

the compassionate VOICE



Newsletter of the BCCCS

February 2016 - June 2016

CoV's Board of Variance Votes in Our Favour



A unanimous decision by the City of Vancouver's Board of Variance (BOV) on April 20th means the BC Compassion Club Society (BCCCS) will not have to close its doors after providing important medicinal marijuana and holistic services for 19 years.

"This decision comes as a great relief to our 6000 members who have been waiting, terrified for this day", said Hilary Black, founder of the BCCCS. "The BOV understood that we are a safety net for patients falling through the cracks of the healthcare system. We have been taking care of our community 19 years. I am grateful the BOV chose to support us."

"The heart of the issue is that we are near schools, all of which have no opposition to our presence in the neighborhood, this is our home. Clearly the BOV has seen that we are not a threat to the public or the safety of children. Our Wellness Centre provides 3,400 health care appointments each year, and closing it would cause massive hardship on our patients."

The BC Compassion Club Society opened its doors in May of 1997. It provides medical cannabis as well as many holistic therapies through the Wellness Centre to a total of 6000 patients a year.



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BC Compassion Club

Club News

Community Engagement

On March 19 Dave and Emerald were honored to represent the BCCCS at the 9th annual Under One Umbrella Homeless Connect Event at the Maritime Labourers Centre. It was a beautiful day with nourishing conversations, nutritious meals and learning about the amazing work people are doing for Vancouver's at-risk communities. New Democrat MLA, Melenie Mark took the time to meet us as well!



April 19th marked the 8th annual Carnegie Alley Health Fair located in Vancouver's DTES.

Canadian Association of Medical Cannabis Dispensaries Update

On March 29th, 2016 the Canadian Association of Medical Cannabis Dispensaries (CAMCD) held its Annual General Meeting expanding its board and electing new board members. Founding members BCCCS along with Vancouver Dispensary Society and Toronto Compassion Centre have all stepped down from the CAMCD Board this year.

Newly elected President, Dieter MacPherson of Victoria Cannabis Buyers Club believes times have changed, legalization is imminent and the organization looks forward to working closely with government on regulations, policy and permitting.

CAMCD has ratified a new set of bylaws that incorporates key structural and organizational changes allowing for broader membership involvement and the development of a more robust organization.

Canadian Medical Cannabis Survey

BuzzFeed Canada's Canadian Medical Cannabis Survey includes feedback from The BC Compassion Club Society's members!

<https://goo.gl/I9IAqA>

BCCCS was invited back to the event to share our resources. David, Maria and Emerald spent the day connecting with our neighbors, along with many other organizations doing exceptional work with one of the country's most resilient, loving and strong but vulnerable communities.



One afternoon a month BCCCS staff & board are cleaning up Clark Park with supplies from the City's #KeepVancouver Spectacular project. Please let Front Desk know if you would like to take part in our next clean up event! Info on how to host a clean-up in your neighborhood: <http://vancouver.ca/people-programs/keep-vancouver-spectacular.aspx>



MMPR Patients Have Right to Grow: Allard Ruling

In a Federal Court ruling this past February 2016, our lawyers, Jon Conroy & Kirk Tousaw represented the plaintiffs in Allard v. Canada. Jamie of the BCCCS provided written testimony advocating on behalf of patients which aided in the restoration of the right to grow their own medicine.

Judge Michael Phelan deemed Health Canada's Marijuana for Medical Purposes Regulations (MMPR) and Marijuana Medical Access Regulations (MMAR) to be an infringement on Canada's charter rights and declared they had no force & effect. The Liberal government was given 6 months to come up with new rules.

New Menu Items

COCONUT OIL CAPSULES Pack of 3

Contains 1g of our Indica dominant coconut oil, veggie cap base, 25mg cannabis \$5

HIGH CBD OIL 50mg CAPSULES Pack of 3

Organic, food-grade alcohol extraction, veggie cap base, olive oil suspension \$9

HALF-STRENGTH THC CAPSULES Pack of 3

CO2 extraction, veggie cap base, grape seed oil suspension \$9

HASH OIL EXTRACTIONS

aka BHO/wax/dabs/budder/shatter/sap/etc Ask staff about menu next time you're in Distribution Sold in 0.5g and 1g units from \$15-35

HONEY Sativa or Indica

Local wildflower honey blend slowly infused over 4 days using our beautiful medicine. 0.6g cannabis in 45 mL \$18.50; 1.5g cannabis in 110 mL \$35.00

Happy 19th Birthday BCCCS!

May 1, marked our 19th year in operation!

Love and appreciation to our membership, supporters and donors for standing in solidarity with us through the years! Big shout out to the BCCCS staff for putting their liberty on the line with their hard work and compassion advocating for patients and accessible medicine!



Baggies Costs Now Included!

The BCCCS is happy to announce that we will no longer be charging for baggies!

