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**Annual General Meeting Minutes**

**Wednesday, May 29, 2019 at 7:30 pm**

**1. Call to Order :** John Meijer called the meeting to order at 7:30 p.m.

**Directors Present:** John Meijer, Veronica Wynne, William Roberts, Nick Singh, Sydney Reimer and Sybil Wilkinson.
**Regrets:** Brian O'Rourke

**Guests:** Counselor Gord Perks, MPP Bhutila Karpoche, Tenzin Chogkyl (Executive Assistant to Arif Virani)

**2. Approval of agenda**:

Approval of the agenda was moved by Ian McIsaac, seconded by Sydney Reimer and carried.

 **3.** **Updates from Elected Representatives:**

**Gord Perks:**

Councillor Perks presented a letter from Mayor John Tory to SARA President John Meijer congratulating SARA on its 90th Anniversary. John Meijer read out the letter.

Councillor Perks addressed the meeting in regards to the omnibus Bill108 and the resulting changes that the provincial government was making to legislation which would have direct impacts on the City.

Councillor Perks reported that two days ago at the meeting of the Large Urban Mayors Caucus (67% of the province’s population) there was standing room only and an agreement to call for the Premier to withdraw the announced changes which were amending thirteen statutes including the endangered species legislation to allow for “Pay to Slay” hunting.

Regarding planning, the proposal would reverse changes previously made and reintroduce *de novo* proceedings for legal challenges to development projects thus allowing developers the ability to erase all decisions previous to the OMB hearing of a matter, and to avoid conformity with the Official Plan for the City of Toronto, by-laws, adopted studies, etc...

Regarding Funding, the City relied on the profits from growth to pay for growth so it charged development charges to pay for new libraries, parks, public infrastructure and amenities. Under the announced changes the parkland dedication rate requirement is gone and has been shifted to property value charges which can only equal 25% of the lost dedication requirements. A community fund will likely not be enough to make up the difference. This is a unique form of planning legislation.

Many of the retro cuts amounting to $180 million have been successfully halted due to local protests against this patently unfair action but going forward the cuts are still there and we need to organise and speak up.

**Bhutila Karpoche:**

Member of Provincial Parliament, Bhutila Karpoche presented a certificate recognising SARA’s 90th Anniversary (not signed by the unpopular Premier). She noted that 90 years is longer than some countries have been in existence and commended the Association for all of its good work.

MPP Karpoche commented that Bill 108 has been marketed as a “Housing“ bill and is completely opposed by the NDP. The aim of the Bill is not housing, it is a deregulation bill with not a word about housing or benefit to the municipalities. It is just a red carpet for developers’ profits. Bill 108 is being rushed through with only 6.5 hours of debate, debate was shut down and the bill was sent to pass without any public consultation. Until Friday the province is accepting written submissions. Many towns and cities have passed motions calling for repeal of the Bill. Contact your neighbours!

**Tenzin Chogkyl for Member of Parliament Arif Virani:**

Mr Chogkyl reported that MP Virani was kept in Ottawa by meetings but conveyed Congratulations from the Prime Minister for our 90th Anniversary.

**4. SARA’s 90th**

SARA President John Meijer addressed the meeting as follows.

*Well, this is the 90th year of operation of this organization, and I have in my hands a document from January 1969 entitled: “SWANSEA – Proposals by the City of Toronto Planning Board”.*

*I don’t know if times were simpler back then, but planning documents appear to have been, as this one is only 8 pages, with pictures!*

*I’d like to read an excerpt from the first paragraph on page 2 of this report, discussing development:*

*"Development pressures are high in the south end of the Village, near The Queensway. Just prior to the City's amalgamation with the Village on January 1, 1967, and since that time, several major proposals have been received. Some of these have been of concern to the Swansea Ratepayers' Association. It is evident that the introduction of high rise apartments into the area will have to be done with foresight and with respect for the neighbouring homes which will remain."*

*This was written fifty years ago, but could have been written last week, so we see things do not change much.*

