

Meetings: Tuesday 12 Noon, Bella Vita Restaurant

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JUNE IS ROTARY FELLOWSHIP MONTH

Today (June 5):
Next Week (June 12): **AG Preet Pall** – Report on her participation in the District Exchange Program to Thailand

Happy Birthday	Happy Anniversary

CALENDAR OF CLUB AND DISTRICT EVENTS:

Date	Time	Event	Venue
June 19	6:00 PM	Installation of Officers for 2018-2019 (No regular lunch meeting!)	Meadow Gardens Golf Club
June 23-27		Rotary International Convention	Toronto, On
August 12	11:00 AM	Rotary Duck Race – race at 1 pm	Maple Ridge Park

RI PRESIDENT'S MESSAGE



For 60 years, choosing a theme has been the privilege, and sometimes the challenge, of each incoming president. Looking back on those past themes opens a small window into the thinking and the vision of each leader – how they saw Rotary, the place they saw for Rotary in the world, and what they hoped Rotary would achieve.

When my turn came to choose a theme, I did not hesitate. I knew immediately that our theme in 2017-18 would be *Rotary: Making a Difference*. For me, that small phrase describes not only what we do now, but what we aspire to do. We want to make a difference. We strive to help, to have an impact, to make the world a bit better.

Over the past two years, I have seen so many ways that Rotary is doing just that. In California, after the devastating wildfires last year, I saw Rotarians *Making a Difference* to those who had lost everything. In Guatemala, I saw the difference that simple wood stoves are making in the lives of women who had been cooking on open fires: They no longer breathe smoke when they cook, they spend less time gathering firewood, and they are using their stoves to start small businesses. In Israel, I visited a Rotary-supported hyperbaric center that is helping brain injury and stroke patients return to healthy, productive lives. In communities around the world, Rotarians are *Making a Difference* by resettling refugees, immunizing children,

ensuring a safe blood supply, and helping young people learn and thrive.

All over the world, I have been a part of Rotarians' commitment to planting trees. As this issue of *The Rotarian* goes to press, we are still awaiting the final count of trees planted, but I am delighted to announce that we have already far surpassed our original goal of 1.2 million trees, one new tree per Rotarian. And, all over the world, Rotary is continuing its advocacy, fundraising, and support for polio eradication. Last year, wild poliovirus caused only 22 cases of paralysis in only two countries. I am confident that soon that number will be zero, and we will begin a new phase in the timeline of eradication: counting down at least three years from the last sign of wild virus to the certification of a polio-free world.

As Juliet and I return home to Australia, we will bring warm memories of the places we have visited, the friends we have made, and the service we have seen. Thank you, all of you, for the tremendous work you are doing, through *Rotary: Making a Difference*.

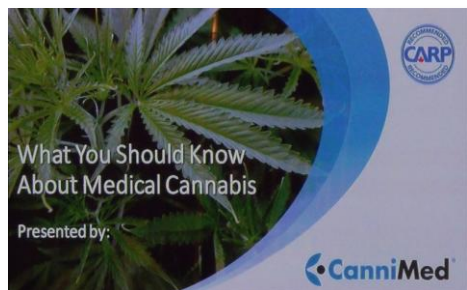
Ian H.S. Riseley
President 2017-18

LAST WEEK'S MEETING

President Libby's quote for the day:



Program: Linda Shanks - the Use of Medical Cannabis



Linda Shanks from CanniMed, provided an enlightening presentation which included a thorough medical explanation; she outlined the CanniMed products (as a licensed and regulated producer), and she concluded by answering several of our attendee questions relating to this subject.

Linda began her career in Medical Research, working in Pharmacology Research at the University of Manitoba in Winnipeg for 5 years. She then continued in Oncology Research for an additional 3 years. She began her career in Pharmaceutical sales in Saskatchewan and was relocated to British Columbia in 1990 to work as a Pain Specialist. She has enjoyed calling on many specialists including Oncology, Palliative Care, Rheumatology, Psychiatry, Neurology and Psychiatry. Her current position as Medical Outreach Representative for CanniMed means she calls on Physicians and Pharmacists to teach them the Health Canada guidelines for medical cannabis and where it fits in as a therapeutic option.



