

GRASS ROOTS *Advocate*



What the studies show ...
**DOES CANNABIS TREAT
ANOREXIA?**

Medical Marijuana patients
RAYMOND HATHAWAY & MORGAN OULTON

Toronto, Ontario 2016
LIVE AT lift CANNABIS EXPO

The Case for
MARIJUANA DISPENSARIES

*Ontario Patients
Under Attack
Bill 178*



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Who We Are ...

P.A.C.E. ---- medical and non-medical cannabis advocates who promote 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.

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Cultivating Compassion By Georgia

www.georgiatoons.com



Eliminating the competition?

For the last three years we've been hearing Justin Trudeau talk about legalizing cannabis. He's talked about how it has to be controlled and regulated but has kept his plans close to his chest. He's told us a few things such as he'd rather have the money from cannabis sales go towards the government and not the criminal element. He has told us whomever works outside of this framework will be dealt with severely. But for some reason he wants us to wait until 2017 to learn how it's going to work but when will it start? Will it be six, nine or twelve months later? Meanwhile 50,000 Canadians a year will continue to get criminal records.

Recently here in Ontario it appears that corporations and our provincial government want to change the way that cannabis has been used by patients for many many years.

The first example of this happened in late May when the Toronto Police raided 43 cannabis dispensaries in the city. One would think that these locations were raided because of them dispensing cannabis but nope. During the police news conference they claimed that the raids were done to protect the citizens from products without labels. Think about this, should any police force use valuable resources and take officers from doing their regular duties in order to bust people for improper labeling? Dispensaries have been around for many decades and during this time no one

has died from using their products. So why after all these decades are unlabeled products now a concern?

It all seems a bit over handed to me and others with many believing it was done because the licensed producer had been lobbying local governments to shut the dispensaries down. During the news conference the advocates asked the police, "where are the victims?" but the response came as silence.

My second example is with Ontario Bill 178 that passed its third reading recently and is a law that will close down vapor lounges. It's already claimed some victims as 420 Sessions in Kingston and Vapor Social of Toronto have already closed or have announced their closing. Once this law is enacted medicating cannabis consumers will be forced to consume their medication where ever people smoke deadly tobacco. That's correct Bill 178 lumps cannabis, medical or otherwise into the Ontario smoke free laws which has left many people scratching their heads. It makes me ask, what proof do they have showing cannabis is as dangerous as tobacco and that's not just smoked cannabis but also when its vaporized.

Are laws no longer based on evidence or are they made on public hysteria? With Bill 178 it's clearly based on hysteria because when the Ontario government announced in November, that patients could medicate in public, they said that their legal counsel told them that banning cannabis publicly will lead to a constitutional court challenge. The public flipped out picturing patients medicating in McDonalds to the swing set on the playground so the government back tracked. In the end like all of our cannabis rights, this one will also have to be won in a court of law.

So with the raids at the dispensaries and the new laws being made against cannabis are people in authority positions and lobbyists trying to eliminate the competition before legalization?





Pros and cons of medical marijuana

By Cynthia Roebuck Apr 25/16 calgary.ctvnews.ca

While the federal government plans to legalize pot, doctors debate how effective medical marijuana is in dealing with health issues. "There's no question in my mind that I would rather my children use cannabis than alcohol," said Dr. Stephanie Mason, who is a specialist in psychiatry. Mason is one of a growing number of doctors who support the use of pot for chronic pain and other conditions. Mason has about 5,000 patients at her clinic, where they can get a prescription for legal, medical marijuana.



Victoria could allow 'edibles' at cannabis dispensaries

By Mike Hager May 2/16 theglobeandmail.com

The City of Victoria is considering rules for its illegal cannabis dispensaries that would be more permissive than Vancouver's landmark bylaw, permitting the sale of controversial "edibles" and allowing pot shops to be located closer to schools.



Auditor general asks Veterans Affairs to take reality check on medical pot use

By Murray Brewster May 3/16 thestar.com

OTTAWA—The latest report from the federal auditor general urges Veterans Affairs to get a grip on its medical marijuana program for injured ex-soldiers, which is expected to cost taxpayers a startling \$25 million this year. The latest report from the federal auditor general urges Veterans Affairs to get a grip on its medical marijuana program for injured ex-soldiers, which is expected to cost taxpayers a startling \$25 million this year.



Chemical in marijuana may help treat schizophrenia

By CTV London May 3/16 london.ctvnews.ca

Western University researchers have discovered that a chemical found in marijuana may be an effective treatment for schizophrenia by reducing psychiatric symptoms without the side effects of traditional medication. The study shows cannabidiol, or CBD, affects the brain in a way that makes it treatment option for schizophrenia.

Medical Cannabis Research Roundtable Urges Federal Investment in Research & Clinical Trials

By Arthritis Society May 4/16 arthritis.ca

TORONTO – May 4, 2016 – The Medical Cannabis Research Roundtable, a high-level group of physicians, clinicians, patients, health charities, experts and medical researchers, today urged the federal government to invest \$25 million over the next five years in medical research and trials into the health impacts and potential therapeutic benefits of medical cannabis.