*I quote this to point out that, in 1969, our organization still retained the name “Swansea Ratepayers’ Association”, without the “Area” included. The name was changed to “Swansea* ***Area*** *Ratepayers Association” sometime after 1967 when the former Village of Swansea was amalgamated with the former City of Toronto, and the former Village of Forest Hill into the new Municipality of the City of Toronto. Prior to that it was known as the “Swansea Ratepayers Association.”*

 *In 1929 the organization made a formal written submission to the relatively new Council for the Village of Swansea.*

*Based on oral history of members of SARA's executive in the 60's, the Ratepayers Group may have dated back as far as 1914, well before Swansea separated from the Township of York in 1926.*

*So here we are 90 years later, an impressive anniversary!*

*But I would like to recognize a couple of other anniversaries coinciding with this one.*

*First, our own Bill Roberts has served as a member of the Ratepayers’ Executive for forty-five years. That’s half the lifetime of this organization! In appreciation, back in February, your Executive nominated Bill for a Volunteer Toronto Legacy Award, in appreciation for his lifelong service to the Association. The Volunteer Toronto's Legacy Awards reception was held April 9 at the Toronto Reference library and Bill was among the 110 nominees who were feted at this occasion. Let’s hear it for Bill Roberts and his exceptional dedication to the Ratepayers!*

William Roberts was called to the front and presented with the award by SARA President John Meijer.

*Also celebrating an auspicious anniversary as a member of the ratepayers’ executive is Sybil Wilkinson, who has served on the Board for the past 30 years, since 1989. We'd like to recognize this milestone and present Sybil with a plaque in celebration of it.*

*It gives me great pleasure to present Sybil with a Service Recognition from the Swansea Area Ratepayers Association:*

Sybil Wilkinson was called to the front and presented with the framed appreciation by SARA President John Meijer.

*"In appreciation for 30 years of dedicated and generous service to the Association and community"*

*Thank you, Sybil!*

*At this time we’d like to take a short 5 to 10 minute and invite everyone to enjoy some refreshments in celebration of our anniversary, after which we will continue with the business of the meeting.*

**Break for refreshments and 90th Anniversary cake**

**5. Approval of the Minutes for the AGM, May 30, 2018**

Approval of the minutes for the AGM of May 30, 2018 was moved by Jack Slaughter, seconded by Susan Zalepa and carried.

**6. Membership Report:**

John Meijer read the report. Approval of the Membership Report was moved by Sydney Reimer, seconded by Ian McIsaac, and carried.

**7. Treasurer’s Report**

John Meijer made the following address.

*I am delivering the Treasurer's Report this year because, as you may know, our Treasurer Kate Lawson passed away this past January. It turns out, unbeknownst to us all, that Kate had been suffering with lung cancer for some time, and finally succumbed to the disease on January 13 of this year.*

*Kate was a member of the SARA Board of Directors for the past eleven years, and in addition to serving as Treasurer for most of those years contributed to the organization of all our public meetings, such as this one, taking care of refreshments and setup, helping out with our All-Candidates meetings in whatever capacity was required, and also was deeply involved with our fundraising activities in particular with the annual fundraiser at the Village Players, printing and selling the tickets and assisting with refreshments and ticket handling at the event.*

*She was also a caring and concerned member of the community, serving as our organization’s nominee to the Swansea Recreation Centre board, and also involved in bookkeeping for the Swansea Area Seniors Association, and involved with the running of the Swansea Town Hall. I would like us to have a brief moment of silence in respect of Kate's many contributions to the Association and the Swansea community, and ask that you join me now in some silence and reflection on Kate.*

*Thank you. Kate Lawson was a good person. Personally, and I think the Executive would agree with me, I appreciated Kate for her caring, her honesty, her sense of responsibility and involvement, and her direct approach. We will, and do, miss her.*

A moment of silence was observed.

