

## McDonald, David S

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**From:** Sherrie MacKay <sherriemackay@hotmail.com>  
**Sent:** November-01-14 10:55 PM  
**To:** Office of the Legislative Counsel  
**Subject:** written submission regarding BILL 60

**Importance:** High

### Law Amendments Committee

After speaking with Premier Stephen McNeil who is also my MLA today, I feel encouraged to write this. He assured me it would be read by all and taken into consideration because due to the short notice of the meeting I am unable to attend, even though I had reserved that right. Just to start I am a 35 year smoker who started vaping 91 days ago using 24 mg nicotine root beer flavoured e juice, and am now using 3 mg nicotine flavoured e juice. ( yes vaping allows you the ability to cut down your nicotine gradually, 24 mg, 18, 14, 12, 10, 8, 6, 3 then 0 no other NRT offers this control ) , I have also educated 8 friends who smoked, but are now vapers too, and so proud of themselves to be rid of the cigarettes. This is working, and you don't want to be responsible for anyone to continue smoking when there are choices.

1. As a vaper, I am totally in support of regulation to keep it out of the hands of minors, in doing that, you need to get the 0 Nicotine flavoured cig-a-like disposables out of convenience stores and gas stations where they can be purchased by youth because there is 0 nicotine in them!! Vapers which is what I am, do not use cig-a-likes, we buy our supplies from vape shops. Vape shops are self regulated and care about the quality of product in them, offer personal assistance, and will not allow youth or minors inside. **NO ONE WANTS YOUTH INVOLVED** in this. My suggestion is to offer vape shops licenses like you do for corner stores who sell tobacco products but call it vaping (seriously there is not one bit of tobacco anywhere?) with the license comes the rule no minors, child proof caps, and warning labels so folks know to store safely from reach of children (most juice manufacturers already are doing this).

2. **As our supplies are sold in Vape Shops, that do not sell to minors**, or online (where you need a credit card to purchase and minors do not have credit cards til the reach the age of majority), why are you messing with flavours? Liquor is sold in stores and has candy flavours? why because it is not sold to minors...well neither is this, especially if you offer vendors licenses that regulate that.

3. **Flavours**, I have smoked cigarettes for 35 years, (spent 30 of those using every NRT available without success), do you know what worked???? Flavours!!!! Cheesecake....caramel, coffee, biscotti, rum n butter, apple pie, ...anything but cigarette, i have spent my life sucking back that flavour, and I have had enough and despite many attempts **tobacco flavour can not be mixed to be enjoyable so I will ultimately go back to using cigarettes if you can flavours because they taste better!!!** Vapers vape to stop or lesson smoking!! besides that...the juice is flavourless, even with nicotine, you would have to add flavour to get tobacco flavouring, and menthol flavour to get menthol...so leave it alone and let the mixers mix...and let us enjoy. **Most smokers gain 30 lbs of weight trying to quit, so if I vape cheese cake flavoured juice instead of smoking or eating cheesecake.....I am benefiting twice don't you think?**

4. Another point for you to think about, if you ban flavours and I am desperate not to smoke, which after spending 30 years trying to quit obviously i am desperate to stick with it. Where do you think I am going to get flavours from? ..... Can't buy it locally, because you banned it, can't buy it in Canada, because we all know provinces play follow the leader....so hmmm oh...I know, China has cheap juice!! Do they have laws regarding what goes in it? nope, do they care if the poison people? nope...but do I care about not smoking? yes I do...so guess China it is!

5. Lastly- vapers are almost entirely former smokers (99 percent actually) who have used vaping to get off of cigarettes, we all know the rules about going outside, that is just great!! happy to oblige, but do not tell me that I have to go stand among 30 smokers huddled around a smoking ashtray breathing in secondhand smoke to vape....I vape to not smoke, not be exposed to it, that is against my rights. Vapers are not smokers, e juice is not tobacco, and vaper is not smoke! so outside of public building is fine! I also think restaurant owners, and bar owners have the right to say if they want people vaping or not...maybe they want a couple nights a week to be vape nights, where people can vape in their establishment, as long as it is posted i think they have the right to do that, it is not smoke!

I am sorry if you sense any sarcasm in this, it is not my intent, I am really passionate about this topic, i want to live, I vape to live, I vape to see my grandbaby grow up, I vape to be healthy, I vape to be free of tobacco and its ugly hold on my life!! I beg of you, don't take that away from me, or us.

Thank you for taking the time to read this. I am available any time if you want to talk about this more or ask any questions.

Sherrie MacKay

some studies, there is more information then what was presented to you

[A Longitudinal Study of Electronic Cigarette Use](#)

[Cigarettes And The Bullshit Assymetry Principle](#)

[Various Factors Influencing Ecigarette Nicotine Yield](#)

[Diacetyl, Acetyl Propionyl And Eliquids](#)

[Particulate Metals And Organic Compounds](#)

[Electronic Nicotine Delivery Systems](#) (PDF)

A report from WHO examining what it states is emerging evidence on the health impacts of electronic nicotine delivery systems (ENDS) use. It says ecigs "represent an evolving frontier, filled with promise and threat for tobacco control".