Medical Marijuana Dispensary Crackdown Gets Priorities All Wrong

By Quito Maggi May 16/16 huffingtonpost.ca

We recently learned that Toronto Mayor John Tory has written a letter to the head of Municipal Licensing and Standards to ask for a report and recommendations for dealing with what he called the "verging on out of control" growth of medical marijuana dispensaries. He also said that pot shops are showing up in "what I consider to be unacceptable numbers."



Survey shows Canadian Hospital Pharmacists supportive of cannabis, need education

By Special to Lift May 16/16 news.liftcannabis.ca

The Canadian Journal of Hospital Pharmacy have released the results from a 2015 survey on medical marijuana sent out to licensed hospital pharmacists in Canada. The results show that while many Canadian hospital pharmacists find medical marijuana safe and effective, only 17% saying they consider themselves knowledgeable about marijuana for medical purposes. About 65% of respondents reported having no formal training on medical marijuana and over half reported not reading the MMPR.



City issues first business license to marijuana dispensary

By Mike Howell May 17/16 vancouver.com

The City of Vancouver issued Monday the first-ever business licence for a pot shop in the city's history to operators of a marijuana dispensary that will soon open on West 10th Avenue in Point Grey. Wealth Shop Society at suite 104-4545 West 10th Ave, which shares a parking lot with Safeway and in a complex that includes a law office, dentist and veterinarian, is a new retail dispensary and did not have an existing location in Vancouver.



Toronto police raid storefront pot shops suspected of trafficking

By Muriel Draaisma, Errol Nazareth May 26/16 cbc.ca

Raids on storefront pot dispensaries in Toronto where police believe marijuana is being sold illegally are being called "ridiculous" by some critics. "I guess we're all going back to the street to get our pot," said one man who identified himself to CBC News as John. He said he came to CALM's dispensary on Church Street in downtown Toronto "to get my meds, but unfortunately the police have broken down the door and told me they were out of business.



Police chief defends marijuana raids at unruly news conference

By Christopher Reynolds Fri., May 27, 2016 thestar.com

It was meant as a calm follow-up, to showcase drug seizures and justify the raids on pot dispensaries, complete with smashed door glass, of the day before. Instead, Friday's police news conference turned to turmoil as marijuana advocates hurled questions at Chief Mark Saunders while he laid out the figures of "Project Claudia." Officers hit 43 unlicensed marijuana dispensaries across the city Thursday.



Toronto's marijuana crackdown follows heavy lobbying by legal pot producers

By Peter Koven May 19/16 business.financialpost.com

TORONTO — This week's crackdown on illegal marijuana dispensaries in Toronto comes after an intense lobbying campaign by licensed pot producers, who became alarmed by the brazen growth of the black market and the threat it poses to the industry.



Toronto Police Try To Convince Us Marijuana Dispensaries Are Dangerous

BY Michelle Da Silva, Kate Robertson May 27/16 nowtoronto.com

Toronto Police Service and the City held a theatrical press conference today to show off all of weed they're heroically protecting us from through yesterday's dispensary raids, dubbed Project Claudia. There were 90 arrests, 186 charges for possession for the purpose of drug trafficking and 71 criminal charges for cash proceeds. They also, unsurprisingly, seized a lot of pot, edibles and topicals, which were on display to showcase just how much was on offer to Torontonians (269 kilograms of weed, 30 kilos of resin, 24 kilograms of hash).



DOES CANNABIS TREAT ANOREXIA?

By Gooley Rabinski
Oct 1, 2015 whaxy.com

Anorexia nervosa, more commonly known as anorexia, was first discovered in 1873 by William Gull. It is a psychiatric condition resulting in an eating disorder characterized by low body weight and an irrational fear of gaining weight. Anorexia, which typically strikes teenage women and afflicts about two million people worldwide (eating disorders overall afflict 24 million), involves body-image issues in cultures that too often market clothing fashions using emaciated supermodels, giving young women unrealistic — and unhealthy — perceptions of their own bodies.



While only about 0.3 percent of men suffer the condition, 1-3 percent of women are believed to have anorexia. The condition most often afflicts white adolescent females from middle and upper socioeconomic classes. In addition to severe weight loss and malnutrition, anorexia can result in anemia, digestive problems, loss of bone density, and heart-rhythm disturbances — as well as imbalances in hormone and electrolyte levels.

Some anorexics resort to food purging (forced vomiting) following a meal to give the impression that they are eating regular meals and to hide their condition from those around them. If done on a daily basis, this may cause severe sensitivity in the esophagus and even lead to stomach and throat damage. The vicious cycle of hyper-critical self-image assessment, leads to avoiding food or purging, results in a lack of proper nourishment. This, in turn, can produce a variety of conditions, including lack of energy and fatigue, weakness, and difficulty dealing with things like the common cold or allergies.

In 2013, anorexia killed about 600 people. Roughly five percent of those who suffer long-term anorexia will die of the condition over a ten year period. It frequently results in depression, with suicide being one of the leading causes of death among those who suffer anorexia. Beyond psychological factors, it can also be caused by stomach disorders, reactions to medications, and the use of hard narcotics like heroin and cocaine.

