

# GRASS ROOTS

*Advocate*



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Having Trouble sleeping? ...

## 20 CANNABIS STRAINS TO HELP YOU SLEEP

Medical Marijuana patient

**RYAN MALAZDREWICZ**

Raids on Marijuana Dispensaries ...

## HOW PROJECT CLAUDIA HAPPENED

Celebrating Cannabis ...

**PETERBOROUGH CANNABIS DAY**

**HELP**  
**Canada**  
**LEGALIZE**  
**CANNABIS**

# INDEX

Page 2 CANNABIS CARTOON  
By Georgia Toons

Page 3 EDITORIAL  
By Al Graham

Page 4 HEALTH NEWS  
“Budtenders Wanted: Canada’s top Weed Jobs ...”

Page 6 CANNABIS & YOU  
20 Cannabis Strains to Help You Sleep

Page 9 PATIENT IN THE NEWS  
Ryan Malazdrewicz

Page 11 RECIPES  
By Herb.co

Page 12 LEGAL NEWS  
“Weed Sales should be restricted to LCBO ...”

Page 14 KEEPING PACE  
Peterborough Cannabis Day July 1st 2016

Page 16 THE BLOG SPOT  
How Project Claudia Happened

Page 18 DIRECTORY  
Signing Clinics, Compassion Centre Information & Vapor Lounge Locations

Page 19 GRASSROOTS DONORS  
Businesses who donate GRASSROOTS to organizations

Page 20 OUR GENEROUS SPONSORS  
Please support the businesses who support us!

## *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.

## ACKNOWLEDGEMENTS

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# EDITORIAL

By Al Graham

## “May the force be with you” ... but I doubt it



Back on June 30<sup>th</sup> the federal Liberal government announced that they had created a task force to figure out how to legalize cannabis. So when the time came I sat there watching the news conference on TV and wondered who would be involved in this historic decision making.

Of course the government got things going by saying why they are legalizing cannabis and for them it's about protecting the children. For cannabis advocates across our country it's about removing a bad law and replacing it with hopefully nothing but that won't happen.

One would think that some well-educated cannabis advocates would be involved in the process, unfortunately that doesn't seem to be the case. When the ministers read off the names, I only heard one name that I recognized as a cannabis person. To bad it wasn't a person who has been battling the trenches to end this insane war on cannabis. Instead it was cannabis researcher Dr. Mark Ware which I was happy to hear was included. I figured at least he'll be a voice of reason when the others start talking about the untruths and propaganda during their discussions.

While I don't know a lot about Dr. Susan Boyd, who is a professor at the University of Victoria and has done research into drug policy, the feeling I'm getting from the cannabis community is that she too will be a person who will help keep things sane during their talks. But from there I'm not sure what to expect other than something scary.

There are a couple of maybes in former Vancouver City Councilor George Chow and Dr. Perry Kendal who is a former public health official from Ontario and BC. Both have been involved with Insite, the safe injection site in Vancouver. Something Councilor Chow was originally opposed to when it first got started.

Unfortunately none of these people worked the trenches to bring cannabis law reform so close to reality. None of them represent the advocate who has worked so hard to bring this forward. From there ... it gets really gloomy.

There is a Marlene Jesso helping out who has 33 years in law enforcement with the RCMP. Her work was been around the Controlled Substances Control Act and doing workshops. Also from law enforcement is Mr. Rafik Souccar who served as a RCMP police officer for 34 years. The majority of his time was spent in drug law enforcement and drug awareness for youth. It sounds like he worked with the DARE program.

Former Liberal Minister Ann McLellan will lead this force but if her past is an indication of what to expect don't expect much in the way of help here either. Dr. B von Tigerstrom a professor from the University of Saskatchewan College of Law and a Dr. Catherine Zahn a mental health expert round out the Liberal government's task force.

They also announced that they want to hear from Canadians. To do so please go to <http://www.healthcanadians.gc.ca/health-systeme-sante/consultations/legalization-marijuana-legalisation/document-eng.php> to submit what you believe is right. When the news conference ended I thought to myself, it's going to take something out of this galaxy to make this right. So hopefully for cannabis advocates, the correct Star Wars phrase would be “may the force be with you” ... but I doubt it.





## A month after raids, Toronto shops still selling pot

By David Rider Jun 23/16 [thestar.com](http://thestar.com)

A month after police raids on storefront medicinal marijuana dispensaries, dozens continue to sell pot across Toronto including some raided outlets that have reopened. “We understand the liability of what we’re doing,” says Katey Asaph of Eden Medicinal Society on Queen St. W., which resumed sales to those with proof of an ailment or injury a few days after the May 26 raids that saw staff, including Asaph, hit with Criminal Code drug trafficking charges.



## Toronto's debate over medical marijuana, dispensaries pushed back to October

By Jonathan Rumley Jun 27/16 [cbc.ca](http://cbc.ca)

The debate to review the City of Toronto’s approach to medical marijuana and dispensaries was pushed back Monday until October, as one city councillor slammed recent police raids on dispensaries as a waste of taxpayers’ money. The municipal licensing and standards committee was expected to review regulations on Monday governing medical marijuana use and the proximity of dispensaries to schools



## Parents continue push to get medicinal cannabis treatment for daughter with epilepsy

By AnjuliPatil Jun 15/16 [cbc.ca](http://cbc.ca)

The parents of a 12-year-old girl with severe epilepsy and autism say the Nova Scotia Department of Community Services has laid out several options for the family to deal with the child’s medical conditions, but still hasn’t agreed to give her medicinal cannabis oil at her provincial care home.



