

# GRASS ROOTS *Advocate*



How long does  
**THC STAY IN  
YOUR SYSTEM?**

The  
**McKNIGHT FAMILY**

A day with  
**WOMEN GROW**



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## *Who We Are ...*

P.A.C.E. --- recreational and medicinal users of cannabis who want to help spread the knowledge of the cannabis plant. We are people that have seen the medicinal benefits of cannabis either through our own experience, a friend or through a loved one and believe cannabis knowledge is knowledge that must be shared with others.

P.A.C.E. ---- promotes cannabis education by participating at non-cannabis public events, through the Grassroots Advocate magazine and a weekly LIVE online radio broadcast found at LifestyleRadio.ca. We focus on the Canadian cannabis community and Canada's cannabis news, but do occasionally go International.

You can contact us at: [www.pace-online.ca](http://www.pace-online.ca)

## *Ontario Vapor Lounges ...*

### **Brantford:**

Club Stigma - 288 Murray St. (226) 238-3227

### **Hamilton:**

Hamilton Vape - 1463 Main St. East (905) 541-8760

### **Kingston:**

420 Kingston - 736 Princess Street (613) 766-8184

### **Moonbeam:**

Chez Willy's Place - 27 Cimon St. (705) 335-7191

### **Niagara Falls:**

The Vapor Trail Lounge - 5444 Victoria Ave. (905) 246-9070

### **St. Catherines:**

Puff Dogs Vapor Lounge - 55 St. Paul St. W. (289) 362-5461

### **Toronto:**

Vape on the Lake  
2985 Lakeshore Blvd. W. (647) 349-0214

Vapor Central - 667 #2 Yonge St. (416) 923-3556

The Hot Box Café - 204 Augusta Ave. (416) 203-6990

Underground Comedy Club  
670 Queen St. E. (416) 732-7761

Vapor Social - 894 College St. (647) 467-0354

Strains Connoisseur Club  
1211 Kingston Rd. (905) 492-2700

Planet Paradise - 51A Winchester St. (647) 346-0710



## ACKNOWLEDGEMENTS

*Published February 2016*

**Cover Photo(s):** Al Graham

**Credits:** Al Graham, Lisa Winegarden, eatyourcannabis.com  
Gooley Rabinski, Jessica Cunha.

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# EDITORIAL

Welcome to Grassroots Advocate, the little cannabis magazine created by cannabis advocates for the educated and uneducated. Grassroots was created to help share the Canadian cannabis news and information with cannabis advocates across our country, locally and possibly beyond. We're hoping it will inspire you to get involved if you're not already.

The plan for our little monthly magazine is to make it available for people to receive easily. This will be done as an email or in printed form to be made available for cannabis and non-cannabis businesses so they can share it with their customers.

For those who receive our little magazine electronically it will allow you to click on the articles so you can read the whole write up online, while those who read the printed version can use the headline to search for it on an electronic device. We'll be including medical news to a medical article that weed like to share with you. We'll be highlighting a patient who has been featured in the news for their fighting efforts to those who are telling their cannabis story as a way to help educate others.



We'll also be finding you some terrific cannabis recipes that you'll want to share with your friends. These could be snacking foods to items that can help you create a full course dinner for the whole family. Just like with our other articles these too will have embedded links which will help you find the recipe online plus find more at that website.

Not only will we be sharing medical news but with Canada moving towards cannabis legalization our legalization news will focus on what is happening here in Canada. In doing this we feel that we'll be helping educate Canadians and those outside of our borders as our government slowly develops and implements its legalization plans.



As well as sharing these articles with you we will be sharing articles about events of cannabis advocacy. These could be written by a local advocate to ones that are found online. The sharing of these will help let people know what other advocates are doing in their community to help spread the truth about cannabis. This may even help new advocates to get involved with others in their community so they too can get involved and help out.

Because Grassroots Advocate will be distributed in our supporting stores (located on our back page), who will be making this available to you at no cost, we will be including some local information to help out as well. This will include signing clinics, vapor lounge locations to whatever we find that maybe of some assistance to our readers.

In the end Grassroots Advocate is about informing and educating the general public, about sharing knowledge and the experiences of others and best of all it involves people like yourself, just regular everyday law abiding citizens who are people advocating cannabis education.



