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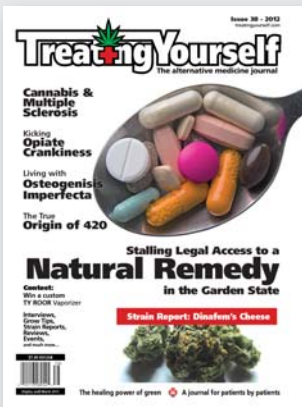
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Treating Yourself magazine and treatingyourself.com were created to provide adults with information to assist them in their responsible use of medical cannabis.

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The Struggle Continues!

Well, here we are heading into 2013 with the landscape of cannabis legalization looking much different after the November elections in the USA. We saw not one but two States vote for complete legalization of cannabis not just for medical use but for recreational use too and one State voted for medical use bringing the total to Eighteen States that have allowed medical cannabis use. This is a historical change and hopefully marks the beginning of legalization.

The landscape here in Canada though is much different as Prime Minister Steven Harper and his Conservative party have put in tougher laws against those who choose to grow and use cannabis. It is this same group of politicians that continue to make it harder for medical patients in Canada.

If you recall in my last editorial, I gave a recount of how I personally got screwed around by the clerks at the Medical Marijuana Access Division who have NO medical background or training. My exemption expired on October 19, 2012. Health Canada had all the necessary documents in their hands long before my exemption expired.

My family doctor decided that he no longer wanted the headache of dealing with them which forced me into finding another doctor who was willing to sign my renewal forms. I was reminded about a doctor in Manitoba who was compassionate and was taking on more patients so I contacted the person who runs the Canadian Medical Marijuana Clinic. I have to say that they were extremely helpful and understanding. Not only did the doctor at CMMC take me on but he also signed my renewal forms.

However, the problems still continue and as of December 1, 2013 I am still without my exemption. When I called to enquire about the delay, some person by the name of Val, who was extremely abrasive, stated that since my file needed additional paperwork, it would be placed at the bottom of the pile of exemptions. When I tried to ask Val what paperwork was missing she wouldn't answer me. I feel that they are just giving me the run around and am planning legal action against them if I still don't have my exemption in my hand by the time we go to print *Treating Yourself* issue #39. If cannabis were to be LEGALIZED I, together with other sick Canadians, would not have to put up with this unprofessional farce with a side serving of bullying doctors.

Until next time,

Take Care and Peace

Marco



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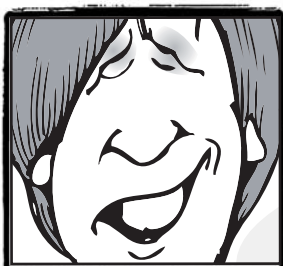
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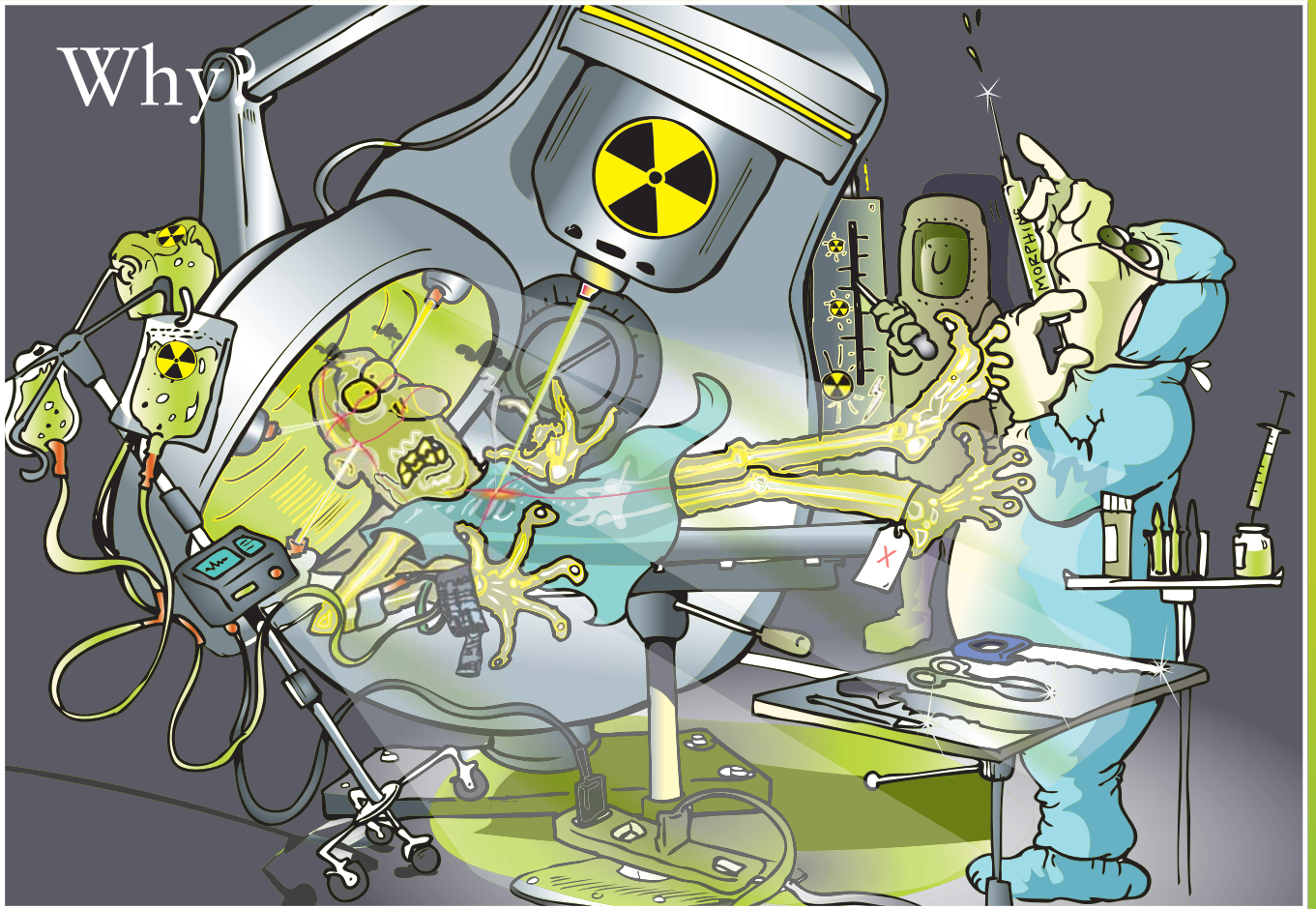
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A look at the irrationality of modern society
in regards to cannabis consumption

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Why?



Why not?



Fighting for Compassionate Care in New Mexico

By Mary Lou Smart

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AR. Schuessler injured his knee in 1972 when he fell out of a Huey helicopter during the Vietnam War. As a result of that injury, he endured many, many operations over the years. Hopping around on crutches, he ruined his rotator cuffs and screwed up his back. One year ago, his injured leg was amputated above the knee, and these days he gets around in a wheel chair. He was told in October that he would never walk again.

A star quarterback in high school, Schuessler's drill instructor (DI) saw his athletic build and positive demeanor and encouraged him to pursue specialized training for a tough job. When he looks back on the pain and suffering he has endured during the decades since returning home, he breaks down easily. Just as easily, he affirms that he is proud of his service. "We were just doing a job," he said. "I would not have done it any other way. My DI is the one who thought I'd be perfect for it, and I guess I was."

A Special Operations Army officer while on active duty, he saw things that he has trouble putting out of his mind. One incident occurred in Cambodia when an explosion tore apart the barracks where he was sleeping. A Vietnamese national who had been working on the base pulled out a grenade, pulled its pin, and blew himself up killing 15 military personnel and seriously injuring another 13. The horrific incident never made the evening news. Most of what Schuessler was involved in was never reported to American media channels because of the top-secret nature of his assignment.

Technically, Schuessler was in Cambodia, but a good deal of the time he was in neighboring countries considered hostile to U.S. interests. He was a door gunner, a sniper. His team included cross-trained military personnel from the Army, Navy, Air Force and Marines.

"We called it the four service Special Ops team," he said. "I could go anywhere with my five guys, and we would be in there for days and days and days on end before we could hit our target."

Toward the end of his duty, in 1975 he volunteered to go into Saigon with Air America, the CIA-owned airline involved in everything from top-secret missions to transporting diplomats and humanitarian efforts. When the North Vietnamese Army overran South Vietnam, helicopters evacuated thousands of U.S. and South Vietnamese people.

The fall of South Vietnam was a highly-charged time, and one of Schuessler's memories is of terrified children being turned away from the doors of the packed planes. His memories are painful, and they return frequently. He might be driving past something that he has seen every day for years and all of a sudden any random event — a smell, a sound, the way the light is cast against the Southwest's landscape — triggers a memory, and he is back in the war in an instant. He has trouble sleeping. From 1975 until 1995, he slept with a handgun under his pillow. He still sleeps with a stick in each hand.

In his younger years, Schuessler smoked marijuana occasionally. He stopped in 1984, as he was married with children, and trying to start a career as an insurance adjuster.

"I walked away from it 30 years ago because of my career, and also to keep my kids away from doing drugs and going down the wrong track," he said.

He did not walk away from alcohol. In pain and filled with anxiety, he often drank. While he was treated at U.S. Veteran's Affairs (V.A.) facilities for his injury, pain and stomach problems over the years, it was his private physician who diagnosed his post-traumatic stress disorder (PTSD). He returned from Vietnam with PTSD, but did not understand what was wrong for decades.

"I thought that I was having problems with alcohol, and I went into rehab," he said. "My doctor figured out that I had PTSD and was self-medicating to deal with it."

Since the diagnosis, he no longer drinks. He has had counseling targeted to PTSD, and he works to control his anxiety.



“When I start having a moment, I need to begin looking around to realize that I am safe, I am not back to where I think I am. I have been in a living hell for almost 40 years with this.”

In considerable pain from his injury, he has taken strong prescription medications for years. He has also felt sick to his stomach for years, and takes Prilosec for that.

Two years ago, a friend who is a veteran as well as a business associate suggested that he try cannabis. Although he was conflicted about smoking marijuana again, he had watched his friend’s outlook on life improve considerably since entering New Mexico’s medical cannabis program. While the two were out fishing one afternoon, his friend gave him a joint. He smoked it the next afternoon, and

noticed right away that it seemed to help both his stomach and his pain. He went to his family doctor; a physician who had been treating him for 12 years.

“I told him that I had tried it and that it did seem to help,” he said. “I wanted his opinion.”

His doctor wrote his first recommendation. He has only written one or two since, according to Schuessler, but he immediately agreed that if his patient could improve with a natural therapy, it was worth a try.

Many medical associations, including the American Nursing Association, the American Preventative Medical Association, the American Academy of Family Physicians, the American Public Health Association, the National Association for Public Health Policy, the American Society of Addiction Medicine, the Lymphoma Foundation of America, the National Academy of Sciences Institute of Medicine, the New England Journal of Medicine, and the National Integrative Medicine Council all support immediate legal access to medical marijuana.

cates scratched their heads and wondered about his motives. Turns out that not only had the psychiatrist not treated any patients in at least five years, but on his petition he refers to himself as a clinical assistant professor at the University of New Mexico's School of Medicine. Not only has he not worked at the university in five years, but when he did work at the university his job was to train individuals, not to treat patients. He responded to inquiries about his employment by saying that he is in semi-retirement and that maybe his contract at the university expired.