Appetite Stimulation

Cannabis can be an effective treatment for anorexia for a number of reasons. First and foremost, it is a powerful appetite stimulant. One of the ages-long memes associated with marijuana is the onset of severe hunger (“the munchies”), with scenes involving stereotypical pot-smoking college students scarfing down bags of Doritos and Oreos. In fact, the three greatest efficacies of cannabis as medicine



are appetite stimulation, pain reduction, and its role as an anti-inflammatory (making it good for everything from Crohn's disease to arthritis to strokes).

Using cannabis to stimulate the appetite of severe anorexia sufferers, some of whom refuse food, is also a more humane and less traumatic treatment than a feeding tube. Anorexia patients suffering from debilitatingly low self-esteem gain no psychological benefit from enduring the discomfort and embarrassment of a feeding tube. Cannabis also decreases the anxiety suffered by patients due to their psychological condition and may help them to open up to counselors, medical professionals, or parents about their self-image perceptions and reasons for refusing food or purging.



Dr. Donald Abrams, a professor of clinical medicine at the University of California and medical cannabis advocate, wrote in 2011 in response to a study that showed a synthetic form of THC was effective in stimulating appetite in cancer patients: “I don't think there's anything startling about the fact that cannabis or cannabinoids increases the appetite. That's been well known for years.”

The Studies

A review of the studies indicating that cannabis and, specifically, the cannabinoid THC are effective treatments for loss of appetite in cancer and HIV/AIDS patients is appropriate when considering the effectiveness of cannabis for anorexia. A 2002 study revealed that cannabis treatment helped a group of Alzheimer's patients who had previously refused food to gain weight. However, the same study revealed that patients with anorexia nervosa gained little similar effect from the same cannabinoids. “In patients diagnosed with primary anorexia nervosa, there was no measurable cannabinoid effect, presumably because the underlying pathological mechanism is not loss of appetite.” This study illustrates that anorexia is a psychiatric condition that manifests itself physically, for which the appetite stimulation provided by cannabis may not be a complete solution or target the root cause.



A study conducted by the Michigan Department of Health in 1982 involving cancer patients undergoing chemotherapy and seeking to alleviate nausea and vomiting involved 165 participants who were randomly placed into one of two control groups: Those using cannabis and those taking a pharmaceutical drug called Torecan. If the initial treatment was declared a failure, patients could elect to switch to the alternate therapy.

This unique study revealed that 90 percent of the patients who received cannabis desired to continue using it; only eight of 83 patients randomized to marijuana chose to discontinue and try Torecan. However, of the Torecan group, 22 of the 23 patients elected to discontinue its use and switch to cannabis. The study concluded that 71 percent of the patients who received marijuana reported no vomiting and only moderate nausea following chemotherapy treatment.

The study, when publishing “serious side effects” related to the use of cannabis, found the most common to be increased appetite, with 32 percent of patients reporting enhanced hunger.



In 1999, the Institute of Medicine in Washington, D.C. (a nonprofit organization founded in 1970 as part of the National Academy of Sciences) released a detailed report regarding medical cannabis. The report, an examination of 15 previous studies, concluded that “accumulated data indicate a potential therapeutic value for [cannabis] drugs, particularly for symptoms such as pain relief, control of nausea and vomiting, and appetite stimulation.”

It has been found that the body's endocannabinoid system plays a major role in mediating hunger and stimulating appetite. A 2011 study published in the journal *Biological Psychiatry* found a link between anorexia nervosa and bulimia based on a brain malfunction that leads to a loss of endocannabinoids. Because the endocannabinoid system is known to regulate bodily functions such as hunger, this endocannabinoid deficiency results in a distortion of appetite.

The study concluded that the functionality of CB1 receptors in the brain and nervous system, which bind with THC, was reduced in the brains of women with anorexia. The study reported: “The role of endocannabinoids in appetite control is clearly important. These new data point to important connections between this system and eating disorders.”

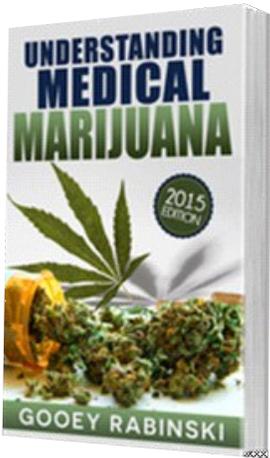
A 2013 study published in the European Journal of Nuclear Medicine and Molecular Imaging confirmed the 2011 study published in Biological Psychiatry by finding that “widespread transient disturbance” in the endocannabinoid system plays a major role in eating disorders like anorexia. It found that such “disturbance” occurs primarily in the CB1 receptors of the brain and nervous system.

“Several lines of evidence strongly implicate a dysfunctional endocannabinoid system (ECS) in eating disorders.” A study published in the journal Innovations in Clinical Neuroscience in 2014 revealed that rodents that were put into an anorexic state of being, after returning to regular diets and exercise levels, fully recovered only if they had been administered cannabinoids during the test. Subjects deprived of cannabinoids during anorexia remained in an anorexic state, even after food conditions returned to normal. The report concluded: “The control group, which was given cannabinoids in its feed, [recovered].”



