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BC BUD MAGAZINE

PREMIER ISSUE

COMPLIMENTARY

YOUR GUIDE TO
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WHY BC BUD?

Hello and welcome to this first edition. Before I share with you why I launched a medicinal cannabis magazine, I wanted to give you a little bit of personal insight as to my journey so far.

When I was a teenager, I was into Tae Kwon Do — Korean martial arts. At a tournament, I had my nose broken and was quite freaked out by the traumatic experience. My sensei, sensing my anxiety, gave me a couple hits of a joint, and reset my nose right there on the spot. This was my first experience with cannabis for a medical issue.

I am originally from Cranbrook, BC and when I moved out to the beautiful city of Vancouver, I never touched marijuana. In fact it was only after five years that a friend brought out a joint after an amazing freestyle skateboard session.

Approximately 22 years ago I had a bad fall down a flight of stairs, crushing a couple discs in my back. This was the start of dual sciatica and the pain was very intense. I was prescribed Oxycontin and morphine. It changed my soul.

I found that as much as the narcotics prescribed helped my physical pain, I also noticed the drug changed my behaviour and my priorities. As much as the narcotics eased the pain in my body, it equally took away happiness in my life in direct proportion.

Photography, food, sex, skateboarding, music: they all lost their appeal. Quitting Oxycontin and morphine after being prescribed these medications for over 4 years was harder than I anticipated. I should have told my doctor what I was doing. I had an

epiphany when I looked into the mirror and didn't recognize myself. I had become physically gaunt, never leaving house. I wondered what quality of life I had to expect with these continuing harsh medications.

I never really made it a big deal about quitting the narcotics. I just stopped cold turkey. I would never recommend this to anyone. I was lucky I survived, but I am glad I went through it as it opened my mind to the real harm some of these types of medications can cause.

Just recently, I was again prescribed Oxycontin for new excruciating pain. I had to quit after only 3 days on it. The feelings of foreboding doom quickly took hold. Everything started to drift away. So I decided to yet again wean myself off the products. I have decided to go the full medicinal cannabis route.

So, why launch this magazine? Simple: it's about educating people who are faced with health issues to examine alternatives. Will medicinal cannabis work with every problem out there? Of course not — but it is imperative we have educated citizens and sensible laws. If the information presented in this magazine is able to help alleviate pain and suffering of just one person, then that will have been worth all the effort. We expect, however, that many will benefit from understanding more about medicinal cannabis.

Thank you for joining us on this journey. This is just the beginning.

Yours truly,

Rick Tetz | Publisher/Editor

BC BUD MAGAZINE

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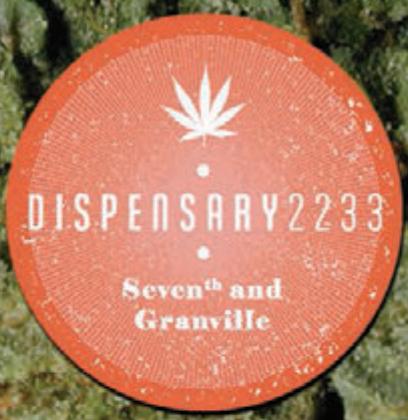


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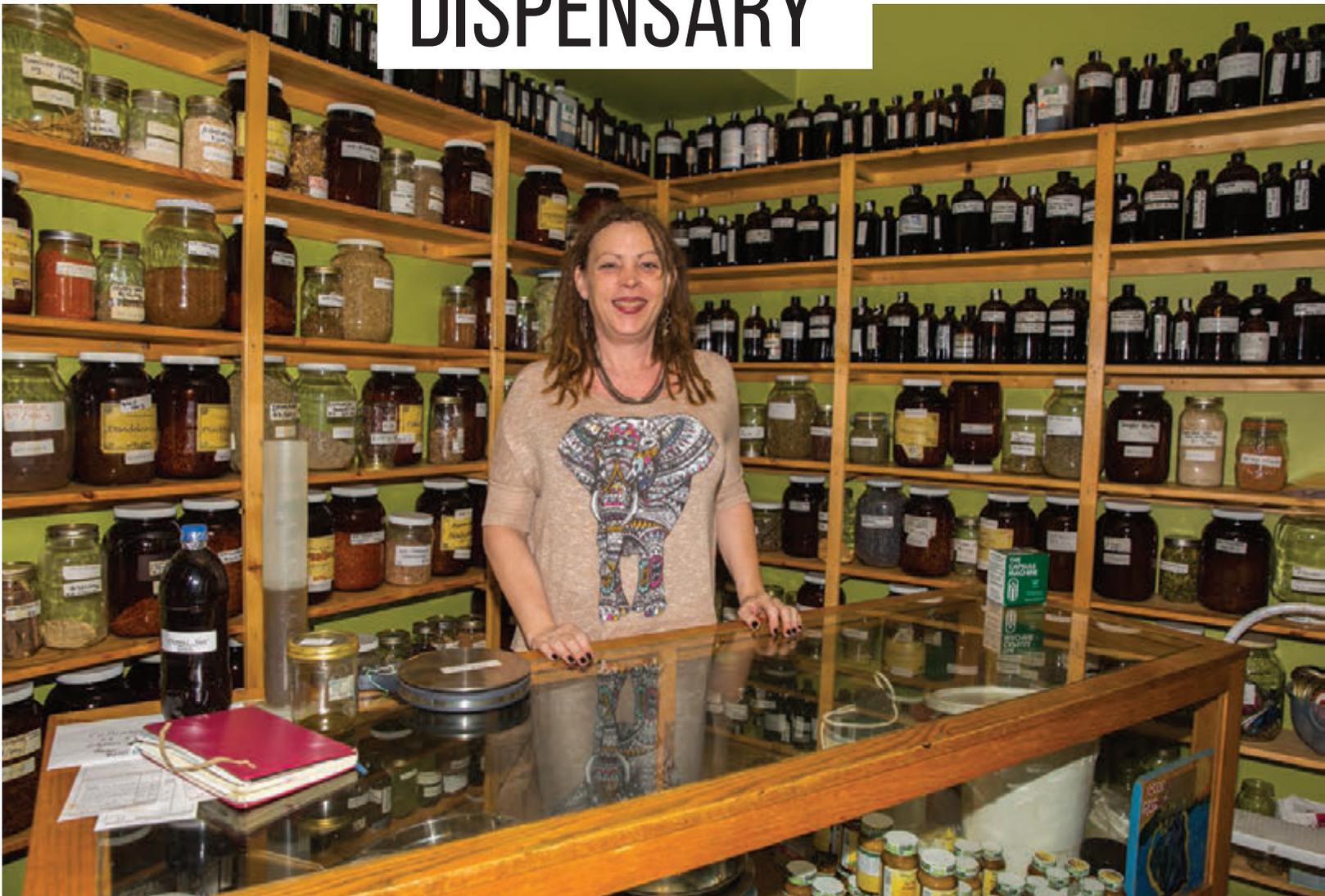
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THE

