



SPECIAL EDITION

THE REZOUND

COMMUNITY CANNABIS CONFERENCE & DISCUSSION FORUM



Dr. Lionel Marks de Chabris presents on medicinal use versus recreational use of Cannabis at WRFN's Cannabis Conference and Community Discussion Forum on October 13, 2018.

Both days of the WRFN community Cannabis Conference began with deep prayers offered by Gloria Oshkawabisens McGregor, community member and elder for the conference. With this spiritual grounding, WRFN community members began an entire day-long of learning from various presenters that spanned seven hours on the first day and six hours of sharing on the second and final day (October 13th and 14th, 2018).

This learning journey was transformational and showcased Whitefish River's ability to collectively find the answers, which is precisely what Chief Shining Turtle relayed as his hope at the start of the conference.

Hands-down, the best presentation reported by participants was by Dr. Lionel Marks de Chabris ("Dr. Lionel"). Dr. Lionel shared the story of cannabis versus marijuana and described its history as well as why it had been banished by the medical community for the past century. He described the difference between THC and CBD and explained how these two compounds are equally important and appear in different proportions depending on the medicine and noted that instead of having the stance "Just say no" he suggests we change this to "Just say know."

Lori Lafontaine, a First Nation member working for Health Canada provided an overview of the Canada Cannabis Act. She gave an overview of how the Act will ensure that access to cannabis by youth will be controlled, how there will be oversight and inspections of supply by the federal government and that there will be strict regulation of the supply chain. Interestingly, she advised that there are now 129 licenced producers in Canada and only a few are First Nations owners.

Ashley Collins with the Ministry of Attorney General enlightened WRFN members on the Provincial Cannabis Act. She explained that sales are prohibited to anyone under 19 and furthermore that youth are prohibited from possessing, consuming or cultivating cannabis. Legally licenced storefronts will not be available in Ontario until after April 1, 2019 and in relation to First Nation matters, there are specific provisions to allow a First Nation to opt out of online sales (prohibit delivery) or retail storefronts.

Whitefish River's own Rod Nahwegahbow, UCCMM Police and his colleague, Jerry Filipov from the OPP presented a rich discussion on the Cannabis law. In particular, Ontario's focus will be building upon existing laws

regarding alcohol and tobacco use. Medical cannabis use will remain the same (from the 116 licenced by HC) and those that are unlicenced fall at risk of arrest and prosecution under the Controlled Drugs and Substances Act. Law enforcement personnel will continue to respect the decisions of First Nations jurisdiction over their own territory and will act accordingly.

Also presenting about indigenous and health perspectives was Karrie-Ann Jones from Public Health Sudbury District, Kayla Hill, Tyendingaga, and Leslie McGregor, Whitefish River First Nation Health. Fittingly, Leslie shared important reminders about our original instructions as Anishnabe people and our sacred responsibility to our ancestors and those yet unborn.

This message reverberated throughout the conference weekend as we were taken on a journey and reminded that WRFN is a strong, vibrant community with many gifted people who were proud of their homeland and territory. This was heard loud and clear in a community values exercise, seven generations declaration by the elders and conveyed again through Gloria, and with the sound of the Bitaabanis Drum.

"A Place of Visions and Dreams"



October 17, 2018

A PLACE OF VISIONS AND DREAMS

COMMUNITY NOTICE - CANNABIS

As of October 17, 2018, possession and consumption for personal recreational use of small amounts of cannabis by adults will no longer be a criminal offence in Canada.

"Adult" in the Province of Ontario means a person 19 years of age or older. Providing cannabis to minors is a serious offence. Operating a motor vehicle while impaired by cannabis is dangerous and illegal. Cannabis may not be consumed in or near community spaces within this Territory.

With the exception of medically-prescribed cannabis which remains separately regulated by Canada, the only legal source of cannabis in Ontario as of October 17, 2018 is the Ontario Cannabis Store, which sells through an online portal. Ontario has introduced legislation to begin permitting licensed retail sales which is expected to begin in the spring of 2019. As of the date of this notice, the new legislation (Bill 36) is not yet in force. The proposed legislation specifies that authorization for retail cannabis sales on-reserve will not be issued without the support of the First Nation.

Please remember that Whitefish River First Nation has a community moratorium on cannabis sales within our territory. This moratorium remains in effect on October 17 and beyond. We are all learning together and it is our hope that we can determine together the place cannabis has in our community.

Following a well-attended community forum this past weekend, a Cannabis Task Force will be formed within the WRFN Territory by November 1, 2018. The Task Force's primary responsibilities will be to gather and share the best information with Band Council and the community concerning future education and awareness sessions, community input, regulations, and laws.

We will strive to keep the community well-informed of the work of the Task Force and provide opportunities to contribute. Until that time, you can contact Art Jacko, Band Manager at 705-285-4335.