Gaining a Better Perspective

From a psychological perspective, cannabis therapy may assist anorexia patients in gaining a more realistic understanding of their body type and decrease the stress, anxiety, and depression that commonly accompany a patient's false perception that they are overweight — when, in fact, they are actually underweight and malnourished.



Because an irrationally skewed body-image is the root psychiatric cause that leads to many different eating disorders, including anorexia, the soothing, mellow psychoactive effects of cannabis and THC may help patients gain insight into their condition and a more realistic perspective. If self-perceptions that are more based in reality lead to less depression and anxiety and, thus, the consumption of more calories, cannabis and THC may offer much more than mere appetite stimulation.

Originally published at <https://www.whaxy.com/learn/does-cannabis-treat-anorexia>

To learn more about Goey and his book please go to <https://goeyrabinski.com/>



Marijuana for Medical Purposes Regulations

Information	http://www.hc-sc.gc.ca/dhp-mps/marihuana/index-eng.php
Regulations	http://www.laws-lois.justice.gc.ca/eng/regulations/SOR-2013-119/
Commercial Suppliers	http://www.hc-sc.gc.ca/dhp-mps/marihuana/info/list-eng.php

Medical marijuana patient launches \$1M lawsuit over dispensary crackdown

By Manisha Krishnan

Jun 8/16

citynews.ca

Note: condensed to fit

A medical marijuana patient has filed a human rights complaint against the City of Toronto demanding \$1 million because the dispensaries closest to him were shut down during the Project Claudia raids.

Raymond Hathaway, a paralegal who uses a cannabis extract called Rick Simpson oil, aka Phoenix Tears, to treat an inoperable tumour in his spine, told VICE that dispensaries in Scarborough, where he lives, were targeted by Project Claudia. As a result, he said he can't access the medicine he needs to treat pain and swelling caused by the tumour. He's now suing the city for infringing on his rights.

"I consider this harassment and direct attack on my security of person specifically targeting medical cannabis patient access," Lee wrote in one of two emails addressed to the city and the Human Rights Tribunal of Ontario. Lee shared the emails with VICE.

Having to hunt for new dispensaries to source the oil has "left me with less money resulting in less medication and more pain," he said.

"As a person with a diagnosed inoperable tumor I am now wasting an inordinate amount of my limited time sourcing and trying to find medication I was using a very specific topical treatment and a very effective oral treatment that is now gone."

Following the Project Claudia raids, Toronto police said legitimate medical patients would still be able to access cannabis through the federal government's Marihuana for Medical Purposes Regulations (MMPR). But Health Canada-approved licensed producers do not carry Rick Simpson oil.



In February, the MMPR program was ruled unconstitutional by a federal judge, who said patients should be able to grow their own weed. The government has been given six months to revise the legislation. Additionally, the Supreme Court last year ruled patients have the right to consume cannabis in any form, including edibles. "The city is enforcing bylaws, and police the Controlled Drugs and Substances Act, based on an unconstitutional program that continues to violate access rules even to this day by not offering all medical marijuana products," Hathaway wrote in his email.

He demanded city officials prove his medication was harmful, and show there are THC "victims" and that labels on products in dispensaries are inaccurate.

Hathaway told VICE he's not heard back from the city (respondents have 35 days to file a response to a human rights complaint). He's encouraged other patients to file similar complaints.

A spokesperson for the city told VICE the municipal licensing and standards department, which laid zoning violation charges against dispensaries, is not aware of the complaint. Despite the crackdown, some dispensaries in Toronto have remained open.

Pot activist Jodie Emery meanwhile has expanded her Vancouver-based Cannabis Culture dispensaries to Toronto, having just opened up two completely recreational pot shops on Queen Street. "Am I nervous? Yes. But I'm not going to stop fighting for a cause I believe in," said manager Tyler McDonald, who described the city's crackdown as "marijuana hate."

He said there were around 300 customers who came by Monday alone. "It's been non-stop all day." Toronto Mayor John Tory has said he had nothing to do with the raids and arrests. "When it comes to... alleged drug trafficking and the absolutely unregulated location of these stores popping up all over the place, going from like 30 to 100 in the space of about a month, I think common sense told you that was not a tenable situation," he told reporters Monday.

The Liberal government is expected to roll out marijuana legalization next year.

Note: Condensed to fit.. Originally published at <http://www.citynews.ca/2016/06/08/vice-medical-marijuana-patient-launches-1m-lawsuit-over-dispensary-crackdown/>

PATIENT IN THE NEWS



No cannabis in Nova Scotia group home, despite girl's prescription

By Phlis McGregor Jun 08, 2016 cbc.ca

Note: Condensed to fit

Parents of a girl with severe epilepsy want to try treating their daughter with medicinal cannabis, but because she's living in a provincial care home, Nova Scotia's Department of Community Services won't allow it. Morgan Oulton was born with multiple brain abnormalities and suffers from various forms of epilepsy. The 12-year-old has also been diagnosed with a variety of behaviour disorders, cognitive impairment, as well as autism. Since she was three-years-old,

Morgan has been on a series of medications to control her conditions. The drugs have had various rates of success, but also side effects.