INTERVIEW BY MICHAEL SIMPSON

BC COMPASSION

CLUB NORTH AMERICA'S LONGEST-RUNNING DISPENSARY



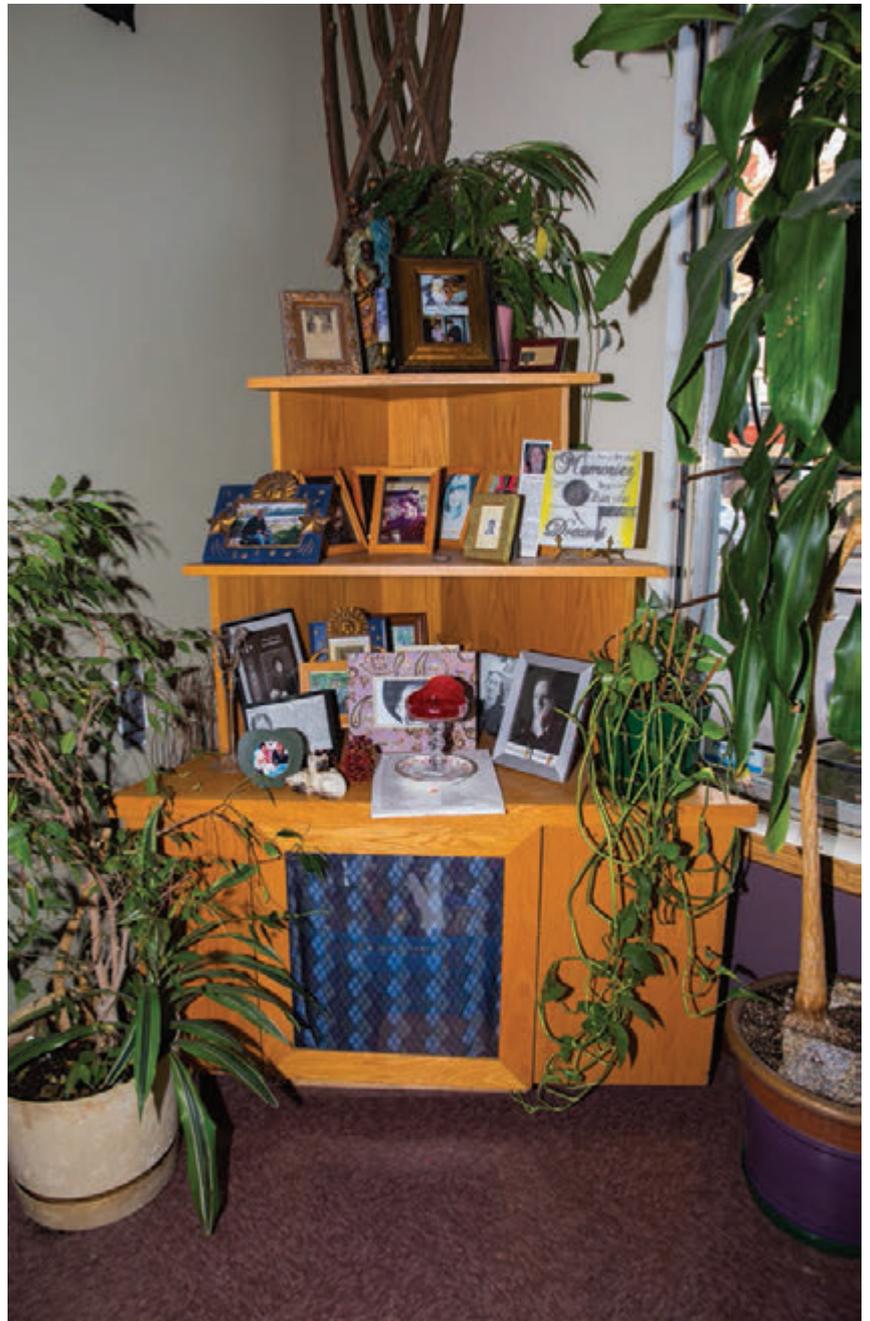
Jamie Shaw of the BC Compassion Club.

We had an opportunity to meet up with Jamie Shaw of the BC Compassion Club. The dispensary has a rich history and has done much to advocate for medicinal cannabis.

Can you please give us an overview of the history of the club? We became a registered non-profit in BC in 1997, and we are the longest-running dispensary in North America. We engaged in civil disobedience prior to court decisions requiring the government to provide a medical exemption for cannabis, and through all the upheaval of the various Health Canada regulations, we have to continue to engage in civil disobedience to be able to consistently supply medicinal cannabis to those in need.

