



Woodland Sunrise Wake Up Call



WOODLAND SUNRISE ROTARY WHERE WE PUT SUNSHINE IN YOUR LIFE!

Notes by: **Julia Larson**
April 11, 2019

President Larry Peterson presiding.

Flag Salute followed by WSR Choir with Rotary Grace after a few false starts.

Visiting Rotarian: Raylene Ewing from Luna Vista.

Guest: Tom Galeazzi's son Johnny is here this morning selling chocolates for a fundraiser for his baseball team and he sold out quickly.

Guest of the Club: Duane Ewing (not present).

The Membership committee and the Board have approved Duane's application for membership and this will begin his two week posting for membership.

Compliments of Tom Galeazzi - tickets to WOH April 14th to see the musical comedy *42nd Street* are available, 5 seats, two went to Robyn Miller and three to Christi Skibbins to give to Meals on Wheels folks.

ANNOUNCEMENTS:

4/18 - Dennis Brown - Cal Fire Aviation

4/19 - Friday - Lee Middle School - Career Day - See Rich Sakai

4/25 - At our club meeting - ***Celebrate Rotary! Membership Party*** during our club meeting. Please bring a guest. Vicki is sending around a sign up. Please bring friends and family who would like to learn more about Rotary. We will have a raffle for the guests and swag bags. Should be a lot of fun.

4/30 - Tuesday, April 30th - ***Woodland Kids Read*** - we will need volunteers to read and help with the event. Sponsors are needed. 9 AM - 12 PM. Wayne has a sign up sheet to pass around. The WCC staff does all the set up with the 19 pop up tents and chairs.

Also adding a career awareness component asking the celebrity readers to be in their career uniforms. This event is about celebrating reading and providing each child with a bag with a book that has their name in it.

5/1 - Wednesday, May 1st - ***Rotary Mystery Golf*** - The bus is full. We meet at 7 AM in the County Fair parking lot, near the movie theater, depart at 7:30 AM SHARP.

5/17 - ***District Conference May 17-19 Four Way Fest*** - four districts are gathering at the Pepper Mill, there will be great speakers. Talk to President Larry if you are interested in attending.

6/21 - Friday, June 21 ***United Way Golf Tournament*** at Yocha Dehe Golf Club, Friday, June 21. The proceeds go to Woodland United Way and support many youth programs and activities in our community. Please consider putting together a team or sponsoring the event. For more information. Visit the website: woodlandunitedway.org

Public Service Announcement: Free Shredding Event - Friday, April

Speakers

April 18, 2019

[Dennis Brown](#)
Cal Fire Aviation

April 25, 2019

[Membership Committee](#)
Membership Drive

May 09, 2019

[Lori Ross](#)
Woodland Kids Read

Events

April 19th

[Lee Middle School Career Day](#)

April 30th

[Woodland Kids Read](#)



BE THE INSPIRATION

26, 10 AM - 2 PM, 120 Main Street, Woodland - donations can be made to the YMCA to benefit summer camp scholarships.

Board Meeting Yesterday: A rule of 85 was approved for one of our members. When the combination of years of service is 20 years or more, and your age total 85, you can enjoy attendance without paying for missed meetings. Currently we have 11 members in this category.

We have donated \$12,285 to TRF and \$2,426 to Polio Plus for the year through the combined efforts of our members! Our goal is to have every Rotarian contribute to **The Rotary Foundation** annually.

Youth Exchange update: We are in the process of filling out the applications for youth exchange for the next school year. We have a student from Sweden. He will be here in early August and will be attending Woodland High School and will be staying with Robyn Drivon and Dave Dumars and their families for the year.

Wayne Ginsburg received the Spirit of Community Award from the United Way as few weeks ago. Wayne was completely surprised by the award recognition. His son, daughter-in-law and granddaughter were all there. Mary had removed all the programs from their table so he could not see that he was part of the program, and he was very surprised. He was thanked for bringing the *Woodland Kids Read* program to Woodland.

District Photo Contest: The district has a prize available for the club that has the best photo, and we are voting on three club photos: one of us picking flowers, one of us at the Parade, one of us with our paper plate holiday drawing contest. We picked the flower picking photo. This will be awarded at the district conference.