A vicious cycle

"We want Morgan [to have] an opportunity to try [medical cannabis] because we've just watched her deteriorate on a lot of these medications," her father, Brent Oulton, said. Chantelle Oulton describes the many drug treatments as a vicious cycle. She says anti-seizure drugs can cause behavioural problems and the drugs used to control behaviour can contribute to seizures, so at the age of 11, she decided to wean her daughter off all of them. At first it went well. Surprisingly, Morgan was seizure free for three months. According to Chantelle, Morgan's personality also began to shine through.

Too much to handle

"She started eating great, sleeping great ... cognitively, she bloomed," she said. "She wasn't the little zombie we had always had." At the same time, Morgan's energy level increased and she became too hard for her parents to handle. One time, Chantelle says, Morgan ran away and ended up on a nearby highway. "So now we have a very healthy, manipulative, conniving little girl. As great as it was, you suddenly couldn't cope with the full speed."

'Hardest decision'

The Oultons realized they could no longer provide the care Morgan needed. In Nova Scotia, for a child to be cared for in a provincial care home, the parents must sign over custody of their child to the province, which the Oultons did. "It was definitely the hardest decision we've ever made. It was completely heart-wrenching — that you can't care for your child anymore," Chantelle said.

Seizures return

But shortly after she arrived at YACRO, Morgan suffered two seizures which caused her to collapse on the floor. The doctors put her on an anti-seizure medication, which the Oultons say might not be a good fit for their daughter.

Since taking the drug, Morgan has had 10 grand mal seizures over nine months, and she has also had up to 20 smaller seizures in a day.

Morgan is now being weaned off the drug, and after it is complete, the Oultons hope Community Services will allow their daughter to try cannabis oil.

Cannabis prescription

After lobbying doctors for several years, Morgan's parents convinced their daughter's pediatric neurologist to allow Morgan to try cannabinoid oil. Despite having a prescription from Halifax's Cannabinoid Medical, so far, Morgan is unable to start treatment because she is in the care of the province. "At this point, experts in the field have advised against the use of medical marijuana for people under the age of 18," a spokesperson for the Nova Scotia Department of Community Services told CBC News in an email.

Cannabis denied, petition started

Chantelle Oulton says an email she received from one of Morgan's social workers told her the department was currently unable to support the plan and told them they are free to pursue the option of ending the current voluntary care agreement, and can have Morgan return home.

"We find it ludicrous that they expect us to terminate the contract for care to bring her home to try it, because if we do that and it does not work, we have no care options for our child," Oulton said. Brent and Chantelle have launched an online petition, which they plan to send to the prime minister's office, as well as Nova Scotia's minister of Community Services.

Originally published at <http://www.cbc.ca/news/canada/nova-scotia/medical-marijuana-epilepsy-group-home-1.3621091>

Chocolate Peanut Budder Balls

By Herb.co

PREP TIME 10 mins

COOK TIME 5mins

READY IN 15mins

Ingredients

1 1/2 cups peanut butter
1/3 cups crushed graham crackers
1 cup CannaButter
2 cups powdered sugar
1 tsp vanilla essence
12 oz chocolate chips



Method

In a large bowl, add the peanut butter, graham crackers, CannaButter, powdered sugar, and vanilla essence. Mix well.

Roll into balls and lay on a tray lined with baking paper.

Freeze your balls in the freezer until hard. Approximately 3 hours.

In double boiler, melt and stir the chocolate chips until a smooth consistency (add a tablespoon of butter if needed to make it smoother).

Remove your balls from the freezer and impale them with toothpicks.

Dip your balls into the melted chocolate.

Leave to set on a tray lined with baking paper.

Enjoy your delicious chocolate-nutty balls!



Chocolate Banana Smoothie

By Herb.co

Ingredients

4 tablespoons cannabutter
2 cups milk
1/3 cup half-and-half
1/2 cup Greek vanilla yogurt
2 bananas
2 tablespoons chocolate syrup
3 ice cubes



Method

In a sauté pan, melt cannabutter over low heat.

Place the melted butter in the blender with the milk, half-and-half, Greek yogurt, banana and chocolate syrup. Blend this mixture until smooth (at least 1 1/2 minutes in a high-powered blender). Then stop the blender, add 3 ice cubes, and blend until the consistency is creamy and smooth.



Exploring arguments for and against decriminalization in Canada

By Special to Lift May 2/16 news.liftcannabis.ca

With legalization around the corner, one big question remains. Although it has already been acknowledged, the topic of interim decriminalization is not going away. Justin Trudeau has clearly stated on several occasions there will be no effort to reduce arrests caused by cannabis possession or its general prohibition. This has left many Canadians scratching their heads wondering, why not?