## Where Are the Oils?

By David Brown Jun 15/16 [liftcannabis.ca](http://liftcannabis.ca)

On June 11, 2015 the Supreme Court of Canada sided with the plaintiff in *R v Smith*, ruling that patients have a right to possess and use cannabis for medical purposes in any form, not just the dried flowers made legally available under the MMPR. By July 7, 2015 Health Canada responded by amending the MMPR (Marijuana for Medical Purposes Regulations) to allow Licensed Producers to process and sell cannabis oils as well as ‘fresh cannabis’. By July 31, Health Canada issued their first production licenses to two producers, Ontario’s The Peace Naturals Project and British Columbia’s Whistler Medical Marijuana.



## Quebec Cannabis Registry tracks 500 medical marijuana patients

By Anne Leclair Jun 14/16 [globalnews.ca](http://globalnews.ca)

MONTREAL — The Quebec College of Physicians made it mandatory for doctors and patients to take part in a research study if they wanted access to cannabis. But tracking the use of medical marijuana in the province has proven to be a challenge. “It’s not that easy to set up this kind of project,” said Dr. Mark Ware, investigator at the MUHC’s Research Institute.



## Medical marijuana counselling businesses to be regulated under Calgary's land use bylaw

By CBC News Jun 14/16 [cbc.ca](http://cbc.ca)

Calgary city council has approved rules limiting where medical marijuana counselling businesses can set up and restrict how many can be in certain areas. Council voted 10-3 to approve an amendment to the land use bylaw (LUB) to include a new category for such operations. The change means the businesses will need to apply for development permits, giving people a chance to challenge them.



## Canadian cannabis producer Tilray hoping to capture budding demand from overseas

By Alexandra Posadzki Jun 06/16 [winnipegfreepress.com](http://winnipegfreepress.com)

TORONTO - Canadian cannabis producer Tilray is placing its bets on budding demand from markets overseas as it begins shipping medical marijuana products to Croatia. The company will be exporting two varieties of liquid capsules that contain the active medicinal ingredients of marijuana to patients in Croatia, which legalized the drug for medical use last year.



## Among veterans, opioid prescription requests down in step with rise in medical pot

By Mike Hager Jun 06/16 [theglobeandmail.com](http://theglobeandmail.com)

Fewer Canadian veterans have sought prescription opioids and tranquilizers in recent years, while at the same time prescriptions for medical marijuana have skyrocketed. It is not clear whether the two are related, but the trend echoes what researchers have found in U.S. states with medical-cannabis laws.



## Legal cannabis lobbyist opposes illegal dispensaries

By Piya Chattopadhyay Jun 04/16 [cbc.ca](http://cbc.ca)

More than half of the 31 licensed marijuana producers in Canada are members of a lobby group called Cannabis Canada. Members of Cannabis Canada have been vocal in their opposition to illegal marijuana dispensaries, like the ones raided at the end of May in Toronto. The group talked to city authorities months before the police crackdown, warning them of the rapidly growing number of pot shops operating outside the law.



## Is weed the new Little Helper for stay-at-home dads?

By Leah McLaren Jun 02/16 [theglobeandmail.com](http://theglobeandmail.com)

The first stoner dad I met was my neighbour, Joe. Joe is in his mid-30s, lives with his wife (a checkout clerk at our local grocery store), and is the primary caregiver for their two-year-old daughter. Most mornings, after Joe's wife leaves for work, he sits in the backyard while his daughter plays, drinking a mug of coffee while languidly smoking a large, pungent joint.



## Dispensaries and the Evolution of Enforcement: A History of Failure

By Special to Lift Jun 02/16 [liftcannabis.ca](http://liftcannabis.ca)

Torontonians were warned last year, again in January, again a month ago: there is an explosion of dispensaries coming. Dispensaries and activists said there was no need to organize as an industry, this is Toronto, not Vancouver they said. City councillors said there was no need to develop regulations, because this is Toronto, not Vancouver.



## Budtenders Wanted: Canada's Coolest Weed Jobs

By Daniel Tencer Jun 06/16 [huffingtonpost.ca](http://huffingtonpost.ca)

Jobs are reportedly booming in Canada's marijuana economy — both the legal one and the not-so-legal one. There are dozens of ads, mostly in Toronto and Vancouver, for marijuana trimmers at legally sanctioned medical pot growers, or for "budtenders" who serve customers at the not-entirely-legal marijuana dispensaries that have popped up around those cities.

## 20 Cannabis Strains to Help You Sleep

By The Chill Bud      [thechillbud.com](http://thechillbud.com)

Over 90% of medical marijuana users report using cannabis as a pain reliever. While cannabis does possess some profound pain relieving benefits, it goes far beyond that!

Cannabis can help with a wide range of issues including, anxiety, depression, inflammation, stress, and tension. It is also often used to help improve appetite and sleep quality, making it a great way to naturally treat insomnia for individuals with trouble sleeping.

Not all strains are created equal when it comes to lulling you to sleep, some strains are actually bred to cater to more active tokers. So we thought it was important to compile a list of the top marijuana strains to use before bedtime.