According to **Krumm**, it is unlikely that the Medical Cannabis Advisory Board would see any reason to honor the doctor's petition, but he is concerned that other government types might be working around the advisory board and trying to dismantle the state's program.

Krumm did write to Ulwelling, asking that he review existing science and reconsider his position. In Krumm's October letter, he stated:

"You are misrepresenting your medical license in an attempt to do harm to thousands of New Mexico citizens. As a Nurse, I have an ethical obligation to protect my patients from the unethical, incompetent or illegal actions of any Physician. I am requesting that you withdraw your petition to the Medical Advisory Board. If you pursue this petition, I will have no choice but to file a complaint against your medical license. I will not allow such gross misconduct to go unchallenged. Initially I hoped that your actions were simply based on ignorance, and that through knowledge you might change your stance. Unfortunately, you are continuing your assault on the sick and suffering in spite of having been provided with the most recent evidence of the benefits of using cannabis to treat PTSD. I can only assume now that your position is based on arrogance, intolerance, and/or incompetence. Medicine must be based on science, not politics."

Unlike Ulwelling, Krumm treats patients. New Mexico has a large population of veterans; many of whom are suffering with PTSD but have never been diagnosed by the V.A. as having PTSD. "Many are not diagnosed by the V.A. because they are given a mood questionnaire which sometimes points to a bipolar diagnosis," Krumm said. "I think a lot of times the PTSD indication just gets skipped."

While PTSD is commonly associated with war veterans, many in the general population suffer as well. "PTSD can stem from any number of traumatic events," said Krumm. "I see people who have been sexually or physically abused, shot, stabbed, beaten, and also those with severe medical trauma from motor vehicle accidents or other accidents. Therapy is probably the best thing; teaching coping strategies so that people living with trauma can learn to work through and move beyond incidents."

These days, in light of media attention devoted to both the high percentage of suicides among military personnel, as well as more and more news about veterans who have been treated by the V.A. with boatloads of narcotics and not much else, the V.A. is embracing alternative therapies.

Krumm, who manages hundreds of patients in New Mexico's Medical Cannabis Program, learned long ago that whole plant therapy works. He has written and published articles detailing the wide-ranging body of worldwide research that explains the underlying neurobiological processes involved in PTSD and the role of the endocannabinoid system in managing them.

"In my practice, cannabis has proven to be the most consistently beneficial and best tolerated of any medication available for treating all three major symptom clusters seen in PTSD," he said. "Science supports the use of cannabis for treating PTSD." 📖



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GROW tips



STOP Prohibition

According to Rousseau's 'Social Contract,' society arises from an agreement between the citizens and an elected subgroup of them, the State. In exchange for upholding their liberties by the Rule of Law, the citizens agree to empower the State by paying it taxes. Insufficient law yields anarchy (e.g. American firearms laws). Excessive law yields tyranny (e.g. Iranian religious law). Western jurisdictions have sought the optimum by forbidding acts harmful to others but allowing all those that are not, including any that are harmful only to oneself. First applied officially by von Humboldt in 1810, it is known as the 'consenting adults in private' legislation. Prostitution, homosexuality, and even suicide are no longer crimes. The only exception is that prevented by prohibition, the taking of recreational drugs. Part of the State's responsibilities for the taxes it receives is to protect

society from its enemies. In other words, the State needs enemies to raise revenue and has been known to invent enemies for that purpose. That's why there is a war against drugs.

Trust is not a commodity that can be bought or sold. It has to be earned slowly, carefully, thoughtfully, and judiciously, beginning at a young age. So one grows, learns lessons, and determines whether the State, through its laws, is acting as a help or hindrance to oneself and/or one's loved ones. One determines responsibly whether or not it is deserving of one's trust.

In my chosen profession, I never trusted anyone with knowledge they didn't need. The State, with its continually changing legal whims, can be a friend or a foe. It has

Why?



why-why-not.net by Ivan Art

The function of the State is to guarantee the freedom of the People and protect them from their enemies. The State should not become the enemy of the People.

no enduring loyalty. So my activities were kept as invisible as possible; not only from the State, but also from my neighbours. I had to hack my own way through a virgin forest by trial and error. There were no guidebooks, manuals, or role models to follow. I was not afraid to be different. I believed in myself.

Much of the population tends to be instantly swayed, or even brainwashed, by sensationalist media reporting. Real news actually advances very slowly, one step at a time. The war against drugs has been prevalent for most of my life. I have been told my enemies were my peers, my generation, and even myself. I was also told that the successful ones in my chosen profession would never be acknowledged or known, which I imagine applies to any industry operating in a legally grey area of society, where the easiest path for government is to make no decision;

otherwise, electoral support might be lost. Pursuit of truth all too easily devolves into pursuit of power. In summary, don't trust the State, particularly if you grow recreational drugs.

However, times are now changing as a result of the increasing awareness of and belief in the medicinal properties of cannabis. People take drugs for one of two reasons: to increase pleasure or to relieve suffering. The distinction, admittedly, is not precise; the border is blurred. Nevertheless, my advice to a pure medical grower differs from that I would give to a pure recreational grower. Some states have handed out licences for growing medical cannabis, and even though there is a strong argument that licensing itself is merely a mild form of prohibition, if you are in this category, it would be worthwhile to stand up and be counted. The State does differentiate

Why not?





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Why?

between terminally ill patients and recreational growers. Although occasionally, there's very little evidence to support this contention, the laws of the State do eventually catch up with the wishes of the people, and one has to be both patient and brave.

The currently interesting discrepancy between reputable medical science supporting the use of various cannabinoids for a wide variety of ailments and self-serving politicians wishing to maintain the prohibition of recreational cannabis is frustrating to say the least. There is no clear well-defined path to a solution for all parties involved. However, there exists some protection for certain sections of the community, and this could be exploited. Presently, it is by no means a clear issue, but medical science is bringing to light revealing facts for people suffering conditions that previously were in the 'too-difficult' category to help for mainstream medicine.

Not everyone benefits from the discovery that cannabis is a helpful self-medicating herb. Pharmaceutical corpora-

tions cannot patent naturally occurring substances: they would prefer to invent synthetic analogues, which they can patent. Such corporations are powerful and probably control governments far more than governments control them. It's a bit like banks robbing more people than people rob banks.

If there is to be a solution by way of compromise where growers and users can attain a high quality taxed product that is regulated and meets mutually accepted standards, then all sides have to be able to operate together. Mistrusting each other creates black markets, unreliable and inconsistent products, and health and financial issues. To a large extent, we have wasted the last 40 years fighting each other unnecessarily. In the 1990s I lived in Holland and worked closely with many cannabis workers while American law did its best to destroy that community. If you told anyone in Holland then that in 20 years' time the USA would have hundreds of medical dispensaries and a high legal tolerance for medical patients using cannabis, you would have been ridiculed. So even if



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Why not?

change on a daily basis seems slow, let's be patient and bear in mind our duty to the next generation.

Undoubtedly, such a strategy will require us to go through a series of trials and errors to grow and learn. There will be uncomfortable times and stresses of conflict among us. But let's all make a good, fair, and well educated series of decisions together that fit the majority of people concerned.

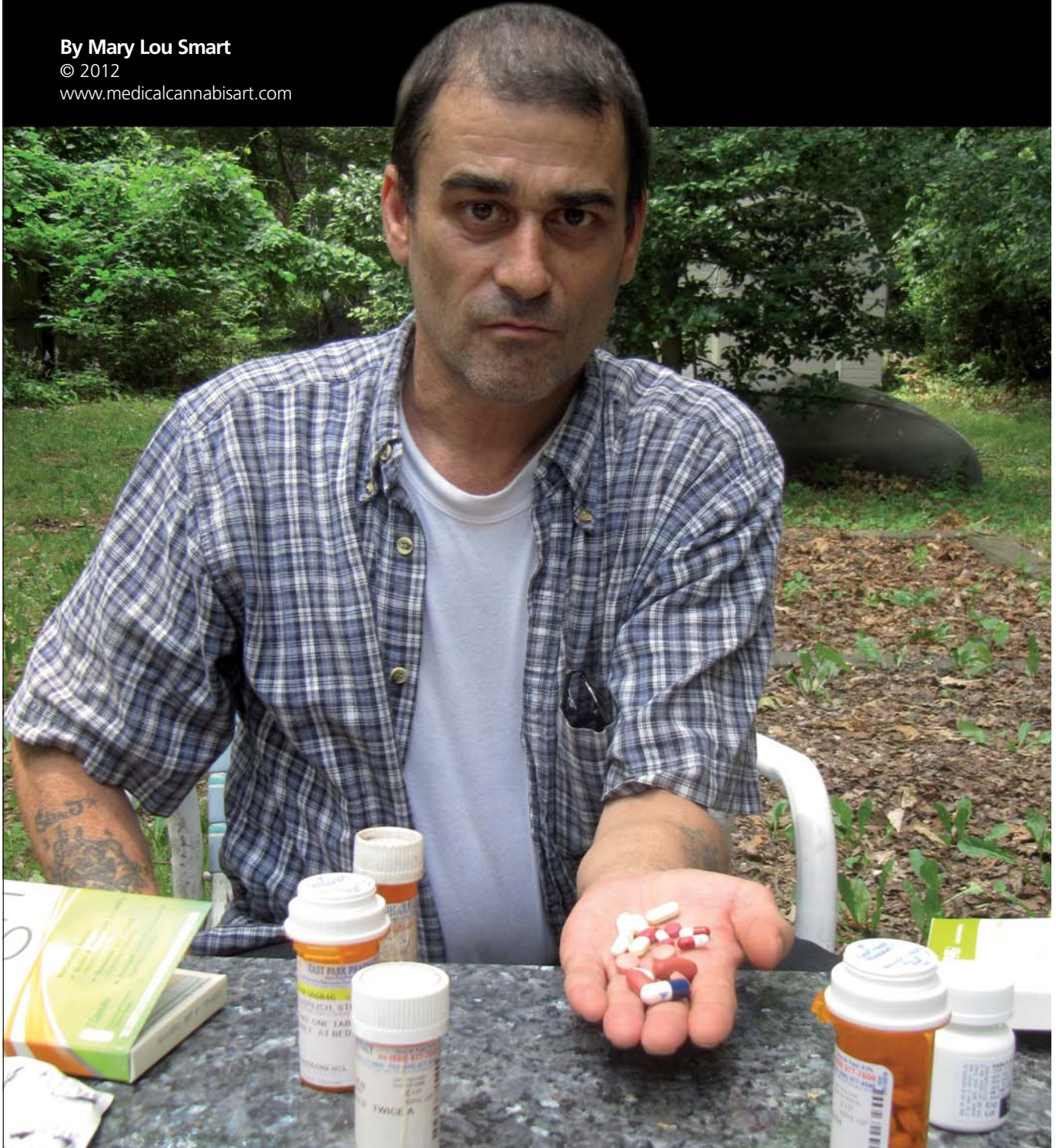
As is clear from my earlier remarks, I am not advocating trusting and believing all the State is going to say on these issues, but I am advocating a show of willingness to try to sit down together to work through these issues. I, like many others, would love to trust and believe our elected leaders are thinking about things properly with the majority of us in mind, but I am not easily convinced and remain cynical and sceptical. It is very clear for me as a cannabis seed company owner that I can function with or without an authority and with or without paying tax, but

I would much prefer to be like all others who work and run a business. However, in the meantime, I shall continue to operate as inconspicuously as possible. It is easier to not have to explain things to people who simply cannot fathom the idea of cannabis being an industry. I shall continue offer my botanical knowledge to those who wish to learn online. I shall not open my seed rooms or growing places to anyone even if everything was legalised. Earning the trust is still the most important moral to the story between The State and The People, and this is rarely, if ever, expediently achieved. 🇺🇸



Top-Down Tactics Stall Legal Access to a Natural Remedy in the Garden State

By Mary Lou Smart
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With sales in 2011 of \$8.5 billion, narcotic painkillers are now the most widely prescribed drugs in the United States. Cannabis allows Stephen Cuspilich, who suffers with severe Crohn's disease, to reduce his dosage of these toxic pharmaceuticals.