As we move forward, we will continue to retain the spirit of mutual care and consideration that makes WRFN such a positive place to prosper. As adults, please seek out the best information on the health impacts of cannabis before making a decision on its use for yourself and in order to provide education to your loved ones.

All that is legal is not necessarily good for us in mind, body and spirit.

Meegwetch

WHITEFISH RIVER FIRST NATION CHIEF AND COUNCIL

WHITEFISH RIVER FIRST NATION

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OUTCOME

**Whitefish River First Nation
Cannabis Conference &
Community Discussion Forum
Manitoulin Hotel and Conference Centre
October 13 & 14, 2018**

Background

Whitefish River First Nation Chief and Council (WRFN) placed a moratorium on cannabis sales on August 26, 2018 vis a vis BCR #3724. This was followed up by a communique from Chief Franklin Paibomsai stating the rationale for the moratorium and “our next steps” which outlined Whitefish River’s commitment to community engagement. This community engagement, included a) providing information to community, b) hold a gathering for community, and c) gather input from community on cannabis.

Beginning on September 19, 2018, Band Administration began working with a consultant and a small task force on coordination of a Cannabis Conference and Discussion Forum, as per the direction of Council. Therefore, work began immediately to identify facilitators, plan venue, MC, Moderator, agenda etc.

Results

Promotion:

Publicized widely through Facebook, Website, Mail-outs, Posters, Constant Contact, Eventbrite, and word of mouth. Additionally, posters for the Friday night kick-off event were delivered door-to-door on Thursday evening (to as much households as possible)

Attendance:

Attendance at the event was as follows:

- 60 attendees on Friday, October 12, 2018- Dinner
- 41 attendees on Saturday, October 13, 2018 (not including presenters, MC, conference staff)
- 37 attendees on Sunday, October 14, 2018 (not including presenters, MC, Conference staff)

Evaluations:

Though formal evaluations not yet formally analyzed, there are some preliminary findings following a cursory review:

- 85% of delegates **substantially** increased their knowledge about Cannabis as a result of the conference.
- 90% of delegates felt that the hotel provided good comfort, set-up, meals and staff service.
- 80% of delegates felt that the conference objectives were met: public education, providing initial intro to cannabis law, and a chance to network/exchange ideas.
- General feelings that more information needed, more presentations, in community, reach out in person, continue with social media, newsletter, etc. for communication.

Outcome of the Conference- Community Input:

Upon completion of the educational presentations on the first day, the group broke out into three distinct community groups: 1) **Community**, 2) **Parents/Youth** and 3) **Elders**. These were facilitated by different facilitators and transcribers.

At the culmination of the conference, a “Next Steps” forum with everyone in the room was held and moderated by Mariette McGregor Sutherland.

In simple terms, here are the three (3) outcome:

1. Education Component

- Three pronged-educational approach for:

1) Elders, 2) Children and Youth and 3) Parents

- Participants felt strongly about bringing Dr. Lionel back for all community to learn from his presentation
- Information Point Person on Cannabis (this could be Health Promotion or Cannabis Consultation Coordinator, etc)
- Need information in community newsletter
- Use all mechanisms to reach community people
- Information about funding proposals- WRFN can access- WRFN does have a proposal in to Health Canada under this stream of funding
- Future sessions to include information about social effects, public safety, jurisdictional, law, economic, ongoing health effects/addictions, and Traditional knowledge. Want relevant guest speakers like Dispensary spokesperson (Stevenson), Youth-Recovering addict, target youth in new way. Traditional knowledge and dissemination is very important and imperative!
- Send out cannabis information to parents- blitz by October 17th.
- Policies on multiple levels- need presentations in all areas so that all community members can be informed prior to developing policies, laws, regulations.

2. Task Force Formation

- Purpose of Task Force: 1) To guide future education awareness sessions for WRFN community, 2) To gather community input and prioritize community issues and make recommendations to Council, 3) Make a workplan and 4) Respond to recommendations and lead development of Bylaw and Regulations

3. By-Law /Regulations



Band Manager, Art Jacko facilitates the Elders Discussion Group.

The Legalization and Regulation of Cannabis

On October 17, 2018, the Cannabis Act came into force.

It puts in place a new, strict framework for controlling the production, distribution, sale and possession of cannabis in Canada.

The Cannabis Act will:

- prevent youth from accessing cannabis
- displace the illegal cannabis market

Protecting the health and safety of youth is a top priority. Be aware that the [Cannabis Act](#) establishes serious criminal penalties for those who sell or provide cannabis to youth. It also establishes a new offence and strict penalties for those who use youth to commit a cannabis offence.

