



Issue 3
FREE

Marijuana
Alternative
Medicine

GRASS ROOTS

Advocate



PACE

People Advocating
Cannabis Education
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Tailoring
CANNABINOID THERAPY
TO CHRON'S DISEASE

Medical Marijuana patients
STEVEN STAIRS & MIKE KNOX

Flashback to
NIAGARA 420 2008

Struggle for Life
GWEN REPETSKI'S STORY



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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

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. Catharines:

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



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Fear Wins?

Back in November 2015 the Ontario Government announced that medical cannabis patients would be allowed to use their medicine publicly. As a cannabis patient advocate I cheered this news which got me on the front page of my local [newspaper](#) but...

This excitement didn't last long, why, because of public outrage. Within days of the announcement this all got put on hold because everyone feared that medical cannabis consumers would light up in restaurants to the local YMCA. They pictured massive amounts of smoke bellowing around non users and children thus forcing them to consume our second hand cannabis smoke. Because of this the government put a hold on things.

Cannabis, in its thousands of years of use and after almost one hundred years of Canadian prohibition has never turned up as a cancer causer. Unfortunately many people believe it does. Why? Because of the propaganda that governments have promoted for a hundred years so why wouldn't the citizens believe them, well that's if you're an uninformed citizen.

This spring after the public outcry in November the government came out with Bill 54. This new law, that our provincial government came out with, now lumps medical cannabis into the Ontario Smoke Free Act, thus adding fear that cannabis is dangerous and could cause cancer. They did this with no evidence or information. They also made it so that no medical cannabis can be consumed unless you are in a smoking

area. I ask as a non-tobacco consumer, why would a person wanting to get better want to join a bunch of people who are slowing killing themselves?

The silliness continues when you see that the new law also bans the use of cannabis vaping in public. I'd like to know where the provincial government got the research saying that second hand vape causes cancer to it being a health risk. Actually if they did do their research they would see that it is a healthy alternative and is recommended by doctors to patients. But why use science? Well if they used science the government would have to admit to misleading people all along and that's not going to happen.

Not only will Bill 54 stop cannabis patients from medicating publically but it will also at our local lounges. When patients travel across our province it's nice to know that we can go to one of over twenty cannabis lounges to medicate. It's a safe place for us to go to use our medication and it also gets us off the street or out of the back alley. Places that many prefer not to use their medication.

Cannabis lounges have been a benefit to many and haven't been a public problem unlike places where alcohol is served. This is proven just by the fact that some of the lounges have been operating for 10 years without being a problem for local police.

Bill 54 will close the lounges that so many patients rely on and will put hundreds of people out of work. Bill 54 will close businesses that have proven a benefit to their communities.

In the next issue of Grassroots Advocate I will share with you some information on the lounges and what they offer. Knowing what happens within the places is one way of eliminating the concerns that uneducated people have. If they were educated there would be no fear.

Back in November/15 the government said that they was given advice by their council that banning patients from medicating publicly would end then up in court. That day is still to come, but it will and once again I'm confident patients will be the winners. Think about it, name a medication that is banned from public consumption, I know I can't.

Unfortunately Bill 54 is based on fear and not science and presently it's looking like Fear Wins.





Ottawa won't appeal marijuana ruling, will address rules

By Mike Hager Mar 24/16 theglobeandmail.com

Ottawa has decided not to appeal a Federal Court ruling that struck down a ban on patients growing their own medical marijuana, and instead will rewrite its rules by the end of the summer to make cannabis more affordable and accessible to patients.



Winning lawyer hopes for path out of deepest weeds on pot file

By Cristin Schmitz Mar 11/16 lawyersweekly.ca

The latest Charter ruling striking down the federal medical marijuana regulation regime as arbitrary and overbroad could help the Liberals implement their campaign pledge to legalize marijuana for recreational use, suggests the lawyer who has led a series of successful court challenges to Canada's cannabis laws.



Medical cannabis access in Canada in light of the Allard decision

By Lauren Blumas Jenna Valleriani Mar 3/16 rabble.ca

Each week, new retail storefronts are opening in the city of Toronto. But these aren't your average retailers. Medical cannabis dispensaries, storefronts which dispense cannabis on-site to those with medical conditions, have historically operated on the margins of the law, providing access to patients since a time in Canada when there was no legal means of doing so.



Ontario government to clamp down on vaping and medical marijuana

By Robert Benzie Mar 10/16 thestar.com

The Ontario government is vaporizing the use of medical marijuana in public places, the Star has learned. In a major policy U-turn, Queen's Park will ban the smoking and vaping of medicinal pot in all enclosed public places, workplaces, and many outdoor areas as well as curb the use and sale of e-cigarettes.



Medical marijuana users steamed by ban after Liberal U-turn

By Rob Ferguson, Robert Benzie Mar 10/16 thestar.com

Medical marijuana users are hopping mad about Ontario's new curbs on toking and vaping for medicinal purposes. As first disclosed by the Star, Premier Kathleen Wynne's government is banning the use of cannabis in all enclosed public places, workplaces and most outdoor areas.