Jean Chrétien says criminal records for pot possession 'completely unacceptable'

By Michael MacDonald May 9/16 cbc.ca

Jean Chrétien says politicians have to adjust to changing times, as his own views on marijuana, capital punishment and other contentious issues evolved after he was first elected in the early 1960s. Whether it's pot smoking, abortion, gay marriage or the death penalty, the former prime minister says he's tried to reflect the spirit of the times — even if his changing politics put him in conflict with his conservative upbringing in a large, Roman Catholic family in rural Quebec.



What marijuana legalization could mean for the workplace

By CBC News May 9/16 cbc.ca

Legislation to legalize marijuana is set to be introduced by the federal government next year, and workplaces will need to update their alcohol and drug policies, said workplace psychologist Jennifer Newman. Newman sat down with The Early Edition host Rick Cluff to discuss the effects of legalizing pot and the implications for the workplace.



Poll Says Ontarians Want Marijuana Sold In Dispensaries, Not Liquor Stores

By James McClure May 8/16 civilized.life

In total, 52 percent of respondents approved of dispensaries while only 34 percent disapproved and 14 percent weren't sure. In contrast, 51 percent approved of pharmacies selling marijuana, but 40 percent specifically disapproved of that model. Meanwhile, the majority of respondents rejected the idea of letting the LCBO - Ontario's chain of government-owned liquor stores - handle cannabis sales: 54 percent disapproved of that model and only 38 percent approved.



Canopy Growth Drives Social Responsibility with MADD Canada Sponsorship

By CNW May 16/16 newcannabisventures.com

SMITHS FALLS, ON, May 16, 2016 /CNW/ Canada's largest medical cannabis producer today announced plans to fund a national campaign to raise awareness of impairment in relation to operating a motor vehicle under the influence of cannabis. The campaign will be developed and administered by two of the country's leading organizations in promoting evidence based drug policy and safe driving, the Canadian Drug Policy Coalition (CDPC) and Mothers Against Drunk Driving (MADD Canada).



Trudeau must explain pot law

By Postmedia May 15, 2016 torontosun.com

Prime Minister Justin Trudeau promised to legalize marijuana in last year's federal election and it's time he started answering questions on when and how. Having Federal Health Minister Jane Philpott announce at the United Nations on April 20 -- or 4/20, otherwise known as Weed Day -- that Canada will introduce a law next spring was politically cute, but nothing more.



About half of Canadians who drive while high insist pot doesn't impair them

By Sharon Kirkey May 17/16 nationalpost.com

About half of pot-smoking Canadians who get behind the wheel while high believe the drug doesn't impair their ability to drive safely — and 20 per cent say nothing would make them stop driving while stoned. That's the conclusion of a new survey, suggesting considerable nonchalance about marijuana and driving. It comes as the federal government studies the idea of setting legal limits for driving under the influence of weed, similar to the legal alcohol limit.



Women Grow Edmonton plants seeds of entrepreneurship ahead of marijuana legalization

By CBC News May 31, 2016 cbc.ca

With marijuana legalization on the horizon in Canada, Edmontonians are starting explore ways they can get involved in what could be a multi-billion dollar industry. Women Grow Edmonton is already looking at how female entrepreneurs, in particular, can get in on the green. The group launched a month ago, with the goal of starting a conversation on the future of legal cannabis in Edmonton.



Liberals' pot policy is a big fog

By John Barber May 30, 2016 thestar.com

Somewhere in Canada at any given time, groups of federal cabinet ministers are clustering at the feet of a few famous gurus of the high art of “deliverology,” learning how to implement the promises that brought them to power by retreating to mountains and forests to absorb the wise words of international experts.



Canada's pot industry just failed its first test

By Kelly McParland May 30/16 nationalpost.com

Something smells funny about the raids Toronto police launched last week on dozens of unlicensed marijuana dealers. Police shut down 43 marijuana outlets, arrested more than 90 people and laid hundreds of charges. They confiscated more than 270 kilograms of marijuana, 24 kilos of hashish, \$160,000 in cash, 127 kilograms of resins and spreads, and a big stash of drug-infused goodies, including candy, chocolate and 142 kilograms of pot-infused cookies.



Ontario Liberals shoot down effort to exempt vapour lounges and compassion clubs from new rules

By Ashley Csanady May 30/16 nationalpost.com

Ontario's Liberal government quashed on Monday an opposition motion to exempt vapour lounges and compassion clubs from new rules that would bar medical marijuana use anywhere cigarettes are already banned. Bill 178 seeks to amend the Smoke Free Ontario Act to treat medical marijuana smoke the same way it does tobacco. It was sent back to the house for a final vote from committee on Monday without a set of proposed changes that would have allowed medical pot use in some public spaces.



Toronto health board wants 'immediate' clarity on pot rules

By CBC News May 30/16 cbc.ca

The Toronto Board of Health is calling on the federal government to provide "immediate" clarity on pot rules, following police raids on dozens of marijuana dispensaries across the city last week. A motion passed by the board calls for a regulatory framework with a public health approach, ahead of the forthcoming federal legalization and regulation in 2017.