In addition, the Act also prohibits:

- products that are appealing to youth
- packaging or labelling cannabis in a way that makes it appealing to youth selling cannabis through self-service displays or vending machines
- promoting cannabis that could entice young people to use cannabis, except in narrow circumstances where it will not be seen by a young person

Adult Possession of Cannabis

Store cannabis securely and away from children and youth.

The Cannabis Act protects public health and safety by:

- setting rules for adults to access quality-controlled cannabis
- creating a new, tightly regulated supply chain

In Ontario you will need to be 19 and older to buy, use, possess and grow recreational cannabis. This is the same as the minimum age for the sale

of tobacco and alcohol in Ontario.

Adults who are 19 years or older are able to:

- possess up to 30 grams of legal cannabis, dried or equivalent in non-dried form in public
- share up to 30 grams with other adults
- purchase cannabis products from a provincial or territorial retailer
- grow up to 4 plants per residence (not per person) for personal use from licensed seeds or seedlings
- Possession, production and distribution, and sale outside of what the law allows remain illegal and subject to criminal penalties, ranging from ticketing up to a maximum penalty of 14 years imprisonment.

Laws in your area

Each province and territory also has its own rules for cannabis, including:

- legal minimum age
- where adults can buy it
- where adults can use it
- how much adults can possess

You must respect the laws of the province, territory or Indigenous community you are in, whether you are a visitor or live there.

Municipalities may also pass bylaws to regulate the use of cannabis locally.

Review your provincial and territorial guidelines. Also check your municipality's website for local information.

Identifying Legal Cannabis Products

Legal cannabis products are only sold through retailers authorized by your provincial or territorial government.

Legal cannabis products have an

“excise stamp” on the package. The stamp has security features to prevent forgery, just like passports and banknotes.

Each province and territory has a different coloured excise stamp.

Legal cannabis products will also carry the standardized cannabis symbol and mandatory health warning messages to provide information on risks of use.

Initially, adults will be able to legally purchase fresh and dried cannabis, cannabis oils and seeds or plants for cultivation from authorized retailers.

Other products, such as edible products and concentrates, will be legal for sale approximately one year after the Cannabis Act has come into force and federal regulations for their production have been developed and brought into force.

Travelling

It's illegal to take cannabis across the Canadian border, whether you're coming into Canada, or leaving. This applies to all countries, whether cannabis is legal there or not.

Consuming Cannabis

Edibles and concentrates are not yet legal for purchase in Canada.

If you have any health issues or have questions about the effects of cannabis on your health you should speak to your health care provider.

If you use cannabis, learn how to use it responsibly and reduce risks for yourself and others. In general, start low and go slow.

The Legalization and Regulation of Cannabis

- Start with small amounts
- Choose products with a low amount of THC and an equal or higher amount of CBD
- Avoid combining cannabis with alcohol and/or other substances as this increases impairment
- Use cannabis in a safe and familiar environment and with people you trust
- Avoid smoking cannabis
- Avoid frequent use
- Don't drive or go to work impaired

Cannabis Health Effects

Cannabis, like alcohol and tobacco, poses a number of health risks.

The brain does not stop developing until around age 25. The younger you are when you begin cannabis use and the more often and the longer you use it, the more likely that it will have a bigger impact on your brain.

At any age, cannabis use affects the way the brain functions. This includes impacts on:

- attention
- memory
- learning

You should not use cannabis if you are pregnant or breastfeeding. It poses a risk to the fetus or new born child. Heavy cannabis use has been linked to lower birth weight.

There may also be other health risks associated with cannabis use during pregnancy and breastfeeding.

Substance use Disorder

You should not use cannabis if you have a predisposition to or family history of psychosis or problematic substance use.

Cannabis can be addictive. ¹ Close to 1 in 3 people who use cannabis will develop a problem with their use. Close to 1 in 10 people who use cannabis will develop an addiction to it. This statistic rises to about 1 in 6 for people who started using cannabis as a teenager. ²

Cannabis addiction can cause serious harm to your:

- health
- social life
- school work
- work and financial future

If you or someone you know is struggling with a substance use disorder with cannabis or other drugs, help is available.

Growing Cannabis

You **may not** sell the cannabis you grow at home to others.

At Home

The Cannabis Act permits adults to cultivate up to 4 cannabis plants per household (not per person). Provinces and territories may apply added restrictions on personal cultivation.

There are recommended safety and security measures for growing cannabis plants.

Growing for Sale

You need to be authorized by Health Canada to be able to grow cannabis for sale.

In some cases, you may also need a licence from the Canada Revenue Agency to sell cannabis. Legal cannabis products must carry an excise stamp.

Access to Cannabis for Medical Purposes

We are committed to keeping a distinct system for giving patients reasonable access to cannabis for medical purposes.

Cannabis for medical purposes will continue to be legal if you are:

- authorized by a health care provider
- registered with a licensed seller or with Health Canada

Drug-impaired Driving

Drug-impaired driving is illegal. Do not drive high.