New Jersey's medical marijuana program, known as the most restrictive in the U.S., was signed into law in January 2010, and has stumbled along ever since. Patient registration opened recently, and 329 had begun enrolling by October 2012. Many will not enjoy the protection of legal access, however, as the state's "compassionate care" program is not focused on the sick and suffering.

Jack O'Brien was born without fingers and toes. Nerve issues stemming from the missing fingers and toes leave him in pain all of the time, especially when he's trying to sleep. His deformed feet are good for short walks, but the pain is getting worse as he ages. At 58, the former boat captain is completely disabled.

"My electrical system is messed up," he explained. "The nerve endings in my fingers and toes affect my entire body, and the electrical system in my body is messed up because of it. When my neuropathic pain starts hitting in little beep increments, my muscles spasm and tighten up."

Because O'Brien's primary problem is constant pain, his medical records reflect pain. His primary care physician never documented the muscle spasms. "Whenever I have gone in to see her, I complain about the pain in the back of my legs and the back of my arms and up my back," he said. "Her records reflect the pain."

In New Jersey's fledgling medical marijuana program, severe or chronic pain was removed as an approved condition just before the law was passed. At the time, the reason given was that pain is too broad a condition and too difficult to verify. A few months ago, O'Brien visited one of the few doctors listed on the state's program registry. The doctor collected \$400 for the visit, but told him that since he has no documented spasms he is ineligible for a cannabis card.

That doctor told O'Brien that his \$400 fee was necessary to cover the exorbitant cost of all of the equipment required by New Jersey's Department of Health and Senior Services (DHSS) to transfer and track patient information. "That just sounds bogus to me," he said.

Advocates are pushing to have neuropathic pain admitted as a qualified condition. The law states that new conditions can be added, but Gov. Chris Christie, who replaced the governor that actually signed the legislation into law, oversaw the adoption of rules and regulations that stalled the program's launch by almost two years. The new rules complicate the procedure for adding new conditions.

In a July 2012 letter to the director of the program, Peter Rosenfeld, a board member of Coalition for Medical Marijuana—New Jersey (CMMNJ) stated that "Extremely strong scientific evidence has developed that shows that marijuana is one of the few efficacious treat-

ments for neuropathic pain. Neuropathic pain is pain that arises from damage to the brain, spinal cord or peripheral nerves. A well-known type of neuropathic pain is "phantom limb" pain, but it also arises from autoimmune disorders as well as physical injury and irritation to the nerves. It is extremely resistant to most medical treatments. Even narcotics are relatively ineffective for this type of pain."

In New Jersey, conditions approved for a cannabis recommendation are: amyotrophic lateral sclerosis; multiple sclerosis; terminal cancer; muscular dystrophy; inflammatory bowel disease, including Crohn's disease; and terminal illness, if a physician determines a prognosis of less than 12 months of life. If resistant to, or if the patient is intolerant to, conventional therapy, seizure disorder, including epilepsy; intractable skeletal muscular spasticity; and glaucoma are also approved. In addition, HIV, AIDS and cancer apply if accompanied by severe or chronic pain, severe nausea or vomiting.

For many with neuropathic pain, conventional treatment consists of heavy doses of narcotics, which make it tough to get through the day, let alone to work.

"This is a shame because I can go out and get any powerful and potent pill there is whenever I get my prescriptions refilled, but I chose not to do that because of the effects and damage of those pills," O'Brien said. "I prefer the safe and natural way. Everything else just clouds my mind and the pain is still there. Cannabis takes the pain away, and allows me to function in a normal and productive way."

Because the science supporting cannabis as an analgesic for neuropathic pain is considerable, many state medical cannabis programs include it as a condition qualifying for



a recommendation. At about the same time that New Jersey's program was signed into law, a study published in the *Journal of the Canadian Medical Association* reported clinical trial data for the efficacy of inhaled cannabis on pain intensity of 23 subjects with chronic post-traumatic or postsurgical neuropathic pain. All participants in the randomized, double-blind, placebo-controlled crossover trial suffered from refractory pain for which conventional therapies had failed. In that study, researchers at McGill University in Montreal found that cannabis is effective as an analgesic. At the same time, investigators from the California Center for Medicinal Cannabis Research summarized results of four separate Food and Drug Administration 'gold standard'-designed clinical trials demonstrating that inhaled marijuana is safe and effective for the treatment of neuropathic pain, which often goes untreated with conventional analgesics.

When hearings for the law were held, O'Brien went to Trenton six times — 85 miles each way — to testify, and he did testify four times. He spoke to doctors and legislators. He spoke to the Senate Assembly and to Congress. When testifying, he made a strong impression by taking his shoes off to show the source of his suffering. "It amazes me that when they were making up the list of approved conditions, they did not hear me or see the tear in my eye when I was talking about the pain that I go through," he said. "My voice was unheard. They passed a law that didn't have me in it."

While the law's first draft included provisions to grow marijuana, to make it more palatable to legislators, the ability for patients to grow their own medicine was also taken out.

"Had they left the law as it was originally intended, I would have had medicine for almost the past three years," he said. "Had I been allowed to grow, I would not have been in chronic, debilitating pain that makes me throw up, that cripples me up and curls me into a fetal position on the floor crying. I cannot get legal access to the only thing that helps me. I've tried everything else. I tried oxycodone; I got addicted to them. I've tried all kinds of pills from doctors."

O'Brien is not giving up. He has an appointment with a pain management specialist who treated him before and is now listed with the program as an approved physician. He will spend another few hundred dollars to see if this doctor will give him a recommendation to be in the state's program.

"My main condition is neuropathy, which causes muscle spasticity, which is on the list of approved conditions," he said. "This doctor has treated me before, knows my issues, and will be able to understand that neuropathy can cause the spasms because I've already been to him with that."

After he receives a recommendation, he will pay for the

medical marijuana identification card, which can run anywhere from \$20 to \$200 and must be renewed every two years. The sliding fee scale recognizes a discount for enrollment in government assistance programs. Fully disabled, he should be able to get a break on that one expense.

Governor Christie Plays the Blame Game



Created to be opposite of California and Colorado programs that are often held up as patchworks of slapped-together regulation catering to small business "potpreneurs," New Jersey's big business model features only six licenses granted to non-profit Alternative Treatment Centers (ATCs), each handling sales, testing and grow operations in-house. ATCs will be able to supply patients with up to two ounces a month. They can grow only three strains at a time, and all product must have less than 10 percent THC. Product is limited to raw plant material, lozenges and a topical cream.

In New Jersey, Gov. Christie, known as a law-and-order Republican, first used every trick in the book to stall the New Jersey Compassionate Use Medical Marijuana Act, which was signed into law on former Gov. Jon Corzine's last day in office. After throwing up roadblocks for a year and a half, Christie surprised many in July 2011 when he announced the need to "begin work immediately." Referring to the threats by U.S. Attorneys on the issue and a June 29 memo from Deputy Attorney General James Cole to prosecutors mentioning "an increase in the scope of commercial cultivation, sale, distribution and use of marijuana for purported medical purposes," he said that he felt comfortable that the state's heavily-regulated program would limit the risk of federal intervention. He said that "the need to provide compassionate pain relief to these citizens of our state outweighs the risks that we are taking in moving forward with the program."

Publically, Christie states that he supports the law, but actions by state employees doing everything possible to delay the program speak louder than his words. A telling sign of his opinion of compassionate care was in his appointment of a former State Trooper to head the medical cannabis program. John O'Brien, no relation to patient Jack O'Brien, is a State Police veteran. O'Brien, 51, retired in June after 26 years with the State Police. His

annual pension, according to the state's Treasury website, is \$83,880. As director of the state's medical cannabis program, his annual salary is \$84,000. The state program is operating on a budget of less than \$200,000.

O'Brien, known for his experience in creating and managing FBI and state criminal record systems, set up rigorous background check procedures for anyone involved with the ATCs. The move tightened regulation, but the vetting created more delays. In addition to background checks, dispensaries will be subject to random monitoring, and State Police will be disposing of waste products from the grow operations.

U.S. Attorney for the district of New Jersey from 2002 to 2008, Gov. Christie maintains that the law is flawed and that the program should have been hospital-based. As the chief federal law officer for seven years, he understands the nature of the Schedule I status of marijuana in the Controlled Substances Act, and knows full well that a hospital-based program will never happen as long as a federal Prohibition is in place.

Gov. Christie blames the delays in implementation of the program on municipalities that do not want a plant considered illegal by the federal government sold on their turf. With much rhetoric about the need to put safeguards in place to prevent any chance of the demon weed getting out to drug dealers in the black market, he has fanned the flames of fear in towns across the state. In interviews, he refers to recommending doctors in other states as quacks, and says that he's worried about ending up with unscrupulous dispensary owners.

Local zoning boards did reject four of six proposed ATC grow sites and dispensary locations, citing weak oversight, among other things. Prior to voting on the ATC sites, residents revealed an astounding lack of understanding of the value of medical cannabis. In a Camden County Courier Post letter to the editor prior to Maple Shade rejecting an ATC site, writer Diane Ludwig advised against an ATC in her community, stating, "A registered pharmacist told me that marijuana has only one medical quality, and that is the ability to ease nausea. For that purpose, pharmaceutical companies have extracted that one quality and put it into a capsule form called Marinol."

By November, only one ATC, in Montclair was close to being open, and the owner of that business, Greenleaf Compassion Center, complained that state officials are purposefully stalling the program. Another, Compassionate Care Foundation, was given approval by town officials to open an ATC in Egg Harbor Township, but an extensive background check and zoning delays stalled that business. Another ATC found a location, but three more were having trouble finding homes for their operations. A recent poll of New Jersey's registered voters showed

that 86 percent support medical marijuana. While towns are not embracing the program, yet, advocates, patients, dispensary owners, and members of the medical community are laying the most blame for the dysfunctional roll-out on the state.