What were some of the reasons that you decided to become a part of the club? I was in a totally different field when I became a member here. It was meeting the other members, seeing how greatly their lives and their health was improved by medicinal cannabis, coupled with regulations that didn't meet their needs. I think ultimately, there is only one reason anyone comes to cannabis activist work: it's when you see for yourself the harms caused by prohibition and Inquisition-era thinking about plant medicine.

What are some of the major things you have learned while working at the club? Basically, we are very complex life-forms, humans and cannabis. On a chemical level, things may look the same, have



The altar pays tribute to those members who have passed away.

“ THE ROOM WITH THE JARS IS ONE OF THE LARGEST APOTHECARIES IN WESTERN CANADA. IT'S WHERE OUR HERBALIST MAKE NON-CANNABIS TINCTURE PREPARATIONS FOR OUR MEMBERS.



“ WE HAVE PEOPLE FROM ALL WALKS OF LIFE. WE HAVE DOCTORS AND OTHER HEALTH CARE PROFESSIONALS, LAWYERS, RETIRED AND ACTIVE LAW ENFORCEMENT, HOMEMAKERS, ARTISTS, THE UNEMPLOYED, THE UNDER-HOUSED, PRETTY MUCH YOU NAME IT.



the same building blocks, but the vast variance of how those building blocks are arranged in what combinations is what gives rise to diversity in the universe around us. That's pretty major, but it's something we all know. We just then somehow think for example, a pharmaceutical drug will work on everyone the same, and they don't, neither does cannabis.

Were there any major obstacles when you first launched? Many. For one thing, we were illegal. Getting registered as a non-profit was an obstacle, because we were illegal, and of course, there was the constant possibility everyone would be arrested for going to work on any given day. Then of course, staff had to basically invent everything from scratch in terms of how to ensure safe, consistent supply of medical cannabis in a way that was transparent to the Society's membership.

Your patients range from young to old and income level. Who are some of your more unique customers? We have people from all walks of life. We have doctors and other health care professionals, lawyers, retired and active law enforcement, homemakers, artists, the unemployed, the under-housed, pretty much you name it. We've signed up over 10,000 members; pain and illness don't discriminate.

Tell us about the section in the club that features members who have passed away. That's our altar. A lot of the people that come to us are palliative, or are told their lifespan now measures in a couple of years. Even when their conditions aren't terminal, the issues they are dealing with are very personal, and staff and members, we can all become very close. This is a

place where we can honour their memories, and they remind us how important the work we're doing is.

For people who are apprehensive about joining a club, can you take us through the steps? What things should they keep in mind? Dispensaries vary greatly from member-run non-profit collectives, to for-profit retail operations, so membership can vary greatly. The Canadian Association of Medical Cannabis Dispensaries (CAMCD) Certification Standards require paper-work from a doctor, that is then confirmed, and there may be an orientation appointment before the member can access medicine. The CAMCD Guide to Choosing a Medical Cannabis Dispensary www.camcd-acdcm.ca is a recommended resource for patients trying to decide if a dispensary is right for them.

What's the story with the room filled with all those jars? The room with the jars is one of the largest apothecaries in Western Canada. It's where our herbalist make non-cannabis tincture preparations for our members. It's part of our Wellness Centre that is funded in large part from cannabis sales. It features counsellors, acupuncturists, massage therapists, and indigenous healers that our members can access. We also sell supplements and herbal teas to the general public.

Where do you see the future of medicinal cannabis? That's impossible to foresee accurately. What I'd like to see is the community-based distribution of cannabis, with a strictly medical supply chain, and another supply chain for recreational cannabis, along with the right to grow. It's a model most similar to the City of San Francisco's. **B**

BC COMPASSION CLUB SOCIETY

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GIVING PATIENTS EGGS-ACTLY WHAT THEY WANT

Oana and Andrew the founders of Eggs Canna Inc., a rather unique dispensary in Vancouver. When asked about her reasons for starting up a dispensary, Oana told us that she was passionate about providing care. “I work in the health care field. I can see first hand the effects of old age, cancer and other potentially terminal illnesses on a patients’ quality of life.

Oana says this perspective sparked an all-consuming interest in alternative medicine. “My husband has been an avid believer in the medicinal benefits of marijuana for many years, and his advocacy and my countless hours of research quickly snowballed into the dispensary.” One particular thing that Oana has found about owning and operating a dispensary is the amount of gratitude and respect you get from the patients. “I can sincerely say that this job is as rewarding as being a part of the BC Cancer Agency” she says. “The patients that we help have shown us so much love and gratitude, it makes coming to work a daily blessing.”



When we met up with Oana and her staff at her dispensary on 2076 Kingsway, we found her enthusiasm infectious. The establishment is cozy and warm. It even includes a vending machine for medicinal marijuana. Our interview covered many different areas, but of particular

note was our discussion about the elderly. “When we think about our parents and our grandparents, it is a very bitter sweet emotion in the sense that everyone can relate to observing some quality of life lost as geriatric related illnesses begin to emerge” says Oana. “The great thing about medicinal cannabis is that it does not have a long list of side effects that traditional pharmaceuticals may have. This is very important when we discuss elderly patients, as many of them have multiple disorders.” Oana points to the difficulty in treating one symptom without exasperating another, or having contraindications amongst the patient’s current medication. When it comes to medicinal marijuana, Oana is cautionary in her approach. “There needs to be more studies



Oana with two of her staff members.



“ THE PATIENTS THAT WE HELP HAVE SHOWN US SO MUCH LOVE AND GRATITUDE, IT MAKES COMING TO WORK A DAILY BLESSING.

conducted on the effects of this medicine and other prescription drugs — although no fatal risks have been reported to this date”.