### Purple Kush

Kick back, light up and prepare for complete physical and mental relaxation. Purple Kush offers users a long lasting high that combats sleeplessness as well as pain. Users also report feeling euphoric and stress free after puffing Purple Kush. A pure indica strain that resulted from crossing Hindu Kush with Purple Afghani, Purple Kush will leave you locked into your couch and drifting off to sleep.

### Granddaddy Purple

A cross between a couple of the strains on this list (Purple Urkle and Big Bud), Granddaddy Purple is a pure indica that has become extremely popular. It is often used to help treat chronic pain, stress and appetite loss, but is also commonly used to treat insomnia. The powerful cerebral high combined with the sedating effects of a pure indica, Granddaddy Purple will clear your mind and help ensure you are promptly whisked off to sleep.

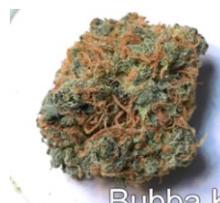


### Mango

As the name suggests, this strain has a sweet mango aroma and flavor. Bred from the pure indica Afghani and KC 33 hybrid, the Mango strain can get buds as thick as a softball and upwards of 18 inches long. If you are a fan of the sweeter things in life and want to be transported to a tropical paradise before bed, this is a perfect strain for you.

### Hash Plant

A pure indica strain with some pretty prestigious lineage, Hash Plant is born from Northern Lights and Afghani strains. Known for its thick coating of resin, the Hash Plant delivers a powerful punch for medical marijuana users. Expect a full body high and blissful euphoric feeling immediately after puffing on this strain.



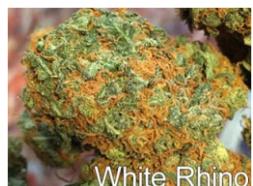
### Bubba Kush

Looking for a strain to make you sleepy, happy and hungry? Look no further than Bubba Kush. With a sweet hash-like flavor, paired with a rich chocolate / coffee flavor, Bubba Kush is a favorite among cannabis connoisseurs. Like most indica strains, Bubba Kush is fantastic for relieving stress, pain and insomnia. It can be difficult to track down though, so be sure to give it a try if you come across it.

## Afghani

Considered to be a direct descendant of some of the oldest known strains, Afghani was named for its eastern origins. Afghani is treasured among cannabis breeders / growers because of its ability to produce huge amounts of resin, a characteristic it passes down to its cross strains.

Expect to feel relaxed, sedated and happy. Afghani is a great medical strain, used to treat insomnia, chronic pain and stress.



## White Rhino

White Rhino is a descendant of the White Widow strain, offering a strong, heady high with sativa-like qualities even though it's indica dominant. Touted for its stress relieving qualities, White Rhino is a great strain for night time tokes in order to clear your head and prepare for a peaceful nights rest.

## Romulan

This one isn't just for Star Trek fans, it's for anyone wanting to explore the deepest reaches of their mind. Romulan is an indica dominant strain, so expect a total body high and calmness. The sativa-like properties give Romulan its heavily intoxicating high. A good choice for medical users who want something with a bit more punch.



## Blue Cheese

High class grass to say the least, Blue Cheese combines the best of Blueberry and U.K. Cheese to create a heavy indica high. It's a perfect strain to end your day, a wave of relaxation and stress relief make Blue Cheese one of the best before-bed strains available.

## Big Bud

As you might imagine, this strain offers some truly huge buds with minimal foliage, making it a favorite among growers. It is often crossed with other popular strains to increase bud size and overall plant yield. Big Bud could be considered an exclusively before-bed strain. Users report feeling a potent sensation of relaxation and tiredness, regardless of the time of day. Don't expect to be too active after toking on Big Bud.



## Master Kush

Unlike some of the other strains on the list, Master Kush won't put you into a coma. Users actually report feeling a sense of sharpened sensory awareness, combined with the powerful full-body high associated with pure indica strains.

If you are looking for a strain that can help you sleep without giving you that 'super high' feeling, Master Kush could be what you are looking for.

## Presidential OG

Presidential OG will put you to bed immediately. Almost entirely indica, this strain sedates users quite quickly. Presidential OG has vibrant green buds with a piney aroma and earthy taste. Looking for a strain exclusively to help you sleep / battle your insomnia? Presidential OG is the strain for you, a few puffs before bed will help ensure you fall asleep quickly.



## Critical Kush

A heavy indica strain born from Critical Mass and OG Kush strains. Critical Kush hits hard with a hefty THC content coupled with moderate CBD levels. This tasty strain leaves users feeling sleepy while reducing pain and stress.



## *Blueberry*

One of the shining stars of the cannabis strain world, Blueberry is a legend, and has been since winning the High Times Cannabis Cup for Best Indica in 2000. Expect to enter a state of euphoria as soon as you get a whiff of this strain, it smells like a bouquet of fresh blueberries. High THC levels make Blueberry a favorite among many medical patients.



## *Purple Urkle*

Another pure indica strain with fast acting effects. Purple Urkle is well known for its sleep inducing full body relaxation as well as its complex skunky / berry aroma. Because Purple Urkle acts so quickly, it is perfect for a quick nighttime toke before bed.