*Ok let us get back to the business of the meeting and continue with the Agenda. I would like to ask Veronica to temporarily assume the Chair of the meeting so that I may present motions in Kate's place on the Treasurer's report and proposed fee change which I am unable to do as Chair, and ask that Veronica conduct the processing of these motions.*

Veronica Wynne assumed the chair and John Meijer reviewed the Treasurer’s report as it had been circulated at the meeting. Approval of the report was moved by John Meijer and seconded by Sarah Doucette and carried.

**8. Constitutional Amendment – Membership Fee Increase**

John Meijer moved that the membership fees should be increased as follows:

Individual     $15.00

Individual Senior $12.00

Family          $20.00

Family Senior $15.00

Business/Organization $30.00

The motion was seconded by Susan Zalepa and carried.

**9. President’s Report**

Presidents Report AGM 2019 – SARA

Good evening, and welcome to our 2019 - 90th Anniversary - Annual General Meeting.

Thank you for taking the time to come out and hear what we have been working on over the past year.

As I reviewed the year, in preparation of putting together this address, I was astonished at how much were had accomplished this year, especially given the size of our 2018 Executive, which was smaller in size than some past years, and I mention this to encourage you all tonight to consider putting yourself up for nomination when we conduct the election for next year’s Executive later in the Agenda.

SARA can only do what we do, and more, by having as many Board Members on our Executive as we can get. We have openings for 16 directors on our Executive and are currently sitting at nine, so there is still room for a few more Board members. The Executive meets once a month on the third Tuesday of each month right here at the Town Hall, with the exception of months July and August. That’s only ten meetings per year, so if you have some free time please put yourself up for nomination as a Director.

As usual this year, we have been busy with planning initiatives, both city-wide and local, and with specific development proposals that are in the works for the area.

I spoke to you last year on our participation in the multi-year process of Zoning By-Law Harmonization. We have been involved again in the current year on Phase 2 of the hearings and have submitted our proposals to the OMB process for hearings which are scheduled to commence in October of this year, on matters dealing with the calculation of maximum height, main wall height, parking and the definitions - in the by-laws – of the "basement" and "first floor”. We expect to continue, as an appellant to these proceedings, as they move forward.

Another important city-wide planning issue that worked its way through the OMB in the past year was the proposed Development Permit System. As I told you last year, the DPS is a planning process which streamlines the development permit process by setting area-wide allowable development standards in place of the existing zoning, site-planning and minor variance processes. In December of last year, the Divisional Court ruled against the City in its appeal of the OMB's decision to suspend the DPS case until the City completes a pilot project. This was a victory of sorts as we had concerns over the implementation of DPS and we will remain vigilant if this comes forward in future, perhaps in the context of new legislative initiatives such as Bill 108, which has been in the news as of late.

Further, in the past year, SARA’s participation in the appeals process of Official Plan amendment OPA 320 ended when the amendment, which we supported, was passed. The Healthy Neighbourhoods amendment strengthens definitions for existing Neighbourhoods and Apartment Neighbourhoods and results in improved protections for the character of established neighbourhoods.

That summarizes our main participation on city-wide and OMB matters over the past year, but we have also been active in more locally focussed planning matters including the Bloor West Village Avenue Study and the Heritage Conservation District study, which I mentioned last year, and would like to update you on, for this year.

As I mentioned last year, Bloor West became a formal Avenue Study under city planning, looking at land use, transportation and services, community facilities, built form character and redevelopment potential for Bloor Street West. The study was completed this past year, with SARA providing input at community consultations and meetings, and also objecting to certain mixed-use designations which were proposed for several properties on the south side of Bloor. The completed study sets out recommendations for an area-specific planning framework to guide future development and infrastructure improvements, the details of which are available in the completed study, which is now accessible from the City of Toronto website.

For the Heritage Conservation District study, SARA has been participating at community consultation meetings, and last month on April 3 attended at the open house community consultation that City Planning held at the High Park Nature Centre. If you are interested in learning more about how this study is progressing, there are links to download the display boards presented at the open house available on the City website if you perform a search for “bloor west heritage”. The heritage conservation area covers Bloor West from the Humber River to High Park.

