



THE NEWSLETTER

The PROBUS Club of Simcoe & District
Meets second Tuesday of each month at St. James United Church hall



MEETING NOTICE

Tuesday, July 9, 2019

10 a.m., Muriel Bridge Room, St. James United Church, Simcoe.

9:30 a.m., Book Exchange, Socializing and Coffee.



Guest Speaker

David Judd,

The 1979 tornado that struck
Waterford and Vanessa.

Who Am I?

Tom Christiansen

Review of June 11, 2019, meeting

President Murray Uren called the meeting to order at 10 a.m. and welcomed guests **Matt Brock** and **Ernie Helmeczy**. **Keith Rumble** led us in our national anthem. Because of the length of the day's program, there was no business session. After the meeting, nine members and four lady guests enjoyed lunch at the Blue Elephant restaurant.

Guest Speaker: Perla Jaurji

Spectrum Therapeutics of Smiths Falls, Ont., is the largest producer of medical cannabis in Canada. **Perla Jaurji**, a community engagement specialist, presented the facts about medical cannabis — what it is, what it does, how to obtain it and how to use it.

Perla said medical cannabis is a legal product that has changed lives. Its two main active ingredients found in the female buds are THC and CBD. Along with producing highs, THC can relieve pain and nausea, reduce muscle spasticity and improve appetite. CBD, which does not produce highs, helps reduce inflammation, seizures, anxiety and improve sleep.

Each person reacts differently to cannabis, so it's best to talk to your doctor about what you want it to do for you. Your doctor will fax an authorization, in effect a prescription, to a licensed producer like Spectrum, then you can order cannabis. Canada has 130 licensed medical producers. You may order on line or over the phone. Staff will help you choose products. Cannabis is delivered by mail. Deliveries must be signed for.

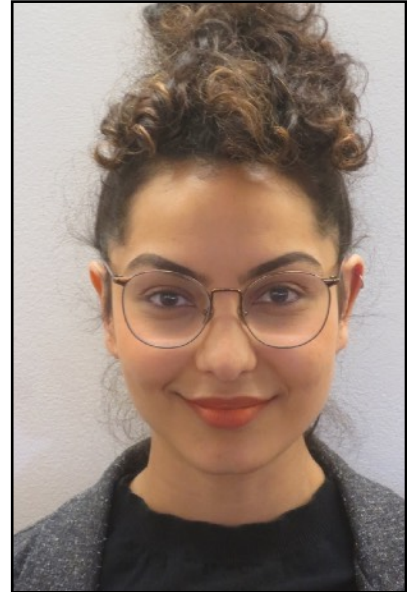
Spectrum offers a wide range of cannabis products with varying levels of THC and CBD, depending on the effect you want.

For beginners, **Perla** recommended vaping cannabis with a low level of THC, then slowly building to find your "sweet spot." With vaping, the effect is felt in seconds and lasts about three hours. Softgels (other edibles will be legal later this year) take up to three hours to be felt but their effects can last up to 12 hours so they're good for pain.

Some safety tips: Know where your cannabis is from. Follow product instructions. Don't mix cannabis and alcohol. Don't drive under the influence and don't try to take cannabis out of Canada.

You can learn more on line at SpectrumCannabis.com, e-mail care@SpectrumCannabis.com or call 1-888-558-9333.

Dan Pearson introduced **Perla** and **Murray Uren** thanked her.



Perla Jaurji



Father and son team Frank (right) and Matt Brock with the Grey Cup.

What's My Hobby? Frank Brock

Frank Brock has a shrine in his home to the Canadian football League. The display of footballs, books, miniature helmets and other memorabilia reminds Frank of the good times he has enjoyed as a Hamilton Tiger-Cats fan in company with his son, Matt, and grandson, ?

Over the years, Frank has had his picture taken with stars Garney Henley, Joe Zuger and Russ Jackson and team owner Bob Young. And Frank has collected a library of books about the CFL's history and its players. Thank you, Frank, for sharing your hobby with us.



Frank's shrine to the Canadian Foot League.