## *Sensi Star*

Like Blueberry, Sensi Star is a world renowned indica strain loved for its full body high. Unlike Blueberry, Sensi Star offers a more subtle head high, making it a great strain for relieving pain. Expect a powerful couch-lock sensation that will have you on your way to dream-land in no time.



## *Northern Lights*

Arguably one of the most famous strains in the world, and just as beautiful as its namesake, Northern Lights is a hugely popular indica strain. Due to its high resin content and resilience, it is commonly used to cross with other strains to create hybrids like Sour Diesel.

Northern Lights is a favorite among medical and recreational users for its mellow high and complete body buzz. Sink into blissful euphoria and let your head hit the pillow.

## *Super Skunk*

For those extra stressful days where you just can't seem to get to sleep, Super Skunk is there. This pure indica is a descendant of the Afghani strain, offering a pungent, sweet taste with powerful sedative qualities. Ease your aches and pains and get a good night's rest by enjoying some Super Skunk.

## *Cannatonic*

A fitting name for this list, yet the Cannatonic strain is very different from anything else on here. It boasts an extremely high CBD level, meeting and even surpassing the THC level, making it a great medical strain for relieving pain.

With very minimal psychoactive effects, Cannatonic isn't much of a recreational strain. A perfect option for individuals who want to benefit from the pain relieving qualities and sleep inducing effects without feeling too much of a cerebral buzz.

## *Skywalker OG*

Figured we should throw this strain into the mix because Episode 7 is coming out this month.

Skywalker OG is an indica dominant hybrid widely used for its ability to quell anxiety and feelings of stress. It is also great for relieving pain and helping patients get to sleep.

Expect a more well-rounded high from Skywalker OG, I wouldn't call it a nighttime strain exclusively though.

Strain info via: [leafly.com](http://leafly.com)

# PATIENT IN THE NEWS

## Medical marijuana smoker fights for right to smoke on BC Ferries

By Mike Laanela Jun 09/16 cbc.ca

A medical marijuana smoker who posted a video of a heated argument with a BC Ferries officer says he's within his rights to light up in designated smoking zones. But the ferry corporation says not so fast and is claiming the right to limit pot smoking, just like they limit alcohol consumption.

Ryan Malazdrewicz, 40, says he was on his way home to Vancouver Island on the Wednesday afternoon, when he decided to "medicate" in the ship's outside smoking zone. The Ucluelet resident says he's had a medical marijuana licence for about seven years because of his back pain.

Malazdrewicz says as soon as he lit up he was confronted by one of the ship's officers telling him to stop. When he refused, more of the ship's crew showed up and surrounded him. That's when he says he went down to the chief steward's office to complain.

He notes there was no signage anywhere saying passengers can't smoke pot in the designated smoking zone and nobody in the steward's office was able to produce a written policy either.

"They told me it's an internal policy, but they didn't have anything posted on it. They just referred me to a customer relations number who couldn't tell me anything."



### 'Harassment on the high seas'

Malazdrewicz says after speaking with BC Ferries customer relations and getting nowhere, he then called his lawyer, well-known pot advocate Kirk Tousaw, who advised him he was within his rights to be smoking in the designated zone.

He then returned to the designated smoking zone, where he ended up in another shouting match with the same ship's officer, which he recorded on his phone.

He then posted the video on Facebook under the title 'Harassment on the high seas'

Malazdrewicz says he was not smoking pot during the second encounter and was also concerned the officer, who identified himself only as James, covered up his name badge during the encounter.

He says while he has faced harassment in the past over his marijuana use, he's also smoked freely in public places for years, including outside airports.

"Any place there is a smoking section, I'm very within my rights to smoke cannabis," he said.

He adds anyone who wants to avoid the smoke should just avoid the smoking section on the ship's outer deck.

### No booze, no pot, says BC Ferries

But BC Ferries disagrees with Malazdrewicz's interpretation of what rights medical marijuana smokers have on the corporation's vessels. Spokeswoman Deborah Marshall says regardless of whether a person can produce a Health Canada card, BC Ferries does not allow the use of marijuana onboard vessels or anywhere on its property, "much like the consumption of alcohol."

But while the consumption of alcohol is illegal in public places that are not licensed, recent court rulings and lack of any new federal legislation has cast a haze over pot laws.

For instance, a spokesperson for the Vancouver Police Department confirmed that anyone with a legitimate medical marijuana licence is allowed to smoke pot in public in Vancouver, as long as they are not breaking city smoking bylaws.

BC Ferries maintains it has a similar right to restrict marijuana use onboard its vessels.

"When issuing these cards, Health Canada does not specify where or when a person may use marijuana; the holder of the card is expected to use discretion in that regard," Marshall said in an email.

"Use in a public place may be considered inappropriate depending upon the circumstances, and a private company/property holder's policies are to be complied with."

Malazdrewicz says BC Ferries has since acknowledged to him that their signage is not clear, but he's yet to see any written statement spelling out BC Ferries policy on smoking pot in designated smoking zones.

# PATIENT IN THE NEWS

## Medical marijuana-using welder must give employer treatment records: arbitrator

By Adrian Miedema

Jun 07/16      [occupationalhealthandsafetylaw.com](http://occupationalhealthandsafetylaw.com)

A worker who used medical marijuana has been ordered to give his employer any medical records touching on his treatment.