Law enforcement is trained to detect drug-impaired driving.

Learn more about detecting drug-impaired driving under Cannabis impairment.

¹ National Academies of Sciences, Engineering, and Medicine. The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. Washington, D.C.: National Academies.

²Volkow ND, Baler RD, Compton WM, Weiss SR. Adverse health effects of marijuana use. N Engl J Med 2014 Jun 5;370(23):2219-27.

<https://www.canada.ca/en/services/health/campaigns/cannabis/canadians.html#a2>

<https://www.ontario.ca/page/cannabis-legalization#section-8>

Where to use it?

The government has enacted the following rules for using cannabis, both medical and recreational.

Where you can smoke and vape cannabis*

- **Private residences** – this does not include residences that are also workplaces (e.g. long-term care and/or retirement homes)
- **Many outdoor public places** (e.g. sidewalks, parks)
- **Designated guest rooms** in hotels, motels and inns
- **Residential vehicles and boats** that meet certain criteria (e.g. have permanent sleeping accommodations and cooking facilities, and are parked or anchored)
- **Scientific research and testing facilities** (if the cannabis use is for scientific research and testing purposes)

Controlled areas in:

- long-term care homes
- certain retirement homes
- residential hospices
- provincially-funded supportive housing
- designated psychiatric facilities or veterans' facilities

****Additional restrictions on smoking and vaping may exist in municipal bylaws, lease agreements, and the policies of employers and property owners.***

Where you Cannot Smoke or Vape Cannabis

Indoors

You cannot smoke or vape canna-

bis in:

- **indoor common areas** in condos, apartment buildings and university/college residences
- enclosed public places and enclosed work places
- **non-designated** guest rooms in hotels, motels and inns

Schools and places where children gather.

You cannot smoke or vape cannabis:

- at school, on school grounds, and all public areas within 20m of these grounds
- on children's playgrounds and public areas within 20m of playgrounds
- in child care centres, or where an early years program is provided
- in places where home child care is provided — even if children aren't present

Hospitals, hospices, care homes and other facilities.

You cannot smoke or vape cannabis:

- within 9m from the entrance or exit of hospitals (public/private), psychiatric facilities, long-term care homes, independent health facilities
- on outdoor grounds of hospitals (public/private) and psychiatric facilities
- in **non-controlled areas** in long-term care homes, certain retirement homes, provincially-funded supportive housing, designated

psychiatric or veterans' facilities, and residential hospices

Publicly owned spaces

You cannot smoke or vape cannabis in publicly-owned sport fields (not including golf courses), nearby spectator areas and public areas within 20m of these areas.

Vehicles and boats

You cannot consume cannabis (smoking, vaping, eating) in a vehicle or boat that is being driven or is at risk of being put into motion.

Other outdoor areas

You cannot smoke or vape cannabis:

- in restaurants and on bar patios and public areas within 9m of a patio
- on outdoor grounds of specified Ontario government office buildings
- in reserved seating areas at outdoor sports and entertainment locations
- on grounds of community recreational facilities, and public areas within 20m of those grounds
- in sheltered outdoor areas with a roof and more than two walls which the public or employees frequent, or are invited to (e.g. a bus shelter)

<https://www.ontario.ca/page/cannabis-legalization>



The Community Input Session at the Cannabis Conference & Discussion Forum.



Leslie McGregor facilitated the Parent/Youth Community Input Session.

Don't Drive High.

Your life can change in an instant:

Fast facts about drug-impaired driving (DID)

- 50%** of cannabis users don't think that it affects their driving much,¹ while **1 in 5** don't think it has any negative effect at all.²
- Over 1 in 3** (39% of those who have used cannabis in the past year) have driven within two hours of consuming cannabis.³
- 149** Number of fatally injured Canadian drivers who tested positive for cannabis in 2014.⁴
- 3,098** Number of DID incidents reported in Canada in 2016.⁵
- 2 in 5** (Approximate number of people who were a passenger in a vehicle driven by someone who had recently used cannabis).⁶
- Drugs impair your:**
 - Balance and coordination
 - Motor skills
 - Judgement
 - Reaction time
 - Attention
 - Decision-making skills⁷
- Every 3 hours** How often a drug-impaired driving offence is recorded in Canada.⁸
- Increases likelihood** Recent research shows a 1.3- to 3.0-fold increase in risk of a motor vehicle collisions after cannabis use.⁹
- \$1000+ a 1-year suspension** Minimum penalty if you are caught driving impaired.¹⁰

#dontdrivehigh

- Use public transit
- Use a designated driver
- Call someone for a ride
- Cab or ride-share
- Stay over