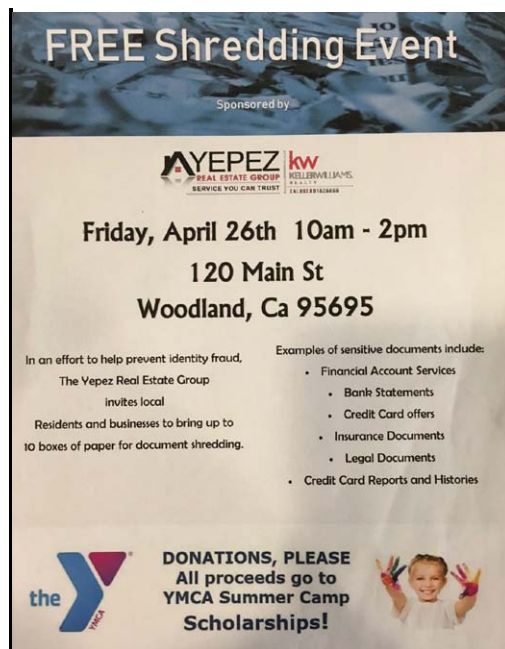
RECOGNITION: Sue Westwood

Member in the news, Woodland Recreation Foundation - will be renovating a house for use by the Woodland Recreation Foundation. They quoted **Jim Hilliard** about the project but most of the report has been redacted. The old Victorian is actually very beautiful, and we may have a work day there in the future as the building gets redone.

Phil Marler - Birthday - Volkswagen trivia that morphs into strange facts about The Thing film, confusion over The Thing and The Blob. The costume made him look like a giant carrot. The producer had trouble buying insurance to make the film. He was in San Antonio Texas doing his mom's taxes. She turned 98 and is going strong. Bell for WSRF.

John Gilbert - Induction Anniversary - 2013- on this day in history, April 11, the Apple computer was created in 1976, Ellis Island was designated as an immigration station in 1890. John Smythe was president and he has enjoyed his service thus far. Bell.

Joke of the day: Ole and Lars were working for the city public works department. Ole would dig a hole and Lars would fill the hole in, they worked all day long, an onlooker asked what they were doing as it seemed unproductive? "Today Sven was sick and he is the tree planter and since he



FREE Shredding Event

Sponsored by

THE YEPEZ REAL ESTATE GROUP **kw**
KELLER WILLIAMS
SERVICE YOU CAN TRUST


Friday, April 26th 10am - 2pm
120 Main St
Woodland, Ca 95695

In an effort to help prevent identity fraud,
The Yezpe Real Estate Group
invites local
Residents and businesses to bring up to
10 boxes of paper for document shredding.

Examples of sensitive documents include:

- Financial Account Services
- Bank Statements
- Credit Card offers
- Insurance Documents
- Legal Documents
- Credit Card Reports and Histories

the YMCA **DONATIONS, PLEASE**
All proceeds go to
YMCA Summer Camp
Scholarships!



was not available the middle step was skipped, but Ole and Lars did their assigned part anyways."

HAPPY BUCKS:

Alex Pike - Happy that he was offered a position in Placer County Office as a self help attorney.

Robb Wallace - Thanks to Paul Day who put new shoes on his car recently. Then a trip to Disney Land with the family, and it wore them out following the grand kids around for two days. The high point was that his granddaughter, 2 1/2 enjoyed the evening show, and now they illuminate the buildings on Main Street, and it is very high tech, she was dancing and twirling - at the end she exclaimed - Best Party Ever!

Arthur Beauchamp - Happy to be missing the Canadian "Just before spring" icky weather. Sunday he is going to London to help his brother install a table he built - 27 foot table, built here in Woodland. He was sitting here thinking that Dave Dumars will be housing illegal immigrants to work on the farm next year with the exchange student???

Jim Hilliard - Weather report from daughter in Denver: his daughter from Woodland went to visit her and the twins and got stranded by a blizzard there.

John Beatty - Wheel Tax - Mrs. Beatty has a new car - a Tahoe.

Bob Hulbert - Happy to be back from trip to South Korea, Bangkok and Japan, Thank you to Bob for bringing items for U-Pick raffle, including a Tokyo 2020 Olympic banner.