The worker was a long-service journeyman welder employed at the employer's potash mine. He claimed to suffer from an anxiety disorder and headaches. He obtained a prescription for medical marijuana to treat his medical condition, and an authorization from the federal government for that prescription. He claimed to use medical marijuana in the evenings, away from work – not in the workplace. He disclosed this information to the employer's workplace occupational health nurse.



The employer then suspended the employee and placed him on leave until he provided evidence that he is no longer being treated by a prohibited substance that exceeded the employer's identified thresholds and caused impairment. The worker discontinued his marijuana use and filed a grievance alleging discrimination because of his "medical prescription".



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The employer demanded that the employee produce his application for medical marijuana authorization, and medical records pertaining the conditions treated by the medical marijuana and the treatment proposed or undertaken. It argued that without that information, it could not assess whether marijuana is an appropriate treatment, whether a more appropriate treatment was available, and whether the worker was fit to work in a safety-sensitive position while under the influence of marijuana.

The arbitrator noted that because the employer had acknowledged, in a communication with the Saskatchewan Human Rights Commission, that the employee suffers from anxiety and cluster headaches, it could not resile from that admission in this case. As such, the employer was not entitled to medical documentation about the worker's "underlying disability".

The employer was, however, entitled to medical documents relating to the employee's current or proposed treatment. The availability of alternative treatments was an issue in the arbitration. The employer could not argue its case if it was not permitted to have access to the medical records dealing with the worker's proposed and undertaken treatment. Further, the union was challenging whether the worker's prescription and use of marijuana would cause impairment such that he would be unfit and/or unsafe for work. This also made the treatment documentation relevant. The arbitrator decided that the employer should be permitted to determine what information the employee's doctor had about the worker's "Fit for Duty workplace requirements" in terms of permitted treatment options, strain potency and frequency of marijuana use, and whether alternative treatments were available, appropriate and/or recommended.

# RECIPES

The recipes we share here at Grassroots Advocate always have an item such as oil that needs to be infused with cannabis or you have to prepare your cannabis first before making an infused item. Due to room restrictions we cannot share two recipes and a procedure to create the infused item that is required. To help with this problem this month we are sharing two important procedures that you will see in these recipes.

## Guide to decarboxylation By herb.co

In order to release the full potential of marijuana's psychoactive effects, you must first go through a process called decarboxylation. It is highly recommended you do this before you begin cooking with cannabis.

Raw cannabis contains a lot of THCA, which is not psychoactive (meaning it doesn't get you high). So, if you ingest cannabis and want the full psychoactive effect, you need to first decarboxylate before cooking with cannabis.

Decarboxylation is a simple process:

1. Preheat the oven to 240° F. / 115° C.
2. Break up cannabis flowers and buds into smaller pieces with your hands. We use one ounce, but you can elect to do more or less.
3. Put the pieces in one layer on a rimmed baking sheet. Make sure the pan is the correct size so there is not empty space on the pan.
4. Bake the cannabis for 30 to 40 minutes, stirring every 10 minutes so that it toasts evenly.
5. When the cannabis is darker in color, a light to medium brown, and has dried out, remove the baking sheet and allow the cannabis to cool. It should be quite crumbly when handled.
6. In a food processor, pulse the cannabis until it is coarsely ground (you don't want a superfine powder). Store it in an airtight container and use as needed to make extractions



## Canna Oil By herb.co

Any affordable virgin olive oil works nicely for this recipe. If you plan on using your Canna Oil for salad dressings or pasta, we recommend you use a fruity extra-virgin olive oil.

*Ingredients:* 6 cups olive oil or canola oil, 1 ounce cannabis buds, finely ground or 2 ounces trimmed leaf, dried and ground

### *Method:*

In a heavy saucepan (or a double boiler), slowly heat oil on low heat for a few minutes. You should begin to smell the oil's aroma. Add a little bit of cannabis to the oil and then stir until it is fully coated with oil. Keep adding more cannabis until the entire amount of cannabis is mixed into the oil. Simmer on low heat for 45 minutes, stirring occasionally.



Remove the mixture from the heat and allow it to cool before straining. Press the cannabis against a metal strainer with the back of a spoon to wring all the oil out of it. The oil is best stored in an airtight container in the refrigerator for up to 2 months. Throw the leftover cannabis in the compost.

# Canada

## Toward the Legalization, Regulation and Restriction of Access to Marijuana - Discussion Paper

By Canadian Government     June 30/16     [healthycanadians.gc.ca](http://healthycanadians.gc.ca)

In the 2015 Speech from the Throne, the Government of Canada committed to legalizing, regulating, and restricting access to marijuana. The current approach to marijuana prohibition is not working. Most Canadians no longer believe that simple marijuana possession should be subject to harsh criminal sanctions, and support the Government's commitment to legalize, tax and regulate marijuana.



### Marijuana task force to be led by former deputy PM Anne McLellan

By Susana Mas     Jun 30/16     [cbc.ca](http://cbc.ca)

Justice Minister Wilson-Raybould announced today the launch of a task force to advise the Canadian government on how best to move forward with its plan to legalize marijuana. The nine-member task force will be chaired by Anne McLellan, a former deputy prime minister under Paul Martin who also served as a health and justice minister.