KEEPING PACE

LIVE at lift

By Al Graham



During the years 2010 to 2013 PACE participated in the former Treating Yourself Expo which was an event that brought the cannabis community together. It didn't matter whether a person lived in Toronto or half way around the world, it was an opportunity for people who only know each other through social media or emails an opportunity to finally meet in person.

While it allowed these important meet and greets to happen it was also a great way for people to learn about medical cannabis from those who were involved in it. Unfortunately since the TY Expo

ended there really hasn't been anything come along to attempt to replace it, until this past May. During the weekend of May 28-29 Lift Cannabis brought their Expo to the Metro Toronto Convention Center in the city's downtown which is the same location and the same weekend as the former TY Expo. I'm sure many were glad that it was being held in this location as it is wheel chair accessible and is connected to the public transit system within the city thus making it an easy venue to get to. While PACE was involved in the TY Expo, this time we were not involved in this event but we did participate in it in our own way and we didn't do it alone.



Al and Al meeting for the first time

Leading up to the Lift Expo I spoke with Al Rapp of Lifestyle Radio and Kim Cooper a co-host on The PACE Radio Show about attending but with a plan of doing a live broadcast from there. After some discussion and reviewing what equipment we would need it was decided that this was very possible.



Neil and Kim

As I mention above these events are a location or a time where people get to meet their social media friends in person and it was no different for us as this was the first time for Al, Kim and me to meet.

On the Saturday of the event we put our plan into action which was to spend the day touring the expo's floor talking with the vendors and the show goes in attendance. Our first interview of the day happened before we even got inside when Al spotted Sam Mallace standing out front. We talked to Sam for a few minutes about the cannabis producers before Kim's friend Neil came along who Kim gladly spoke to. After speaking with these two we moved inside and made our way to the floor of the Expo.

When we arrived inside we described to the listeners what we were seeing in order to help them visualize what the place looked like. While not exactly set up like the TY Expo it did have many similarities which includes everything from the carpet on the floor to where the vapor lounge and the stage were located. What was missing were the privacy walls as well some of the vendors that I got to know over time. There wasn't as much glass product but there were more people offering assistance to the licensed producers. The atmosphere was different as well as it was more about companies than about the cannabis consumer which is what TY felt like. From there we decided that we would walk up and down the aisles talking to the vendors. When we walked up and told them what we were doing all of them were very happy to accommodate us with an interview.

Throughout the day we talked with eighteen different vendors. This would include Brandon May a sales rep for CC Nexus who are Canada's largest cannabis seed wholesaler, Twist Master who had a \$35,000 trimmer setup in their booth. We even ran into Matt Mernagh of Peace Naturals who was there helping out with their mobile signing clinic, which by the way was book solid within a couple of hours. We were also able to talk with some of our old friends from the TY days such as cartoonist Georgia Toons and Franco of Greenhouse Seeds.

Not only did Al, Kim and I tour the vending area but we also went in and checked out the vapor lounge. We had walked past it earlier in the day and noticed that people had to prove that they were legal patients but when we arrived to go inside that was gone. All that was left were two security guards and not a single person asking for you to prove your legality. That's right, people were just allowed to come and go as they wanted licensed or not and all the security people did was stand around and get paid.



A sign at the Vapor Lounge entrance

When we left the lounge we continued our interviews with people but this time we talked with advocates such as Fabien Henry of Marijuana For Trauma as well as Lisa Campbell of Women Grow to cannabis author and Dana Larson of Overgrow Canada.

As the day ended we were happy what we had accomplished and we learned a few things. For me, it's keeping that mic close to my mouth and for all of us, doing this for five hours can be physically hard as we all paid for it for days afterward but it was all well worth it.

If you missed the broadcast you can find it at <https://www.spreaker.com/show/live-from-lift-toronto>

This event was the second one we have broadcasted live and I know it's not the last one. Peterborough Cannabis Day is next on our list so tune into Lifestyle Radio at <http://lifestylerradio.ca> to catch it and future live broadcast from cannabis events within our area.

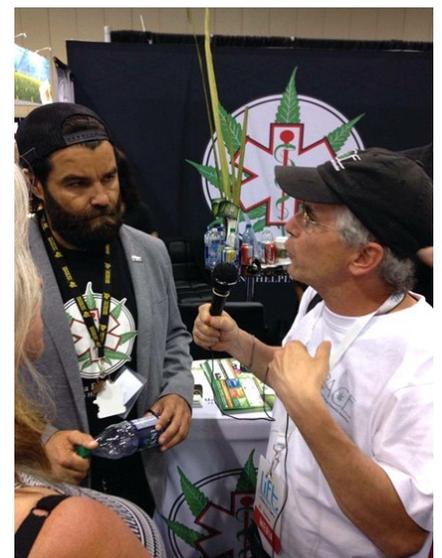


Matt of Peace Naturals and Kim

Once inside we spotted some friends in Deb and Lynda who had entered into the topical portion of the Lift Cup. Kim did an interview with them where they were able to talk about entering the cup to their result which was a third place finish.