Ontario Cannabis Community Unites To Lobby Vape Ban

By Brent Constantin Mar 16/16 cannabisincanada.ca

With less than 40 days left for public feedback for the Ontario government before new legislation is drafted to ban the use of medical cannabis in public, members of the community held an emergency meeting to discuss what can be done.

Here Are the Weed Products You'll Probably Never Be Able to Afford

By Manisha Krishnan Mar 17/16 vice.com

Along a bougie strip of colourful brick businesses on Toronto's King St. West that includes doggie spas and cupcake bakeries, sits 416 Medicinal Health Centre, one of the city's most high end dispensaries. It's currently carrying some of the most sought-after—and expensive—cannabis products in the country, including a strain that has its own mythology based on a bull-riding weed grower from the '80s.



Segregating Medical Marijuana Patients Isn't The Answer

By Quito Maggi Mar 18/16 huffingtonpost.ca

How do we balance between maintaining the rights of individuals who are ill, while respecting the natural discomfort people feel around illness? Should we even have to ask this question as a matter of public policy? In Ontario, at least, it appears the government has decided that the public's discomfort with illness is more important than the rights and dignity of individuals who are ill, at least for some people.



U of C studies marijuana link to possible PTSD cure

By Bill Kaufmann Mar 17/16 calgaryherald.com

Medical marijuana's possible role in banishing fear in PTSD patients is being explored by a University of Calgary researcher. Italian memory scientist Dr. Maria Morena is taking a cue from indications the use of cannabis by those suffering from post-traumatic stress disorder, and a function of a brain associated with the drug, could be a key in treatment.



Banning Public Medical Marijuana Use Solves A Non-Existent Problem

By Quito Maggi Mar 21/16 huffingtonpost.ca

The Ontario government has a solution to a problem that doesn't exist. It is going to protect you and your children from the dangers of second-hand cannabis vapour. We've all experienced that annoyance, maybe on the bus, at work, in parks and malls in every corner of the province. Packs of medicinal cannabis users vaping their cannabis, wantonly blowing their cannabis vapour in our faces, laughing at us while they "get high." Call me sheltered, but I have never encountered it -- maybe this is a real problem.



Medical marijuana groups say increase in veterans' pot claims no shock

By Redmond Shannon Mar 15/16 cbc.ca

Two of the leading Canadian companies that help veterans file reimbursement claims for medicinal marijuana say the spike in payments from the federal government over the past couple of years comes as no surprise. Trauma Healing Centers and Marijuana for Trauma were responding to Veterans Affairs Minister Kent Hehr launching an internal program review.



Charlotte's Web stopped at Canadian border

By Kelly Hayes Mar 22/16 globalnews.ca

A Summerland couple is sounding the alarm after learning that the medical marijuana they give their granddaughter has been held up at the US border. And they say the health of dozens of Canadian children who rely on medical marijuana is being put at risk because of a crackdown by Canada Border Services Agency. Kelly Hayes reports.



CANNABIS & YOU



Tailoring Cannabinoid Therapy to Crohn's Disease

By Goocy Rabinski

March 1/16 Originally published at <http://greenflowermedia.com/>

“It's no fun looking at food and wondering what it's going to do to me,” said the 44-year-old Crohn's patient to me during our interview.

“Can I eat it? Am I going to be in deep pain?’ Fears of what you can and cannot eat...they get to you. Marijuana helped me want to eat,” he said gratefully.

Those were the words of Al Graham, a Crohn's patient in Ontario, Canada, who has successfully managed his disease for more than a decade with the

aid of cannabis.

As a legal cultivator under federal law in the Great White North, Graham is able to focus on particular strains in an effort to target his condition with specific cannabinoids. In other words, Graham has been able to treat his condition with cannabinoid therapy.

What is cannabinoid therapy?

FACT: Cannabinoids are the special therapeutic molecules found within the resinous trichome glands of the cannabis plant's mature flowers. As of 2016, researchers have uncovered more than 110 cannabinoids possible in this plant.

As you began to learn about the nature of customized cannabinoid consumption, you will come to better understand how this unique and powerfully medicinal plant interacts with the human body by way of the endocannabinoid system.

Simply put:

“The discovery of the endocannabinoid system in the last decade of the 20th century has provided the rational basis for understanding the therapeutic value of cannabis and its various components.” – Dr. Sunil Aggarwal, M.D., Ph.D.

Cannabis is a very complex medicine. With so many cannabinoid combinations, it can be confusing to the newcomer.

But tailoring cannabinoid therapy for any illness can be simple once you understand the medical properties of cannabis and how to consume it. In the following case study on Crohn's disease, we look at the two major cannabinoids, tetrahydrocannabinol (THC) and cannabidiol (CBD) – and an important acidic precursor, THC-A.

