Carlson since we started our new start time of 12:00 PM. *President Tom will pay for latecomers during the month of July to help with the transition.*

HAPPY BUCKS were collected from J. Willacker, B. Borsos, B. Kaufman, B. Barber, A. Maher, B. Ongley

Sergeant Bill Crown fined people for wrong trivia answers.

50/50: Mary Lou Wright was the winner of \$ 12.00.

ACE OF SPADES: Pete Marsiglia drew from a deck of 41 cards for the chance to win the pot of \$145.50. Luck was not on his side today.

Next week's program features Hilary Kerr from Bronson Hospital presenting on "Advance Care Planning and Completing an Advance Directive."

Meeting adjourned at 12:52 p.m. by President Tom Welsh.

The Portage Rotary Club provides financial support for youth education, families in need and other local charitable causes. We are part of Rotary International. A service organization of business and professional leaders that provide humanitarian services and help build goodwill and peace in the world.