A suit filed on behalf of a patient in Superior Court in Trenton in April stated that those in charge of implementation of the law — the DHSS commissioner and the director of the medical marijuana program were named as defendants — had been unable or unwilling to put the law into place. The suit maintained that the regulations written to govern the program are inconsistent with the law's intent, and "intentionally designed with the intent to interfere with the medical marijuana program."

In a September interview, Gov. Christie blamed the outgoing governor as well. He frequently states that the program was dumped in his lap.

"This bill was passed in a rush in January of 2010 because they wanted to get it in under the wire while Governor Corzine was still here," he said. "The bill was without much thought — they didn't know how they were going to enforce standards or anything else. We essentially had to remake the bill by regulation because it was so poorly written...It was signed at 3 o'clock in the morning by my predecessor on the morning I was being sworn in as Governor."

Others take a different view.

"Christie has come out and said that they did rewrite the regulations," said Stephen Cuspilich, a patient. "In my opinion, the law is the law; you cannot supersede it. He cannot go above and beyond the law. Christie is a cop. His job before he became governor was prosecutor, and so everyone knew that he was going to do everything in his power to not implement this law. His whole life has been putting people in jail for this, and now all of a sudden he's going to sit back and say, "Here you go sick people?""

Cuspilich has severe Crohn's disease that has been unresponsive to medication over the past 18 months. He can get a recommendation for legal cannabis with his condition, but has not asked his doctor yet. He takes five prescriptions for pain medications and antibiotics to treat stomach ulcerations, and he is wary of asking his doctor to get involved. Physicians making recommendations are put on an online registry where they are swamped with cannabis inquiries. In addition, the state is also requiring physicians making recommendations to receive certification in pain management and addiction counseling.

New Jersey is the only medical marijuana program in the country that requires physicians to join a special registry to recommend marijuana, a requirement that seems to be scaring many of the state's 30,000 physicians from becoming

“I am a firm believer that if you can get a Percocet or a Xanax or a Valium, you should also be able to use cannabis because it is better for you,” he said. “This is the pharmaceutical companies. They don’t want it. With cannabis, I was able to get rid of four prescriptions, and cut back on another two.”

ing involved. In September, CMMNJ issued a report about problems with the physician registration process. Vanessa Waltz, CMMNJ board member, called all 148 physicians listed on DHSS’s website for the program. According to the report, of the 99 doctor’s offices she was able to reach only 46 reported that they were actively accepting new patients; 30 offices were not accepting new patients but might in the future; and 23 offices reported that they were registered but not participating. In conversations with doctors and office personnel while calling around, Waltz found that the physicians had not been told that the physician registry would be published online.

“A good deal of the doctors on that registry are trying to get off,” Cuspilich said. “They only signed up for one or two of their own patients. My doctor is a well-regarded gastroenterologist, and he can see that the cannabis enables me to take less pain medication. He might want to help me, but that does not necessarily mean he wants to be a cannabis doctor.”

Cuspilich finds that cannabis helps his appetite and controls the pain in a way that pain pills cannot. With the help of the herbal remedy, he was able to cut his daily dose of morphine by two-thirds.

“I am a firm believer that if you can get a Percocet or a Xanax or a Valium, you should also be able to use cannabis because it is better for you,” he said. “This is the pharmaceutical companies. They don’t want it. With cannabis, I was able to get rid of four prescriptions, and cut back on another two.”

He also testified in favor of the program several years back, and has nothing positive to say about obvious political

maneuvers that shortchange the sick.

“That was a smart law with all of the regulations built into it,” he said. “There was no reason for the two years they waited to rewrite the regulations. Those regulations were already there.”

With a qualifying condition, Cuspilich knows that he will eventually get his card.

“I didn’t go through all of that time yelling and screaming up in Trenton for me not to take advantage of the program,” he said.

And if Jack O’Brien is granted a recommendation, it will probably be because a doctor recognizes that his neuropathic pain leads to spasms, which are approved. With Gov. Christie and the former police officer at the helm of New Jersey’s medical marijuana program, getting a new condition added to the list of qualifying conditions is a remote possibility.

Until he pays lots more money to secure the protection of legal access to a natural remedy, O’Brien will probably get by as he has for years.

“When I wake up in the morning, there are two things that I do,” he said. “One of them is to pray to my Father in Heaven to give me strength to get through another day. The other is to find access to pain relief without using FDA-approved medication that has screwed up my intestines, my liver, my kidneys, my body. When I testified in Trenton, I told them that if they didn’t put pain on as an approved issue, I would have to break the law. I said, “I am not a criminal for goodness sake, but you are making me one!”



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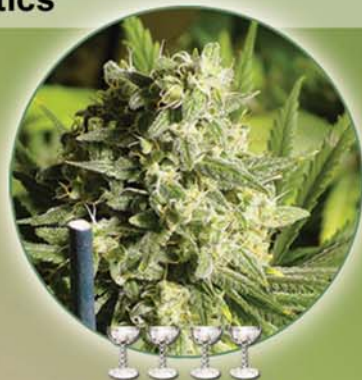


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Fake Drugs

By J A J Richardson BA .. UK

Recently a friend wanted to buy some Jungle (on vinyl) for another friend's birthday. So we dropped into one of our local music shops. Besides the records and spray paint canisters on sale, we noticed that the shop was also now advertising Cannabis seeds. This got us thinking about the cross over between genres, as well as the way that 'legal' products are marketed in the UK; especially Fake (legal) Drugs or "Legal Highs" as they are sometimes known.

Many moons ago the only legal-high available in the UK besides tea, coffee, tobacco, alcohol and solvents, was a herbal smoking concoction called 'Yuber Gold'. This product was normally advertised in Viz magazine and was mostly smoked by teenagers and/or people that couldn't purchase any real Cannabis. Today, following the gradual decline of club-culture (and its associated ecstasy use) there are literally hundreds of legal-highs (fake drugs) available for young adults (like guinea-pigs) to test and try. Arguably fuelled by prohibition, in the absence of real narcotics to consume, this trend in sampling "designer-drugs" from online outlets and head-shops, without any prior knowledge of the product, is in fact in vogue.

There is also plenty of debate surrounding the UK Government's stance in allowing such products to be sold "off-licence" originally. The health and safety of those young adults consuming such legal-highs remains much an unknown. Especially when contrasted against more moderate traditional illegal-drugs - which scientists and

the government fully understand the consequences of.

During the 1990s the streets of the UK were awash with Acid (LSD), Speed (Amphetamine), Ecstasy (MDMA), Smack (Heroin), and to a lesser extent Coke (Cocaine) and Crack (Free Base Cocaine). Today in 2012 the streets of the UK are still saturated with Coke, Crack and Smack; yet with several fake (legal) drugs filling the gap in the lack of supply in Amphetamine, Acid, and Ecstasy. It would appear that our youths are being corralled towards a few limited options. No Drugs? Fake Drugs? or Hardcore Drugs?

Many of the legal-highs available today contain chemicals which are listed as not suitable for human consumption. It says so on the packet! The UK Government has banned several 'legal-highs' in the past few months/years; only for the Manufacturers to tweak the composition of the product just enough for it to register as a different chemical compound. Thus requiring re-analysis by the Government before banning it again. By-which time the youths will have switched onto the next chemical compound completely .

Just breaking down the chemical analysis of many of these fake drug products involves a degree in Chemistry -which few (if any) of the people smoking, eating, or sniffing such substances hold. Possibly because they are merely sheep following other online-sheep ; ignorant to the unknown long-term effects of such substances ; and / or they simply



didn't know any better to begin with. At which point the Elders in the community need to regain a sense of responsibility and step in.

The death of several young adults, as a result of their “experimenting” with fake (legal) drugs, which neither themselves or the Government knew anything about at point of sale, is both saddening and neglectful. It would appear that completely Unqualified Legal Drug Dealers (head shop owners) are free to push an unknown quantity of pills and powders into the online shopping baskets of our youths (?) To quote the name of a band at school... Shit Stinks! And the UK Government are in it up to their necks!

For as callous as the shop-seller is for pimping such fake drugs into the nostrils of our youth to begin with, they break no law in doing so. For as ignorant as the kids are for buy into the whole meow-meow trend at high cost to their wallets, they break no law (when over 18) in doing so. Yet the Government makes LOTS of money, ever time a fake (legal) drug is sold over counter or online, via the Government's system of tax.

In truth, such “legal-highs” do not expand the brain in the ways they claim to on the packet. Nor do they provide the body with a natural source of stimulus. Much is placebo. In truth such chemicals tend to make people dumber than they were before they ingested them! Which is exactly the reason the UK Government is all too happy

to let youths continue destroying their lives with such substances.

Unlike the more traditional illegal hallucinogens and uppers, which have been tried and tested on millions of people (including youths) world wide, the modern scientifically engineered products may only hold a shelf-life of a few months - before they are completely withdrawn from sale. By which time the mind and body of an individual consuming such substances may be permanently and irreparably damaged!

Let's face it, it doesn't take a Rocket-Scientists to work out that snorting plant food up the nose isn't good for anyone; regardless of how high it might get you in the process! Hell, snorting bleach might be fun for a split second (NOTE: do NOT snort bleach kids!) My point is where does such madness end? With more deaths? With further prohibition on fake (legal) drugs? What nonsense! Who regulates such matters in society? Clearly NOT the UK Government or the retail outlets pushing this toxic filth into the minds and bodies of our young!

We are NOT suggesting that Treating Yourself readers boycott all head-shops or get involved in any hardcore drug stuff! But we would advise all ages of Reader to stop playing about with potentially lethal substances. Let us all remember that just 1g of chemical is enough to contaminate and pollute one billion litres of water! That's approximately a small stream 30 miles long! 🚫



Toronto Vapor Lounge:

Is it an open or shut case?

By Al Graham

P.A.C.E.

www.pace-online.ca

In issue 35 of Treating Yourself Magazine P.A.C.E. reported on the Vapor Lounge situation in Toronto. Within that article we touched on several things such as where they were located, access to them, what they offered for entertainment to food and rentals. Also mentioned in the article was that the information that was gathered, would be shared with a member of Toronto City Council as a way to help educate them on the facts. So what has happened since then? Did the city shut the lounges down or are they still operating?

The good news is all but one of them is still operating today with one having to change their location. The Zion Lounge has had to close due to a building issue and the last I heard they were still looking for a new place. Meanwhile the Hot Box Cafe was forced to move just down the street in the Kensington Market because the building they were in was sold.

This past September the owners or representatives of these lounges had an opportunity to meet with two moderators from the City of Toronto. These two listened to the owners as they talked about the lounges for what they bring to the city and why they should be allowed to operate. The city moderators asked the owners or their representatives many questions as the city feels that they should be regulated and have concerns about their legal standings. After meeting with the owners, the moderators also had plans to meet the city solicitor, the chief of police, Toronto Fire Services and other officials before submitting their report to council.

Vapor Lounges speak out

To find out exactly what has been happening I contacted all the vapour lounge owners to ask them about the September meeting. I was seeking answers on how they felt things went, did they feel like they were listened to, has there been any formal complaints to the city about the lounges to what they felt was their chances of success to remain open.