John Martin - Almost happy dollar for 5 pm on Monday to roll around and be done with the official tax season.

Rick Pomeroy - Daughter got the full time teaching job in Minnesota. The chicks for the first batch of broilers and two feet of snow arrived today as well. They are all set!

Byron MacConnell - Paid a happy dollar for Paul Day, who recently replaced the tires on his car, then had to make an evasive movement on the freeway that he would not have made successfully with the old tires.

Lynn Jepsen - Happy dollar to be ♦From♦ Minnesota.

Cleve Baker - Wonderful production of *42nd Street* - as a fine a production as he has seen anywhere, perfection at the WOH.

Larry Peterson - Gets to go to Reno to see grandson to play baseball this weekend. Had been rained out last weekend, so he got to attend the Rotary Assembly in Fairfield instead.

Wayne Ginsburg - Had a great time at the Assembly this past weekend in Fairfield, well attended, inspiring.

Gary Holman - Thanks to Tom Wendt helping him with Acupuncture for his sciatica and his body is starting to recover from his radiation treatment. Gary gave a testament to the effect of Tom♦s work in that he has not been able to sleep laying down in his bed for weeks, and he spent the whole night there on the evening he got his first treatment with Tom!

Frank Crum - Confirmed on NPR that conductors do make a difference. And Jim Hilliard confirmed this during our morning Rotary Grace after two false starts before Jim jumped into the conductor spot.

PROGRAM: The BFD on CBD

Our own Tom Wendt from Amana Essentials

Today Tom is going to talk about Basic Facts and Data about CBD.

Tom received his BS from UC Davis, 1978, and his Masters from Meiji COM in 2001.



An Acupuncturist is trained and licensed to prescribe Chinese herbal remedies. They may be dispensed as raw herbs or in pills, capsules, granules, or tinctures which make them easier to ingest. Most herb formulas can treat a wide variety of symptoms while stimulating the body's natural healing process. In California, acupuncturists are the only licensed health care professionals who are required to be trained and tested for competency in prescribing herbal medicine. California-approved

acupuncture schools offer a minimum of 450 classroom hours of instruction in traditional Oriental herbology in addition to clinical training. Chinese herbal medicine has been practiced safely and effectively for centuries and has the greatest potential for beneficial results when prescribed by a trained professional who recognizes the benefits and risks.

In recent years, herbs have become very popular to self-treat many conditions. They are available in health food stores, supermarkets and on the Internet. While herbs are promoted as safe, inexpensive "natural" alternatives to pharmaceutical drugs, many health care professional have concerns about safety, effectiveness and potential misuse of herbal products, especially when self-prescribed. There are also questions of purity, strength and standardization of herbs. The California Acupuncture Board strongly recommends consulting an acupuncturist before beginning any herbal therapy. Also, it is very important to inform both your physician and acupuncturist of all the products you are currently taking.

Tom is not an expert in CBD, he is an expert in Chinese Medicine. He is talking about this topic because there is a lot of mis-information about it and many of his patients started asking about it. His knowledge comes from Internet research and feedback from his patients.

Please visit the website for more information: [Amana Essentials](#)

Amana Essentials is not a licensed dispensary. He sells natural products that have less than 0.3% THC.

CBC Oil is Cannabidiol, generally referred to as cannabinoids, that legally contain less than 0.3% of THC (compared to 10-30% in most marijuana products). The levels of THC in the purified CBD oil cannot be detected on drug tests, not psychoactive, no high from these products.

Orange peels contain small amounts of CBD without THC.

2014 Farm Bill differentiated Hemp and Marijuana - they both come from the Cannabis sativa plant, Hemp contains no THC, Marijuana contains THC.

There are six vegetables that are the same plant derived from over a hundred years of line breeding various strains of wild mustard, these include brussel sprouts, broccoli, cauliflower, kale,

2014 Farm Bill,
Section 7606 differentiated
Cannabis sativa
Industrial Hemp
CBD Oil (no THC)
Marijuana
contains THC



cabbage and kohlrabi.

