THE FOUR-WAY TEST
- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOOD WILL and BETTER FRIENDSHIPS?
- Will it be BENEFICIAL to all concerned?

Board of Directors
Officers
Karl Muriby, Pres.
Dwight Brummet, Pres.-Elect
Brian Nienhaus, Pres.-Elect Nominee
Jon Kindschy, Secretary
Jim Scudamore, Financial Secy
John Barrow, Treasurer
John Stewart, P-Pres.
Wilynn Formeller, Editor

Directors
Dave Mills 2019
Nicole Whitenight 2019
Tom Dwyer 2020
Ron Schlattman 2020
Bob Eatman 2021
Irv Johnson 2021

District Governor
Chuck Rutenberg
Fort Collins
ADG: Bob Eatman

RI President
Barry Rassin

PROGRAM
May 21 KidsPak Recognition
Hunger Free CEO
Inspiration: Pastor Ruth Ann Loherty

CALENDAR
May 4-June 2 Governor’s Art Show-Loveland Museum
June 1-5 Rotary International Convention
June 7-8 Rotary Leadership Institute

UPCOMING PROGRAMS
May 28 New Paths for Veterans
John McGrath
Inspiration: Jim Welker

Anniversaries:
May 25—Nicole & Jim Whitenight

Rotary Club of Loveland
Tuesday noon; Garden Room, 697 Denver S100

Rotary Satellite Club of Loveland
Various Wednesday Evenings, 6:30—8:00
Details: https://www.facebook.com/
RotarySatelliteClubofLoveland
Rico Devlin rico@lcrealestategroup.com

www.LovelandRotary.org
P.O. Box 1144, Loveland, CO 80538
District 5440, Club 1113
Chartered in 1920 as Club 685
ANNOUNCEMENTS: Karl Muriby shared a photo of the new Centennial Clock in the Foundry square. A motion was made by John Stewart to revise the club constitution to include a Satellite Club in Berthoud and it was unanimously approved. Our club will now have 13 new Rotarians in this satellite club. John Turnage is the Program Committee co-chair with Phil Ashcraft. They provided information on how the committee works and pointed out that they don’t schedule political programs unless both sides are represented. They are also looking for new committee members. Bill Moniger led our Fellowship and recognized Andrew Haines, who graduated from high school in Tokyo. Andrew was also Editarian in our club for several years.

HISTORY: Judy Chapman read facts about the club from 1968-1971. July 27, 1968-Lynn Hammond was President and the Thumbnail Sketch Program was started by him. October 14, 1969-Superintendent Claude Stansberry and Assistant Superintendent, Robert Turner, gave an expansion report for R2-J Schools and the Loveland Rotary Club hosted a dinner to welcome 73 new teachers in the district. July 31, 1971-Viestenz-Smith Park formerly known as Loveland Municipal Park will be the site of the annual picnic on Aug. 25th.

PROGRAM: Phil Ashcraft introduced Dr. Bob Tello who talked to the club about marijuana. There are 480 compounds in cannabis, 66 of which are cannabinoids, which occur in the human body and interact with it. Certain strains have high levels of THC and some have higher levels of CBD. Selective pollination can result in higher levels of either of these chemicals and some modern extracts contain as much as 90% THC. Hemp became legal in 2018 if it contains <0.3% THC (higher in CBD). The body has many cannabinoid receptors, CBD has been used to treat insomnia, depression, chronic pain, PTSD, and more. Medical marijuana (higher in THC) is mostly used for pain control and is safer than opiates. THC over-activates parts of brain and can result in altered senses, sense of time, difficulty with problem solving, impaired memory, delusions, psychosis (high doses), and other side effects. THC also affects brain development. There have been increased motor vehicle accidents in states with legalization. There are no national standards or tests for impairment.