



# Spinofff

ROTARY CLUB OF WEST OTTAWA;  
Pardeep Ahluwalia, President

November 27, 2018

Editor Graeme Fraser

## PROGRAM Nov 27: **Brian Foster: Marijuana- the Scientific Facts**

### We assemble

**President Pardeep Ahluwalia** started his 19th meeting of the year by inviting us to move to the buffet and fill our plates. This was after we were greeted at the door by **Linda Flynn** and **Dave Morton**, had our meeting fee collected by **Doreen Ide** and the visitors were recorded by **Norm Thomas**. As is our way, we sang the national anthem led by **Rod Holmes** on keyboard and grace was offered by **Clive Talbot**.

**Alan Bowles** ran the Past Presidents Draw of which the happy winner was **Gaye Moffett** who walked away with a Chapters gift card.

Your editor apologizes for not recording the list of guests attending this meeting.

### Announcements

-**Gaye Moffett** told us about the Ottawa Bach Choir performances December 1 featuring the music of Renaissance Venice and December 14 for the release of the latest OBC CD. See **Gaye** for tickets

-**Joan Heyland** alerted us to the folder that was circulating for the Foundation dinners that will be taking place next year. Members can sign up to attend or to host or to do both.

-**Doug Heyland** let us know that **Suan Cross** is getting a new knee and a get-well card was being passed around for us to offer our best wishes. Hope to see you soon **Suan**.

-**Rocco Disipio** reminded us about the jazz night arranged by Soc and Rec on November 30.

-**Caroline De Witt** reminded us of the need to sell Cash Calendars to fund Club local initiatives. An arrangement to sell them at the Rideau Carleton Raceway is being set up. Details will follow.

### President's announcements

**President Pardeep** told us the Youth Now Farm will be selling turkeys at \$4.50 a pound as a fundraiser. See [http://www.youthnowfarm.ca/store/p11/Turkey\\_-\\_Deposit.html](http://www.youthnowfarm.ca/store/p11/Turkey_-_Deposit.html)

-Happy Birthday to **Warren Creighton's** November 27 and **Henry Akanko** on November 28th.

-**President Pardeep** explained to us, with a twinkle in his eye, about the tie that he was wearing which had Asterix cartoon characters on it including the druid whose name is Getafix. He felt it was appropriate when the day's speaker's topic was marijuana.

## **Program Speaker**

**Gaye Moffett** introduced our speaker, Club member **Brian Foster**, whose goal was to give us “just the facts” about marijuana so that we could make an informed decision whether it was a good idea for anyone to consume it. **Brian** has a long history of pharmaceutical research while he was at Health Canada and he added further online research to fill in the blanks. Many members would have a basic understanding about cannabis, but Brian would add details that few would know and clear up common misconceptions. As the Canadian Government has now made it legal to purchase and consume the various forms of “weed” there are more questions than answers.

**Brian** stated that this is not the marijuana that was smoked in the sixties and seventies. New strains have produced pot that is considerably more potent. The risks related to the new products are not being properly discussed.

There are two ingredients in cannabis that the public have an interest in; they include THC which is the one that produces the “high” whereas the other is CBD which is a non-psychoactive. All marijuana requires a source of heat to release the chemicals that will affect humans. Without the use of heat there are more than 500 substances in the plant but when heat is added there are more than 1500 that are released. The challenge is that little research has been done on THC or CBD and the 500 chemicals and considerably less on the 1500+ substances that are released when the drug is consumed. Brian did not offer opinions on whether it should be consumed but instead offered facts why caution should be exercised.

He also offered some details on the medical use of cannabis which shows some evidence of beneficial effects such as reducing the likelihood of nausea and vomiting in patients undergoing chemotherapy; use with HIV/AIDS patients who often have a loss of appetite and for chronic neuropathic pain caused by various medical conditions. He pointed out that evidence around the effectiveness of the use of the CBD extract is still being investigated.

**Brian** presented us with a picture of the challenges that the medical community and governments at all levels are facing with the legalization of cannabis. He also mentioned that research on the various effects, and drug interactions seems to be slow in coming as the amount of money available for the research is currently limited. (Written details from the presentation are available on request.) **Don Butler** offered the thanks of the Club to **Brian** for his presentation to which **President Pardeep** added his thanks.

## **Happy Dollars**

**Victor Mazzola** was tasked with running around the room and collecting the dollars and the stories that went along with them. His first stop was with **Carol Bell Thompson** who told us about her fondness for gin and tonic and her appreciation of Ron **Scott's** support for the “Movember” campaign against prostate cancer by letting his facial hair go wild.

**Doreen Ide** then told us that she was thrilled to be going to Toronto to hear Marcus Roberts, a renowned jazz pianist.

And finally, **Bea Osome** told us the wonderful news that she has received a clean bill of health from her doctors, and that construction had started on her 16th well back home. Clearly there is no stopping her.

## **Meeting ends**

**President Pardeep** concluded the meeting by reviewing the upcoming meeting on December 4th and reminded us to be alert for potential members.

## Photos

<https://rcwo.org/PhotoAlbums/2018-11-27-brian-foster-marijuana-the-scientific-facts>

## Cash Calendar

Here are the winners of the Cash Calendar draws for the week of November 28 – December 4, 2018:

2534 \$50 Noreena Mandi, Richmond, BC  
0919 \$20 Pearl Foster, Oxford Mills, ON  
1492 \$50 Courtney & Dillion Leeder, Ottawa, ON  
1689 \$25 K. Scott Walsh, Nepean, ON  
0310 \$25 Caroline Prezio, Stittsville, ON  
0464 \$50 Rob Does, Owen Sound, ON  
0967 \$50 Cathy Langill, Nepean, ON

### **Tuesday, December 4, 2018**

**Dr. William McIntyre**-Classification Talk: Pediatric Orthopedic Surgery.

Intro: **Dr. Merv Letts** Thanks; **Marilyn Letts**

Greeters: **Joan Heyland, Doug Heyland** Reception: **Andrew Young**

Grace: **Sucha Mann** PP Draw: **Bob Harrison** Editor: **Gaye Moffett**

Meeting fee/Attendance: **Doreen Ide**

### **Tuesday, December 11, 2018**

**Birket Foster**: A First Nation water project

Intro: **Pardeep Ahluwalia** Thanks: **Gaye Moffett**

Greeters: **Denzil Feinberg, Len Baird** Reception: **Alan Bowles**

Grace: **Jean Begin** PP Draw: **Chris Wanna** Editor: **Roy Miller**

Meeting fee/Attendance: **Doreen Ide**