Canada

Sources:
 1-2-3-6: Canadian cannabis survey, 2017 <https://www.canada.ca/en/health-canada/services/publications/drugs-health-products/canadian-cannabis-survey-2017-summary.html>
 4: Marijuana Use Among Drivers in Canada, 2017 <http://bit.ly/2vz9t0t>
 5: Police-reported crime statistics in Canada, 2016 <https://www5130.ccg.ca/pubs/155-002-00072016/infoc/155-002-00072016-eng.htm>
 7: Cannabis Health Effects, 2018 <https://www.canada.ca/en/health-canada/services/health/cannabis/cannabis-health-effects.html>
 8: Impaired Driving in Canada, Statistics Canada, 2016 <https://www5130.ccg.ca/pubs/155-002-00072016/infoc/155-002-00072016-eng.htm>
 9: Lower Risk Cannabis Use Guidelines: Fischer et al, APH August 2017, Vol 107, No. 8 <http://aph.aphspubs.ca/doi/pdf/10.2105/AJPH.2017.203818>
 10: Criminal Code of Canada http://laws-lois.justice.gc.ca/eng/sects/C-46/section_253.html



Cannabis Legalization Milestones



Thinking about using cannabis before or during pregnancy?

Get the current facts about using cannabis for non-medical purposes during pregnancy and the health effects it can cause a growing child. Talk with your health care provider about information on cannabis for medical purposes.

About cannabis

Cannabis is also known as marijuana, weed and pot. It has more than 700 chemical compounds. Hash and hash oil also come from the cannabis plant.

- ❖ Delta-9-tetrahydrocannabinol (THC) is the chemical compound that makes people feel high.
- ❖ THC content in cannabis has increased over the past several years.
- ❖ Cannabidiol (CBD) is another chemical compound known for its therapeutic use for pain, inflammation and anxiety.
- ❖ CBD does not make you feel high.
- ❖ CBD products may contain THC.

✦ **Until more is known about the short and long-term effects of cannabis, it is safest to avoid using cannabis when pregnant and breastfeeding.**

Risks of using cannabis

Second-hand cannabis smoke can be harmful. It is safest not to smoke or vaporize cannabis at home or in a car.

Using cannabis daily, or almost daily, may have effects that last for several weeks, years, or never fully go away, even after stopping use. Some people may have a higher risk of:

- ❖ Developing a mental health problem
- ❖ Having an existing mental health problem worsen
- ❖ Having psychotic episodes

More research is needed to clearly understand all the possible health effects of cannabis use.



Lisa Cywink & Elder Gloria Oshkabewisens attended the Community Cannabis Conference.



Rob McGregor presents community discussion.



A PLACE OF VISIONS AND DREAMS

August 27, 2018

Moratorium on Cannabis Sales in Whitefish River First Nation

On August 26th, 2018, the Chief and Council passed a Band Council Resolution that enacted a moratorium on dispensaries or other business models for direct sales to consumers of cannabis within our community until a further date when we have information and guidelines sufficient for such review.

Please note that Cannabis (marijuana) remains a Schedule II drug under the Controlled Drug and Substances Act, and, unless otherwise regulated for production and distribution for medical purposes, is subject to offences under that Act.

Possessing and selling cannabis for non-medical purposes is still a criminal offence everywhere in Canada. Current criminal laws remain in force until new legislation and rules are in place and will be subject to strict regulation as to how and where it may be sold. The UCCM Police Service and OPP will continue to enforce current laws in regards to cannabis on and off reserve.

Why a Moratorium?

There has been a lot of confusion about the legalization of cannabis for recreational use. The Canadian federal government has announced a date of October 17 for lifting the criminal penalties on possession for personal use, but, importantly, that doesn't deal with how and where it can be sold. This is something Ottawa has left to the provincial governments to regulate. The provincial process is in its early stages with suggestions that there may be licensed private distribution by April of 2019. Until then, any sale or distribution by private parties will remain illegal.

Where does this leave us as Whitefish River Anishinaabe Nation citizens? Unfortunately, neither our federal nor our provincial government partners have yet consulted with us on this issue to discuss how distribution might be authorized on reserve and what tools we need to make sure that this is done responsibly. But we do know that in exercising our own authority, and in making our own laws, we need to proceed cautiously and in the best interests of our citizens. We need to hear everyone's concerns and ensure that the most vulnerable in our community are not harmed. We need to know that if and when we proceed to allow cannabis to be sold in our community in the future, it happens only after we have put in place safeguards that we can all be

WHITEFISH RIVER FIRST NATION ¹

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confident in. This issue concerns all of us, and is something we need to learn about and discuss together as a community.

To do this responsibly requires that we take the time to gather information from all sides before we make a collective choice. We know that some see this as an opportunity and others are deeply concerned. We need to be respectful of each other and take the time to listen and to learn. That is what this moratorium is about.