### Prohibit marijuana for Canadians under 25? How about a hit of reality

By Jenna Valleriani     Jun 30/16     [theglobeandmail.com](http://theglobeandmail.com)

The federal government announced Thursday that it would create a task force to handle marijuana legalization. Led by former deputy prime minister Anne McLellan, the task force will feature nine individuals with varying expertise. In the announcement, Health Minister Jane Philpott declared the legalization of cannabis will be "comprehensive and evidence-based", and yet in the same breath, reminded Canadians "marijuana has negative effects on young brains and brain development in adolescence".



### Heavily Regulated Marijuana Distribution No Benefit To Ontarians

By Aaron Binder     Jun 24/16     [huffingtonpost.ca](http://huffingtonpost.ca)

The frustration of 9:53 p.m. is well known in Ontario. It's the time where glancing at a watch or phone is accompanied by a heartbroken sigh and softly uttered four-letter expletive. Your dinner party is down to its last bottle of wine, some friends just surprised you from out of town, you're just a responsible adult that had to work late. But you certainly aren't allowed to enjoy a glass of wine in any of these circumstances according to Ontario's incredibly outdated alcohol and "social responsibility" laws.



### Weed sales should be restricted to LCBO: Wynne

By Robert Benzie     Jun 21/16     [thestar.com](http://thestar.com)

Ensuring recreational marijuana sales are restricted to the LCBO is a key priority for Ontario as the legalization of weed looms, says Premier Kathleen Wynne. Speaking to reporters Tuesday at Queen's Park, Wynne lamented that "we're in a grey area right now," which has enabled more than 100 illegal weed stores to open in Toronto in recent weeks.



### Ottawa holding 'behind the scenes' talks with pot-shop advocates

Mike Hager     Jun 20/16     [theglobeandmail.com](http://theglobeandmail.com)

Bill Blair, the federal government's lead on legalizing marijuana, has been quietly meeting with advocates for the illegal pot shops springing up across the country, hearing their arguments for how regulating the sector could help eliminate the black market.



## Queen's Park gearing up for legalized weed sales

By Robert Benzie      Jun 18/16      [thestar.com](http://thestar.com)

The Ontario government is quietly gearing up for legalized marijuana sales, the Star has learned. With Prime Minister Justin Trudeau set to allow recreational cannabis use as early as next year, Queen's Park has begun work on how distribution and retailing will eventually be handled.

## Justin Trudeau preaches pot patience: 'We need to do this right' on legalization

By Peter O'Neil      Jun 17/16      [vancouversun.com](http://vancouversun.com)

Pot legalization activists who are frustrated that Canadians — especially youth — are still getting arrested and stuck with criminal records for simple possession need to be patient, says Prime Minister Justin Trudeau. "I understand the impatience of people who want to have it legalized right away, but we know we need to do this right," Trudeau said

## Liberals won't support NDP motion to decriminalize pot before legalization

By Joanna Smith      Jun 13/16      [theglobeandmail.com](http://theglobeandmail.com)

Liberal MP Nathaniel Erskine-Smith had a constituent come to his office last week seeking help for a problem he believes should no longer exist. Erskine-Smith, who represents the Toronto riding of Beaches-East York, said the man had been charged with simple possession of seven grams of pot — something the Liberals have promised to legalize within the next couple of years.

## What was really behind the pot shop raids in Toronto?

By Betsy Powell      Jun 07/16      [thestar.com](http://thestar.com)

When Toronto police Chief Mark Saunders announced details of last week's pot shop raids, there were rumblings that Health Canada's licensed marijuana producers were behind the mass arrests. "This is about protecting the corporate profits of stock-market businesses who have sent police to arrest people to protect their own financial interest," Vancouver-based marijuana activist Jodie Emery said, scolding Saunders at his news conference.

## HOW MARIJUANA LEGALIZATION WILL CHANGE THE POT INDUSTRY

By Timothy Morgan      Jun 01/16      [nowtoronto.com](http://nowtoronto.com)

Recently, the federal government announced at the United Nations that it would be tabling legislation in spring 2017 to legalize the recreational use of marijuana. Legalization will drastically change the landscape. Smaller dealers will be put out of business by dispensaries both big (Shoppers Drug Mart and the LCBO may one day sell marijuana) and small (farmers' markets could offer "artisanal" pot). With legalization, the focus on marijuana will shift from the criminal courtroom to the boardroom. The reason for this change is obvious: legalization will create a cash cow

## Liberal MP calls for decriminalization in the year before legalization

By David Brown Jun 13/16      [news.liftcannabis.ca](http://news.liftcannabis.ca)

The arguments put forth this morning by the NDP, Liberals and Conservatives around the issue of decriminalizing marijuana now while the Liberals work out how to legalize were largely along party lines. NDP for decriminalization, liberals for a strict legalization, and the conservatives against both (mostly). However, one first year Liberal MP, Nathaniel Erskine-Smith from Beaches-East York in Toronto, broke ranks and spoke out against the continuation of the enforcement of prohibition as the government works on a plan to regulate marijuana.

# KEEPING PACE

## Peterborough Cannabis Day

By Al Graham

While many Canadians are out celebrating Canada Day on July 1<sup>st</sup> there are many of us who are out celebrating Cannabis Day. While some may not like the connection of the names and the date we are used to people not liking what we do, after all not everyone likes cannabis consumers. For all those who are concerned Wayne tells me that the date will change when cannabis finally becomes legal.