Through her work with elderly patients she has found that they are very vocal and un-apologetic about their cannabis use. “A common consensus amongst them is they do not want to live out the rest of their lives popping twenty pills a day. With Cannabis they report receiving significant pain relief from arthritis, joint and hip related injuries, and break through pain throughout the day.”

Oana finds that her elderly patients have better moods and find enjoyment in their day to day lives that they had previously lost, along with a significant increase in appetite. This is very important as loss of appetite coupled with dysphagia due to old age are common and at times very difficult symptoms to treat. Oana has also seen cannabis being used to treat Post Traumatic Stress Disorder (PTSD) on a rapidly growing basis. It is gaining much scientific recognition of its proven ability to be an effective treatment. For Oana, it is very important that we continue to look at Naturopathic remedies to help our elders retain a good quality of life. She points to things like aromatherapy,

which has gained much attention in the last decade, as being a great tool to help with relaxation and improve mood in seniors. For Oana, it's a question of the right combination. "Couple aromatherapy with the proven mood changing and sedation benefits of cannabis and you can naturally treat pain, inflammation, decrease anxiety and stress." I am sure most of us would agree that not everything is best treated with pharmaceuticals. As Oana wisely states, "sometimes nature can play a more beneficial role than we give credit for."

When Oana first entered the industry she told us she was very shocked by the over-whelming support and love. "I was also shocked at the prices. It is a difficult and touchy subject because I understand that it is still a business and if we cannot pay our bills essentially the doors are closed, but I feel that there also needs to be some sympathy for patients amongst other dispensaries." Oana says that she gets many patients that are genuinely shocked with Eggs Canna's prices. "They are ecstatic that they can purchase more frequently and have a more consistent supply for their medicinal needs." Oana points out that the government does not cover medicinal marijuana, so patients do not have any help obtaining their medications. It can be difficult to maintain regular work hours when you are severely ill.

The medicinal cannabis vending machine has proven to be very popular.



“ THEY ARE ECSTATIC THAT THEY CAN PURCHASE MORE FREQUENTLY AND HAVE A MORE CONSISTENT SUPPLY FOR THEIR MEDICINAL NEEDS.

You cannot work but you still need your medication. “We try to keep our prices lower than most dispensaries and will continue to do so as long as we can. I would love for patients to get assistance with their medications just as they would with any other prescription,” remarks Oana. She acknowledges that we are far from the day when patients can get financial assistance from the government for their medicinal marijuana. “But I am hopeful with continued support and awareness one day this may be a possibility.”

Our discussion moved onto those who are very much against medicinal marijuana. Oana was quick to point out how absurd things are at the Health Canada website. “There is a link entitled *Information For Health Care Professionals*, where in bold lettering states that ‘Cannabis is not an approved therapeutic product and the provision of this information should not be interpreted as an endorsement of the use of this product, or cannabis generally, by Health Canada.’” But as Oana points out, a bit further down on this same page under section 4.0, *Potential Therapeutic Uses* you will find an itemized list of what illnesses and symptoms medicinal cannabis can be used for! “The positive outcomes of cannabis for those aforementioned ailments and the significant Pharmaceutical trials that are approving synthesized marijuana as a viable treatment! Is it just me or is that not a complete oxymoron?!” Health Canada’s list includes the benefits of Medicinal Cannabis in treating; Neuropathic pain and spasticity in Multiple Sclerosis, it’s efficacy as an Analgesic for patients suffering from; cancer, chronic pain, breakthrough pain and migraines, Cannabis is also listed as a Anti-inflammatory, Anti-tumor and Antiemetic, this list goes on to highlight the use of Marijuana in “Quality of Life” for Palliative and elderly patients.

Health Canada’s list includes the benefits of Cannabis use in treating; Neuropathic pain and

spasticity in Multiple Sclerosis, it’s efficacy as an Analgesic- for cancer pain, chronic pain, breakthrough pain and migraines, its Anti-inflammatory, Anti-tumor and Antiemetic properties for Cancer Patients, this list continues to highlight the use of Marijuana in “Quality of Life” for Palliative and elderly patients. This information is available for anyone to view on the Health Canada site. “The list is extensive and goes on for pages so I will not outline all the uses of Marijuana, but I think that the notion of Marijuana having “ZERO medicinal value” is a complete and utter joke to say the least” says Oana. “I

am proud to live in Canada and to be a Canadian. As a Canadian I have the right to freedom of speech and the right to express my views and opinions without prejudice. I respect these rights and will honor them for everyone even those who disagree with me. But we need to understand that sometimes a misinformed opinion all though it is yours and you have a right to it, can be detrimental to another.”

Oana points to the fact that parents can go to jail for treating their child with Cannabidiol a cannabinoid found in marijuana. This is the only medicine that will stop her daughters one-hundred plus daily seizures. “A false belief can become a mother’s prison. Change does not happen overnight and, changing ones beliefs and views is never easy but education is available for all, and easy to obtain for those who want to understand why so many people have turned to marijuana for its medicinal properties.”

Oana says she is happy to be helping spread awareness and be an advocate for the use of medicinal marijuana. “I hope that with the elections coming up in October 2015, and the Federal Liberal Leader Justin Trudeau’s advocacy on legalizing marijuana that we will see a new era. We need a government that truly recognizes the health benefits of marijuana.” **B**

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THE BUDDHA BARN

AN INTERVIEW WITH JESSIKA VILLANO

When did you start up the Buddha Barn?

I got the keys on February 14th last year

What were some of the reasons that you decided to launch the Buddah Barn?

My mom was my inspiration. I wanted to find an alternative way for her to ease her pain and knew cannabis treats would help her. I started to bake with cannabis in hopes of opening a cannabis bakery after realizing how much better she sleeps and how the cannabis eased her pain.