PPP  
Al Graham

## Is Toronto the world's next marijuana capital?

By CBC News Dec 14, 2015 cbc.ca

Coming soon, likely, to a neighbourhood near you: medical marijuana. Dispensaries that sell it have been popping up around the city — there are now six in Kensington Market alone — and there are more on the way. The shops around town with the little green plant often on their signs are not technically legal. But that's not stopping them.



## Cannabis controversy: Should doctors prescribe it to kids?

By Brent Bambury Dec 18/15 cbc.ca

The Canadian Pediatric Society released a statement on the therapeutic treatment of children with cannabis this week which reads, in part, "There is little evidence supporting the use of medical cannabis in children and most front-line doctors should not be prescribing the drug to young people."



## Medical pot growers lobby Ottawa to shut down pot dispensaries

By Daniel LeBlanc Jan 21/16 theglobeandmail.com

The operators of the Canopy Growth Corp. and Tweed Marijuana Inc. want the federal government to shut down the pot dispensaries that are popping up around the country. Instead, they argue, the strictly regulated and licensed firms in the medical field should be the first ones allowed to provide marijuana to recreational users.



## Ottawa boy relies on homemade cannabis oil to calm 'catastrophic' seizures

By Waubgeshig Rice Jan 14/16

A seven-year-old Ottawa boy who uses cannabis oil to alleviate seizures caused by a rare form of epilepsy can't get the treatment from a local producer, so his mother is making it herself.



## Laws On Vaping Hazy In Canadian Hospitals

By Julia Wright Jan 12/16 civilized.life

An increasing number of Canadian doctors are comfortable prescribing medical marijuana, or making referrals to doctors who will prescribe it. But even once patients get the green light from a physician, that doesn't mean they can always access the relief they need.



## Abbotsford, B.C., gets injunction to close down cannabis dispensary

By Mike Hager Jan 11/16 theglobeandmail.com

A B.C. Supreme Court judge has ruled that despite oncoming legalization of cannabis, operating a dispensary is still illegal and he's granted the City of Abbotsford an injunction to shut down a controversial pot shop.





## LPs and Dispensaries: Two peas in a pot

By Adam Greenblatt Jan 15/16 [news.liftcannabis.ca](http://news.liftcannabis.ca)

The proliferation and general acceptance of over-the-counter cannabis dispensaries in Vancouver, Toronto, and elsewhere, is a sign that Canada has been ready for full cannabis legalization for quite some time. Canadians understand that using, growing, processing, and even selling cannabis – medical or otherwise – is neither inherently deviant nor immoral.

## CBD Is The Chemical Medical Marijuana Is Buzzing About

By Marc Davis Feb 11/16 [huffingtonpost.ca](http://huffingtonpost.ca)

It used to be all about the THC. In other words, cannabis' popularity has always been attributable to this psychoactive chemical, which gets people "high." But marijuana's bad boy image has been getting a well-earned makeover in recent years, thanks in part to its surging popularity as a legitimate form of herbal medicine.

## Patient Advocates Bring Medical Cannabis Issues to United Nations

By Ed Coghlan Feb 10/16 [nationalpainreport.com](http://nationalpainreport.com)

Cannabis is currently scheduled in Schedules I and IV of the Single Convention on Narcotic Drugs as amended by the 1972 Protocol. Today, Canada, Israel, Netherlands, Czech Republic, Croatia, Mexico, Chile, Uruguay, Romania, Germany, Jamaica, Australia, Italy, Columbia, Switzerland and over two-thirds of the population of the United States and its territories live in regions with medical cannabis laws.

## Unlicensed medical marijuana sellers must still pay tax, appeal court rules

By Mike Hager Jan 26/16 [theglobeandmail.com](http://theglobeandmail.com)

Canadians selling medical marijuana outside the licensed mail-order system must still watch out for the tax man, according to a Federal Court of Appeal ruling that reasserts Ottawa's right to collect sales taxes on any and all pot that is sold.

## Medical cannabis company to double its Leamington facilities

By Kelly Steele Feb 12/16 [windsorstar.com](http://windsorstar.com)

Leamington's medical cannabis producer Aphria is expanding. The expansion will see the facility double its size and include an oil extraction room, chemistry laboratory and microbiology lab, according to the company's chief financial officer Carl Merton.