More specifically, we will examine:

- What is Crohn's disease and how does it affect patients?
- Does cannabis have efficacy in the treatment of Crohn's?
- If a patient were to adopt cannabis to treat their Crohn's, how would they do so?
- What major cannabinoids should be used to target Crohn's and its specific symptoms?
- What are the best sources of these cannabinoids?
- What are the specific benefits of tetrahydrocannabinol, or THC?
- What are the specific benefits of cannabidiol, or CBD?
- What are the specific benefits of THC's acidic precursor, THC-A?
- What options are available to patients in terms of the consumption of these cannabinoids?
- How to consider cannabis therapy within the overall holistic context of mind, body, and spirit.

Diagnosis: Crohn's Disease

Imagine the following scenario: Your friend Susan, who you met in college, is a 44-year-old software development project manager in Houston, Texas. She has recently been diagnosed with the most common form of inflammatory bowel disease (IBD), Crohn's disease. Crohn's is a potentially fatal condition of the gastrointestinal tract involving inflammation, pain, nausea, and often extreme weight loss (the type experienced by sufferers of wasting syndromes like HIV/AIDS).

Scientists believe that Crohn's is caused by a combination of factors, including malfunction of the immune system, one's environment, and inherited genetics. It may also be triggered by extreme anxiety. About half a million people in North America suffer from this painful condition, which can also result in chronic diarrhea, bloody stool, fatigue, malnourishment, and even arthritis.

Case Study: Severe Crohn's

Unfortunately, your friend's case of Crohn's is one of the more severe that her doctor has diagnosed.

When Susan scheduled an appointment with her doctor and the nurse inquired as to her symptoms, she replied that she was suffering from the following:

- Intestinal pain and discomfort
- Loss of appetite
- Weight loss (although she downplayed this fact)
- Insomnia and poor sleep (from pain and anxiety)
- Generalized anxiety (from the unknown nature of the changes occurring in her body)
- Mild to moderate depression (from the fear of the potential severity of her condition and diagnosis)



How Cannabis Combats Crohn's

Consumption of cannabis will provide relief in three major categories for patients like Susan who are suffering from moderate to severe Crohn's and the litany of negative symptoms that accompany the condition.

#1) Cannabis will deal with the negative side effects of the pharmaceutical treatments Susan must undergo, such as the nausea resulting from chemotherapy and the anti-inflammatory drugs prescribed by her doctor.

#2) Cannabis will relieve the symptoms of her Crohn's, most notably pain, inflammation, and nausea. This is accomplished by THC, CBD, and THC-A (more on these cannabinoids in a moment). In fact, the greatest benefits derived from cannabis, aside from nausea relief, are as an analgesic (pain reliever) and anti-inflammatory agent.

#3) Cannabis will relieve Susan's core disease. A milestone study conducted in Israel in 2013 and published in the journal *Clinical Gastroenterology and Hepatology* revealed that 45% of human study subjects experienced “complete remission” of their Crohn's after eight weeks of 115 mg of smoked THC per day.

Targeting Crohn's with Specific Cannabinoids

Of the dozens of cannabinoids commonly found in the plant, two major examples, THC and CBD, and the acidic precursor to THC, known as THC-A, provide some of the greatest efficacy for Crohn's sufferers.

- **THC** is the infamous cannabinoid that delivers psychoactive effect and euphoria, along with a long list of medical benefits. Strains rich in this cannabinoid include Trainwreck, Gorilla Glue #4, and Juicy Fruit, among many others. In the Israeli study cited above, the cannabis employed was 23% THC and 0.5% CBD.
- **CBD** is a non-psychoactive cannabinoid that is known for helping cancer patients shrink tumors and dramatically reducing or even eliminating seizures in those with epilepsy. Most strains of cannabis are very low in CBD; one exception is AC/DC.
- **THC-A** is the non-psychoactive precursor to THC. “Raw” buds of cannabis contain very little THC, but plenty of THC-A, the source from which it is derived. When cannabis flowers are exposed to sufficient heat, excessive oxygen or light, or even just physical jostling, THC-A (a delicate, volatile molecule) breaks down into THC
- **CBN**: For insomnia, strains high in cannabinol (CBN) are very effective. CBN is basically “stale” THC, and is an excellent cannabinoid for encouraging sleep. Although the topic of terpenes – which are the aromatic molecular cousins of cannabinoids exceeds the scope of this article, myrcene is an example that, in volumes over 0.5%, is an excellent sleep aid and common to strong indica strains.

During a lecture in Costa Rica in 2015, Mara Gordon, a specialist in the development of cannabis extract treatment protocols for seriously ill patients, described how the cannabinoids THC, CBD, and THC-A are especially beneficial for patients with Crohn's and other forms of IBD and Irritable Bowel Syndrome (IBS).

“Crohn's disease, irritable bowel syndrome, the THC...activates the CB1 and CB2 receptor sites in the gut and it relieves the motility and inhibits the secretions causing inflammation. It makes everything in your stomach just work better,” said Gordon during her lecture.