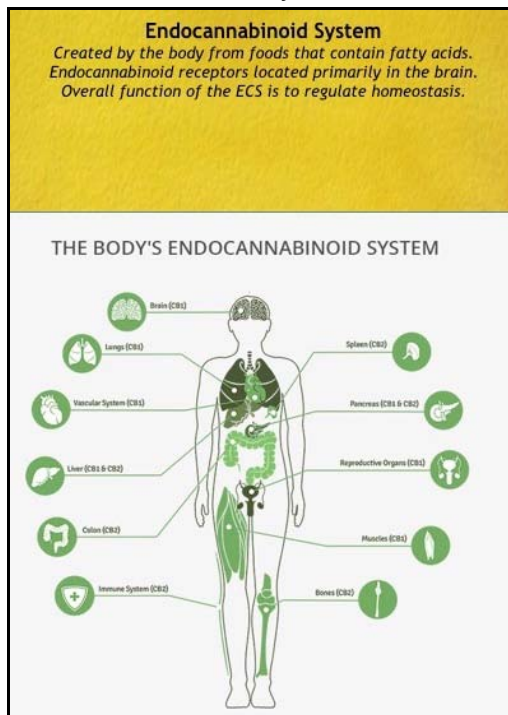
This demonstrates the incredible variety a single plant species can provide when different strains are selected over time.

The Cannabis plant is like this in that there is wide variation in cannabinoids and plant compounds in the different plant varieties.

Industrial hemp is legally sold in all 50 states, Colorado, Oregon and Washington are producing most of the hemp that is manufactured into CBD oil. You can purchase it in any state. Currently in California we are not growing hemp, though we have now been licensed to grow Marijuana under certain regulations.

Tom's family has some property in Oregon where they have leased it out to a group trying to grow some Hemp but haven't been impressed with the products yet.

Endocannabinoid System - created by the body from foods that contain fatty acids. Endocannabinoid receptors are located primarily in the brain. The overall function of the ECS system is to maintain homeostasis throughout the body.



Homeostasis is maintained through a feed back system to maintain appetite, analgesia, autonomic nervous system, memory, metabolism, sleep, stress response, thermo-regulation.

The ECS helps to maintain our responses through receptors and chemicals in the body.

Plant based cannabinoids work in this receptor pathway.

CBC Research has shown that it can have effect in many different pathways: Anti-emetic - reduces nausea and vomiting; Anti-convulsants - seizure therapy. These are just two primary

areas of effect. Pain management is another area that is being heavily studied.

Topicals - oils, creams, lotions, patches primarily used for localized pain management, anti-inflammatory - good for sprains, tendinitis, bursitis, arthritis. Not meant for use on open wounds. Seems to work better than many of the Chinese herbal supplements he has used for topical pain management and soft tissue injuries.

Internal Use - Tinctures (plant extracts), sprays, gel capsules, mints, vaping

and edibles.

The FDA has determined that CBD products added to foods and beverages is not legal at this time. Tom does not carry the edible products.

There are two forms - an Isolate is the purified CBD oil. The Full Spectrum is the unpurified oil using the entire plant. There are many more plant compounds that can also be beneficial so the full spectrum oils may have more effect.

Full spectrum oils can also have Terpenoids and Flavonoids that can be beneficial.

What is the appropriate dose? There is wide variation in efficacy depending on how the individual responds to the product. 10-50 mg/day once to twice a day seems to be an average dose when taking it internally. Start with a low dose and work upward.

Overdosing can lead to potential side effects the most common are dry mouth, upset stomach, drowsiness, low blood pressure. Because it is a fat based product, it can build up in the fat storage and take longer to be eliminated.

We don't have a lot of research on this yet on the effects of long term use until it has been studied more.

Questions:

Most effective treatments seem to be related to topical treatments for acute and chronic pain.

Tinctures can be helpful for trouble sleeping, anxiety.

They have some CBD products combined with other Chinese herbs that are made for specific therapies.

How much of the topical treatments are absorbed into the body to be processed by the

liver? We don't know the full extent of the metabolism of the topical products.

You do not need a doctor's note to purchase CBD products.

Thank you to Tom for our program: Book Signing

Raffle: Don Sharp. Joker worth \$200. \$82 side pool.

Jim Hilliard won. Free breakfast.

Second chance raffle John

Jim Hilliard led 4way test.