In January 2010 the BCCCS launched a complete switch to biodegradable cellulose baggies at 10 cents a bag. Baggies are necessary and we do our best to use as few bags as possible. Please encourage each other to bring your own containers or bags!

The production and use of plastics, especially disposable products such as sandwich baggies, harms the natural environment by filling landfills, polluting the air, and scattering themselves across our cities, forests, rivers and oceans. This project eliminates the yearly use and disposal of over 60,000 plastic sandwich bags.

Waste reduction, and transitioning from plastics to biodegradable materials, also promotes a shift from fossil fuels towards sustainable energy sources.

19th Annual General Meeting

To a full house on May 15, BCCCS staff hosted our 19th AGM with great success. Starting off beautifully with a traditional blessing of our space by Maria, our First Nations and Cranio-Sacral healer, we presented reports on our particularly busy year. Political & legal issues involving City of Vancouver business licensing, our supreme court fight against taxation of medical cannabis, and solidifying our stance for patients and where our model is grounded in this quickly growing 'industry'.

We welcome Janet to our Board of Directors and say farewell to John and Kelly.

We thank our Board for all they have endured over the last year & hope for smoother sailing in the future. They are true warriors & we love them.



Lollipops & Maple Drops Recipe

Use a pot with a strong bottom. Measure into it: 1 ¼ cups sugar, ½ cup water, 1 Tblsp Corn syrup, Pinch of Cream of Tartar (stabilizer).
Mix well THEN DO NOT STIR AGAIN! Bring to 302 degrees Fahrenheit or a "hard Crack" stage. Be very careful & add 2 teaspoons BCCCS Regular alcohol tincture & any flavouring you like. Bring back to 302 degrees & pour into molds or use tin foil to create a lollipop shape. Candy will set quickly and can be broken into pieces as needed.

Be careful of the boiling sugar & Enjoy!!



Welcome Babes!

Sending big welcoming Club love and congrats to Distro & HR staff Emma & partner on their healthy beautiful baby; and to Distro & Host staff Katie & her partner who welcomed twins at the end of July :D <3 Good luck to the new families!



10% Off All MegaFood Supplements

MegaFood supplements are made with REAL food!

Integrative Self-Care for Chronic Pain Workshops - Spring 2016

Six workshops with a broad range of basic science, research, stories, and healing tools, focused on experiential opportunities to practice techniques together and to provide a forum for members. Participants appreciated the opportunity to share their experiences of chronic pain while trying out new self-empowering activities. The series, organized and led by our energy healer, Vera and clinical counsellor, Barbara, featured presentations from our Acupuncturist, Nutritionist, Herbalist, New Members and Distribution staff. The topics were:

- Befriending and inhabiting the body using mindfulness and awareness exercises including ideas on using medicinal cannabis for pain relief.
- Ortho-bionomy - a non-invasive healing system using gentle movement, body positions and postures.
- Activating the relaxation response to soothe the nervous system and reduce the stress which contributes to chronic pain.
- Sound Healing using toning, chanting and singing bowls to produce frequencies that restore balance and healing which included a demonstration on healing with tuning forks
- Nourishing Body and Soul, with anti-inflammatory diet information and some techniques to support energy and healing.
- Exploring techniques for improving sleep for people with chronic pain, including the use of herbs.

A final workshop in September will focus on building a tool kit for self-care and exploring options for an independent ongoing support group. Copies of workshop resources are available in The Wellness Centre.

Funding to provide educational and social support through the workshop series was provided by two grants received from Dr. Wright (\$500) and Vancity (\$1000).

Donate to Our Wishlist

As most of our profits go toward subsidizing medicine & services, we honor help where help is needed. If you are in the position to donate to our operational costs, we are grateful for your consideration and support!

WISHLIST ITEMS:

- * Number Dispenser
- * Professional Ergonomic Advice
- * Supportive chair for New Member Appointments
- * Shelving & installation in our bodywork room
- * Free or discounted printing
- * Flooring and installation
- * Suggestion box
- * Vacuum sealer
- * Barley Travoy bike trailer
- * Umbrella stand
- * Office supplies
- * Paper bags
- * Vacuum
- * Tradespeople
- * Mediation training
- * New photo identification printer system
- * Photo wall/backdrop
- * Coffee maker
- * Large screen television for waitroom menu

Room Rentals

The BCCCS's Wellness Centre is opening it's doors for rental to practitioners in the community!

We have 4 lovely session rooms suitable for counseling, energy work, nutritional consultations, bodywork etc. Some rooms include massage table and portable stereo.

Room rental rates are \$40.00 per half day and \$70.00 per full day.

Please contact: 604-709-0448 or wellness@thecompassionclub.org for more information

Staff Changes

This quarter, we welcomed Tricia in Accounting and Emily, our new herbalist from Montreal.

We bid farewell and send our best to Jamie who represented BCCCS first as a Board Director then as staff in Distribution & Communications and as president of CAMCD.