## Saskatoon committee turns down medical marijuana licensing

By Ryan Kessler February 8/16 [globalnews.ca](http://globalnews.ca)

SASKATOON – Members of a city committee have told medical marijuana patients and advocates the “law is the law” and unlicensed pot shops are against the law. A report from city administration on the possible regulation for dispensaries was presented to Saskatoon's Standing Policy Committee on Planning, Development and Community Services Monday.



# CANNABIS & YOU



## HOW LONG DOES THC STAY IN YOUR SYSTEM?

By Gooley Rabinski Dec 9, 2015 whaxy.com

Tens of millions of people consume cannabis on a regular basis to treat literally hundreds of diseases and ailments or to gain the anxiety relief and mellowing perspective resulting from lifestyle use. Unfortunately, even in states that have legalized recreational cannabis, employers and others continue to test for it — even among those who are registered medical patients and who live in fully legal states. Given the value of one's job and career, how confidently can they consume cannabis if they know, or even suspect, that they will have a drug test at a future date?

Technically, a drug test is simply an analysis of a biological specimen to determine if it contains a particular drug or one of the metabolites produced from that molecule by the human body. Biological specimens include urine, hair, blood, breath, sweat, and saliva.

In reality, it is more than simply employers that conduct scheduled or surprise drug tests. Health care companies, law enforcement (such as after an auto or industrial accident, even for those not at fault), and other agencies routinely force their members or customers to prove that they can test negative for cannabis as the culture war against the plant drags on, even in legal states.

### ***Rule of Thumb***

The rule of thumb when it comes to smoking, vaporizing (vaping), or ingesting (eating) cannabis is to allow 30 days to pass prior to taking a urine test. However, there is a tremendous difference between someone who consumes several grams of cannabis flowers or indulges in many dabs of concentrates on a daily basis and another person who rarely consumes and has a couple of puffs at a party.

Anecdotal reports have indicated that some heavy smokers and vapers may require as long as two or even three months to rid their system of the molecular ghosts of the THC cannabinoid that remain. However, the one-time non-user described above would be most vulnerable to testing positive only for a few days following consumption. A week after smoking, this hypothetical newbie would be almost guaranteed to pass with a negative result for cannabis.



The reason the 30-day window is good advice is because everyone is different. A 260-pound 30-year-old who never exercises and has a poor diet will have a very different metabolism than a 155-pound 50-year-old who exercises on a regular basis and consumes healthy foods. When it comes to one's career and income, it's not wise to take chances. Just because a friend or neighbor passed a test one week after a few puffs from a mystery joint in no way means the one will enjoy the same pleasant result.

Given the facts, how long prior to a drug test should a particular person cease cannabis consumption? Those who consume pot regularly may want to schedule a two-month hiatus to ensure that they aren't refused a job or dismissed from one due to testing positive. Those who are weekend tokers or smoke a few times a month — especially if it is relatively low-potency cannabis and small quantities are consumed — should be fine by quitting about a month prior to a test. Anything less is simply taking chances with the ability to get a job, pay one's bills, or become or remain a participant in a health care plan.

### ***CBD Users: No Worries***

Those using CBD-only oils or tinctures to treat a disease such as cancer, epilepsy, or multiple sclerosis need not worry about a drug test. Because a standard five-panel urine test looks for only a single metabolite produced by THC (THC COOH), those who consume any quantity of CBD will never test positive for cannabis. Metabolites are simply chemicals produced by the body (like THC COOH) that are derived from an outside molecule (such as THC).

### ***One Strategy***

Some employers give new hires or veteran employees a short window in which they can self-schedule and take a drug test, often at a third-part laboratory or clinic. Those worried about testing positive can employ the services of such testing labs independently to learn if they will flag positive for pot when the real test is administered. The problem? Learning one's status for a five-panel urine test will cost about \$60-100 in most cities. Home test kits are also available at drug stores that are significantly less expensive, but their results are sometimes inaccurate and not necessarily a good gauge of what a certified, professional laboratory will detect.



### ***Advice for Cleaning Your System***

There's no silver bullet or magic pill to rid one's system of the metabolites produced by consumption of THC that are detected by common urine drug tests. However, there are plenty of ways to expedite the cleansing process and help ensure the a drug test doesn't test positive for cannabis.