Were there any major obstacles when you first launched?

Finding the perfect home for Buddha Barn was a challenge. I knew we should be in Kitsilano, and waiting for the perfect space was a learning experience. Our second challenge was finding growers that meet our strict criteria; we highly scrutinize each batch that comes into the shop before it is deemed suitable for Buddha Barn. >>



Your customer demographic vastly ranges in both income and age. Who are some of your more unique patients?

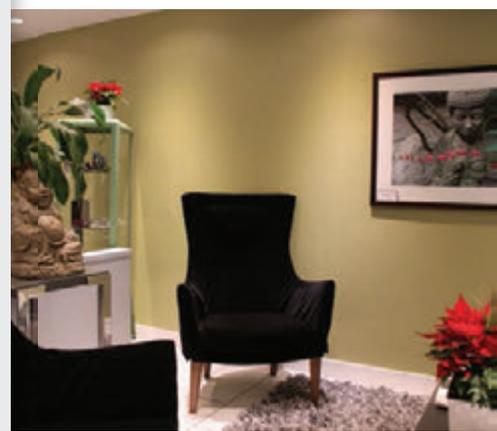
Many of our exclusive members have high profile positions including professional athletes. One of our members is a professional writer who is now 89 years old. She is such a lovely lady and I always look forward to when she comes in with her grand daughter.

What things make the Buddha Barn unique?

Aside from being relaxed and safe, Buddha Barn is a boutique style dispensary where locals come from near and far to learn about cannabis and purchase 'Heirloom strains' that suite each persons needs.

Where do you see the future of medicinal cannabis?

We are just touching the surface of where this industry can go, with responsible labeling on edibles and responsible dispensing we will see more and more products coming to surface. We just launched an amazing line for bath bombs; they are hydrating, luxurious and melt away muscle fatigue. I use them a couple times a week and am a total fan of them. Every day we learn more and more on this magnificent plant's healing properties, so ask me again next year. **B**



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MY STORY

BY TONY SINGH, PRESIDENT
VANCOUVER KUSH MEDICAL SOCIETY

When I was 10 my femur slipped. I think acting out the wrestling my brother's and I would watch on TV might have caused it. However it happened, it is an unusual disorder and the actual medical condition is called a slipped Capital Femoral Epiphysis. The pain got centered into my knee. The doctors didn't diagnose it correctly and things got very painful.

My family doctor didn't know what exactly to do so he sent me to a specialist. This doctor could see right away that things were not good. I went for emergency surgery. I was put in traction for three weeks. My legs started to grow unevenly. When I was 12 they took the growth out of my knee. The goal was to try and even the length of my legs. The pain was excruciating. They don't give kids painkillers. >>



Bill Doig (far left) with Alex Wilson, Tony Singh and Menveer Bajwa.



“ THIS IS A NON-PROFIT ORGANIZATION. NO ONE IS MAKING A DIME HERE. ANY EXCESS MARIJUANA IS DONATED TO THE CLUB. MEDICINAL OILS ARE GIVEN TO MEMBERS FOR FREE. THIS WAS CREATED FOR PATIENTS BY PATIENTS. WE ARE DOING THIS BECAUSE THIS IS THE ONLY WAY I CAN GET MY MEDICINE.





I was having a quality of life issue at the age of 12. All my doctor could tell me was “that’s too bad.” At the same time, in grade 8, I got introduced to marijuana. I remember things being rather psychedelic. We had a square dancing class and usually I didn’t participate. For an hour and half I was able to participate, thanks to the marijuana. It was like walking on air. From the ages of 12 to 27 I found myself going to all kinds of unscrupulous places to acquire marijuana. Looking back now, I wonder how many times did I get product that was tainted or impure.

At 18, I went to visit one of the surgeons who had worked on me. I told him there are days that I cannot walk. His only response was that’s too bad. My parents couldn’t quite comprehend the severity of my pain. I advocated for myself.

I never stopped smoking marijuana but I had to hide it.

At the age of 23, I became a real estate agent. I was incredibly successful but the job took its toll on me. After one particularly rigorous period where I sold 20 houses, I found I couldn’t walk. I started on Tylenol 3 and anti-inflammatories but they tore my stomach up. Eventually, I got busted for having 12 grams of marijuana on me. I was charged with possession.

I went to my family doctor and explained the situation. He told me that marijuana was only given to cancer patients. I knew I needed the medication to be pain free, but it was difficult to get help. I eventually found someone who was able to confirm the diagnosis and I was able to obtain marijuana.

It was a surreal time. I had been a successful real estate agent, but now I was

broke. A few friends said they would help me start to grow medicinal marijuana. I started cultivating things at home and it got really bad. My family just didn’t understand things at first and they wanted it out of the house. Eventually, things turned around. My father decided to buy some property and a warehouse and we started our operation.

Of course, now I have bills that include hydro, fertilizer and transportation. I am wondering how am I going to pay for all this? It becomes a question of access. Medicinal marijuana is not provided by the government and it can be very expensive to use. We decided we needed a model to do this and we looked at the BC Compassion Club. It’s not easy to get into our club. You have to have a diagnosis from a licensed doctor or naturopath.

This is a non-profit. No one is making a dime here. Any excess marijuana is donated to the club. Medicinal oils are provided at a low cost. This was created for patients by patients. We are doing this because this is the only way I can get my medicine. I also use other medicines, including a transdermal patch. But I use medicinal cannabis to counter-act the nausea I get from the patch. I see this all as a synergy. Medicinal marijuana will not solve all your problems, but it is something you need in your toolbox.