Wayne Matheson, who has been organizing this event for seven years, first got the idea from a group that was doing it in British Columbia. He liked their idea so much that he did the same in Peterborough but with a much smaller gathering. Every year he gets a committee together to help organize, plan and get the word out about the event. This year he got some extra help as the local television station dropped by for an interview. It was good to see them out covering the event because we know any positive coverage is great to have and see.

As time has gone along and things have changed so has the event. It now has a permit to be held in the park which has allowed him to grow things. It now consists of vendors that sell their products which could include a coconut bong to some fancy clothing from Tanks 420 Ware or it could be a booth that is giving away free educational information such as the PACE booth. CannaDaze which Wayne owns set up a large car shelter in order to protect people from the rain and to set up his cabinets. When he was finished the layout resembled a small store where he could sell his flags, t-shirts, bongs and many other cannabis related items. He had some extra items which he placed in the tent that was holding all of the raffle draws and the prizes.

This year the music shelter was once again set up where Dave Illeagal of The Hotbox Lounge spun tunes throughout the day, even when it rained on us. His selection of music spanned from the early sixties to the new music that is played today. He also made sure to spin some really old and new cannabis related songs.

The Dab Tent returned this year and was sponsored by Xylem Extracts and like in the past it was a hit in more ways than one. People enjoyed the conversations that were being held there as well it gave some people a place to get out of the rain. It also gave some a chance to try dabbing for the first time, which I can say there were several who did.



Dabbing in the Dab Tent

For the first time that I can remember there were people who attend the event as “speakers” and they travelled far to be here. Michael “Puff Dog” Thomas made the trek from St. Catherines where he was operating Puff Dog's Vapor Lounge and Internet Café until days before this event. Due to a lack of support and expected legal problems with Bill 173 he decided to close the doors. During his speech he spoke about an international group he founded called Dads4Marijuana and how important it was to him. He also reminded the twenty something aged people within the gathering that the battle isn't over yet and they would be expected to pick up the torch to keep things going forward.



Wayne talking with a Chex TV reporter



Dads4Marijuana Puff Dog Thomas



Al and Jason LIVE on [www.420radio.ca](http://www.420radio.ca)

Also coming a long way to speak was Jason Wilcox of the Cannabis Rights Coalition. Jason who resides in British Columbia was in the middle of a Cross Canada tour talking about the Allard court decision and educating people with his Planting Seeds of Liberty Tour. When Jason spoke he updated everyone about where things were with the Allard case as well what can possibly happen down the road. I hadn't seen Jason since the Owen Smith case was heard before the Supreme Court of Canada so it was good to see him again.

Having the speaker's address the crowd wasn't the only new thing this year. The other was that The 420 Road Show found at [www.420radio.ca](http://www.420radio.ca) and at [LifestyleRadio.ca](http://LifestyleRadio.ca) was in attendance. This show is something new that Al Rapp of [LifestyleRadio.ca](http://LifestyleRadio.ca) and I with some help with our friends have started to do. The 420 Road Shows are broadcasted LIVE and will be done

when we are attending an event so that we can interview and talk to people in attendance. They also help those who can't be in attendance a chance to feel like they are there while they listen to the broadcast. Afterwards the broadcast gets posted as a podcast so those who missed everything can then listen to what they didn't get to participate in.

At 4:20 the crowd lit up and the smoke flowed and then everyone gathered around the "speakers" area. Shortly afterwards the numbers were being called out for the many raffle prizes that were made available. Sponsors of these prizes and also the event include Pipe Dreamz Peterborough, Happy DayzPeterborough, Kawartha Garden Supply, CannaDaze, Peterborough Hydroponics, The Peace Pipe and The Hotbox Lounge

When we were packing up for the day event organizer Wayne Matheson tells me that he felt that there was lots of local support this year. This was everything from the people to the sponsors and that he'd like to thank all those who were involved. He'd also like to thank the County of Peterborough for permission to use the park as well as to the local police who have never bothered the event in all of these years.



Raffle draw and "Thank you" time

***See you all next year!!***

## How Project Claudia Happened

By Tracy Curley Originally published by Twelve High ChicksPhoto's by Sean Brady

Many were shocked when on Thursday, May 26th, Toronto Police Service (TPS) raided more than 40 marijuana dispensaries, using battering rams and entering with guns drawn. 90 people were arrested when Project Claudia happened; police filed 186 trafficking charges (possession for the purpose of) and 71 charges for proceeds of crime (cash seized on premises).



With the Canadian Federal Government promising legislation to legalize recreational marijuana within the year, and other Canadian cities regulating and licensing marijuana shops, what was with the crackdown in Toronto? And why was it named Project Claudia? Apparently, the TPS thinks marijuana dispensaries in Toronto are on par with a natural disaster. According to The Globe and Mail,

*Chief Saunders said the name was chosen to reflect the way the problem was growing so rapidly, but did not elaborate. Constable Wendy Drummond said the name was chosen to resemble the way weather services name hurricanes, likening the growth of pot dispensaries across the city to a fast-developing storm.*

This fear mongering comparison is complete with a name that starts with the same letter as “cannabis” and with Chief Saunders repeatedly suggesting during his press conference that dispensaries are a public health concern.