Our Next Steps

Community Engagement

1. Distribute educational information on cannabis to community from health and legal perspectives.
2. Hold a gathering(s) to inform the public.
3. Gather input from the community on cannabis.

Background

It is clear that there is much work remaining to be done by Ontario and Canada to develop a workable legal and enforcement framework for cannabis sales and production. The federal and provincial governments still need to ensure accurate interpretations and applications of the new legal rules around cannabis use and sale when it comes into effect and to fully address:

- public health and safety concerns, including the effects on the mental development of youth, and concerns about use and abuse of cannabis,
- the broad illicit market (growers/dealers) that support criminal organizations,
- the burden on the justice system and associated social impacts

This is why decriminalization has already been delayed.

We too need to consider these issues for our own citizens.

It is clear to us that the federal and provincial governments have not given serious consideration to the numerous potential impacts that the legalization of cannabis will have within First Nation communities. We have determined that we cannot sit back and rely on outside governments to do this for us. We need to start that discussion for ourselves. That is particularly the case when we also know that many other nations are already experiencing conflict over the rise of cannabis dispensaries that purport to exercise an indigenous right to sell cannabis. Some attempt to justify this by claiming that cannabis is a traditional medicine.

Our key concerns as leadership are public health and safety, the lack of proper engagement undertaken to date, and the lack of clarity from the federal and provincial governments on how cannabis will be regulated and enforced in First Nations communities, especially when legal enforcement in many communities is already underfunded.

WHITEFISH RIVER FIRST NATION²

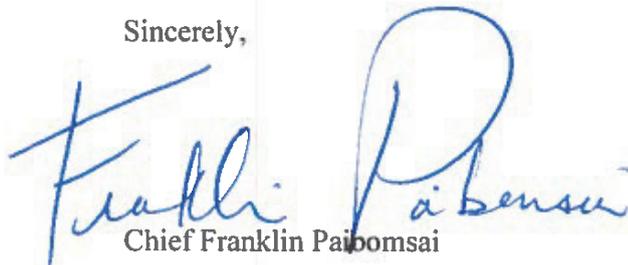
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There are also many other considerations we must address, including preventing exploitation of our citizens by franchisors who do not have our community interests at heart, ensuring proper business regulation, determining how taxation will work, a current lack of First Nation specific licenses within medical production regulations, and the fact that there are already dispensaries operating on other reserves and communities. It is still unclear how provincial legislation will impact these activities.

We plan in the coming weeks to begin gather and distribute to the community more information about the health and the legal aspects of this issue. We want to hear about your concerns and we hope that all with an interest and stake in this matter will actively and respectfully participate in community discussions. We expect the process of coming to collective, informed decisions about our future directions will take some months, as we still do not know precisely what the federal and provincial government plans are for the rollout of decriminalized cannabis and how we can and wish to fit into that framework.

We know there are very diverse opinions on Cannabis, but this should not divide our community. We urge all citizens to respect our own laws on this matter and to take the opportunity to come together to discuss this issue from all perspectives in engagement sessions as we discuss how we want to move forward and how the changes in federal and provincial laws will affect us.

Sincerely,



Chief Franklin Paibomsai

*For more information, please contact:
Art Jacko, Band Manager Whitefish River First Nation
705-285-4335*

WHITEFISH RIVER FIRST NATION³

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INVITATION TO PARTICIPATE IN A
CANNABIS TASK FORCE
now recruiting
THREE (3) WRFN COMMUNITY MEMBERS

Time-frame:

November 1, 2018 to May 1, 2019 (6 months)

Responsibilities:

- 1) Make a workplan
- 2) To guide future education awareness sessions for WRFN community
- 3) To gather community input and prioritize community issues and make recommendations to Council
- 4) Respond to recommendations and lead development of Bylaw and Regulations

Time commitment:

It is expected that the group will meet weekly and more frequent, as needed.

Resources:

Task force will have administrative personnel and a Chairperson

Applications:

Fill out a Committee application (WRFN Committee Application)

Deadline: Tuesday, October 26, 2018 at 12:00 pm

Contact: Art Jacko, Band Manager
ajacko@whitefishriver.ca
705-285-4335

Cannabis Health Effects

The flowers and leaves of the cannabis plant are used for their ability to cause effects on the mind. It's important to keep in mind that cannabis use does have short and long-term health effects.

What are the short-term effects of cannabis use?

Every time cannabis is used it can:

- **Impair your ability to drive safely or operate equipment.** Cannabis can slow reaction times, lower your ability to pay attention, and harm coordination. ¹ [Using cannabis and driving](#) can result in a car accident, serious injuries or death.

- **Make it harder to learn and remember things.** After using cannabis, you may have problems paying attention, remembering or learning things, and making decisions. ² Using cannabis can reduce your ability to perform well on the job or at school.