The thing that makes this possible is that we have a police department that understands what is going on and they are turning a blind eye. Without the police department, this would not be happening. This isn’t about activism. It is about what happened to me in my life. **B**

VANCOUVER KUSH MEDICAL SOCIETY

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MEET DON BRIERE THE WEED CRUSADER

DON BRIERE HAS SPENT DECADES FIGHTING FOR PEOPLE to be able to use cannabis. Over a decade ago, he founded Da Kine café. This led to his arrest and eventual conviction. An outspoken critic, Briere has spent years fighting the system. While in jail, he ran as a federal candidate of the Marijuana Party. As owner of the aptly named Weeds chain of dispensaries, Briere works tirelessly to get his message out.

It's illegal to enforce laws based on lies, misconceptions, and untruths. "The enforcement of these laws is clearly misuse of public funds. Furthermore, since they clearly know that Cannabis isn't harmful, it is in fact willful blindness and woeful negligence, and they are [upholding] prohibition simply to keep their jobs. It is a CRIMINAL misuse of public funds. The health, wealth and peace of our nation depends on educating people, but now governments spend more on incarceration than they do on education. Bottom line, we need more schools, parks and hospitals, not more prisons and jails and police."

Don Briere - August 2013, Oh-Cannabis.com





Don outside one of his many locations.





Ashley McLeod and Don Briere.

How far back do you go with your advocacy for cannabis? I recall the Nixon administration of the early 1970's. They had a National Commission on Marihuana and Drug Abuse. The commission's chairman, Raymond Shafer presented a report to Congress that favoured ending the prohibition of marijuana. However, Nixon pushed it to a Schedule 1 drug. I knew from a long time ago that cannabis was not as dangerous as the government said it was. I never believed the "reefer madness." I figured eventually the stupidity war would end and it is indeed coming to an end.

The Conservative government spent \$7,000,000 on commercials stating that marijuana rots your brain. I think people are beginning to question things.

"You want to find out where all the fights and violence is happening? It's not at a vapour lounge or at a pot store — it's at bars at closing time," Mr. Briere said. "So Vancouver, the city, the police, the mayor — who is the police commissioner — they all see this as a positive step for a safer city."

Globe & Mail – January 2015

You are very conservative in your dress. You look like you could be on Bay Street with the suit. Well, I want to get this to mainstream and I want to legitimize it. We want to be part of the community. By dressing the part as a business person and touting the benefits of it. Economically speaking, it means job creation and paying taxes. I dress as a successful business person.

To a lot of people, there seems to be an overwhelming amount of hypocrisy with the war on cannabis. You can buy recreational marijuana legally in Washington DC. If you take it and drive to Alabama, you could be faced with years in prison. If the Liberals get elected, we will have a federal programme.

If there is one message you want to send to politicians, what would it be? End this stupidity war on cannabis. Enforcing laws based on lies is criminal and misuse of public resources. The \$440 million or more we spend on the pot war could be better spent on schools, hospitals and parks. **B**

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THA BONG SHOP



THA BONG SHOP WAS FOUNDED with the mantra to help sick people get the medical equipment they need. Owner Joel Fleming and his staff pride themselves as being both knowledgeable and compassionate. “Our goal is to provide our customers with good options for buying local and supporting the local glass art scene” explains Joel.

The busy shop bustles with traffic and a wide variety of customers both young and old. In fact, Joel says that helping older folks that are using medicinal cannabis for the first time brings him the greatest satisfaction. “We help them get set up with a new vaporizer or smoking device. We can introduce a patient to the options of ingesting cannabis. These options can make or break the patients decision to continue treatment. If they use the wrong method they may be turned off right away and miss out on the benefits of medicinal cannabis” explains Joel.

Joel product tests almost every vaporizer Tha Bong shop carries. This way he can make sure the customer finds a device that suits their preferences and price

range and they are knowledgeable about how to use it.

Tha Bong Shop has done some unusual promotions to generate interest and positive vibes. One particularly interesting idea was their community food bank. “Our patrons or anybody can drop in any canned or non-perishable good and receive 10-25% off “ explains Joel. “This gets people stoked on local business and helps us reach out to more people while helping the community.”

Joel says that with his type of shop people usually feel a lot more relaxed and inclined to share their stories. “We have a lot of great conversations with people. Our top three range of customers we supply to are art collectors, medicinal marijuana patients and recreational smokers.” The shop also gets a lot of people who just want to take a look or learn a bit about glass/Cannabis culture.

Tha Bong shop has just opened a second location at 2921 Cambie Street. They are also planning to open their own glass studio. “Of course, we are very much looking forward to 420 and Canada Day too!” says Joel. **B**



THA BONG SHOP

3641 KINGSWAY & 2921 CAMBIE STREET, VANCOUVER, BC • 604-558-BONG



Joel Fleming takes a relaxed but very customer-focused view of retailing.



“ OUR GOAL IS TO PROVIDE OUR CUSTOMERS WITH GOOD OPTIONS FOR BUYING LOCAL AND SUPPORTING THE LOCAL GLASS ART SCENE

A MARRIAGE MADE IN HEAVEN

THE WORLD'S FIRST PIZZA
PARLOUR AND DISPENSARY OFFERS
A VERY CHILL/ILL EXPERIENCE

Upon hearing about the Mega Ill Pizzeria and Mega Chill Dispensary/Lounge, the first thing that pops into your head is “why did it take so long to come up with this idea?!” We had a chance to meet up with Matt Gung and Rocky Tolfree, the two partners who head up this very creative enterprise. >>









Matt Gung and Rocky Tolfree (right) proud owner's of Canada's first restaurant to offer medicated pizza.

