



Baked Goods Revamp

We have heard from members that they would like to see more options and greater availability with baked goods.

Elsa is the new bottom-liner on everything to do with baked goods at the Club.

Over the next few weeks we are handing out feedback forms to see what you would like in terms of baked goods at the BCCCS. We are working towards a greater range of options for persons with dietary restrictions: gluten-free, dairy-free, vegan, and so on.

So if you like baked goods, ask for a form from distro!



Up In...Vapour!

If you've been in the club lately you may have noticed our new Vapourizer Display Cabinet. Cannabis vapourizers are designed to let users inhale active cannabinoids while avoiding harmful toxins in smoke by heating cannabis to a temperature of 180-215°C, just below the point of combustion. Within this range, THC and other active cannabinoids are emitted with little or no carcinogenic tars and noxious gases that are found in smoke. In comparison to ingestion, vapourization offers the advantages of rapid onset, direct delivery into the bloodstream (via the lungs), and the possibility to gradually increase delivery until the desired level is reached, enabling more effective self-dosage.

We carry four varieties of vapourizers, and have a vapourizer rental program. We also have in stock and can order replacement parts and extra balloons for all your vapourizing needs. For any questions or suggestions, feel free to contact us at merch@thecompassionclub.org

Supplement Profile: Quercetin

Quercetin is a bioflavonoid that is often found in what is known as the pith--one example is the white stuff on the inside of orange rinds.

It is a potent antioxidant and is well known for being able to facilitate the release of histamine, a type of immune cell, which greatly helps reduce well-known allergic responses to dust as well as seasonal allergies.

Quercetin has also been repeatedly found (along with other bioflavonoids) to decrease the formation of noted plaque-building substances that can lead to heart disease.

At the Wellness Centre, we carry Quercetin in capsules and also a homeopathic Quercetin/Euphorbium Nasal spray that works directly in the nasal mucosa (basically sprayed into the nose, where it takes affect).

For the months of April and May these products are on sale:

AOR Quercetin 500mg 100 capsules--regularly \$37.00
on sale for \$31.50

Thorne QC nasal spray--regularly \$16.00
on sale for \$13.50

Feedback?

We'd love to hear from you about your thoughts on the newsletter. We've already had some excellent feedback to have the newsletter in colour and add some style. Email communications@thecompassionclub.org.

The Compassionate Voice

Newsletter of the BCCCS



April/May/June 2011

Patients Protest MMAR, S-10

BCCCS members donated \$554 to help send a 100-strong contingent of MMAR exemptees from all over Canada to Parliament on January 31 2011 to protest the suffocating conditions around medical cannabis in Canada.

Only a third of the group was allowed into the Parliament building after standing in the freezing cold surrounded by police. Each patient had to go through a body scanner before being let in.

Group representative Lyndsey Nelson said that, "In the end

Parliament did not address our concerns over S-10 or even answer our questions about the MMAR program."

The group wanted to bring attention to serious flaws in Health Canada's MMAR program, which has fallen far short of patient needs. They also wanted to show opposition to Bill S-10 which would put compassionate cultivators in jail for growing as few as six cannabis plants.

"We would like to make this an annual protest, and plan to continue our letter-writing campaign to MPs," said Nelson.



Attend the BCCCS AGM on May 1

The BCCCS has been holding annual general meetings for over ten years, informing members on our yearly activities. As a registered non-profit society, the AGM is an important part of how we function.

Other than being an important administrative part of how the Society works, the AGM is also a chance for members, especially those who have recently registered, to get to know one another while enjoying scrumptious free food. Those who attend will get to hear the annual report on how the Club is doing, and vote for Board Members.

BCCCS's AGM is scheduled for May 1. Members in good standing will be getting an invite soon in the mail. You can also check for details at Front Desk and the website.

Cannabis and Concurrent Disorders

Vancouver Coastal Health has invited the BC Compassion Club Society to present at the 19th annual David Berman Memorial Concurrent Disorders Conference on Thursday May 26.

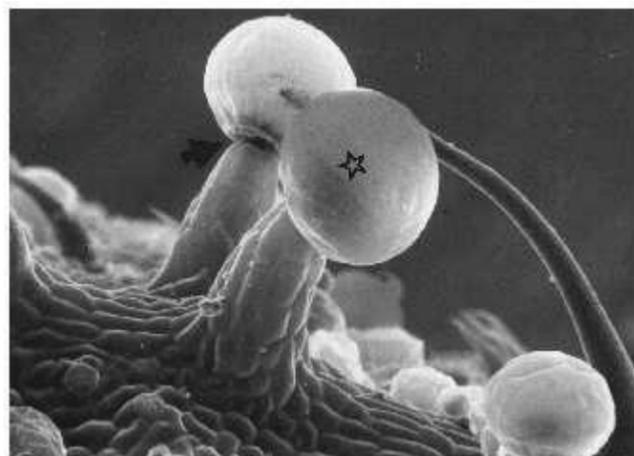
BCCCS will share a presentation slot with the Vancouver Area Drug Users Network (VANDU) on the importance of a harm-reduction approach to mental health and addiction around cannabis as medicine. Jeet-Kei, Isaac and Megan will be representing the Society.

A patient who has a concurrent disorder (CD) experiences a psychiatric disorder along with either a substance use and/or gambling disorders. There is an on going call to treat these disorders together rather than separately.

Cannabinoids Fight Tumours

Spanish researchers found that a combination of THC, CBD and temozolomide (TMZ) helped fight glioblastoma multi-forme (GBM): a brain cancer that is highly resistant to other forms of treatment.