This brings me to report on a few specific development proposals currently underway in Swansea:

Last year I spoke to you about 2265 Bloor, at the corner of Bloor and Durie, which was approved at an OMB mediation settlement for a development of seven stories, and had appeared to be abandoned at that time. We have recently learned that the proponent of the original development was unable to acquire all the subject properties included in the original application as it appears the Ukrainian Credit union building has withdrawn from the initiative. Recently, we were contacted to provide input on a proposed smaller development which is now being considered for the range of properties fronting Bloor at the addresses of 2273 to 2283. We are not able to provide any details at this time as we are providing input to this proposal on a confidential basis, but we will keep you informed as information becomes publicly available.

Regarding the long overdue redevelopment of the site of the former Southport Plaza at 34 Southport, we have in the past year affirmed our participation in the site plan process and access to the hydrological testing results, and have learned recently that the developer seeks to modify the approved proposal to include a fatter floor plate, which City Planning has rejected and requires it to be redesigned or submitted for a new approval. Currently it is up to the developer to move forward.

The two other large developments in South Swansea are the Mirabella condos at 1926 Lakeshore, on the site of the former Four Points Sheraton which are now proposed for two 38 storey towers atop a shared podium with the 374-unit east tower slated to be built first; and secondly, a nearby proposal by the developer Marlin Springs to build at 1978 Lakeshore which is the lot at the northwest corner of Windermere and Lakeshore.

SARA has been involved with both of these proposals in the past year but particularly with the 1978 development and the SaveSwansea local community group who are in opposition to the current proposal for two towers of 21 and 26 stories, both of which exceed the strata limit for height, set at 65 metres.

SARA has done a lot of work with SaveSwansea group, including helping to set their domain saveswansea.ca, setting up a donation link for their fundraising efforts thru the use of our Paypal account, assisting in their fundraising and meeting with them to advise on planning aspects, and strategies to oppose the most egregious components of the proposal (like the idea of reducing Windermere southbound to one lane). Regarding the current status of the development proposal itself, the developer's application remains incomplete at this time and there is no clear position that can be taken until the developer moves forward. We will remain involved with both the application and with the local community around this development.

The other large development affecting Swansea which I spoke about to last year was the redevelopment of the Humber Odeon cinema property on the north side of Bloor Street, west of Jane. We participated this year in community feedback meetings with the developer PlazaCorp and the City, and we were Party to the OMB proceedings on this proposal. Thru these proceedings we were able to secure some modest improvements to the original design which have now reduced the height of these buildings to 11 stories on the east end and 8 stories on the west end, with some improvements also to the angular plane on the north side. After the City settled with the Applicant in the OMB process to which SARA was party, it became impractical for us to continue to oppose, and in the end an agreement was reached between the remaining opposing parties. SARA sent Bill Roberts to attend at the settlement hearing on May 23rd of this year.

Aside from these larger development proposals, SARA continues to review all minor variance applications in Swansea that are coming before the Committee of Adjustment and we continue to oppose applications we feel are excessive. The City’s Application Information Centre web portal is a useful tool for online review of applications and material on file.

I would urge you to use it if there are development applications in the neighbourhood for which you are looking to obtain information.

Some other matters, not planning related, that SARA was involved with during the year were speeding on South Kingsway, laneway housing, governance issues arising from the move to a 25 ward Council. By the way, we are now in Ward 4 with Gord Perks as our Councillor and have been moved to the Toronto East York community council for planning review processes such as the Committee of Adjustment.

Further, several of our Executive members have been concerned with and studying the intersection of Bloor Street and South Kingsway. Sydney Reimer has done some serious research and analysis and put together a great presentation on the intersection with suggestions for improved safety and traffic flow. She will be presenting this to staff in the City’s Traffic Operations department next Thursday, June 6.