The dispensary/lounge features some unique products, including bathing bombs that are infused with THC. These are great for soaking in the tub! However, it is the marijuana infused pizza joint next door that is garnering a huge amount of interest. “The response has been amazing” says Matt. You can order both regular and medicinally infused pizza. In order to get the infused pizza, you must have a valid medical marijuana card. Just so there is no confusion, a small doughy letter “M” is carefully added to the center of the pizza.

Matt reports customers are excited to try the medicinal pizza and are very satisfied when they eat it. There are a number of delectable combinations that Mega Ill Pizza offers. This includes the Eden which features, walnuts, ricotta, caramelized onions, arugula and sliced apple. The Samoan has grilled pineapple, slow cooked pulled pork and cilantro. This is gourmet pizza that anyone can enjoy. The cost to make your pizza medicated starts at \$10.

“Right now we’re staying in Vancouver but have plans to expand throughout Canada” says Matt. **B**



MEGA ILL PIZZA/MEGA CHILL LOUNGE
646 KINGSWAY, VANCOUVER • 604-428-1161

A RANDOM ASSORTMENT OF FACTS, TRUTHS AND ARGUMENTS

Editor's note: There is a lot of material out there on the web about cannabis and sifting through it all can be quite a task. So, consider these back pages a filter of sorts.

We welcome your thoughts and contributions.



CAN YOU DONATE BLOOD IF YOU USE CANNABIS?

Canada Blood Services doesn't advocate the use of cannabis. HOWEVER, this does not necessarily disqualify you from giving blood. As long as you are feeling well. If the blood donation center staff believe you have recently consumed marijuana, they may not accept your blood and ask you to reschedule. *NOTE: If you have EVER injected any illegal drugs, you can never give blood.*



WHAT IS THE ECONOMIC COST OF ALCOHOL ABUSE IN CANADA?

In 2002, the Canadian Center on Substance Abuse compiled a detailed report of alcohol abuse. They calculated that 4,258 deaths were attributed to alcohol. Cirrhosis and car accidents were the leading causes of death. Alcohol-attributed deaths resulted in 191,136 potential years of life lost. Alcohol-attributed illness accounted for 1,587,054 days of acute care in hospital. When you add it all up (death, illness, law enforcement, loss of productivity) the total cost of alcohol abuse was \$14.6 BILLION...and that was 13 years ago! If you plug that number into an inflation calculator, you hit almost \$18.6 BILLION.

Alcohol-related causes are responsible for seven per cent of all deaths in Canada and substantial disability, according to researchers. The consequences include fractures and other injuries from falls, vehicle collisions and accidents and injuries from violence or alcohol-induced suicides.

IS CANNABIS A GATEWAY DRUG?

You hear this a lot from folks who are opposed to legalization. They firmly believe that marijuana will lead to harder drugs like heroin. As *Time Magazine* (in October 29, 2010) succinctly pointed out:

The problem here is that correlation isn't cause. Hell's Angels motorcycle gang members are probably more 104 times more likely to have ridden a bicycle as a kid than those who don't become Hell's Angels, but that doesn't mean that riding a two-wheeler is a "gateway" to joining a motorcycle gang. It simply means that most people ride bikes and the kind of people who don't are highly unlikely to ever ride a motorcycle.

Time Magazine pointed to a 1999 report commissioned by Congress to look at the possible dangers of medical marijuana. The Institute of Medicine of the National Academy of Sciences wrote:

In the sense that marijuana use typically precedes rather than follows initiation of other illicit drug use, it is indeed a "gateway" drug. But because underage smoking and alcohol use typically precede marijuana use, marijuana is not the most common, and is rarely the first, "gateway" to illicit drug use. There is no conclusive evidence that the drug effects of marijuana are causally linked to the subsequent abuse of other illicit drugs. In 2012, Emory University did a study on legalization. It found that adults (21 and older) do use more cannabis, but legalization did not increase or lead people to try harder drugs.