While in the lounge we were able to check out the herb and concentrate equipment that was set up for people to test with their own medication. Yes it was a BYOB, bring your own bud set up. People were able to try out a volcano vaporizer or several small portable units with one that played video games to the top nail equipment in the Errlectic E-nail.

When we left the lounge we continued our interviews with people but this



Fabien Henry of Marijuana For Trauma and Al

THE BLOG SPOT



The Case For Marijuana Dispensaries

By James McClure May 19/16

originally posted at: civilized.life

Toronto Mayor John Tory says that the spread of illegal medical marijuana dispensaries in the megacity is "verging on being out of control," so he plans to crack down on the illicit industry through fines for bylaw infractions. But cannabis advocates argue that dispensaries are cleaning up the streets, serving patients' needs and rejuvenating communities.

On May 17, dispensary owners gathered at The Hot Box - a vape lounge in Kensington Market - to discuss ways to combat the proposed crackdown. But they aren't plotting to stage sit-ins at city hall or chain themselves to their shops. The message was to lawyer up and begin pressuring lawmakers like other industries do. "It's not time to protest," said Abi Roach - owner of The Hot Box. "It's time to lobby."

Roach is also the founder of the Cannabis Friendly Business Association (CFBA) - an advocacy group representing dispensaries as well as other stakeholders in the marijuana industry. We reached out to Roach and asked why she thinks Toronto and other communities should embrace dispensaries. Here's what she had to say.

1. Dispensaries fill a need

Right now, Canadian patients can only legally purchase select cannabis products through a mail-order system with licensed producers (LP's) approved by Health Canada. Abi Roach argues that these restrictions have created numerous gaps in patient care that dispensaries fill.

"People do not want their cannabis through the mail. They want human interaction. They want to talk to someone about the actual product. They want to know how it works. People need edibles, or pills or creams and whatever else. And the LP's just can't provide those services legally [due to government regulations]."



2. They make communities safe and prosperous

The only ones suffering from the dispensaries are street dealers, Roach told Civilized. "I've lived for 20 years in Kensington Market. And [the local] park has always been just a dealer hangout....Last summer, you could barely walk through that park without every other person asking you if you want to buy kush. Now you can actually take your children and go and play in the park with hardly anybody there....Cannabis shops have literally put them out of business because people [who want to buy cannabis] don't want to go to the park. It's unsafe. They would rather pay taxes at a nice, clean shop."

Meanwhile, the rest of the community is benefitting from an economic upswing created by the dispensaries.

"The whole neighborhood has really benefitted. Dispensaries bring a whole lot of new faces in - new clientele. And it's not like they just leave the cannabis shop and go home. They're walking around the neighborhood and go shopping. Dispensaries are bringing a revival for Kensington Market."

3. Police don't want a crackdown

Despite Tory's calls for a crackdown, police have said they will only intervene if someone complains about a specific dispensary. Roach sees their position as evidence that they don't want to interfere.

"To me, the police aren't interested in this. They have bigger problems to deal with. That's why it's on a complaint basis....So if law enforcement doesn't want to deal with this, then why is the city pushing so hard?" She also told Civilized that she's spoken to police who were sympathetic to dispensaries.

"The police were completely in agreement with me that they would much rather see people walk into a store where they're carded, the place is clean, they know who's in there, rather than having to chase guys down in the park all day long on their bicycles."



4. Patients and dispensers don't want to feel like criminals

Roach wants Toronto to license and regulate dispensaries so that their clientele - patients - don't have to feel like criminals. "People don't want to be criminals. They don't want to feel like a criminal. And they don't want to be sold their cannabis as though they were criminals. They want to walk into a clean shop and buy taxed, quality cannabis."

And dispensary owners that Roach works with don't want to act like criminals either. "They want regulations, and they want to pay taxes, and they want to be a business. They don't want to be in the black market anymore. And this is what the government is failing to understand on all levels, from federal to municipal. Cannabis is no longer a fringe thing. We're not a bunch of weirdos. We're just normal people. We're everyday people. We're me and you. And we don't want to be criminals. So when they think of making laws and regulations, they have to stop thinking with this prohibitionist mind and prohibitionist rhetoric. They have to think of us as people."

5. Regulating through the market

Like Mayor Tory, Roach was surprised by the recent spike in the number of Toronto dispensaries, which she estimates number around 120 right now. But she thinks that the best way to reduce that number is to let the market correct itself. "A better business is going to be the one that wins out in the end. And in reality, if there's enough demand for all these places to remain busy, then the market called for it. It's just the nature of business. So as opposed to trying to control it - like it's some evil thing - [municipalities] just have to look at it as the nature of retail business. That's how it works. And eventually, some of these shops will go out of business. The market will correct itself."



6. Why advocates can't be patient

The federal government plans to introduce marijuana legislation by spring 2017. So you might wonder why dispensary owners insist on pushing the issue by opening up stores now.

"Because if we didn't push the laws, we would never be where we are today...The cannabis community has always had to be two steps ahead of anything that the government does. Otherwise they would never do anything. So in order for the craft industry not to get pushed out by the LP's and the government, we have to put our feet in the ground with some concrete and just stick it out."

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