 I should also mention that we welcome to SARA a newly organized sub-group under the SARA umbrella which is called the Riverside Drive Neighbourhood group and will be setup to deal with issues in the area of Riverside Drive. The impetus for setup of this group were traffic concerns with speeders shortcutting down Riverside to get to the Queensway and also the City’s redesign and reconstruction proposal for Riverside Drive which seems to ignore not only the community input but also perhaps some safe street guidelines and vision zero goals. During the year we met with representatives from this group and determined it would be in the interest of both parties if they formed a subgroup within our Association and so it came to be that the Riverside Drive Neighbourhood subgroup was formed. We welcome them.

Finally, I would like to recognize Mirabella, the owners of the 1926 Lakeshore property, for their generous $10,000 to the Swansea community for local community improvements. Our Board is looking at the potential of installing historic Village of Swansea street signs at key intersections within Swansea and are in contact with the Historical Society to determine whether to proceed with this idea. We are also open to suggestions from residents.

I want to thank the SARA Executive members for all the work that put in over the last year, and as I said we could do more with more Board Members so if you are interested come out to a meeting or two and see if anything interests you. Our next board meeting is Tuesday June 18 at 7:15pm here at the Town Hall, ravine level. And as always our Executive meetings are open to the public. Just let us know if you plan to attend.

And lastly, the sharp-eyed among you may have noticed that my name is on this year’s slate as “Past-President”. Yes, I am planning to stand down after five year’s as President of this Association as it is time for a rotation of the role and to give someone else the opportunity to come in and stir the pot!

I will instead be putting myself forward for the role of Treasurer, to take the place vacated by Kate, to whom I handed off that role. If the switch in roles affords me any new free time - which is debatable - I hope to spend more time with my family before our youngest - who is going into Grade 12 - flies the coup and Susanne and I become empty nesters.

I just want to say that it has been truly an honour – and humble-ing, to be elected and to serve as President of this Association. I am proud of what we do. It is important work and I know that because our members tell us so from time to time like when they renew membership. I also want to reassure you that we should be in good hands for next year if the nominated candidate, Veronica Wynne - who has agreed to run for President - is elected to the position. It would be hard to over-estimate the contribution Veronica had made to this organization in these past years and I look forward to working alongside her if we are both elected.

And so that is a brief summary of what we have been up to in our 90th year of representing the residents and ratepayers of Swansea.

If you are not a member and want to be kept up to date more regularly, please consider joining SARA to receive our Newsletter. Copies of the Newsletter, and membership forms, are on the table at the back of the room, or you can join online at www.swansearatepayers.ca.

If you just want to stay informed, we have a MailChimp email distribution mailing list which we can add you to that if you send an email to our email address: swansea@swansearatepayers.ca

I want to remind you not to forget our annual fundraiser at the Village Playhouse which will be held this year on Oct 31st, 2019 with the Village Playhouse preview production of "Murder Weapon" by Brian Clemens. What better way to spend Halloween than attending a murder mystery fundraiser for SARA?

Tickets are again $20 and will be available from the Executive over the summer, as they have yet to be printed.

Have a great summer and thanks again for coming out and supporting SARA.

At this time I would like to turn the floor over to Jack Slaughter who will be conducting the Election of the new Board of Directors for SARA for 2019/2020.

 **10. Election of the Executive/Board of Directors:**

Jack Slaughter took carriage of the meeting and encouraged all to attend the fundraiser.Jack also gave a humorous look at some milestones over the last 90 years.

 **Election of officers:** The following slate of incumbents was presented as follows,

Nominating Committee Slate:

President Veronica Wynne

Vice-president(s) vacant

Secretary Nick Singh

Treasurer John Meijer

Directors Brian O’Rourke; Sydney Reimer

William Roberts Sybil Wilkinson

Past-president John Meijer

John Meijer moved that the slate be accepted. The motion was seconded by Sydney Reimer. Nominations from the floor were then opened. Janice Kaldor was nominated as a director. John and Sydney agreed to amend the slate and Janice was added to the slate.