Benefits of Cannabidiol (CBD)

Strains of cannabis that are high in CBD help reduce the sometimes severe inflammation and discomfort suffered by Crohn's patients. CBD also delivers an anti-bacterial effect that is important because "opportunistic" infections are often present in people who have chronic gastrointestinal conditions.

Other Avenues of Consumption

There are a few potential delivery systems that should be taught to Susan, who has traditionally smoked cannabis flowers a few times a month from a joint or glass pipe. Because she is familiar with it, smoking is a valid option for Susan.

Let's look a little more closely at some of the different cannabis delivery systems:

- **Smoke:** Even within the category of smoking, many options are available. Both flowers and concentrates can be smoked. Avenues of smoking include joints, pipes, bong, and a variety of exotic devices designed to allow the consumption of combusted cannabis. Pros include fast onset (about 2.5 minutes) and inexpensive smoking devices.
- **Vapor:** Both flowers and concentrates can be vaporized. Vaporization offers the benefit of harm reduction by completely eliminating the carcinogens and toxins produced when the flowers of the herb are burned. Onset is fast, identical to that of smoking.
- **Edibles:** Many patients prefer edibles to all other forms of consumption. Today, legal states offer edibles in the form of not only baked goods, but also energy drinks, chocolate bars, and even chewing gum. New types of edible products are being introduced to market in legal states on nearly a weekly basis. Cons include a slow onset of 45 minutes to two hours and difficulty in determining dose.
- **Tinctures:** These are the oldest and lowest tech form of cannabis concentrate. Tinctures are typically available in the form of a liquid that is administered sublingually via an eyedropper. This is also how most of America treated itself for minor aches and pains during the 100 years leading up to prohibition in August 1937. Sublingual onset is about 10 to 20 minutes, somewhere between smoking and edibles.
- **Topicals:** Topicals are useful for a variety of conditions, including the arthritis that accompanies some severe examples of Crohn's. Potent topicals in the form of sprays, creams, balms, and lotions can also be applied to the abdominal region of some Crohn's patients in an effort to decrease pain and intestinal motility.

Beyond the Disease: Treating Mind & Spirit

An important observation that should be shared with Susan is that restoring homeostasis and balance to her body. In other words, eliminating her disease and pain – involves more than simply cannabinoids and specialized endocannabinoid receptors.

Holistic health and physiological balance also involve mindfulness. This mindfulness must embrace the concept of using cannabis with intent. This special herb is so effective at stress relief, in fact, as to allow patients like Susan to rationally reflect on their disease and properly strategize a revised lifestyle to best combat it – in addition to gaining the confidence to execute on and maintain their plan.

Article has been condensed to fit. Please go to <http://greenflowermedia.com/article/medical-cannabis-and-crohns-disease-2016-3/> to read the complete article.



PATIENT IN THE NEWS



Medical marijuana advocate speaking to seniors curious about cannabis

By Michelle Gerwing March 22/16 ctvnews.ca

For years, Steven Stairs has advocated for medical marijuana users in Winnipeg—but recently, his audience has changed.

"It's definitely reaching a different demographic of seniors; that is much more unexpected than I ever thought it would be," he said.

Recently, Stairs has started hosting information sessions at assisted living centres because residents are curious about cannabis.

Myrene Hodgson created a list of things she'd like clarity on regarding medical marijuana; the Winnipeg senior is considering turning over a new leaf when it comes to weed.

"I tell seniors that doctors used to give me time frames for how long I would have vision," said Stairs, who has glaucoma. "When I was 16, they said I'd be blind by 40. Then at 20, I'd be blind by 30 and since I started using medical marijuana they don't give me a time frame anymore."

So far, Stairs has spoken at three different facilities, including Riverwood Square.

Staff there told CTV they wanted to bring in an expert on the topic to keep their residents up to date on advances that could affect their future health.

One senior especially interested is Myrene Hodgson, who used to think there was no place for marijuana in society.

"I thought, 'Too bad so sad' for the people who think they have to have it," she said. "But now I'd definitely like to know more about it because it's 'the thing' right now."

The Riverwood Square resident is not sick, just interested in learning more about the pros and cons of medical marijuana use.

Hodgson has made a list of things she would like clarity on, and is considering turning over a new leaf when it comes to weed.

"I am on the fence, but the high side of the fence," Hodgson said, adding she'll speak with a doctor before taking any leaps.



PATIENT IN THE NEWS



CN Tower restaurant refuses entry to man with medical marijuana

By Vincent Ball March 3/16 torontosun.com

BRANTFORD, Ont. — A Brantford man denied entry to Toronto's CN Tower restaurant because he carried medical marijuana wants to take his case to the Ontario Human Rights Tribunal.

“I have a (medical marijuana) licence and I had a couple of joints with me,” Mike Knox said. “I use it for chronic pain. I explained all of that, but security still wouldn't let me in.”

