

# The Compassionate Voice

Newsletter of the BCCCS



October/November/December 2012

## BCCCS Member Picnic 2012



The BCCCS picnic was a mega-hit this year!

We hosted around 50 people through the whole event. Everyone ate good food and shared good times.

Thanks to staff that helped make the event a success: Emily Rose for her magic salad-making skills, Amber for the games and prizes, as well as overall support, Lisa, Liz and Diana for driving and transportation, Riel for prepping the salmon and helping out all day, and Spencer and Laurel for taking down. A special thanks to Elsa for coordinating everything with the Member Events Committee.

Also a big thanks to our members: Rick for rocking out the grill all day, Kelly, Patti, Carol and Dwight for overall support, Sean for providing music for us, our raffle lady for holding the table down, and last but not least, our members who showed up and made it all happen!

Thanks to the creator and the universe as well for all of our amazing food plus the beautiful weather and Capilano River for the salmon.

## Cannabis for Cancer

A study by Tehran University of Medical Sciences looked at the effects of various concentrations of two cannabinoids (CB65 and ACEA) on cell proliferation, viability and invasion. The results, published in *Toxicology Mechanisms and Methods*, showed that both cannabinoids affect these factors. Results also showed that higher concentrations of the cannabinoids had more affect.

A separate research project by Daiichi University of Pharmacy in Fukuoka, Japan, examined the effect of cannabidiolic acid (CBDA) on breast cancer. Researchers found that CBDA, which is derived from hemp, may actually inhibit the spread of breast cancer. The study was published in *Toxicology Letters*.



## Cannabis Use and Depression

A study released in *BMC Psychiatry* examined the effects of cannabis use on depression among a cohort of 45,087 people in Sweden.

The research showed that cannabis use was not associated with the development of depression.

## Marijuana Effects on Cognition and the Brain

Research published in *Experimental and Clinical Psychopharmacology* showed that negative cognitive effects of cannabis wear off within a month. University of Central Florida researchers looked at 33 studies examining the cognitive effects of cannabis after intoxication had worn off, and also 13 studies that tested users after 25 days of abstinence.

A separate study by a number of organizations including Hofstra North Shore-LIJ University and the Feinstein Institute for Medical Research looked at cannabis use among 200 patients with bipolar disorder. The outcome, published in *Psychiatry Research* journal, showed that cannabis improves cognition in people affected by bipolar disorder.

Another study by Kings College of London followed 1,037 users to test the effects of cannabis on IQ. Researchers found that increased cannabis use could decrease IQ for those who started smoking as adolescents; they did, however, conclude that cannabis is safe for brains over the age of 18.



## Cannabis for Multiple Sclerosis

A clinical study conducted by the University of Plymouth in 22 hospitals among 279 patients looked at the effects of cannabis on MS. Published in the *Journal of Neurology, Neurosurgery & Psychiatry*, the research showed that cannabis taken as oral capsules improved muscle stiffness, spasms, pain and sleep twice as effectively as a placebo.

Separate research by the University of California examined the effects of smoked cannabis on spasticity in multiple sclerosis. The results, which were published in the *Canadian Medical Association Journal*, showed smoked cannabis to significantly mitigate spasticity and pain more than a placebo in participants with treatment-resistant spasticity.

## Vapourizers with Pacific Engravers

We'd like to thank Pacific Engravers for their excellent work putting the BCCCS' name and information on our rental vapourizers for free.

Check out Pacific Engravers at their location at 235-470 Granville St., call them at 604-681-3355, or visit their website [pacificengravers.org](http://pacificengravers.org).

Also, ask at Front Desk about our vapourizer rental program, which rents units for a low price to members.



## Rooftop Fundraiser Report-back

On 28 July LeeAnn and Kimi put together a fundraiser to help send our member Minh home.

Thank you everyone who attended - the event was a rousing success!

There were a number of performances by Allanah J Stew, Yarddancer and the Indigo Kids, as well as fireworks, cocktails and a 50/50 draw.

## Staff Changes

The BCCCS in October said farewell to Jeet-Kei, our Communications Coordinator who was also a long-time staff. We wish Jeet-Kei the best and thank him for years of groundbreaking work.

We'd also like to congratulate Allison on the arrival of her baby Elliot Rhyon; Allison is on parental leave for the next year.



## Winter Party Now Accepting Donations

The Winter Party is just around the corner, and the BCCCS Special Events Committee is now accepting donations for the gift raffle.

This is a callout to any of our members who like to do arts and crafts to help us make this Winter Party extra special for fellow members.

If you have gifts you would like to donate, just drop them off at Front Desk for the Special Events Committee.



## Follow us on Twitter and Facebook

We can be found on Twitter as @theBCCCS and on Facebook as Friends of the BC Compassion Club Society.



## Supplement Profile:

### Zinc

Zinc is an essential mineral for our body. It helps to synthesize protein, facilitates the healing of wounds and promotes a healthy immune system by fighting free radicals.

Zinc can actually help increase our sense of taste and smell. It is also very important in the prostate gland function and the growth of reproductive organs.

Adequate Zinc intake is needed for maintaining a proper level of Vitamin E in the blood as well as helping to absorb Vitamin A.

While supplementing with under 100mg of Zinc per day enhances the immune response, over 100mg of Zinc per day can actually depress the immune system.

Zinc is found in brewer's yeast, dulse, egg yolks, fish and kelp.

The BCCCS Wellness Center carries Thorne Zinc Citrate. For the month of November our Zinc Citrate will be available at 10% off.

## Member R&Rs Spotlight: Safe Environment

As part of our member education process past initial orientation, we're highlighting sections of the Member's Rights and Responsibilities document that members sign during their orientation sessions, so that we can celebrate our unique caring commitment to one another.

The Core Rights and Responsibilities section mentions:

"When visiting the Compassion Club, you have the right to purchase cannabis and cannabis products in an environment which is safe, friendly, supportive, and secure.

You also have a responsibility when visiting the Compassion Club to behave in a manner which ensures a safe, friendly, supportive, and secure environment for everyone else."

These core values have to do with the way in which members treat one another as well as staff, and vice versa. This means creating and sustaining a space that is respectful of people and their race, gender, orientation and abilities.

If ever you would like to take a closer look at your R&Rs, feel free to ask Front Desk for a copy.