Jack called thrice for further nominations and as there were none William Roberts moved that nominations be closed. The motion was seconded by Ian McIsaac and carried. Jack declared the slate elected.

It was moved by John Meijer and seconded by Brian O’Rourke that the Board would have the power to fill all vacancies. The motion was carried.

John Meijer thanked departing board members Lindsay Whillans and long-time member and Secretary David Fleming for their valuable service.

**11. Discussion on Cannabis Legalisation**

John Meijer introduced our speaker’s subject with a few little known facts about Cannabis such as that it was once a government subsidised crop.

Nick Singh gave the following introduction.

I was inspired to present a panel to discuss Cannabis legalisation by a friend who had attended something similar. My idea was to bring together three people, one from the field of medicine, one from business and one from the law and enforcement.

That, I figured, would be a well rounded discussion. And it would have been had I been able to get three speakers.

When I started sending out invitations I had good reason to be optimistic. Sybil was able to use her connections on the police liaison committee to get us a commitment from the Police to attend. The Apollo Cannabis Clinic said they were interested right away.

Two out of three, not bad

But then our policeman was over ruled by an Authority somewhere up the line of command. So I turned to the AGCO and got a warm response from their “Office of Strategic Engagement, Strategy and Policy Division”. But that turned into a rejection when permission from above was sought. “No,” they said, ‘they did not want to talk about policing or the rules of engagement.’ They felt “they would not be a good fit.”

It looked like I would have to go higher up the food chain to get permission from the authorities to give us their perspective. I reached out to Arif Virani’s office who recommended going all the way to Bill Blair but he declined the invitation right away.

I thought perhaps Toronto Public Health could provide some balance to medical use but they did not want to appear either. Instead they recommend a list of youth addiction recovery groups. Sick Kids was on the list, so I contacted them. They did not want to appear either but wished us ‘good luck’. It was the same with all the others I contacted on the list.

For the business side of things I contacted the local head shop across from the Jane subway. The clerk was very helpful but I did not even get a response from the owner. I looked up the list of all licensed shops in TO on the AGCO website and went around to all five Toronto addresses. That meant lining up at two of them and showing ID when I got to the door and there were bag searches too. It was a bit strange to me but I did get a firsthand look at what a range of approaches there are out there and I can tell you about that later.

Of the five shops, one was not yet open but the other four were welcoming and happy to pass the invitation on to their bosses. Of those four I received enthusiastic responses from two but then their publicity teams eventually took a pass. I contacted Jodie Emery, she offered to answer questions but living in Vancouver made an appearance a bit unrealistic.

 A friend recommended Professor Emeritus Alan Young whose decades of defending offenders on the grounds of "no harm no foul" have made him a well known figure in legal circles and an early crusader for medical marijuana legal reform. He could have taken up the whole night but he was out of town.

Luckily, the Apollo Clinic was still interested but my well rounded panel was, well, up in smoke.

What I found interesting was that you would think that organisations like the Police or the OAGC or Sick Kids Hospital or the Canadian Cannabis Council would be willing to get their messages out, but it appears not to be so.

One of our board members asked a High Ranking Businesses Executive who is in the legitimate cannabis business to share his insights but even in the new legal environment the hazard of crossing the American border prevents him from speaking in public.

So, perhaps it is still difficult for some to be out about Cannabis. I know I felt odd lining up on Yonge Street while people went by wondering what the lineup was for. And then getting it, and commenting to each other with a smile.

But tonight we have someone who is not afraid to speak about Cannabis and what the new environment can mean for you.

As I mentioned one of the places I turned to was the Apollo Cannabis Clinics for a medical perspective.

The Apollo clinics are a network of medical cannabis clinics & Healthcare Practitioners who prescribe medical cannabis, and educate patients and the community about access to medical cannabis and specific individual medical uses. Their services are covered by OHIP.

So our speaker tonight is Kim Lam from Apollo Cannabis Clinic.

 She is currently an International Medical Graduate physician assistant and patient educator at the Apollo Applied Research Clinic.