Knox said that, last Saturday, he asked CN Tower security to take his marijuana and lock it away while he, his girlfriend, Courtney Childs, and her two-year-old son visited the restaurant.

“I was told they couldn't do that, so there wasn't anything else I could do. We came in by train, so it wasn't as if I could go lock it in a car,” Knox said.

“We were really looking forward to having lunch at the CN Tower - it was supposed to be the start of a really great day for us. But instead it was a big disappointment. That ruined our whole day.”

The Human Rights Tribunal resolves claims of discrimination and harassment brought under the Human Rights Code through a process that includes mediation. If a mediated settlement can't be reached, then a hearing is held.

Childs said she CN Tower officials apologized and acknowledged that Knox shouldn't have been turned away. But she said there is a bigger issue at stake.

“He had medicine with him, something he needs and he has a license to use it. I carry medicine with me and I wasn't denied entry.”

Under Health Canada guidelines, people who have a medical marijuana licence can have with them the lesser of 150 grams of dried marijuana or 30 times their daily authorized amount at any one time. For example, a person allowed to consume two grams a day is allowed to carry a maximum of 60 grams.

Knox suffered internal injuries in a crash eight months ago. He is in constant pain and recently received a prescription to use medical marijuana.

Calls to CN Tower officials were not returned on Thursday.



Lollipops

By Medicalmarijuana.ca

Ingredients:

1/4 cup canna butter
1/2 cup light corn syrup
3/4 cup sugar
A few drops of food colouring (Your choice)
Lollipop sticks
Lightly greased cookie sheet
1 quart pan
Candy thermometer

Instructions:

Add butter, syrup and sugar together in 1 quart sauce pan.
Boil ingredients to 270 degrees and check temp with candy thermometer.
Once at 270 degrees add food coloring and turn down heat.
Layout lollipop sticks on greased cookie sheet leaving room to pour suckers onto them.
You can make the suckers as big or small as you want just be careful how much you eat.
Be careful about the sucker mix that is boiling it hardens pretty fast so have everything ready.



Devils On Horseback (Bacon-Wrapped Dates)

By Herb.com

Ingredients:

16 pitted dates
2 tablespoons goat cheese
4 teaspoons cannabutter
8 strips bacon, cut in half crosswise

Method:

Preheat the oven to 325°F. With a small knife, make a slit in each date and spread it open.
In a small bowl, thoroughly combine the goat cheese with the cannabutter.
Divide the mixture among the dates, pressing it into the center and closing the dates after filling.
Wrap a bacon slice around each stuffed date.
Put the dates, bacon seam down, on a baking sheet.
Bake until the bacon is crisp, about 10 minutes.





Majority of Canadians agree pot should be legal: poll

By Daniel LeBlanc Feb 29/16 theglobeandmail.com

A strong majority of Canadians agree with the Liberal government's plan to legalize marijuana, and half of them feel users should be able to grow their own pot at home, a new Globe and Mail/Nanos Research poll has found.



B.C. judge says minimum sentence for marijuana production cruel and unusual

By Jason Proctor Mar 7/16 cbc.ca

A B.C. Supreme Court judge says sending someone to jail for a minimum of half a year for growing more than six pot plants for the purpose of trafficking is cruel and unusual punishment. Justice Lauri Ann Fenlon's ruling is the latest in a series of judicial findings to reject the former Conservative government's legislation while citing a belief not all marijuana producers are criminals.



This Tiny Province Is Paving The Way For Cannabis Sales In Liquor Stores

By James McClure Mar 7/16 civilized.life

Prime Minister Justin Trudeau hasn't clarified where marijuana will be sold once his government legalizes it nationwide, but he has hinted that strains could be stocked alongside spirits in the country's liquor stores. And one province - New Brunswick - is leading the way in preparing the country's liquor stores for the challenges of handling cannabis sales.



How not to sell legal pot in Canada

By Jesse Kline Mar 7/16 nationalpost.com

The last time the Liberals proposed decriminalizing marijuana, we faced the real prospect of being penalized by our neighbours to the south. Now it seems as though our American friends have a burgeoning legal marijuana market of their own.



Health Canada flags 9 factors for Liberals to consider

By Jim Bronskill Mar 5/16 ctvnews.ca

OTTAWA -- As the Liberal government began moving on its commitment to legalize marijuana, Health Canada flagged nine key considerations -- from health risks and benefits to the experience of other jurisdictions, newly obtained documents show.



22,400 pot possession arrests under Trudeau so far

By Dana Larsen Mar 7/16 vancouver.sun.com

There has been over 22,400 arrests for cannabis possession in Canada since Trudeau became Prime Minister. I derive that number from the last reported rate of cannabis possession arrests in Canada of 160 per day, or one every 9 minutes. There is no indication that the rate of arrests has slowed since Trudeau took over, with many police forces explicitly saying they are continuing to enforce the possession laws as strictly as ever. Bill Blair agrees, saying he wants pot busts to continue.