Chris Goodwin the owner of Vapor Central wasn't able to attend but felt that his representatives Dom Cramer and Lawyer Alan Young made a good case to the moderators. Abi Roach at the Hot Box Cafe agrees but says that "since there was no police, health or licensing reps there, it was a very one sided case, rather than an open discussion" For Camille Salter and Ben Reaburn over at Vapor Social they also felt that things went over very well. Camille wrote to tell me that that they were given lots of time and opportunity to make their feelings known. She went on to say that they were able "to discuss how the lounges came into existence, to discuss why they continue to operate, and to illuminate why they are an essential service for users of marijuana both medical, and recreational."

So why did the city go after these locations? Did they receive a formal complaint from a regular citizen in Toronto? While it has been widely reported that City Councillor Mark Grimes was upset about Vape on the Lake opening up near his office, none of the owners wrote to say that they were aware of any complaints. A

couple of them even wrote to say that they are members of their local BIA or are supported by the businesses located around them. According to Camille, Alan Young informed the moderators “there has yet to be an official complaint filed against any of the vapor lounges in the city of Toronto since the onset of their operations” with the exception being the Kindred Cafe that is no longer in business.

So what was the city looking for and what were their concerns? Abi mentioned to me that they were concerned for public health and safety as they asked about the “cleanliness of sharing vape mouth pieces, the concern about minors and the people’s safety when they get too high”. Camille added that “The first concern brought to the forefront of the discussion was the question of vaporization versus combustion of cannabis. The pros and cons of offering spaces purely for vaporization and those that allow the smoking or combustion of cannabis as well were discussed” she went on to say that “we discussed medical marijuana, and the pros and cons of providing these spaces only for medical users.”

So how do you tell the difference between a medical user and a recreational one? For many the answer seems simple, ask the person for their government paperwork but others see that as an invasion of one’s medical privacy. For Marco Renda, owner of Vape on the Lake, he has always maintained that it would be illegal for his workers to request medical identification. This concern was also brought up at the meeting as well as all the other problems around the MMAR program. After some discussion with the moderators on this Camille reported that everyone agreed “to limit the use of vapor lounges to ATP holders [not] only was a violation of human right, beginning from the requirement to disclose medical status to a vapor lounge operator, to the difficulty presented in obtaining licensing in this country.”

Is asking someone for their medical license a violation of their rights? Several months ago I wrote lawyer Paul Lewin, who is involved in the Matt Mernagh case about these privacy concerns. I wanted to know if a bylaw could be put into place that would require owners to check for medical cards or paper work. At that time he wrote back to say “Yes, the city could require (in some new bylaw) that the vapour lounges permit only licensed users. Off the top of my head, I don’t think this would breach any medical privacy laws.” He goes on to say that “s. 56 of the CDSA permits the federal government to exempt a person or class of persons from the CDSA. If the city makes a big deal out of the fact that some patrons are not legally allowed to consume then the city could get around this by seeking an s. 56 exemption for Toronto vapour lounges. In other words, the city would apply to the federal government to exempt the vapour lounges.” It’s interesting to know that not only can a person could

be protected under section 56 but it could also allow the lounges to be exempt as well. If this becomes an issue then maybe one of the lounge owners could try to get the city to look into this option.

One of my last questions to them was about their chances of success? If successful do they feel that the city will regulate things in such a way that will require them to only allow medical people into their businesses possibly add ventilation if not equipped and pass a food inspection?

Over at Vapor Social Camille says that they are very optimistic about the results of the city review and said that “success for us would also consist of simply being permitted to continue to operate, with legislation or without it, as essential business entities providing a much needed service to Torontonians and visitors from elsewhere.” Camille also said that the city has concerns about ventilation and wondered if these places had air filters or some way of reducing the smoke within a room.

For Abi she says it could go either way “I feel as though it’s a 50/50 (chance) it depends on the police & health report. If they do make vapor lounges med only, I don’t know if there are enough legal medical card holders to sustain a business and pay the rent.” Chris at Vapor Central had another prospective on things. I’ve seen Chris in action since the days of Up in Smoke, I’ve seen him hold rallies in defiance of the law to prove that the laws are wrong. Because of this I wasn’t surprised when he told me “I will be successful because I will violate any and all unjust regulations openly and honestly. I practice civil disobedience when others attempt to require me to act against what I think is right. Vapor Central is meant to provide a safe and comfortable place for recreational cannabis users to consume, and we won’t be delegated to second class citizens.”

Toronto Staff Report

Since the meeting with the lounge owners back in September, the moderators were able to meet with the other interested groups. With the report now completed they released it for everyone to read in the middle of October.

The city wanted to know the impact the lounges had on the neighbourhoods in and around them, the state of the present medical marijuana program to recognizing the difference between medical and recreational users. It says that “consideration be given to undertake a review of City regulations, such as the licensing of such businesses and amendments to applicable bylaws to assist in controlling the impacts related to the lawful aspects of this activity.” It goes on to say that they believe that it is “imperative to distinguish between and balance the rights and interests of those with permitted medical use of marijuana and the non-medical marijuana use taking place

at some of these establishments”. While they talk about balancing the rights of both medical and non medical use, they seem to forget that non licensed people need to enter these places. Many MMAR card holders require a caregiver to be present with them. Will these caregivers be allowed to continue this care while at one of these places?

Unfortunately they get their propaganda line in when they say that “Many of these locations operate in close proximity to schools, food establishments, shops and other services, and as such, there are concerns about the potential for associated community disorder.” It would be interesting to know if any incidents of concern connect the schools and these locations, or is that just a fear that won’t happened. With these places having a federally licensed or over 18 policy in place there should be no concern of school age children getting into them. Do they use this concern when regulating places that serve alcohol such as restaurants that are near schools?

The report also included information about vaporization and how the equipment worked, complete with actual photos of the Volcano Vaporizer. It reported on and had documentation on what the present and the future MMAR program could look like. I was surprised to see that it even came with a chart showing that there are 500 MMAR licensed people living in Toronto as well as the number of designated growers within city.

Community Impact

When it came to the community impact that these lounges would have on the neighbourhoods and businesses around them, the report says that “the principal concerns with these businesses regard the potential risks posed to public safety and the potential for nuisances because of difficulty determining whether those patronizing the establishment are in fact authorized to possess marijuana for medical purposes.” This I find very interesting as it sounds like it’s a nuisance in determining whether a patron is licensed or not but yet they want the owners to it. Does this also mean that a person, who is not medical, cannot otherwise be a law abiding citizen? Is this person automatically a public safety risk? What if a licensed person’s permit expires, are they now a threat to our community? Unfortunately what they fail to recognize is that the laws against cannabis are really creating the threat and not the people themselves. Maybe the city should talk to the mayors in British Columbia to learn how they plan on dealing with cannabis.

To find out more about the impact that this would have on the communities the moderators reached out to the area’s BIA groups. The report mentions that the Lakeshore BIA, where Vape on the Lake is located, didn’t support the lounges. Why, because they felt it did not fit in with their community plans and not because of some terrible or dangerous incident at the lounge. Meanwhile a

representative from the Church and Wellesley BIA didn’t have any particular concerns with a vapour lounge in their neighbourhood. For Abi at the Hot Box there is good news because according to the report the representative from the BIA in the Kensington Market “represented a positive view of the vapour lounge operating in that neighbourhood and spoke positively of the owner’s contribution as an active member of the BIA.” It’s interesting to see that two out of the three BIA’s that made an appearance had no concern and actually work with the lounges, this proves that these locations can and do work with the other businesses and that the fear raised is only fear and isn’t based on evidence.

The information in the report about their meeting with owners mentions many of the things that they wrote to me about. It said that “Owners and operators believe that these businesses have a positive impact on the neighbourhoods in which they are located. They believe that vapour lounges attract people to the area, thereby improving the business of neighbouring food establishments while, additionally, reducing some of the public nuisance associated with those who consume marijuana outdoors.” It goes on to say that the “Owners and operators reported that they are taking steps to address concerns about air quality, overconsumption and associated nuisances” and that “that staff monitor individuals to ensure that marijuana is being consumed safely, and that counselling is available, when necessary and that their business operations do not constitute any egregious challenges to public safety or health.” It’s good to read that their input was included positively in this report.

The Fire and Police Reports

The Toronto Fire Services report for this study said that they “were consulted to determine whether the activities undertaken at vapour lounges constitute any fire hazard. Site inspections were conducted and the TFS concluded that, in general, no obvious fire hazards exist at vapour lounges.” Thus another fear eliminated.

The police services report said that they investigate “businesses operating as vapour lounges on a complaint basis and has several concerns with regard to businesses operating as vapour lounges” According to what was said at the owners meeting there has been no formal complaints lodged with the city but Toronto police services report that there has been several “number of calls for service” incidents. A look at the chart in the report, which was provided by the police, shows that there have been a total of 76 of these service calls in 3 years, which would probably equal to less than a weekend’s work in the entertainment districts of the city. Unfortunately just stopping in for a routine visit could be classified as a service call, especially if they arrested some peaceful person. The police mentioned that they do enter these places to check on compliance and to make sure that there are no prob-

Table 4
Toronto Police Service
Number of calls for service



tamug.edu

Business	Address	2010	2011	2012	Total
Hot Box Café	191 Baldwin Street	5	8	4	17
Village Vapour Lounge	66 Wellesley Street E.	3	11	19	33
Vapor Social	896 College Street	3	6	1	10
Vape on the Lake	2985 Lakeshore Blvd W.				0
Vapour Central	#2-667 Yonge Street	4	5	4	13
Underground Comedy Club	670 Queen Street E.	1		2	3

lems because as they say public and community disorder is there concern. It doesn't mean that there has been an official complaint filed with the city or a dangerous criminal incident has occurred.

Lounge locations

The report discusses the lounge locations within their community and their proximity to elementary and high schools. This came complete with a map of each location showing where the schools are located to the lounge. It states in bold writing that they found "each vapour lounge in the City operates within one square kilometre of at least two elementary or high schools." It concludes with a concern of "the potential for exposure to adolescents below the age of consent raises concerns about the negative impact these businesses have on impressionable youth." What about this age of consent and the impression on young people? Presently there is no age of consent for the use of cannabis and if they are worried about impressionable youth then people need to look all around them. Everything from cartoons to video games contains violence and let's not forget about those sexy alcohol commercials on TV. Is this not creating more of a negative impression on our youth than walking past a business that people on the outside can see what the people on the inside are doing? Presently no lounge seating area is visible from the street so no young impressionable youth can see someone medicating inside any of these places.

Next steps

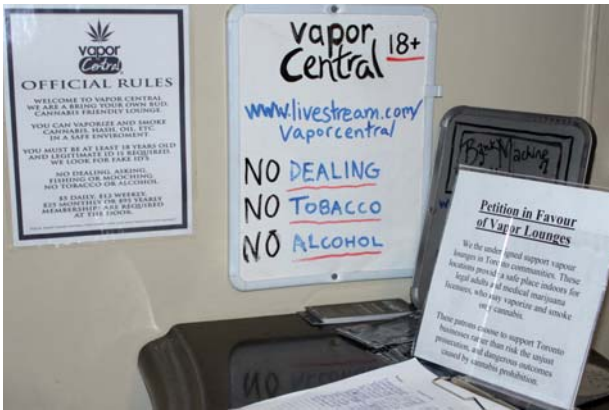
So what's next? Where do things go from here? According to the report "It is recommended that the City institute plans in advance to ensure that this legal consumption is regulated in a manner which both recognizes the rights of medical marihuana users and addresses pub-

lic safety and community disorder concerns."