First, engage in flushing. Flushing is drinking relatively large quantities of water, cranberry juice, coffee, or tea. Because all of these, with the exception of water, are natural diuretics, they help to cleanse the body of the THC COOH metabolite produced by THC. Some regular smokers perform heavy water flushes to rid their body of the metabolite directly prior to a test. Those who choose to adopt this approach must be careful to not over hydrate, a condition called water intoxication of which one symptom is blood that becomes too thin.

Also, those who flush heavily must ensure that their urine doesn't become overly diluted. Because flushing is a common strategy employed by cannabis smokers undergoing drug tests, lab technicians are keen to it, ferreting out and disqualifying some urine samples. Although diluted urine might not flag positive for cannabis, it will raise a red flag and at least require a retest. Beware: These retests are typically scheduled as soon as possible (same day or next day) to help prevent masking (also known as cloaking), which is the drinking of special liquid agents (sold as “pass your test” products) to mask the presence of the THC COOH metabolite.

As for the actual taking of the test, there are a few rules: Wake early and drink plenty of water, continuing the flush. Ensure that the urine provided for the test is not the first of the day (something medical professionals call the “first void”). Intelligent consumers should get up early enough and drink enough water and cranberry juice to ensure that the urine they provide is several hours — and many urinations — removed from the first of the day.

Masking agents, which are packaged like energy drinks and feature flavors like orange and cherry, are available online and at many head shops. They are consumed a couple of hours prior to a drug test (specific instructions are provided on the label). But caveat emptor! Readers are warned to be very careful in putting faith in such cloaking drinks. While they sometimes work (anecdotal reports from friends and colleagues are often very impressive), these masking drinks don't always do the job. Many inferior products are available that will do little or nothing to effectively mask the presence of THC's metabolite. Fly-by-night companies selling shoddy products abound, especially online.



### ***What About Hair Tests?***

Sometimes, employers and other agencies forego the common five-panel urine test for a more detailed and significantly more accurate analysis of one's hair. Such tests typically take a few strands of the most recent growth (that closest to the scalp or neck) that are at least 1.5 inches long. This gives the laboratory a 90-day window of a user's past cannabis consumption.

An even longer detection window can be observed if a lab utilizes body hair, as opposed to that from the head, simply because it grows more slowly. There is actually a good side to hair testing: It eliminates the potential for outside contamination of a sample. However,

for those who have consumed any quantity of cannabis within the past three to five months, via any method, this technical fact is of little consolation.

While the hair test has been thought to be arguably the most precise method, the findings of a recent study, published in October 2015, revealed that the hair test method may not be accurate as presupposed all these years. The study concluded that the THC molecules do not pass proportionately from the bloodstream into hair follicles and, therefore, may lead to more false positives than other methods. While the THC metabolite does not transfer into hair follicles proportionately from within the body, it does transfer via outside contact. This means that if a non-consumer comes in contact with the hands or sweat of a person who does consume, the molecules could transfer to the non-consumer's hair more easily than if the non-consumer had actually smoked cannabis. Until more research is completed on this subject, the hair test method will likely continue to be used.

### ***Good Luck***

While many regular tokers employ masking agents a couple of hours prior to a urine test, such an approach will deliver uncertain results that may give pause to many fans of cannabis. Unfortunately, the best approach for helping guarantee that one passes a urine drug test is abstinence, pure and simple. It is simply the length of this abstinence that is the trick, especially for patients who suffer without cannabis medicine. Masking drinks have their place and should be considered, but only as an emergency backup.



## **Signing Clinics....**

<b>Marijuana For Trauma</b>	<a href="http://mftontario.ca/">http://mftontario.ca/</a>	<b>(613) 965-6780</b>
<b>Body Stream</b>	<a href="https://www.bodystream.ca/">https://www.bodystream.ca/</a>	<b>(800) 730-8210</b>
<b>Canada Wide Listing</b>	<a href="https://liftcannabis.ca/doctors">https://liftcannabis.ca/doctors</a>	