Why marijuana laws still apply as Ottawa moves to legalization

By Tania Kohut Mar 11/16 globalnews.ca

While Canada moves toward legalizing marijuana, laws surrounding possession still apply. That means you could still get arrested, charged and end up with a criminal record for carrying even a small amount of pot.



Judges question simple marijuana possession cases as legality remains in limbo

By Ian MacLeod Mar 10/16 ottawacitizen.com

OTTAWA — Some criminal trial judges are questioning why people continue to be prosecuted for simple possession of marijuana while the Liberal government moves to legalize the narcotic, the country's most senior prosecutors told parliamentarians Thursday.



Canadian official causes stir with 'progressive' speech at UN narcotics conference

By Tom Blackwell Mar 16/16 nationalpost.com

The Liberal government used its first foray into the global anti-narcotics arena this week to signal a clear shift away from the war-on-drugs philosophy, promising more safe-injection sites, promoting “harm reduction” and touting its plan to legalize marijuana.



Legalized marijuana as a tax boon? Don't count on it

By Sean Davidson Mar 2/16 cbc.ca

It's not every day you find a few spare billion dollars in your pocket. But if you did, what would you do with it? That's the potentially happy problem facing the federal government and the provinces if Prime Minister Justin Trudeau follows through on his plan to legalize marijuana, according to the best efforts of some economists to — pardon the pun — read the tea leaves.



Just legalize marijuana — and sort out the details later

By Tyson Lowrie Mar 16/16 nationalpost.com

Of all of the promises the Liberals made in the lead-up to last year's election, one would have thought that legalizing marijuana would be an easy one to keep, as it would be pretty easy to do. The basis for marijuana's illegality in Canada is its inclusion in several schedules of the Controlled Drugs and Substances Act (CDSA). If Prime Minister Justin Trudeau is serious about his election promise, he should take the obvious first step and propose legislation that would



Drug policy expert says omission of marijuana reform in budget not a stall tactic

By Paula McCooley March 27/2016 ottawacitizen.com

The fact marijuana law reform was absent from the 2016 federal budget does not diminish Liberals' stance on legalization, a top drug policy expert says. Eugene Oscapella, a University of Ottawa criminal justice professor and lawyer who specializes in social policy development, says, in fact, that the omission of funding to regulate marijuana is actually a good thing given the government should be focused on a health-based approach, rather than viewing it as a major source of tax revenue.

Flashback 420 Niagara

By Al Graham

As I write this, the local annual 420's are about to begin for 2016. Because of this and deadlines I thought I'd take a trip down memory lane. Presently here in Ontario you can find so many 420 rally's that some of them seem to compete against each other, but it wasn't always that way. There was a time when there was only one such rally and it was held in Niagara Falls.

It had a very nice location with a small little park along Victoria Ave and right beside provincial highway 420. No joke there folks there is a 420 highway.

I attended my first Niagara 420 rally back in 2006 but in 2008 I attended and wrote about it for Treating Yourself Magazine. This is what I wrote back then.

Niagara 420 (2008)

From there we moved our sights onto the 420 celebrations in Niagara Falls Ontario, held there every year around April the 20th. Marco asked some of our members if we were interested in speaking and 2 of us agreed to. While the theme of the celebration was against the Conservative Bill C-26 and "Why Prohibition?" our members chose to talk about medicinal marijuana.

With a minimum 3 hour drive to the event, some of us went down a day early, while others drove there the day of the event. One member chose to go on the Magic Bus to get the celebration from the beginning. With everyone going at different times we set up a location where everyone could meet up. Picking the starting of the parade route seemed the best for everyone as it was the easiest place to find; besides the water falls.



When I arrived at the parking lot across the road from Victoria Park I soon found myself on the end of a TV camera. A freelance camera man approached Marco about him doing an interview. Marco quickly agreed and he spoke on what the parade was about and its history. Then the camera man turned his sights on me. This was my first ever TV interview and once I got the quick jitters over with things came out naturally. As it turns out Marco and I must have done a fine job in speaking, as part of our interviews made it onto City Pulse 24 News. WOW someone may have paid for what we had to say. Nice.

Everyone arrived on time and things were going good. Marco handed us the TY banner so that we could hold it open for everyone to see. We weren't alone as other people with banners and signs joined us near the road. Many of the drivers that passed by Victoria Park would send out loud blasts of approval, from their car horns, as they drove past not only at us but the whole group of people there.

After a little while the crowd made their way down Victoria Park Avenue towards Clifton Hill. Clifton Hill is known as the tourist hub of Niagara Falls. It's a steep hill that makes its way down to the Falls, which is covered with lots of amusement locations for the tourists to visit. With so many Canadians and tourist there to visit, the Falls as our back drop and the U.S right across the river gorge, this sure makes for a great spot to march. As we made our way along the parade route the crowd slowly got larger as others joined in. By the time we got onto Clifton Hill it was very crowded which made it hard for everyone marching to stay together. In the end we all got through the crowds and made our way down near the Falls for the crowd to hear the event speakers, speak.