Within the rational of this recommendation it states "The bylaw would recognize Medical Marihuana Consumption Facilities as businesses in which individuals can possess and consume marihuana for medical purposes. This term would refer to businesses currently operating as vapour lounges." It's interesting to see that these locations are no longer called vapor lounges by the city, maybe it sounds too comfy. Instead they prefer them to what some might think is a cold sounding name but one that some won't mind.

The rational goes on to say "Considerations of the bylaw could include that owners and operators be required to ensure that individuals who possess and consume marihuana on the premises have a legal authorization from Health Canada, and that patrons would be required to have documentation confirming their legal authorization in their possession." It's interesting to note that they called this exercise a "nuisance". They also mention about how the program will work in the future including how a patient will get a prescription from their doctor and then give this to a commercial growing facility. Basically just like we do now when we go to the pharmacy to get a prescription filled and then you leave without any paperwork. If this program is run the same way then the patient would leave and have no other way to identify themselves as a person using therapeutic cannabis. When you think about it should they? Presently we have a problem with narcotic opiate drugs being available on the streets; do the people with opiate prescriptions carry identification saying that they are an opiate user?

It finishes off with "Ensuring that only federally authorized users are consuming marihuana on the premises will address the current nuisances and circumstances which can lead to crime." It would be interesting to know how



Vapor Central rules and Vapor Lounge petition

a former licensed person, who's doctor retired and they can't find a new doctor to agree, would all of a sudden become a "nuisance.... and lead to crime"?

The report concludes saying that "Though vapour lounges are not an entirely new business in the City, the number of new establishments in the past three years – including two in the past year – and the upcoming changes to the MMAR, have the potential to exacerbate existing concerns." They clearly recognize that in the future more people will be using cannabis as a medicine, which is also something the police mentioned in their report. They both wrote that the existing concerns could become worse, but if there have been no formal complaints, it tells there really haven't been any many major concerns other than they exist.

While this report touches on the concerns about some dangerous or criminal behaviour happening, it's interesting to note the report doesn't list one dangerous criminal activity to have happened, since the first location opened over ten years ago. When it came to the letter from the police department they raised the situation about a person using a water bong at Dundas Square during an outdoor family movie night. The movie that night was Dazed and Confused, a movie that highlights the final days of high school for a group of students which included more than one scene of the kids out partying, drinking and smoking marijuana. No folks, this was no Disney love story that the officer was trying to portray in his letter to the committee.

It's interesting to note the report from the police didn't mention anything about the annual showing of 50,000 people at the Toronto Global Marijuana March which is also held in a public location. Maybe they didn't bring it up because there has never been an arrest at the GMM. This also proves that events this large do not create the violence and disorder the police like to use when talking about cannabis issues. Maybe they thought by including the words "family movie" in its report that it would help



Past events at Vapor Social

with the campaign of fear.

Some would say that the city really has no choice as cannabis is against the law. While this may seem true to some it's unfortunate that they did not join the city council in Vancouver who has asked the federal government to decriminalize cannabis, which is pointed out in this report. It's also worth noting that the Matt Mernagh case was not mentioned at anytime. Matt's case may throw the whole MMAR program out and force the government to change the regulations more than what his case already has.

The report also touches on the need of regulations for when the government starts to issue the large commercial grower licenses. When these discussions start and become known we will try to keep you informed on them. If you want to see the Vapor Lounge report you can view it at <http://www.toronto.ca/legdocs/mmis/2012/ls/bgrd/backgroundfile-50975.pdf>

With the city moving to regulate the lounges and forcing them into making these businesses only available to medical people, what about those who cannot find a compassionate doctor to sign and what about everyone else? According to a U.N. report 17% of Canadians consume cannabis. Of that, a Health Canada report in 2004 stated that 7% or over 2 million people in Canada use cannabis for medical purposes. It's terrible and cruel that only 20,000 people have been able to find a compassionate doctor. What about those who cannot get a doctor to sign or give them a prescription because the doctor just doesn't want to? What about the other 10% of our population who are the 3 million people who use it for recreational purposes? One would think they would prefer to be treated like regular people and not as a criminal. Instead of having access to a safe location, where will all these otherwise law abiding people go? For now, time will only tell, but one has to ask, is it right to force law abiding people into the back alley with the murderers and rapists? 🚫

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You Are What You Smoke...

By Ms Ada Blossom

For the most part people try to stay generally informed about the quality of any item they are about to ingest such as the food they buy at the supermarket. Checking to see if the avocados they just bought are organic, making sure the coffee is “fair trade” and even buying products with real sugar instead of corn syrup all in an effort to be known as “one who knows and cares”. However, this overly protective attitude towards what one is eating seems to “fly out the window” while at the grow shop. With no regard for where the nutrient line gets their ingredients, how purified they are or how they are obtained for that matter; one simply throws the most popular or brightly packaged, well gimmicked nutrient line into the cart. Hmmm??? Aren’t you eventually ingesting that???

So everyone knows the basic elements in nutrients, NPK, Nitrogen, Phosphorus and Potassium right? OK well do you know where your NPK comes from? How it gets there? What it does to the environment? What the elemental deposits are found next to? You might “make sure” there are no pesticides on your apples...but do you “make sure” that there is no Cadmium or Lead residues in your fertilizer?

Just like oil these essential elements to proper photosynthesis and plant growth are a finite resource, meaning that they will eventually be depleted if mining continues at the current rate. NPK all have a cycle that accumulates more of the elements over time, but the rate of consumption has far surpassed the rate of deposition. Especially with increased need since the “Green Revolution” of the agricultural industry after World War Two. This was when farmers started to abandon organic farming and switched over to mass production methods via heavy fertilizer application. The most “hard hit” element in this new frontier of stimulating plant



growth is Phosphorus, figures show that we have reached peak production of Phosphorus and just like Peak Oil there is no where to go but down. The peak of oil has been highly publicized in recent years and has overshadowed the fact that many other finite resources necessary for life as we know it are reaching their peak as well.

Phosphorus takes an estimated 10 -15 million years to be uplifted to the surface and become minable, current known reserves are thought to run out within the next fifty to a hundred years. There are only a few places on the planet where rock has a high enough concentration to be worth extracting, China having the largest reserves followed by the Western Sahara reserves controlled by Morocco and here in the United States (Florida). The United States has only 25 years left of phosphate rock reserves (a number that could easily decrease with the increase in bio fuel crop production) and China has taken full advantage of holding the world's largest reserves and imposed a 135 % trade tariff on all phosphorus exports. Phosphorus prices rose drastically in a fourteen month period, 700 %, from 50 \$ a ton to 350 \$ a ton, prices will undoubtedly continue to rise as demand rises and supplies diminish. The USGS estimates that there are only approximately 2,358 megatons of phosphorus containing rocks remaining. However, much of those reserves are rocks of poor phosphorus quality and become energy intensive to extract a pure product. It is difficult to remove all of the heavy metals from the source rock and you could be putting dangerous levels of these on your garden every day unknowingly.

Much of the rock being mined currently has decreasing concentrations of P₂O₅ and the concentrations of more heavy metal elements in the source rock are increasing, heavy metals such as cadmium are often found in phosphorus deposits. At times the amount of cadmium is very high and becomes expensive and timely to remove enough

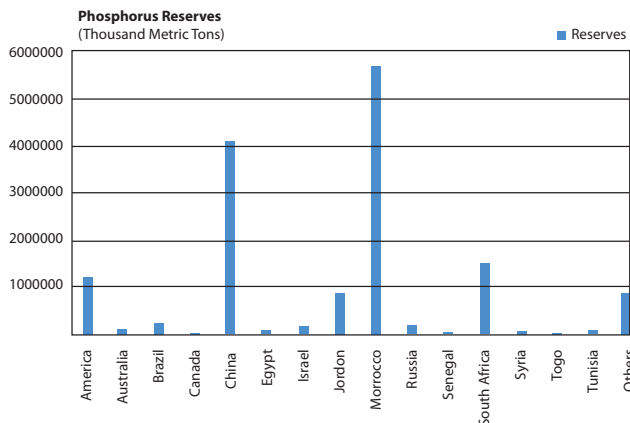
of the toxic metal to create a safe product for agricultural purposes. Removing the phosphorus from the source rock also creates a large amount of toxic by-products. For every ton of phosphoric acid produced five tons of phosphogypsum are produced, radium levels are high in this by-product and must be treated as a hazardous waste. You might recycle every other Tuesday, but did you know that bloom booster you use religiously has the ability to create a by-product waste as dangerous as the nuclear facility you protested last week?

So with phosphorus source rocks running out what will the alternative to this finite resource be? Some say Phosphorus can be extracted from wastewater, as it is excreted in human urine (that "crazy" guy that said peeing on your plants was good for them...he could have been right...), however, that is an energy intensive process and not efficient enough to be a viable option everywhere.

So next time you are at your favorite indoor gardening store do not simply fall for brightly colored advertising gimmicks put forth by fertilizer companies. The most important thing about the fertilizer brand you choose is the quality of the NPK, Nitrogen, Phosphorus and Potassium, in your supplement, it would be safer to yourself and the environment to grow organic if you can and just remember to be wise about everything you are putting into your body.

*Here's a chart I did with the remaining estimated reserves to put into perspective who "owns" us in the fertilizer markets and who will have to pay to continue to grow food or anything else in the quantity we do currently...

Numbers for these charts were obtained from a USGS mineral survey of world phosphorus reserves <http://minerals.usgs.gov/minerals/pubs/2001/mcsapp2009.pdf>





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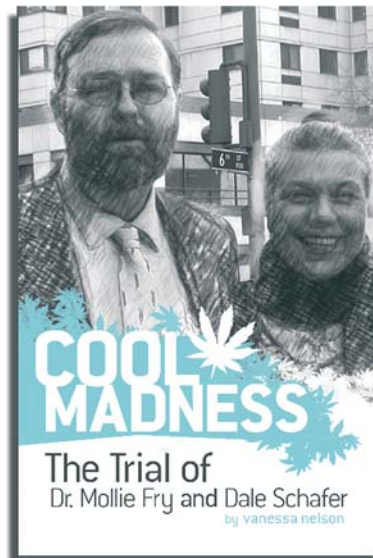
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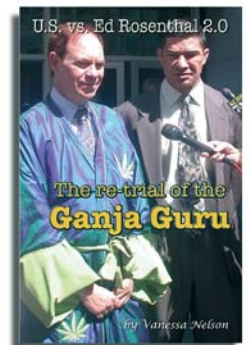


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana while enduring chemotherapy and a double mastectomy. After recovering, Dr. Fry set up a practice in the small northern California town of Cool and began recommending medical marijuana to her patients in accordance with state law. However, California's medical marijuana laws are not recognized by the federal government, and this legal conflict put Dr. Fry's activities under the scrutiny of authorities. Law enforcement surveillance on her home led to a raid that netted a meager 34-plant garden in September 2001.

www.MMAPUB.com

BOOKS BY VANESSA NELSON

In 2003 former "High Times" columnist Ed Rosenthal was convicted for growing and distributing medical marijuana, an activity legal under California law, but illegal under federal law. The jurors, who were prevented from hearing about California law, staged a revolt after learning that they had convicted a medical grower. Their public outrage matched the response of the activist community and pressured the judge into handing down a remarkably light sentence of just one day in jail, time Ed had already served. Coming 4 years after the original guilty verdict, the re-trial packs a heavier punch than ever before. During repeated outbursts in the courtroom, the loquacious defendant alternately ridicules his prosecutor and demands that his judge step down from the bench. The bombast becomes infectious, and soon everyone is speaking his mind in court, from outraged prospective jurors to righteous witnesses who refuse to testify. By the end, even the defense attorneys are threatened with jail time for contempt.