## **Compassion Center Directory.....**

<b>CannDo...</b>	<a href="http://www.canndo.ca">http://www.canndo.ca</a>	<b>(416) 901-7095</b>
<b>Toronto Compassion Center</b>	<a href="http://tccentre.org/">http://tccentre.org/</a>	<b>(416) 668-6337</b>
<b>Cannabis As Living Medicine</b>	<a href="https://cannabisclub.ca/">https://cannabisclub.ca/</a>	<b>(416) 367-3459</b>
<b>Medical Club</b>	<a href="http://medicalclub.ca/">http://medicalclub.ca/</a>	<b>(416) 546-2377</b>
<b>Kind Supply</b>	<a href="http://www.kindsupply.ca/">http://www.kindsupply.ca/</a>	<b>(647) 351-5463</b>
<b>The Care Center</b>	<a href="http://www.thecarecenter.ca/">http://www.thecarecenter.ca/</a>	<b>(416) 855 3008</b>
<b>Toronto Medical Dispensary</b>	<a href="http://tmdcompassion.com">http://tmdcompassion.com</a>	<b>(647) 351-1920</b>
<b>True Compassion Toronto</b>	<a href="http://truecompassiontoronto.com">http://truecompassiontoronto.com</a>	<b>(647) 977-1995</b>
<b>Martins Medical Services</b>	<a href="http://marijuanamailorders.com/">http://marijuanamailorders.com/</a>	<b>(306) 735-7537</b>
<b>Toronto Area Dispensaries Directory:</b>	<a href="http://www.todispensaries.com">http://www.todispensaries.com</a>	

# PATIENT IN THE NEWS



## Constance Bay family named West Carleton's Newsmaker of the Year

By Jessica Cunha Dec 30, 2015 ottawacommunitynews.com

The McKnight family is the West Carleton Review's Newsmaker of the Year for 2015.

The Constance Bay family – which includes Mandy and her husband Dave, their son Liam and daughters Maya and Ava – scored a big win in July when Health Canada reversed its medical marijuana position, allowing users to ingest the drug in ways other than smoking.

Mandy fought for years for the right for her now seven-year-old son Liam, who has been diagnosed with a rare condition called Dravet syndrome, to have the legal right to take cannabis in oil form.

“It was huge news for us only because now it means Liam can get a reliable, standardized product,” she said. “That’s what we always wanted.”

It’s been a big year of firsts for Liam: a family vacation by plane without landing in hospital; the first time he attended the first day of school in September; participating in his school’s Christmas concert; the first time he went 11 days straight without a seizure; and those are just highlights.

In April, he earned the Celebrating Excellence Award of Merit for his outstanding contribution to his school community at St. Michael’s in Fitzroy Harbour.

“He’s just doing so much better overall, health-wise, then what he’s ever done. He’s really doing amazing,” said Mandy.

“It really does change everything when he’s able to get out and participate because it means us as a whole family can participate in life.”

Mandy and her family were at her parents’ home in Newfoundland when they received the news of Health Canada’s reversal.



In the past when they would travel by plane Liam would end up in the hospital for “90 per cent of the trip,” Mandy said, so they stopped visiting her family on the east coast.

This time was different.

“It was the best two-week family vacation we ever had. He did absolutely amazing. It’s the first time we went home and he wasn’t hospitalized at all.”

Other firsts for Liam this year included his first Reconciliation with the help of the staff from his school and Father Michael Ruddick, an Ottawa Senators NHL game, a family hike in the Gatineau hills and a visit to the Diefenbunker without having to use a stroller, a day at the Carp Fair, leisure time on the Constance Bay beach, and the ability to eat food as simple as a banana and cob of corn. According to the law, Liam was expected to smoke or vaporize the drug, something Mandy said she never would have allowed. “I felt like what was being done to our family, to Liam in particular and to lots of other children, I felt it was a huge injustice.

I felt like the government authorized him to use cannabis as a medicine, but then they put up so many roadblocks,” she said. “It creates criminals out of law-abiding citizens.” She began raising awareness about the benefits of cannabis oil through social media – Facebook, Twitter and Instagram; she petitioned federal MPs and created a letter campaign that saw people from across Canada write to their federal politicians about amending the medical marijuana law to allow for extracts.

