

Country Squires of New London, NH
Notes for the Meeting on Thursday, February 14, 2019 at Eastman

***Welcome:** President Tom Nowell welcomed members, guests, and two new member candidate.

***Words of Inspiration:** President Nowell read from First Corinthians 13:4-8, substituting the word “love” for “charity” as our St. Valentine’s Day words of inspiration.

***Luncheon:** We then enjoyed our luncheon of salad, chicken parmesan with broccoli, and dessert of chocolate cake.

***Call to Order:** At 1:02 PM, President Nowell called the meeting to order.

President Nowell informed the members and attendees that he received a note from Janet Haynes relating that her son Rich passed away in November. In addition, members Joseph Goodenough and Tracey Dixon also passed away. A moment of silence was held to honor them.

***Approval of Past Meeting Notes:** The notes from the January 10 meeting were approved by voice vote.

***Guests:** No guests were in attendance. President Nowell asked for introductions of guests.

***New Members:**

Peter Rucci nominated Neil Shifren, an environmental engineer who has lived in the area for two years. Neil has a BS from Penn and a Masters degree from MIT. He hikes, skis, gardens and cooks. Neil has taught at AIL. You can read more about him on his website Cleargarden.com

Morris Edwards nominated David Balfour, who retired here in August 2018, although has been visiting the area for the past 45 years. He is a UMass graduate and a Viet Nam era veteran. He had a management career in industry. He is currently volunteering to help veterans and to promote wellness. He is also re-engaging in long-neglected hobbies of playing the guitar, photography and ancestry research.

Both men were elected in the Squires unanimously.

***Pens to New Members:** President Nowell gave the Squires’ pen to each of our new members.

***Speaker and Presentation:** Art Rosen introduced Dr. Corey Burchman, an anesthesiologist at Dartmouth-Hitchcock and the Geisel School of Medicine. Dr. Burchman spoke about Medical Marijuana (“Cannabis 101”). Art asked if marijuana was a gateway drug or was it a safer alternative to opioids? It has been legalized in many states for recreational and/or medical purposes. However, it is still illegal at the federal level.

Dr. Burchman outlined his talk explaining the history of use of cannabis; the existence of an endo-cannabinoid system in the human body, indications for use of cannabis, and how cannabis is being used in health care settings.

There is excellent archeologic evidence of cultivation of hemp in China as far back as 10,000 years ago. Its use as a drug was documented 3,000 years ago in the Indian document *Artha Veda*. It was used for seizures, nausea, appetite disorders and as a hallucinogen. The ancient Romans documented its medical uses, as did the Victorian British. However, in the 20th century, the US classified cannabis as a Schedule 1 drug that had no medical purposes.

The human body produce cannabinoids, and there are receptors around the body. These receptors are the most common protein receptors in the human body. THC is only one of up to 100 cannabinoids. Each has different properties and effects.

There are many clinical uses. It affects immune responses, motor coordination and learning. It may have clinical impacts on MS and other neurodegenerative diseases, cancer, epilepsy, and inflammatory bowel disease, nausea and seizures, among other conditions.

There is legislation in the Senate to remove cannabis from the Schedule 1 list.

***Post-Talk Presentation:** President Nowell thanked Dr. Burchman for his talk and presented the Professor with the often imitated, never duplicated, and much-admired Squires mug.

***Old Business:** None.

***New Business:** None.

***Next Meeting:** The next meeting is scheduled for Thursday, March 14. Dr. Scott Rappaport will talk to us about Geology and Climate.

*** A Motion to Adjourn was called for and seconded, thus ending the meeting.**

***Respectfully submitted,**
Paul Etkind, Secretary

14 February 2019