The event organizers made their way to a raised area that leads to the Falls viewing platform. This made for a perfect spot to speak as we were well above the crowd. We got the TY banner positioned right behind the speaker's podium which we believed would be a perfect spot for all to see it. Lynda could be seen getting her picture taken with people as everyone liked her sign. Marco got things going and one by one the speakers took their turn. Some talked about the new laws that the Conservative want to bring in, while others like us talked about the medical use of marijuana.

For me it was a new experience as I had never spoken in front of a marijuana crowd before. Years ago when I was the vice-president of the local hockey association, I would speak in front of all the parents during the association's annual banquet but that was then and this was now. On this day the nervous nellys were setting in but I just kept

focused on what I was going to do. I had my speaking notes in my hand as I paid close attention to those that went before me to see if I could pick up some pointers. When it became my turn, I knew how I was to get my speech started. I informed the crowd that I was there celebrating with them but also with my wife, Gayle. I then turned to her and wished her a "Happy Anniversary" in front of the crowd as we were celebrating our 23rd wedding anniversary on this day.



My speech touched on my illness and the benefits that I have found with having cannabis as my medication of chose. I informed the gathering that I have not used any opiate pain killers like morphine, perqs or any other narcotic since the third day I came home from the hospital. I also talked about some of the things our group had accomplished so far. This includes the award winning video done at our local college. The video, called "Growing Relief", won Best Documentary of the Year at this college. The video features one of our members battle with MS. It also includes an in depth interview with the doctor to this patient and others within the group.

When we first saw the video there wasn't a dry eye in the house. Since we're all so happy with it we plan on using to help educate others.

With their permission I also touched on some of the group members and how marijuana has helped them. I mentioned how one lady has been off of her medication for a mental illness for a year. With her doctors guidance she has dropped all those pharmaceuticals and has just used cannabis to help her out. The doctor has been impressed with her to date. They have sent her for an IQ test which has shown an increase in this person IQ. Another lady that has been able to stop using the walker she was given a while back. Now she only occasionally uses a cane. I also touched on what our group does. This would include helping people fill out their exemption paperwork or supply them with medical information to education someone.



We would like to thank the Marco's for asking us to participate in this educational event."

Now that 8 years have passed, the only thing I'd like to add to this article is to say..... HAPPY 31st ANNIVERSARY GAYLE!!!

Gwen Repetski's Struggle for Life

By Owen Smith October 2, 2015 Originally published at cannabisdigest.ca

Since the Supreme Court ruling earlier this year that consummated our six year constitutional challenge, I'm commonly asked by people how I feel. It's easy to say that I am very happy with the outcome insofar as it has helped innumerable people that I have never met escape unnecessary suffering.

For those who wish to understand more and who are patient and interested enough, I then begin to unravel the details of whichever of the many patient stories that comes to mind in that moment. While working at the Victoria Cannabis Buyers Club and introducing hundreds of people from all walks of life to medical cannabis, I became accustomed to the never-ending flow of heart-breaking patient' stories and the consequent upwelling of gratitude for offering an alternative.

A major example has been the emergence of dozens of high profile cases concerning very young children with different kinds of epilepsy during the course of my six year constitutional challenge. Sanjay Gupta, CNN's chief medical expert released three investigative reports on such children and their families and caregivers. ([Link to Video](#)) It has been my great honour to meet some of the parents and their children who have found relief from suffering by using a cannabis based medicinal extract. At this year's Lift forum in Toronto I received grateful embraces from a some of these parents in attendance including one Alexander Repetski, the father of three year old Gwen.