- **Affect mood and feelings.** Cannabis use can cause anxiety or panic.²

- **Affect mental health.** Cannabis can trigger a psychotic episode (not knowing what is real, experiencing paranoia, having disorganized thoughts, and in some cases having hallucinations).²

What are the long-term effects of cannabis use?

Using cannabis regularly (daily or almost daily) and over a long time (several months or years) can:

- **Hurt the lungs and make it harder to breathe.** Cannabis smoke contains many of the same harmful substances as tobacco smoke. Like smoking cigarettes, smoking cannabis can damage your lungs.³

- **Affect mental health.** Using cannabis regularly and continuously over time makes you more likely to experience anxiety, depression, psychosis, and schizophrenia.⁴ Higher-strength cannabis products (such as concentrates like "shatter", wax, dabs) can worsen the mental health effects of cannabis use.⁴ Stopping or reducing cannabis use can improve outcomes.

- **Make you physically dependent or addicted.** It is estimated that 1 out of 11 (or 9%) of those who use cannabis in their lifetime will become [addicted to cannabis](#).⁵ This rate increases to 16% for those who start using cannabis during adolescence and up to 1 out of 2 people who smoke cannabis daily.⁵

How can cannabis affect young people's health?

Cannabis use that begins early in adolescence,

that is frequent and that continues over time is more likely to bring about harms. Some of those harms may never fully go away.

Youth are especially vulnerable to the effects of cannabis, as research shows the brain is not fully developed until around age 25. This is because THC, the substance which gives the "high" in cannabis, affects the same machinery in the brain that directs brain development.⁶ The higher the amount of THC in cannabis, the more likely one is to be harmed by it.

What about using cannabis for medical purposes?

While cannabis is used by some people for their health problems, determining whether cannabis is appropriate to treat your symptoms is best done through a discussion with a health care practitioner.

Health Canada has published information to help Canadians and their physicians make informed decisions about the benefits and risks of using cannabis for medical purposes.

What are the facts about cannabis addiction?

- Cannabis can be addictive.⁷
- Frequent cannabis use that starts in adolescence, increases the chance of addiction.⁵
- Close to 1 in 10 adults who have ever used cannabis will develop an addiction to it. This statistic rises to about 1 in 6 for people who started using cannabis as a teenager.⁵
- Between 1 in 4 and 1 in 2 of those who smoke cannabis daily will develop an addiction to it.⁵

What are the facts about cannabis impairment?

- Driving while impaired by cannabis can result in injury or death.⁸
- Cannabis can impair the skills needed to drive safely.⁴
- The risk of having a car accident is even greater when alcohol is added to the mix.⁴
- Using cannabis with other drugs such as certain pain medications or sleeping pills further lowers your ability to concentrate and react quickly to emergencies.⁹
- [Don't drive high.](#)
- How long the impairing effects of cannabis last depends on how it was consumed (smoked, inhaled, ingested) and how much was taken, but effects can last at least six (6) hours or longer after use.⁴

¹ - Hartman RL, Huestis MA. Cannabis effects on driving skills. Clin Chem 2013 Mar;59(3):478-92.

² - World Health Organization (WHO). The health and social effects of nonmedical cannabis use.

³ - Martinasek MP, McGrogan JB, Maysonet A.

A systematic review of the respiratory effects of inhalational marijuana. Respir Care 2016 Nov;61(11):1543-51.

⁴ - Fischer B, Russell C, Sabioni P, van den Brink W, Le Foll B, Hall W, Rehm J, Room R. Lower-risk cannabis use guidelines: A comprehensive update of evidence and recommendations. Am J Public Health 2017 Aug;107(8):1277.

⁵ - Volkow ND, Baler RD, Compton WM, Weiss SR. Adverse health effects of marijuana use. N Engl J Med 2014 Jun 5;370(23):2219-27.

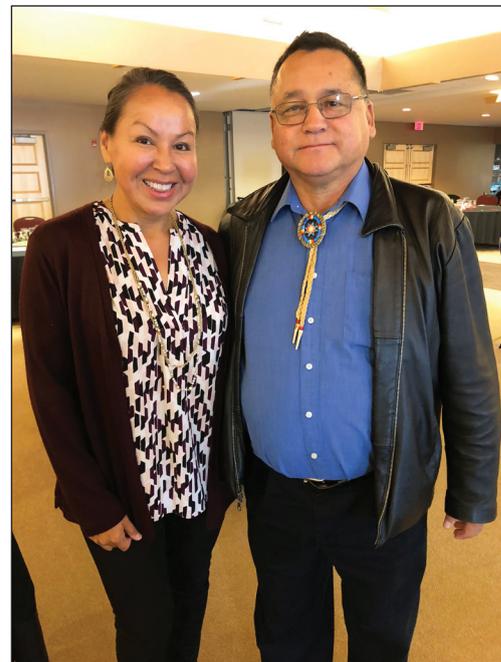
⁶ - Chadwick B, Miller ML, Hurd YL. Cannabis use during adolescent development: Susceptibility to psychiatric illness. Front Psychiatry 2013 Oct 14;4:129.