[Busting The Ecig 'Gateway' Myth](#)

[Effectiveness Of Ecigs In Quitting Smoking](#)

[Briefing On Cigarettes For Policy Makers](#)

[Ecig Benefits Outweigh Potential Harm](#)

[Doctors Attitudes Towards Vaping](#)

[ECF Big Survey 2014 Results](#)

[Reclassification Of Nicotine Eliquids Under CLP Recommended](#) (PDF)

[Eliquids And Inhalation Toxins \(PDF\)](#)

[Glantz Letter "Misleading, Without Scientific Foundation"](#)

[Myocardial Function - Tobacco vs. Cigarettes \(PDF\)](#)

[Effects Of E-cigarette Use On Exhaled Nitric Oxide](#)

[E-Cigarette Vs. Nicotine Inhaler](#)

[Statement From Specialists In Nicotine Science And Public Policy \(PDF\)](#)

[ASH Scotland E-cigarette Briefing \(PDF\)](#)

[Cigarettes Boost Quitting Success Rates](#)

[High Voltage Vaping And Carbonyl Compounds](#)

[Cigarette Vapor And MRSA](#)

[Ecigs A "Much Safer Source Of Nicotine" \(PDF\)](#)

[Ecigs Not A Gateway To Children Smoking \(PDF\)](#)

[Ecigs Benefit Asthmatic Smokers](#)

[Formaldehyde Release In E-cigarette Vapor](#)

[E-Cigarette Awareness and Perceived Harmfulness](#)

[Safety Evaluation And Risk Assessment Of Electronic Cigarettes](#)

[Use Of Electronic Cigarettes In Great Britain \(PDF\)](#)

[Trends In Ecig Use In England \(PPT\)](#)

[Ecigs Among The Least Harmful Nicotine Delivery Products](#)

[AASCP Position Statement \(PDF\)](#)

[Nicotine Not The Great Satan?](#)

[Royal College Of Physicians' Stance](#)

["A Moral And Ethical Duty" To Provide Cigarettes](#)

[Ecig Gateway Effect Claims Deconstructed](#)

[Glycerol Does Not Cause Lipoid Pneumonia](#)

[Impact Of EU Ban On Higher Nicotine E-cigarettes On Smoking. \(PDF\)](#)

[Real-World Effectiveness Of E-Cigarettes: A Population Study](#)

[The Effects Of Nicotine On Human Health](#)

[Contaminants In Ecig Eliquids And Workplace Health Risks \(PDF\)](#)

[A Longitudinal Study Of Ecig Users](#)

[Nicotine Myth Busting](#)

[Ecigs Do Not Stiffen Arteries \(PDF\)](#)

[The Importance Of Flavours In Eliquids](#)

[Second Hand Vapor Study \(PDF\)](#)

[Smoking Kills, and So Might E-Cigarette Regulation](#)

[Regulation: When Less Is More \(PDF\)](#)

[Research on Safety of Electronic Cigarettes \(PDF\)](#)

[Nicotine Safety in the Context of E-Cigarette Use \(PDF\)](#)

[A Longitudinal Study Of Electronic Cigarette Users](#)

[Ecigs Not A Gateway To Smoking](#)

[E-Liquids Shown To Have Low Cytotoxicity \(PDF\)](#)

[Nicotine Levels Selection and Patterns of Electronic Cigarette Use](#)

[Vaping: coronary circulation and oxygen supply \(PDF\)](#)

[Eliquids: No Health Concerns](#)

[MHRA Ecigarette Research](#)

The link above takes you to the general page on nicotine containing products and the findings mentioned are contained in 3 documents (all PDF) [here](#), [here](#) and [here](#).

[Dual Use - Siegel Vs. Chapman](#)

[Efficiency and Safety of an Electronic Cigarette as Tobacco Cigarettes Substitute](#)

[Evaluation of Electronic Cigarette Use And Liquid Consumption](#)

Commentary from one of the study researchers, Dr Konstantinos Farsalinos, [can be viewed here](#).

[Cytotoxicity evaluation of ecig vapor extract](#)

At this stage, the study notes are paid-access only, but comments on the study by Dr. Michael Siegel, [can be viewed here](#). Additional commentary from the study's lead author, Dr Konstantinos Farsalinos, can be [accessed here](#).

[Vaping profiles and preferences](#)

[Ecigarette toxicants study](#)

[Ecigs - therapeutic medical device.. or not?](#)

[Impact of ecigarettes on schizophrenic smokers](#)

[Electronic cigarettes: achieving a balanced perspective](#)

[ASH UK Ecigarette Briefing](#)

[E-cigarette Vapor And Cigarette Smoke](#)

[Comparison Passive Vaping A Reality?](#)

[Indoor Vapor Air Quality Study](#)

[E-cigarettes: harmless inhaled or exhaled](#)

[Society for Research on Nicotine and Tobacco \(PDF\)](#)

[Electronic Cigarettes As a Smoking-Cessation Tool](#)

[Electronic Cigarettes Do Not Damage The Heart](#)

[Principles to Guide AAPHP Tobacco Policy Athens University Ecig Study Challenged](#)

[Propylene Glycol Safe](#)

[Effect of ecigs on smoking reduction and cessation](#)

[Tobacco harm reduction as a human right](#)

[Tobacco cigarette addiction - it's not just the nicotine](#)

[Long-term effects of inhaled nicotine](#)

As you can see I offer you no shortage of information regarding my concerns, you just need to read. There are always two sides to a debate, and saving lives should be the logical choice, saving our lives! This is now a matter of public record, my concerns, studies and others input as well. Ignorance will no longer be accepted as an excuse because you have the facts. It is documented.