She explained that every person has an "endocannabinoid" system (just like a nervous system and a digestive system) which is involved in many processes in our bodies, including appetite, pain sensation, mood and memory. Some medical ailments can affect the proper functioning of this system and medical cannabis can help treat those symptoms. Sometimes conventional medications are not enough to relieve symptoms caused by a variety of different diseases and conditions, and in those instances cannabis may have a role to play. Some of the more common diseases and conditions which medical cannabis can treat include arthritis, cancer, depression and anxiety, epilepsy, multiple sclerosis, and PTSD.

Only producers licensed by Health Canada can legally supply medical cannabis and must comply with extensive quality, safety and security requirements. Studies have shown that marijuana not grown by a licensed producer (i.e., from unlicensed "dispensars") can contain high levels of harmful contaminants, including molds, pesticides and even salmonella.

In Canada, a program for "licensed producers" was commenced in 2014, and at that time there are only five such licensed producers. Today, there is approximately 100 of them which are regulated and inspected by Health Canada.

Until 2014, only dried products of cannabis could be sold, but then oils were allowed. Linda explained the various ways of taking medical cannabis. These include vaporization of dried flower cannabis, or in the case of cannabis oil, taken orally through drops under the tongue or by other methods of ingestion, like capsules. Recently a topical form of cannabis has been developed which one can rub on their wrists, knees or elbows to relieve pain.

Linda is not in favour of legalizing marijuana. She believes that it will become too accessible, and there is no roadside tests for impairment. Persons who use marijuana for recreational purposes want to "change their reality" and get "high". She says we should distinguish between street "marijuana" and "medical marijuana", the latter of which should be used in consultation with a doctor or authorized healthcare practitioner. If your doctor is not comfortable with prescribing medical cannabis, he or she could always refer you to a specialist or a cannabinoid clinic.



Further information can be obtained from Cannimed Customer Service Centre at info@cannimed.com or Health Canada

Submitted by Laurie Anderson

MAKE NEW FRIENDS THROUGH A ROTARY FELLOWSHIP

[The following article is from a blog by Rotary Service and Engagement, named “[Make new friends through a Rotary Fellowship at the Toronto Convention](#)”. I limited this to two fellowships: **RVF** because Ineke and I are members, and **BREW** because who doesn’t want to be a member of that fellowship.

Click on the link above, to see the whole blog.
Your editor Peter]

Make new friends through a Rotary Fellowship at the Toronto Convention

By Rotary Service and Engagement

Rotary offers endless opportunities to connect with others who share similar passions within your club and district. However, there are many opportunities to connect with members globally as well. [Rotary Fellowships](#) provide a great way to make new friends around the world and enhance your Rotary experience. Rotary Fellowships are international, independently organized groups of Rotarians, family members, program participants and alumni who share a common passion. These groups range in interest from tennis to wine, marathon running to cooking, scuba diving to recreational vehicles, jazz to computers, and more.

Currently, there are 78 Rotary Fellowships officially recognized by Rotary International. The groups report a combined membership of 82,218 people in more than 150 countries worldwide. The average size of each Fellowship is 1,158 members.

Every year, many Rotary Fellowships meet at the [Rotary International Convention](#) to reconnect with old friends and make new ones, while participating in an activity or exploring a shared interest! If you are attending the 2018 Toronto Convention, be sure to visit the House of Friendship to network with these groups. Download the [Convention Events and Booth Exhibit Guide](#) to find Rotary Fellowships that share your interests and expertise.

Some of our Rotary Fellowships will also be hosting exciting events around the convention:



The [Recreational Vehicle Fellowship of Rotarians \(RVF\)](#) will be driving to Toronto through Niagara Falls and other scenic routes. They will also be hosting a post-convention rally 28 June – 5 July.



Working in collaboration with the award-winning Beer Lovers’ Tour Company, the [Beers Rotarians Enjoy Worldwide \(BREW\)](#) has co-created a program that includes a walking tour of the historic Distillery District, the Mill Street Brewery Beer Hall for a tasting of four fabulous brews, a gourmet ‘beer dinner’ at the Granite Brewery, one of Toronto’s original craft breweries. The tours will run on Sunday, 24 June and Tuesday, 26 June.