⁷ - National Academies of Sciences, Engineering, and Medicine. The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. Washington, D.C.: National Academies Press; 2017.

⁸ - Wettlaufer A, Florica RO, Asbridge M, Beirness D, Brubacher J, Callaghan R, Fischer B, Gmel G, Imtiaz S, Mann RE, et al. Estimating the harms and costs of cannabis-attributable collisions in the Canadian provinces. Drug Alcohol Depend 2017 Apr 1;173:185-90.

⁹ - Abbott Products Inc. Marinol product monograph. 2010.

<https://www.canada.ca/en/services/health/campaigns/cannabis/health-effects.html>



Conference Moderator and WRFN member Mariette McGregor Sutherland and Conference MC Pat Madahbee at the Cannabis Conference & Community Discussion forum, held October 13-14, 2018 at the Manitoulin Hotel & Conference Centre.



Whitefish River First Nation
BAND COUNCIL RESOLUTION

CHRONOLOGICAL NO.	3724
FILE REFERENCE NO.	

NOTE: The words "from our Band Funds" "capital" or "revenue", whichever is the case, must appear in all resolutions requesting expenditures from Band Funds.

The Council of the WHITEFISH RIVER FIRST NATION		Cash Free Balance
		Capital Account
		\$ _____
Date of Duly Convened Meeting August 26, 2018	Province ONTARIO	Revenue Account
		\$ _____

DO HEREBY RESOLVE:

WHEREAS the cultivation, distribution and sale of cannabis products within the community raises significant issues for the health and well-being of Whitefish River First Nation citizens and the health and well-being of the community as a whole;

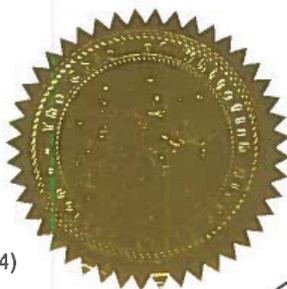
AND WHEREAS the Chief and Council has the authority and responsibility to ensure that the concerns of all citizens are given the time and space to be heard and considered on this issue;

AND WHEREAS the Chief and Council has the authority and responsibility to ensure that adequate safeguards are in place for the protection of the vulnerable within the community before any enterprises for the cultivation, distribution and sale of cannabis are established in Whitefish River First Nation territory;

NOW BE IT RESOLVED THAT, Whitefish River Chief and Council hereby evokes a community wide moratorium on all business and/or for-profit enterprise relating to the growth, cultivation, manufacturing, treatment, production, on-line sales (resale), dispensing and sale of cannabis and all related products on Whitefish River First Nation Territory, so as to afford the community the opportunity for consultation and lawmaking in respect to Cannabis related issues.

BE IT FURTHER RESOLVED THAT, all violations will be prosecuted by UCCM Anishnaabe Police Service or other authorities as designated by the elected Council of Whitefish River First Nation.

AND, Finally BE RESOLVED, this moratorium is in effect as of **August 26, 2018** and shall only be lifted by a quorum of the elected Council at a duly convened council meeting at Whitefish River First Nation.



Quorum – (4)

	<i>Frank Pl</i> Chief	<i>Carole McGee</i> Councillor
	<i>W. J. ...</i> Councillor	<i>Arthur ...</i> Councillor
	<i>...</i> Councillor	<i>...</i> Councillor

FOR DEPARTMENTAL USE ONLY							
Expenditure	Authority - Indian Act Section	Source of Funds		Expenditure	Authority - Indian Act Section	Source of Funds	
		<input type="checkbox"/> Capital	<input type="checkbox"/> Revenue			<input type="checkbox"/> Capital	<input type="checkbox"/> Revenue
Recommending Officer			Recommending Officer				
Signature _____ Date _____			Signature _____ Date _____				
Approving Officer			Approving Officer				
Signature _____ Date _____			Signature _____ Date _____				

Whitefish River First Nation



WHERE TO GET SUPPORT

**Whitefish River First Nation Health
and Social Services**

705-285-4354

School Counsellor or Teacher

Public Health Sudbury & Districts

705-688-4366

Hope for Wellness Help Line

1-855-242-3310

Kids Help Phone

1-800-668-6868

**Post Secondary in
Ontario Good 2talk**

1-866-925-5454

Crisis Intervention Services

- 24 hour crisis line

705-675-4760

Little Current Hospital

705-368-2300

UCCM Anishnaabe

Police Services

705-377-7135 • 1-888-377-7135



**DRUG
FREE
KIDS**
CANADA.ORG