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Cannabis and Multiple Sclerosis:

Regaining the Good Life with Whole Plant Therapy



For Jim Dyer, a great day in the magnificent Southwest includes leisure time with Tiny.

By Mary Lou Smart

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A trial attorney, Jim Dyer practiced law in Tucson, Arizona for 34 years before the debilitating effects of multiple sclerosis (MS) forced him into early retirement.

When he received his diagnosis, his initial reaction was to read everything he could about the disease. He learned that MS is caused by damage to the myelin sheath, the protective coating that surrounds and insulates nerve fibers. A misdirected immune response, when myelin protection begins to disintegrate, symptoms vary widely depending on where the damage first occurs along the brain, optic nerve or spinal cord. Rampant inflammation eventually leaves lesions, collections of the damaged neurons that form hard, or sclerotic, plaque, scar tissue, in multiple areas.

According to the National Institute of Neurological Disorders and Stroke, 250,000 to 350,000 people in the United States have MS, and approximately 200 new cases are diagnosed every week. MS affects more than 1 million worldwide. Depending on the type of MS, some episodes last for days or months and then go into remission. Eighty-five percent of those affected by MS have this attack-remission form. Dyer, who is 59, has the less common form, Primary Progressive, which means that while he does not have the repetitive attacks followed by remissions, he could get progressively worse gradually.

Despite considerable research into the disease, its causes are unknown. There does seem to be a relationship to the geographic location that some MS sufferers have lived, which suggests that those who spent their early years in

northern latitudes have a much higher risk for developing it. Because of the link to sun exposure and an immune system gone haywire exists, research into vitamin D has been undertaken, and early results are promising.

In addition to cutting out stress, avoiding fatigue, improving his diet, and doing everything else possible to lead a healthy life, Dyer began taking large doses of vitamin D. He has documented that vitamin D supplementation appears to have been successful. When he received his diagnosis eight years ago, Dyer had active MS lesion activity on his spinal cord and brain.

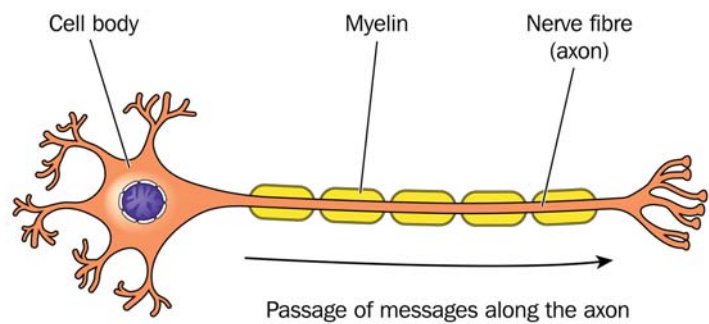
“After I elevated my vitamin D level for 10 to 12 months, my neurologist looked at my MRI and said that all active lesions were gone, and there were no new lesions,” he said. “I have had half a dozen MRIs since, and they’ve always been clear. So I do know that vitamin D is something that will stop, or at least slow, the progression of the disease.” (Caution should be used when taking vitamin D, as too much can be toxic.)

Current treatment of MS is primarily symptomatic, targeted at the problems that appear as a result of the disease, including the spasticity, pain, fatigue, bladder problems and depression. Symptoms range from muscle issues including spasms, tremors or weakness in arms and legs; vision loss or double vision; numbness or tingling sensations on the face, arms or legs; brain and nerve issues including memory or hearing loss, vertigo, and balance problems; and speech and swallowing difficulty. His neurologist warned him that any of the symptoms, loss of vision or vertigo for instance, might appear at any time.

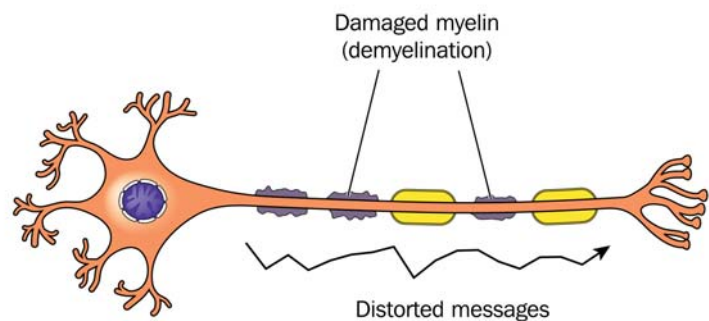
Even with the onslaught of the disease interrupted following vitamin D supplementation, the damage to his myelinated coating is irreversible without some sort of intervention like stem cell repair, he said. In the meantime, he is faced with muscle weakness, the pain of muscle spasms and balance problems. For Dyer, muscle spasms are the worst part of his condition.

At first, painful spasms wracked his body night after night, keeping him awake. His neurologist prescribed muscle relaxers and medication for neuropathic pain, but the conventional therapy did not work. Especially at night when he was in bed and not moving his muscles, no prescription medicine would stop the spasms.

Normal neuron



Demyelination in MS



For daytime medication, he did find one muscle relaxer that relaxed his muscles to the point where he could not move, making it impossible to do anything but sit on the sofa.

“I took one of them, and 15 minutes later I tried to stand up and I fell on the ground,” he said. “The problem is that the muscle relaxers that are prescribed to stop spasms, they relax the muscle. When they relax the muscle, you don’t have as much control. Your control is already screwed up from MS, and so any loss at all is huge.” He tried lowering the dose of some of the prescription medications, and that didn’t help either. “It was not a dose situation,” he said. “It is a medication effect.”

In addition, he was uncomfortable with possible side effects of the prescribed medication. Listed side effects on packaging for muscle relaxants includes information about tumors in animals, liver damage, diarrhea, dizziness, drowsiness, nausea, abdominal cramps, constipation, headaches, speech and sleep difficulty and nervousness.

Baclofen was prescribed for spasms and neuropathic pain. Not only did it not stop either, he was not thrilled with possible side effects, which include high fever, altered men-

In 1998, alarmed by the number of MS patients being arrested in England with marijuana, and following testimony, the House of Lords recommended that clinical trials be started as soon as possible.

tal status, spasticity that is sometimes worse than what is being treated, and muscle rigidity. Symptoms of overdose include shortness of breath or troubled breathing, vomiting, seizures, loss of consciousness and coma. Baclofen is sometimes injected into the spine with a pump, and abruptly stopping implanted baclofen has been fatal to some.

Conventional therapy is often ineffective with MS symptoms, which is probably why so much research is conducted into alternative therapies such as medical cannabis. There is a great amount of anecdotal evidence showing that cannabis works wonders in alleviating spasticity and neuropathic pain associated with the disease. In the United States, while conditions qualifying for a medical cannabis recommendation vary state to state, all 18 states, and the District of Columbia, that have a medical marijuana program approve of either MS or severe symptoms resulting from MS. In comparison to pharmaceutical medications, cannabis has few side effects and the natural remedy is considered safe.

Thanks to research conducted outside of the United States, a great deal of clinical evidence exists as well.

Researchers at GW Pharmaceuticals, for instance, have been conducting clinical trials with cannabinoids and MS for years. In 1998, alarmed by the number of MS patients being arrested in England with marijuana, and following testimony, the House of Lords recommended that clinical trials be started as soon as possible. In the United Kingdom, where cannabis is illegal, GW Pharmaceuticals was granted a clinical trial exemption certificate to conduct clinical studies with cannabis-based medicines, specifically in the areas of relief of pain of neurological origin and defects of neurological function in many indications, including MS. To date, all of the company's MS trials have provided positive results, and confirmed an excellent safety profile for cannabis-based medicines. The company has received regulatory approval in several countries for Sativex for the relief of neuropathic pain in adults with MS. A nose spray, Sativex is a cannabinoid medicine that is now marketed as a treatment for MS spasticity in the UK, Germany, Spain and Denmark and ready for final approval to launch in Italy, Sweden, Austria, Czech Republic, Belgium, Finland, Iceland, Ireland, Luxembourg, the Netherlands, Norway, Poland, Portugal and Slovakia.

Dyers had smoked marijuana recreationally in the 1980s,

but pretty much stopped after graduating from the University of Arizona College of Law in 1978 and entering the working world. He had heard that cannabis therapy helped others with MS, and so after receiving the diagnosis he wanted to understand more. Coincidentally, on the day he was to retire, he learned that a fraternity brother from college was a partner in a cannabis collective and gearing up to operate a dispensary in Arizona's fledgling medical marijuana program. His friend introduced him to several people who are familiar with strains, delivery methods and dosing.

In November 2010, Arizona voters passed Proposition 203, a medical marijuana initiative. Since early 2011, the Department of Health Services has issued more than 31,000 identification cards to protect patients from arrest. In July, 13 Arizona county attorneys urged Governor Jan Brewer to halt the program, arguing that it facilitated federal crimes. The conservative Republican has her own well-publicized beef with the federal government's handling of border issues, which possibly influenced her decision to honor the will of the voters and proceed. By November 2012, approximately 100 dispensaries were awaiting the final go-ahead to open.

In Arizona, patients are permitted to grow their own if they do not live within 25 miles of a dispensary. Until dispensaries are up and running, any patient in the state can grow plants. When they are open, there will be no limit to the amount of cannabis a dispensary can grow, and patients will be permitted to obtain up to 2 ½ ounces every two weeks. A qualifying patient may possess up to 2 ½ ounces or 12 plants for cultivation. If the patient is unwilling or unable to cultivate cannabis, he or she can designate a registered caregiver to help with the medicinal use of marijuana, including growing.

Dyer is not a green thumb. He has heard that cultivation can be a complex affair, and he has no desire to grow his medicine. In addition to smoking, which can bring immediate relief, he uses tinctures and edibles such as cookies or candies.

"Edibles are good when you need the medication to last a little bit longer, or if you are traveling," he said. "I went on a river trip recently, and even though I could have smoked, I am uncomfortable doing this around people that I don't know."

One aspect of cannabis medicine that surprised Dyer is the difference between strains, and he is trying to learn as much as he can about them. During the day he prefers a sativa, which he finds more energizing. At night he finds that indica strains, which are known for pain relief and calming qualities, are conducive to sleep.