### Recent Warnings

I wish I could say we didn't see it coming but the warnings were clear. Over the last few months, media reports on the proliferation of pot shops in the city had become more frequent. Bill Blair — the former Police Chief of the Toronto Police Service and the top cop in charge of legalization for the Liberal party — a few months earlier had gone on record before the Senate in Ottawa, stating that criminal laws would be enforced and non-medical cannabis was still illegal.

Were we prepared? No

On May 12th I was sent a message by a concerned patient letting me know a motion had been passed at Toronto City Hall in which enforcement had been requested, by address, against two listed marijuana dispensaries in the city's Ward 17. I contacted the one dispensary available through social media, and warned them to batten down the hatches and find a lawyer quickly. Still no one expected it when Project Claudia happened.

### Fear of Fines

On May 18th dispensaries across the city began to receive letters from Municipal Licensing and Standards (ML&S) bylaw enforcement, giving landlords 72 hours to evict their dispensary tenants or face \$50,000/day fines and possible property forfeiture. Dispensary owners, staff, and patients immediately rallied and headed to City Hall the following day to beg the ML&S to put a halt to the fines and letters until August 24th, when amendments to the Medical Marijuana Production Regulations (MMPR) might offer more guidance.



We were dismissed quickly, without a voice on the matter, and told to return in June.

Toronto lost 22 dispensaries between May 18th and May 21st due to evictions and fear of fines and enforcement. To most people the thought of battering rams and handcuffs was not even on the radar.



### Conferences and Chaos

The following week began with defiant dispensaries reopening while Bill Blair attended a meeting on Tuesday, May 24th, in which he angered citizens and patients alike with disparaging, broad-stroke statements against medical cannabis dispensaries.

The morning of May 26th I began my day quite early by registering for the Canadian Cannabis Business Conference, hosted at the Toronto Hilton Conference Center and sponsored by LIFT. I attended the morning session, where lawyers and stakeholders discussed the monetary value of the emerging medical cannabis market, all the while wondering if any of them had ever actually studied the plant itself.

At lunchtime I hurried over again to Toronto City Hall where City Councillor Jim Karygiannis had called a press conference on behalf of dispensaries. Admittedly, I was surprised when Councillor Karygiannis took up the dispensary cause since, [just over a decade ago](#), he was “working hard in Ottawa and locally to bring as many resources and legal boosts as he can to police in their battle against illegal grow operations” while never really making the distinction between a legal MMAR licensed garden and a “grow op.”

Mere minutes before the hastily scheduled press conference began, as activists and dispensary owners gathered in the square in front of City Hall, our phones and social media exploded with news of *coordinated* raids taking place all over the city. Project Claudia happened.

While trying to keep track of which areas of the city and what dispensaries were being affected, we rushed into the press conference hoping for answers. Inside, we found that we in fact were receiving the most up-to-date information as it was coming in, and it was chaos.

### The Aftermath

Few details were known that first day; patients went to their dispensaries to find broken glass and closed signs on the door. That night, with a heavy heart I had to send some of my patients to street corners and parks to buy black market marijuana; the police had made accessing a dispensary unsafe despite Chief Saunders claims that their actions wouldn't affect patients.



The next morning activists, patients, and the media gathered outside police headquarters as we awaited the press conference regarding the raids — the largest targeted police effort since the [Operation Soap](#) bathhouse raids targeted the gay village in 1981. TPS reported that the massive amount of cannabis seized included *270 kg of dried marijuana, 30 kg of resin, 25 kg of hash, 27 kg of pills, 73 kg of chocolate, 142 kg of cookies, 129 kg of candies, 101 kg of bars, 135 e-cigarettes, 457 drinks, 127 kg of oils and spreads, and 121 kg of other by-products*. During the [press conference](#), Police Chief Saunders also mentioned 23 g of cocaine being seized during Project Claudia. Although widely reported by news outlets there is no mention of cocaine in the TPS [news release](#).

### Final Tally

Roughly \$160,000 in cash was also seized. 79 other by-law charges were also laid, including 48 for zoning violations and 31 for violating the city's licensing bylaws for selling food without a proper business licence. The charges come with maximum \$25,000 fines for individuals and \$50,000 for businesses. Police say the other dispensaries, at least 40-odd across the city, that were not raided Thursday could still face similar action and that their investigation is ongoing. City officials also warn there could be more fines imposed for zoning violations and other bylaw infractions, including action against landlords, if stores remain open. So why a crackdown now, when legalization is coming? Public complaints may have given bylaw enforcement a reason to send those letters but certainly didn't act as an excuse for concerted, aggressive raids. But when Project Claudia happened, hundreds of thousands of dollars of fines and seized funds went from pot dispensaries to government organizations.

**Note:** Condensed to fit. Originally published at <http://www.twelvehighchicks.com/project-claudia-happened/>

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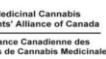
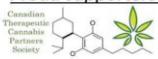
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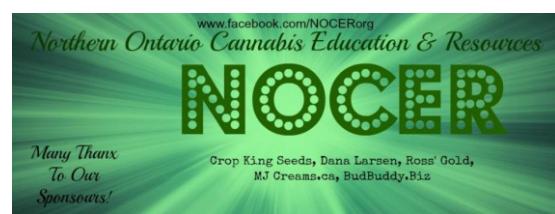
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