Liam had his first seizure at nine months old and in April 2010 was diagnosed with Dravet syndrome, a rare form of epilepsy that causes frequent and severe seizures. Liam would often have dozens of seizures in a 24-hour period, lasting as long as four minutes and with a recovery time of hours, said Mandy. After introducing him to cannabis oil, however, Liam's condition improved dramatically. He still has seizures, but nowhere near the frequency or intensity of before. “Now they last maybe 10 seconds and he can carry on doing whatever he was doing right away,” she said. “The impact of the seizure is not anywhere near what the impact was before. He's doing so amazing that way. When we started cannabis, we saw incredible results immediately; we did not have these on traditional medications. I was very active in the Dravet community talking about cannabis, just everything and anything we could try and get it out there that it's not this big bad drug it's made out to be. When I think of all the other (conventional) drugs Liam was on in his short little life, they were 10 times more detrimental.” says Mandy



In February(15), Liam was weaned from the last of the pharmaceutical medications and now only uses cannabis to control his seizures. She was awarded the Canadian Cannabis Crusader Award, handed out to an individual who has made significant contributions to the progression of cannabis knowledge, access, research or acceptance. It was awarded in recognition of the work she has done campaigning for greater access to cannabis oils and other derivatives for children suffering from seizures.

Looking ahead to 2016, Mandy said she's waiting to hear that licensed producers can begin distributing cannabis oil.

Currently, Mandy purchases 150 grams of dry marijuana a month. She uses a recipe for the oil then ships a test sample to B.C. for every batch. The cost per month is more than \$1,300 out of pocket, including tax on the cannabis. “It's crazy. Who can afford that? A lot of people using cannabis are on fixed income, or disability. I hope when legalization comes down all these things are taken into account,” said Mandy. Mandy said she would like to see insurance coverage for medical marijuana patients, as well as removal of the tax on a prescription. She said she also wants to ensure medical marijuana users aren't forgotten if and when the government legalizes pot.

“When legalization occurs, I'm worried that there won't be that urgency anymore for research or insurance coverage for medical patients,” she said. “For us, we really need insurance coverage. We're managing, barely, but it's only because of the amazing people especially in this community. If we didn't have that support I don't know what we would do.”

A number of fundraisers have been held for the family to help cover medical costs and all proceeds go to Liam's prescription – which the McKnights are very grateful for. Sammy's Bay Burgers, the Greystone Grill, the West Carleton Legion, BuzzOn Vapour Lounge are among the many hosting fundraisers for Liam.

For continuing to raise awareness – locally and internationally – about Dravet syndrome, epilepsy, and the benefits of marijuana derivatives, the McKnights are our newsmaker of 2015.

Article has been condensed. Go to <http://www.ottawacommunitynews.com/news-story/6213767-mcknights-making-a-difference-in-west-carleton-as-well-as-globally/> for complete article.

## Canna-Creamsicle Smoothie

By eatyourcannbis.com

*Time Required:* 5 minutes

*Yields:* 4 Smoothies

*What You Need:*

blender  
6 ounces orange juice concentrate (frozen)  
1 cup Cannamilk or Cannabis Almond Milk  
1 cup water  
8 ice cubes  
3 tablespoons sugar  
1 teaspoon vanilla extract  
¼ cup fresh fruit of your choice (optional)



*Steps:*

Set the ice on the side. Combine all remaining ingredients in the blender. Begin blending and gradually add ice 1 cube at a time. Blend until smooth. Pour and serve.

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## Cannabis Pastry Bites

*Time Required:* 40 minutes

*Yields:* 20 Pastry Bites

*What You Need:*

baking sheet  
parchment paper  
2 sheets of puff pastry dough  
½ cup fruit filling of your choice  
½ cup CannaHoney  
¼ cup CannaButter(melted)



*Steps:*

Preheat oven to 350 degrees. Line baking sheet with parchment paper. Unfold 1 sheet of puff pastry and place on baking sheet. Use a knife to lightly outline 2 equal-sized rectangles (4 rows of 5) on the dough. Place 1 teaspoon of filling and 1 teaspoon Cannahoney in the middle of each rectangle.

Unfold second pastry sheet and place on top the fruit and Cannahoney. Pinch the top and bottom sheets of dough together to seal mixture inside. Cut the layered dough into 20 pieces (remembering the rectangles from earlier.) Do your best to seal each individual bite by pinching the dough. Brush top of dough with melted butter. Place baking sheet in oven and cook for 30 minutes.

Wait for pastry to cool before serving.



## Canada's new Liberal government repeats promise to legalize marijuana

By Associate Press Dec 4/15 [theguardian.com/](http://theguardian.com/)

A speech delivered by governor general David Johnston reiterated new Prime Minister Justin Trudeau's plan to legalize and regulate the recreational use of marijuana. It is a position Trudeau has held since becoming leader of the Liberal party in 2013. However, for the first time, the



## Politicians, activists differ on where to deal legalized pot

By Haydn Watters Dec 16, 2015 [cbc.ca](http://cbc.ca)

Prime Minister Justin Trudeau has promised to legalize marijuana, but the question remains — where will it be sold and distributed if and when that happens?