Kim graduated from the University of Waterloo in Psychology and Biomedical Sciences and recently graduated from Ross University School of Medicine.

She has done clinical training in Chicago, Toronto and Montreal focusing on rehabilitation and pain management.

Kim has presented papers at the American Association of Physical Medicine and Rehabilitation and is awaiting publication in the Pain Journal on Osteoarthritis.

In her spare time she paddleboards, paints and is an avid special and rare books collector.

**Kim Lam’s address to the 2019 Swansea area repairs association AGM**

Kim Lam reviewed her training. She said that the Apollo Cannabis Clinic is the first clinic she has worked in where the patients are happy despite their pain. The Apollo Clinic does not sell any medication; it is a network of doctors who prescribe medication. They have a full range of practitioners and experts and they have been around for 30 years. Cannabis is a third level of care. A current report studying the effects of cannabis is pending but it is expected to show great benefits.

The process for getting a prescription is to first come in for an assessment. First this must be done through a referral from a doctor then step two is a consultation process with the doctor to assesses the patient and needs, step three is issuance of a medical document that will state the prescription, step four is the education of the patient, step five is registration to allow a registered company to mail or send the drug specified by the prescription and step six is a annual review.

There was a question regarding the correctness of calling cannabis products a drug. Kim answered that this is correct it is not a drug under label it is medical cannabis and it comes in a pill form. She noted that it was a recognized medicine back in the 1800s. An audience member commented that he knew someone who went and got treatment with cannabis oil and from his perspective it is a drug because it has an effect.

Kim said that their forms lay out specifics of the prescription so that there are no ambiguities.

Kim said that it affects the lipid endocannabinoid system and works on cannabinoid receptors CB1 and CB 2 which interact with cannabis. She noted that other synthetic cannabinoids are available for use.

Regular pain medication will affect the breathing control centre in the brain while cannabis will not affect breathing, it’s a big bonus.

THC causes a high, experiences are individual and it can be used for sleeping in dealing with chemotherapy and to help with some cancers, it also stimulates the appetite. CBD does not give a high and there are no psychoactive effects. CBD hemp oil is available in health shops but hemp CBD lacks other compounds of cannabis CBD to make it useful. Terrapins are necessary for functioning of each product. There is an entourage effect, CBD alone is marginally effective, CBD with other parts of the extract work much more effectively.

The two main strains of cannabis are Sativa and Indiva they’re like red and white wine, different plants provide different effects. Side effects are usually THC related, CBD on the other hand has very mild effects.

Cannabis addiction affects about 9% of users and is akin to addiction to coffee. It is recognized that under the age of 25 THC can harm brain development. It is always better to have a safe source. CBD is a brain protective.

Under the current legislation only licensed producers, licensed by health Canada can produce cannabis products and each batch it is tested individually. You can get dried bud, oil, capsules and topical ointments.

The Apollo clinics recognize 10 trusted producers. If you’re a member of CARP you can get a 20% discount you can also qualify for a discount if you are a veteran. The prescriptions are delivered with clear instructions that are precisely marked.

Oils take about one hour to kick in and last from 4 to 8 hours depending on the individual. Dry bud should only be used as needed, not for regular use. This is similar to the use of Hydromorphone. Bud should also be vaporized and not smoked because this is more effective and lasts longer.

Question posed:

How much research has been done?

Kim answered that national research has been done and some double blind tests have also been carried out. Israel is a centre for medical research. And Sick Kids Hospital has just completed a very positive study.

What about interaction with other drugs?

At the initial assessment we will need a list of your medications to advise on how to take your other medications. It is well known CBD is metabolized by the liver along with other medications so keeping an eye on liver function is important.

**12. Q&A on Development Proposals in the Swansea Area**

There were no questions.

**13. Adjournment**:

The speakers were thanked and a motion to adjourn was made by William Roberts, seconded by Ian McIsaac, and carried. The meeting adjourned at 9:37 PM