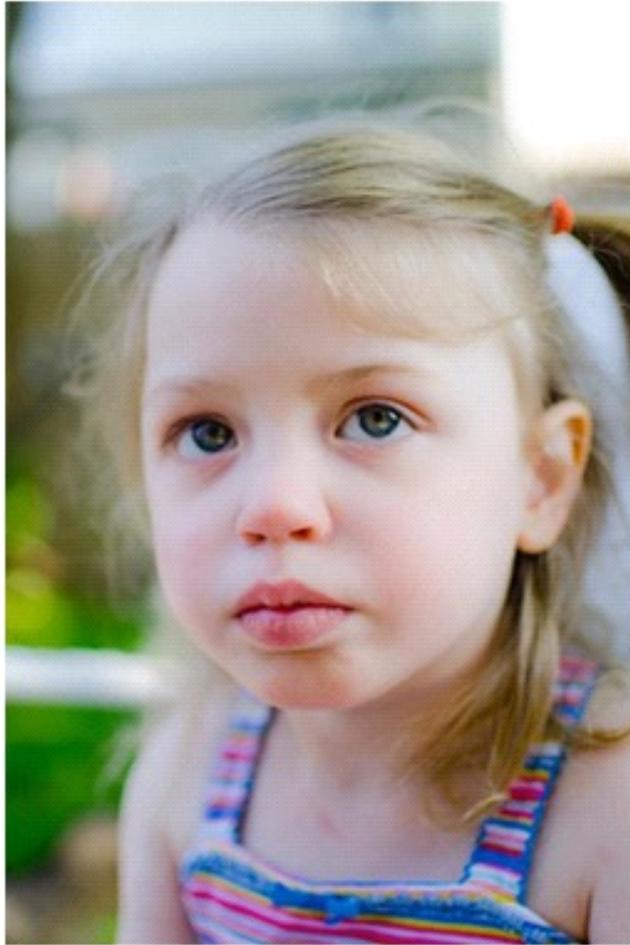


While it is certainly true that despite our successes earlier this year with the Supreme Court, the mighty cost of following through on our principled quest served as a punishment in itself, but \$140,000 seems like a bargain when looking Gwen Repetski's vital, engaging eyes and considering the dramatic life changing effects that our efforts have had. By working at the Victoria Cannabis Buyers Club and breaking the law to meet the medical necessities of the community, I knew the risks I was taking on, but I did not know the extent of the benefits that my actions would create, nor did I know how good it would feel.

When I see the youthful curiosity in the Gwen Repetski's glistening eyes, I feel a fluttering in my heart along with a sensation of lightness. They make me want to dance.

Alex's daughter Gwen was diagnosed with intractable epilepsy at 3 months old. After 9 traditional therapies were tried, Gwen was still experiencing major seizures as well as consistent sub-clinical seizure activity. Sub-clinical seizure activity occurs without the physical shaking that is commonly recognized, "it's like your brain is being scrambled", which was preventing Gwen's natural development. At 6 months old she suffered major side-effects from her steroidal injections, gaining 11 lbs. in 10 days, almost doubling her body weight. As any parent will tell you, if a treatment holds the promise to end your child's ongoing seizures, it is worth a try.

While researching her condition he discovered cannabis. Alex found evidence dating back over 150 years that reported cannabis as an effective treatment for seizure activity. During approximately 2000 hours of research, Alex found studies showing the anti-spasmodic properties of cannabinoids and research affirming the general safety of its use. He presented his findings to the team of doctors that were taking care of Gwen. After some difficulty, one doctor took the time to read the studies that Alex brought him and was convinced that cannabis wouldn't hurt her. He agreed to help Gwen access the MMPR.



Alex found Avidkel on the menu of MedReleaf. Avidkel is a high CBD strain with a content of 0.3 – 0.9% THC and 16 – 18% CBD originating from Tikkun Olam in Israel. Avidkel is among the most CBD dominant cultivars available. These strains incur little to none of the psycho-activity that is commonly associated with consuming cannabis. Avidkel is tested for contaminants before being sold to Alex in dried form, at which point he extracts the cannabinoids and tests his final product to ensure an accurate dose.

He admits this is a laborious process and would like to be able to purchase what is needed instead, but he does find some security in monitoring the whole process himself. It doesn't require a chemistry degree but some basic understanding is important. He dissolves the concentrated cannabis into Avocado oil before administering a precise number of milligrams of each cannabinoid in a specific millilitre dose orally with a syringe.

Gwen hasn't had a seizure since the second day of her treatment. EEG's have continued to show no sub-clinical seizure activity. She is currently 80% through the process of weaning herself off of her previous conventional treatment, Valproic Acid (which didn't offer the seizure control or benefits they have seen with cannabis). Alex says that his detail-oriented process and the measured administration of mg. doses of cannabinoids in an edible oil makes sense to her physicians. Although she is still non-verbal, her doctors are pleased with her progress and continue to monitor her situation. Side effects from her cannabis use appear to be negligible.

Since the seizures have stopped, Gwen has restored her natural ability to learn skills, drastically improving her quality of life. She is now able to crawl, to walk with assistance and perhaps soon to run. In fact, in a recent conversation with Alex I learned that Gwen just recently stood up by herself for the first time. Gwen is now able to engage with her family, “her brother thought until now that baby sisters don't bother you.” He's quickly learning otherwise.

Until the Supreme Court Ruling came down in June, Alex was ready to fight for his daughter in court. He was technically breaking the law in the same way that I was arrested for in 2009. He was thankful for our victory and feels the ruling has lifted a weight from his shoulders. Sometimes breaking the law is necessary to prevent the suffering of another human being. In such cases as these, the risk of punishment is far outweighed by the rewards of compassion. In the words of another heroic parent, “you have never lived until you have helped someone who can never pay you back”.

Originally published at <http://cannabisdigest.ca/gwen-repetskis-struggle-for-life/>



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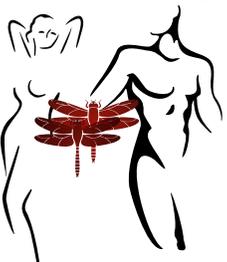
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