## Canadians With Marijuana Convictions Call On Justin Trudeau To Offer Pardons

By Laura Kane Dec 22/15 [huffingtonpost.ca](http://huffingtonpost.ca)

Canadians with criminal records for marijuana crimes are eagerly waiting to see if Prime Minister Justin Trudeau will offer pardons when pot is legalized. Tens of thousands are charged with possession every year, and if convicted face consequences that can be devastating.



## Cannabis culture and the Little Red Hen

By Dana Larsen Dec 28/15 [blogs.vancouver.sun.com](http://blogs.vancouver.sun.com)

Before Premiers, liquor unions and corporations start falling all over each other in an effort to cash in on legal cannabis sales, let's remember the real reasons we should be ending cannabis prohibition in Canada.



## The Top Ten Canadian Cannabis Stories of 2015

By Jamie Shaw Dec 31/15 [canlio.com](http://canlio.com)

As one of the most hectic years ever in Canadian drug policy comes to a close, here's a look back on the year that was.



## The business of marijuana: As legalization looms, who is poised to profit? The chosen few

By Tracey Lindeman Dec 19/15 [montrealgazette.com](http://montrealgazette.com)

Is marijuana the next billion-dollar industry in Canada? If you ask people who work at medical-marijuana companies like Tweed and Hydropharmacy — which have invested millions of dollars to comply with Health Canada's strict rules governing medical marijuana — the answer is, “we sure hope so.”



## UN Treaties Can't Stop Legalization In Canada

By James McClure Jan 7/16 civilized.life

Could Prime Minister Justin Trudeau's plans to legalize cannabis in Canada become derailed by international treaty disputes? The Canadian Press broke a story earlier this week that has politicians and commentators talking about that possibility. But it could prove to be a rough patch rather than a roadblock.



## Ambrose under fire for mixed messaging on Tories' pot stance

By Bruce Cheadle Jan 21/16 theglobeandmail.com

A confusing radio interview about whether the Liberal government should move slowly or quickly on legalizing and regulating the sale of marijuana may be smoking out the interim leader of the federal Conservatives.



## There are just and unjust ways to legalize marijuana

By John Akpata Jan 1/16 policyalternatives.ca

For the past two years, in my political world, marijuana activists have endorsed Justin Trudeau as the way to legalize marijuana in Canada. Vote Liberal, no matter what, and they are going to legalize. That was the message, loud and clear. Only the Conservatives were against marijuana.



## Canadian Companies Have A Dope Idea For Selling Marijuana Worldwide

By Paul McLeod Jan 22/16 buzzfeed.com

Canada's weed industry has built up major pot stockpiles and argue it's high time to sell it internationally. But the federal government has been harshing their buzz and refusing, according to briefing documents to the new health minister obtained by BuzzFeed Canada through an access to information request.



## Ex-police chief Bill Blair to handle Liberals' pot legalization file

By Catherine Cullen Jan 08/16 cbc.ca

As the Liberal government gets to work on its campaign pledge to legalize marijuana, the former police chief of Toronto will be taking a lead role. Last month, Bill Blair was named as one of two parliamentary secretaries to the minister of justice.



## MP Bill Blair says legal pot could be sold in liquor stores

By TondaMacCharles Jan 08/16 thestar.com

OTTAWA—MP Bill Blair, the former Toronto police chief now leading the Trudeau government's marijuana legalization project, says provincial liquor stores may be the most reasonable place from which to control legal cannabis sales because of the ability to restrict youth access to the drug.

# KEEPING PACE



## Women Grow TO

By Al Graham

During the month of January I was invited by my very good friend Erin “Butterfly” Maloughney to attend an event by Women Grow Toronto. Women Grow got started in Denver Colorado and was “created to connect, educate, inspire and empower the next generation of cannabis industry leaders by creating programs, community and events for aspiring and current business executives.” It is a non-profit organization that “that serves as a catalyst for women to influence and succeed in the cannabis industry as the end of marijuana prohibition occurs on a national scale”. They have 33 branches in USA and Canada and are planning on expanding to 64 by the end of 2016. Besides Toronto, Women Grow has Canadian locations in the cities of Vancouver, Kootenay, on Vancouver Island and has a new one opening up soon in Hamilton Ontario.