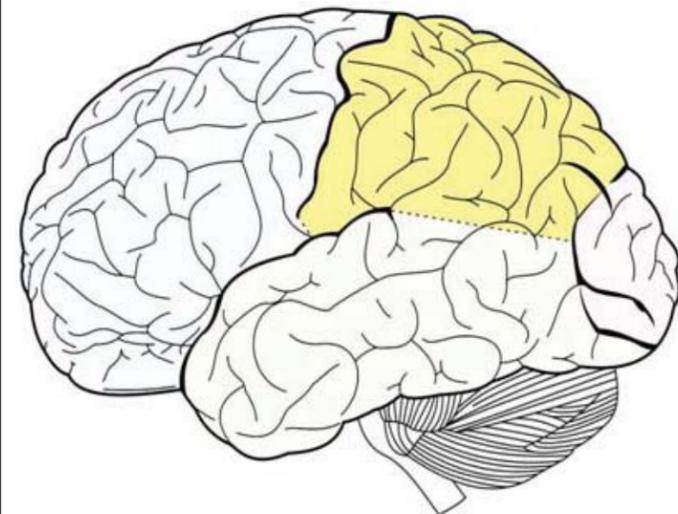
The study as published in *Molecular Cancer Therapeutics* journal showed that tumour growth is inhibited through the biological degradation of cancerous cells which leads to them dying off.



Symptomatic Relief for MS Patients

The Peninsula College Clinical Neurology Research Group in Plymouth UK have found that cannabinoids improve muscle stiffness and spasms, neuropathic pain, and sleep and bladder issues associated with multiple sclerosis. The researchers concluded that cannabinoids may have a longer term role in reducing disability and progression in MS.

A separate Italian research team found that cannabinoids can be clinically useful in treating bladder dysfunction.



Cannabidiol and Social Anxiety

Scientists from the University of Sao Paulo investigated the effect of cannabidiol (CBD), which is known as the second most studied cannabinoid, on patients having generalized social anxiety disorder (SAD) in a controlled test.

The test involved three groups of 12 each--a control group where none of the members had SAD, one with SAD that was given 600 mg of CBD, and one with SAD that received a placebo, all taking part in a public speaking exercise.

Results indicated that pre-treatment with CBD significantly reduced anxiety, cognitive impairment and discomfort in the speech performance of patients. The placebo group had higher levels of all three of these symptoms. There were no noticeably significant differences between the control group and patients administered CBD. The study was published in *Neuropsychopharmacology* journal.



GC Halted by Cannabinoids

Based on previous studies that have established cannabis' potential to significantly decrease the spread of cancerous gastric tumours and kill off malignant tumours, South Korean researchers have found the biological mechanisms for these tumour-fighting properties.

Published in the *Journal of Cellular Biochemistry*, the report on cellular mediators indicated that cannabinoids play a role in halting cell cycles that cause the cancer to spread.

Elections End Bill S-10...For Now

In early March the BCCCS sent a letter to the Liberal Party of Canada thanking them for their opposition to Bill S-10.

The Liberal Party stated on February 9 that it would oppose the Bill on the grounds that it disproportionately targets youth and would drain federal funds to build mega-prisons. The Party especially was suspicious of the Conservatives' not being transparent about costs related to the Bill.

As care provider that needs compassionate cultivators, the BCCCS was glad to see such strong opposition to S-10.

In late March, a partnership between the Liberals, New Democratic Party and Bloc Quebecois supported a vote of no confidence in the government. The vote having gone through meant that Bill S-10 was also off the table.

This does not end Harper's war on medical cannabis. Voters need to show strong opposition to the Conservatives' agenda of throwing small-time offenders into costly mega-prisons using mandatory minimum sentencing - a policy that has failed miserably in the US. Let your friends and family know that a vote against the Conservatives is a vote in favour of compassionate cultivators and medical cannabis patients.



Cannabis Costs Reimbursed by Law

The BCCCS is celebrating a ruling given to one of its long-time members, Gary Simpson who now lives in Ontario, around medical cannabis patient rights. Gary has been awarded reimbursement for the cost of his medical cannabis from the Workplace Safety & Insurance Board (WSIB) - the workers' compensation board of Ontario.

Gary sustained acute back injury in 2000 working as a heavy equipment mechanic. Prescription pain medication was found to have unwanted side effects and be addictive. After doctors voiced concern over their impact on his liver and kidneys, Gary got approval for his medical marijuana access regulations (MMAR) license from Health Canada in 2003.

Cannabis helped Gary reduce his need for pain medication, eliminate ulcer problems, improve sleep and better control his diabetes. WSIB however did not recognize cannabis as medicine.

When he went ahead with appealing the decision, it was ruled that WSIB should reimburse Gary for his purchasing costs (\$805/month).

Four months later Gary was told by Health Canada that he would no longer receive cannabis, and instead given seeds to grow his own medicine. Gary instead went to the Toronto Compassion Centre. WSIB once again refused to pay for the cannabis, and instead said it would pay only for the seeds (\$20/year).

Gary fought back and in 2010 the Appeals Tribunal ruled to cover the compassion club cannabis costs.

Apart from being an victory for medical cannabis, the case highlights Health Canada's continued failure as well as the need for education for bodies like the WSIB.

Volunteers for the BCCCS Garden

With spring starting to bloom around us, the BCCCS is once again looking to cultivate MOBY, the garden plot we have at E 12 Avenue and Commercial.

We are looking for volunteers to develop the garden with us, and make it both fruitful and pretty.

If you would like to spend some warm sunny days in the future gardening with us, leave your contact details at Front Desk for MaryAnn.

Staff Changes

This spring is Gabrielle's last at the Club, and we wish her the best as she looks forward to a less fully-packed work schedule.

Also leaving is Edna, our Reiki master. Edna has been at the Club for over a decade and has touched the lives of many members and staff. As she retires to Saskatchewan, Edna has left a lasting impression and will be missed.