VANCOUVER DIRECTORY

NAME	ADDRESS	PHONE	POSTAL
EGGS Canna Inc.	2303 East Hastings Street	778-379-4344	V5L 1V6
Puff Eastside	1204 Commercial Drive	604-879-8991	V5L 3X4
CanMed Wellness Society	892 Commercial Drive	604-620-8536	V5L 3Y5
Canna Clinic Medicinal Society	2347 East Hastings	604-559-2837	V5L1V6
Pacific Northwest Garden Supply	1772 Renfrew Street	604-254-4765	V5M 3H8
EGGS Canna Inc.	2076 Kingsway	778-379-3778	V5N 2T3
Green Cross Society of BC	2145 Kingsway	778-379-0210	V5N 2T4
Grandview Smoke Shop	1721 Commercial Drive	604-251-362	V5N 4A4
Canna Clinic Medicinal Society	2223 Commercial Drive	604-879-8991	V5N 4B6
BC Compassion Club Society	2995 Commercial Drive	604-875-0448	V5N 4C8
BC Pain Society	2908 Commercial Drive	604-336-4740	V5N 4C9
Karuna Health Foundation	4510 Victoria Drive	778-588-1888	V5N 4N8
Medicinal Express	1745 Nanaimo Street	604-428-3420	V5N 5C1
MMJ Canada Society	6453 Victoria Drive	604-558-3229	V5P 3X7
Westcoast Medicann Society Kingsway	2487 Kingsway	604-558-2266 ext.5	V5R 5G8
Weeds Glass & Gifts Ltd.	2580 Kingsway	604-336-0420	V5R 5H2
Urban Earth Med	3535 Kingsway	604 336 4818	V5R 5L9
Tha Bong Shop	3641 Kingsway	604-558-2664	V5R 5M1
Cannapassion Medicinal Cannabiss Society	2943 Kingsway	604-559-5420	V5R-5J4
Sea to Sky - Lounge	68 East 2nd Ave	604-336-1449	V5T 1B1
MMJ Canada Society	1290 East 12th Avenue	604-559-DABZ	V5T 2J9
Weeds Glass & Gifts Ltd.	211 East 16th Avenue	604-336-5420	V5T 2T5
Mega Chill Lounge & Pizzeria	644 Kingsway	778-239-9006	V5T 3K4
Canna Pharmacy	1259 Kingsway	604-558-3225	V5V 3E2
Puff	3255 Main Street	604-708-9804	V5V 3M6
Green Cross Society of British Columbia	4296 Main Street	604-875-6640	V5V 3P9
Med Pot Now	4170 Fraser Street	604-569-2119	V5V 4E8
Weeds Glass & Gifts Ltd.	1353 East 41st Avenue	604-336-1066	V5W 1R7
THC The Healing Center	6462 Main Street	604-336-4001	V5W 2V5
iMedikate	6128 Fraser Street	604-569-2268	V5W 3A1
Vancouver Kush Medical Society	6579 Fraser Street	604-239-0041	V5X 3T4
Sea to Sky Alternative Healing Society	6636 Fraser Street	604-420-5559	V5X 3T5
MedEx	217 East 50th Avenue	604-301-0088	V5X1A6
Lime Life Society	45 West Broadway	778-737-0666	V5Y 1P1
Canna Pharmacy	736 East Broadway	604-559-3225	V5Y 1P1
Sunrise Wellness Foundation	258 West Broadway	604.877.0211	V5Y 1P6
The Healing Tree Dispensary & Vapour Lounge	21 West Broadway	604.336.5600	V5Y 1P1
Westcoast Medicann	2931 Cambie Street	604-558-2266	V5Z 2V7
Lime Life Society - Hastings	326 East Hastings Street	604-559-2499	V6A 1P1
The Healing Tree Dispensary	529 East Hastings Street	604-559-9600	V6A 1P9
East Of Eden	637 East Hastings Street	604-559-9958	V6A 1R2
Medical Cannabis Dispensary	880 East Hastings Street	604-255-1844	V6A 1R6
Vancouver Seed Bank	872 East Hastings Street	778-329-1930	V6A 1R6
Edens Medical Vapour lounge	138 E. Pender Street	604-559-9958	V6A 1T3
Eden Medicinal Society	161 E. Pender Street	604-568-9337	V6A 1T5
Ignite Smoke Shop	109 West Cordova Street	778-786-0977	V6B 1E1
Cannabis Culture	307 West Hastings Street	604-682-1172	V6B 1H6
Puff Downtown	841 Granville Street	604-684-7833	V6B 2C9
Seymour Wellness Society	1304 Seymour Street	604-559-1005	V6B 2H3
The Green Room Society	1057 Seymour Street	604-559-3033	V6B 3M6
Cottonmouth Smoke Shop	1120 Davie Street	604-331-1602	V6E 1N1
Vancouver Pain Management Society	1176 Thurlow Street	604-899-0148	V6E 1X3
Medical Cannabis Dispensary	1182 Thurlow Street	604-255-1844	V6E 1X3
Green Panda	1707 Robson Street	888-562-0848	V6G 1C9
Eden Medicinal Society and Vapour Bar	1674 Davie Street	604-568-9337	V6G 1V9
The Healing Club	1775 Haro Street	604-639-0770	V6G1H2
Dispensary 2233	2233 Granville Street	604-569-5577	V6H 3G1
Haze Smoke Shop	2440 Granville Street	604-731-2911	V6H 3G6
Granville Island Dispensary	101 - 1839 Anderson Street	604-339-6546	V6J 1J8
Puff Westside	1838 West 4th Avenue	604-739-0022	V6J 1M3
Canna Clinic Medicinal Society	1812 West 4th Avenue	604-568-1812	V6J 1M4
Hotbox Smoke Shop	1946 West 4th Avenue	604-739-7394	V6J 1M5
Weeds Glass & Gifts Ltd.	104 - 1807 Burrard Street	604-336-4448	V6J 3G9
Weeds Glass & Gifts Ltd.	2916 West 4th Avenue	604-336-6420	V6K 1R2
The Buddhas Sister	2918 West 4th Ave	604-GET-KUSH	V6K 1R2
Canna Pharmacy	2935 West 4th Avenue	604-568-8430	V6K 1R3
Chronic Hub Medical Dispensary	3133 West Broadway	778-379-0482	V6K 2H2
Pacific CannaMed Kitsilano	2935 W. 4th Avenue	604-568-4230	V6K 4T3
Buddha Barn	2179 W 4th Avenue	604-739-9456	V6K-1N7
South of Eden	8484 Granville Street	604-568-9337	V6P 4Z7
Canna Pharmacy	8546 Granville Street	604-563-3250	V6P 4Z7
Erbachay Health Centers	8425 Granville Street	778-737-0010	V6P 4Z9
Point Grey Cannabis Ltd.	3357 West 4th Avenue	604-732-5144	V6R 1N6
Green Option Society	3611 West Broadway	604-559-3788	V6R 2B3
Weeds Glass & Gifts Ltd.	3474 West Broadway	604-737-BUDS	V6R 2B3
Weeds Glass & Gifts Ltd.	6657 Main Street	604-336-7420	V6X 3H3
Canna Clinic Medicinal Society	1132 Granville Street	604-685-0401	V6Z 1L8
Vancity Weed	1181 Granville Street	604-681-4460	V6Z 1M1
Lime Life Society	1167 Granville St	604-336-3631	V6Z 1M1
Yaletown Medical Dispensary	1281 Howe Street	604-556-9051	V6Z 1R3
Weeds Glass & Gifts Ltd.	1232 Burrard Street	778-737-6420	V6Z 1Z1
Kandu Canna Meds Society	925 Davie Street	604 899 4120	V7Z 1B9

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Presents

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