The Women Grow Toronto group gathers together on a monthly basis to allow women a way to meet up and grow networks of communication and share ideas. During these meetings they have a keynote speaker which in the past has included Mandy McKnight who became an accidental medical cannabis advocate because of the benefits of cannabis to her son, Charlo Freedom who spoke on how to make cannabis infused lotions, salves and balms along with Amy Brown, owner of CannDo a Toronto cannabis wellness center who helps the homeless.

For this evenings event the crowd packed the location we were in which spilled into the hallway outside the room. When things got going the evening's Master of Ceremony, Tracy Curly, took to the microphone and shared some local cannabis news as well as telling everyone some information about their key note speaker Charlo Greene.



Following Tracy was Theresa Kozak, who is the manager of the community engagement centers for Better by Tweed. Better, as it is known now, was once called MedCannAccess the former compassion center and resource center located in Toronto. Theresa talked about some of the outreach programs they were involved in that includes talking to business and medical groups to helping to collect food for the food banks, clothing for homeless and holding informational workshops.

When it came to their keynote speaker MC Tracey Curly introduced everyone to Charlo Green who “became a recognized leader in cannabis activism in September 2014, when she punctuated her on-air report on the Alaska Cannabis Club with the bombshell that she was the club's founder and owner, proudly declared her activism and signed off for the last time with, “F\*ck it, I quit...”” according to her website.

Charlo got things going by letting everyone know that she wasn't the only black person in Alaska because she had a partner who is also black. But that's when the jokes ended and she got serious.

When Charlo started her speech she talked about how her mother inspired her to do things to her life on the farm. She shared a story of making her own garments to having to walk five miles to the local market. As she grew older she wanted to become a reporter to help shine light on injustices but struggled with alcohol while in college. If it wasn't for a friend who stepped in to help her she may never have finished.

She has opened the Alaska Cannabis Club, which is private to help serve the needs of the community. The club is “Alaska's FIRST and ONLY legal cannabis resource” with a team that “has extensive experience in medical and recreational cannabis provision, grass roots activism, public education, and cannabis law reform efforts.” according to the ACC



Charlo told us about a frightening experience of a 72yr old patient of the ACC who was robbed twice at gunpoint to working with the youngest patient who was dealing with cancer. She talked in length about the importance of educating people whether it was medical or for legalization and encouraged people to continue. Even though our country and her state have legalized or are working on it. Following her speech the over flowing crowd erupted into a huge round of applause in appreciation of what she had shared with them. Following Charlo's talk everyone participated in the door prizes draws and took time to network with the others in attendance. Following this great evening people were invited to attend a fundraiser for Charlo's charity that was held a couple days later on a Saturday night. All reports say that the gala was very well received as this evening was, by all who attended.

You can learn more about Charlo and her efforts by going to [Charlogreen.com](http://Charlogreen.com) and [GoGreene.org](http://GoGreene.org).

Just as I finished up this article I asked the Toronto's group's Chairperson Lisa Campbell if there was anything left to add. She told me that she and some of the ladies had just returned from the USA where they attended “the National Leadership Summit in Denver, and singer Melissa Etheridge was one of the keynotes, along with Canadians Renee Gagnon, and Jazmin Victoria Hupp who is the founder of Women Grow” and that they had a very informative and educational time away.



Women Grow Toronto consist of Chairperson Lisa Campbell and Vice Chair Jenna Valleriani with their hard working committee members Tracy Curly, Abigail Sampson, Charleen Freedom, Dessy Pavlova, Jeanette VanderMarel, Sandra Petite and Theresa Kay.

If you would like to get involved Women Grow Toronto can be reached at

[toronto@womengrow.com](mailto:toronto@womengrow.com) or on [Facebook](https://www.facebook.com/womengrowtoronto).

Thank you Erin!!!!

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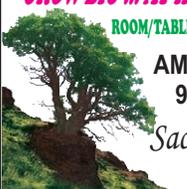
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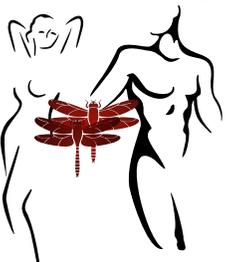
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