“I realized that there are huge differences between these strains,” he said. “Indicas make you want to take a nap. They would definitely affect your incentive to do anything. Sativas are completely the opposite. They make me want to do a bit of work around the house, and without the spasms.”

Dyer finds that cannabis is the only medication that helps with spasms at night, allowing him to sleep without awakening in pain. He can only go for a day or so without medicating before the spasms return. A few months ago, he went to Seattle for his sister-in-law’s wedding. He did not bring any cannabis with him because he was afraid of being arrested. For four days he had no medication.

“By the second day I had trouble sleeping,” he said. “By the third night I didn’t sleep at all. I had cramp after cramp

after cramp. My wife saw what was happening and was shocked. I’d told her that the medical cannabis was controlling these things, but sometimes seeing is believing. She said, “This is bad. We’ve got to get home.” As soon as we got back to Tucson, I medicated, and I have had no problems since. This is anecdotal, but it is also obvious.”

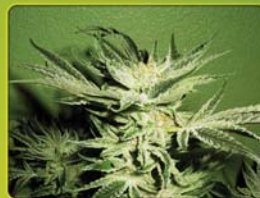
With whole plant therapy, Dyer received another incredible benefit. The diagnosis of any debilitating condition can be a crushing blow. His legal career was going well, and being forced into retirement with MS was an adjustment. He was in pain with spasms, having difficulty with balance and walking, and taking medications with all sorts of undesirable side effects that were not really working.

“I was in a bad mood, and had no patience” he said. “Marijuana gives you that patience back so that you can be with your family and do all of the things that you’ve got to do. It gives you back a normal attitude. People don’t talk about that, and I don’t know why. This is not studied or talked about. Cannabis delivers a one-two punch; it relieves your symptoms, and as a result of that you feel better about everything. Cannabis has been a huge help. This is not expensive, and it works.” 🍀

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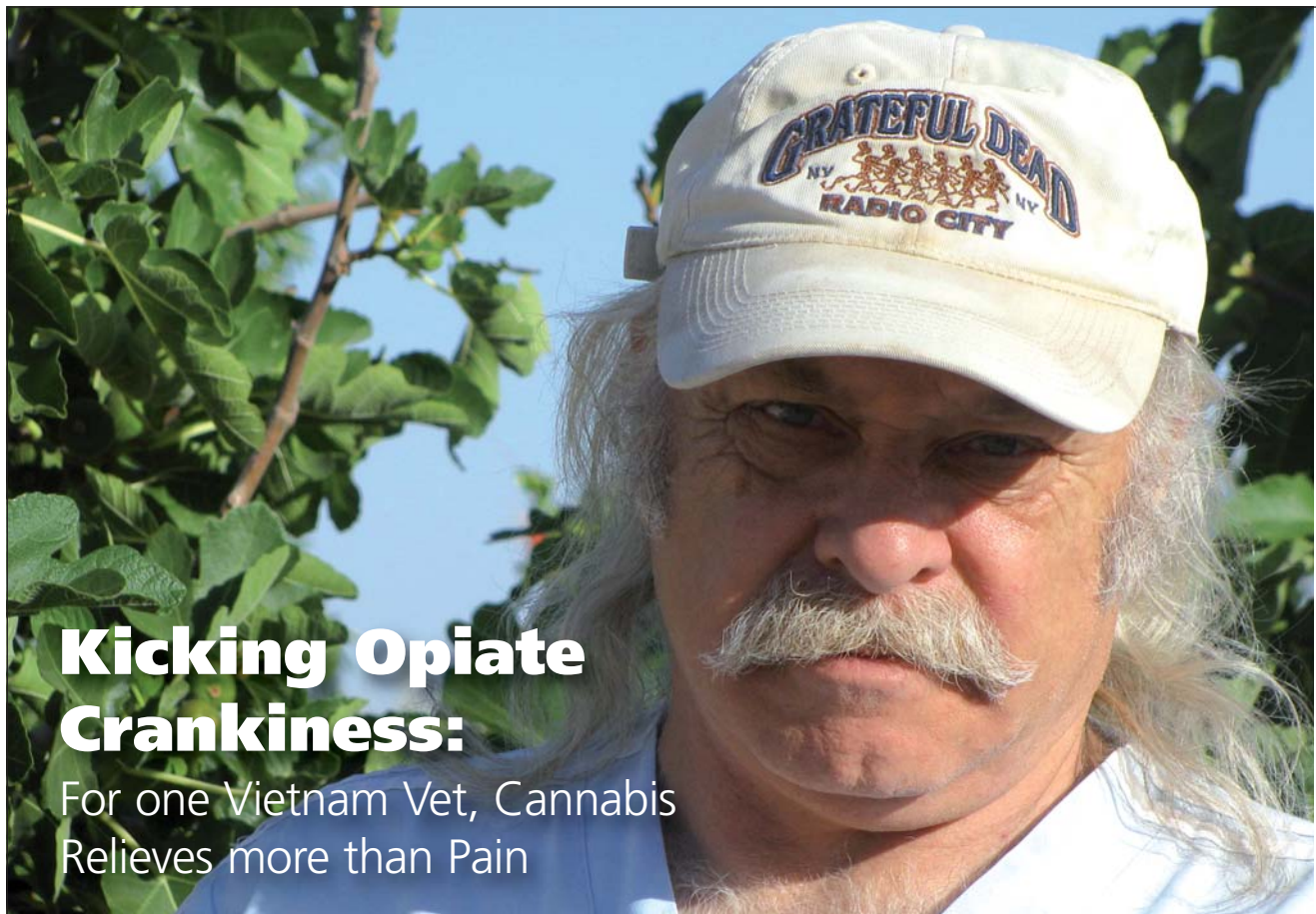
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Kicking Opiate Crankiness:

For one Vietnam Vet, Cannabis Relieves more than Pain

By Mary Lou Smart

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Rick Fabian's wife Elaine is happy that her soul mate tokes. In her opinion, the earlier in the day that he partakes, the better. In fact, so effective is his medicine as a mood elevator, she's taped a Wake & Bake! sign on his TV where he will see it as soon as he opens his eyes each morning.

"He tends to get busy and forget, and then I'll walk in and say something, completely innocently, and he just about snaps my head off," she said, as they both share a laugh. "Once he medicates, then he is like a normal person."

Elaine has been though the ringer with her husband's moods. A Vietnam veteran, he was prescribed morphine by a Veterans Affairs (V.A.) doctor for a war-related injury that had gotten worse over the years. He hated the uneasy, drugged-out feeling that morphine gave him, and she had reached her limit with his mood swings and surly attitude.

"Before the cannabis, he was a total jerk," she said. "He was very forgetful, very sleepy and extremely irritable. Basically, I figured I'd wait until the point where he was well enough to maybe live in a ground-floor apartment by himself, and I'd get a divorce. I was not going to live with that crabby, crabby man."

Fabian's war story began four decades ago. In 1969 he joined the Marines and was trained to be a radio telegraph operator. A year later, at 19, he was sent to Vietnam and assigned to the Commanding General's guard, an assignment that bored the bejesus out of him. He complained about being in a dud outfit, which resulted in a transfer to his next assignment, the Military Police (MP).

Fabian is a large man with a commanding presence. "They said that they were looking for large — I was 6-foot-4 — NCOs, non-commissioned officers," he said. "They also felt that I was up to the challenge of being an MP because my grandfather was a city police officer, my mother was an office manager for a California Highway Patrol station, and I had other relatives in law enforcement. It was in my blood, they told me."

The assignment, policing military personnel who were taking a break for a few days of rest and relaxation in a region outside of Da Nang, was stressful. He did not see active combat. Instead, he dealt with traffic accidents and thievery, someone stealing food or arms off of a truck stopped in traffic, for instance. In war-torn Vietnam, petty theft was often the catalyst for much more, and his job was to help keep order.

“PTSD is something that festers,” he said. “It might not show up for the first month, or even years, but I know that I kept getting progressively worse.”

As a cop in a war zone, one of his responsibilities was to try to prevent members in the U.S. military, who were dealing with their own personal traumas, from committing crimes. “After being out in the bush for two or three months, doing all kinds of crazy, wonky things, they’d come back and want three things,” he explained. “They wanted to drink and get high, and they wanted to go to the house of ill repute. My job was to keep them from going in there, or, if we found them in there, to arrest them, and take them away from where everyone else said that they were blowing off steam. Nobody liked the MP. A cop in a war zone didn’t have many friends.”

One day he was chasing a Marine down an alley and up a hill into an empty building when he ran into what he knew to be a trip wire, possibly connected to a Claymore mine or a grenade. Thankfully, the wire was only connected to a flare, but in awkwardly contorting his body to pull out and away from the wire, he ripped the muscles in his right knee, which resulted in an operation. The injury still causes him much pain.

In Vietnam, everyday moments were filled with crises. One morning in traffic, a boy ran up to a Jeep, pulled a wrist watch off of a soldier, and ran.

“The guy pulled out his pistol, and shot the kid down; blew about half of his head off,” he said. “We were the third vehicle behind that, and I was the one that got out and disarmed the guy. I asked him what had happened, and he said, ‘He stole my watch,’ and I yelled, ‘That’s a reason to kill a kid?’”

During this time, one of his fellow officers gave him a joint and told him to smoke it because this was the only way to survive what they referred to as “The Nam,” to get a better grip on reality, and focus on the task at hand. He did begin smoking daily. Decades later, that wartime advice would have application in civilian life.

Upon returning home to Oregon, he struggled through stormy relationships with his parents, several wives, and four children. Four years after his Vietnam knee injury, he was in a motorcycle accident and his right foot was amputated. He self-medicated with drugs and alcohol, eventually contacting Hepatitis-C. Miserable, he searched for stability, and eventually found life-saving support with 12-step programs. In 1990, with the help of doctors at the V.A., he was able to get off of drugs and alcohol.

His knee grew worse. His left leg was the support for his injured right leg, resulting in double injuries, and many operations on both knees. Walking with a double limp ruined his back.

Fabian was being treated at a V.A. hospital for his injuries and his pain. He talked to his doctors about anxiety and irritability. He did not know what was wrong, but he was not right. He was depressed and frustrated. He could not sleep. His days as an M.P. would return in a flash when he saw military personnel in uniform. He was diagnosed with post-traumatic stress disorder (PTSD).

“PTSD is something that festers,” he said. “It might not show up for the first month, or even years, but I know that I kept getting progressively worse.”

His doctors invited him to attend a PTSD program at the American Lake Division of the Veteran Affairs Puget Sound Health Care System in Tacoma, Washington. There, he realized that he could identify with 19 of 23 recognized PTSD symptoms. He received counseling, and he talked to others who were going through the same hell on earth that he was. He learned coping mechanisms to reduce anxiety.

Five years after he stopped drinking and doing drugs, he met Elaine and they hit it off. After a year and a half together, they married. He was attending 12-step programs, and the only drug he was taking was ibuprofen for pain. Unfortunately, he was suffering, gritting his teeth, and in constant pain. In 1998, three years after meeting his wife, Fabian’s doctor put him on morphine. The narcotic helped, but he really felt conflicted. While he was careful to take only the prescribed amount, he worried that he might become addicted. Another huge problem, morphine blocked some of his pain but it also turned him into a grouch.

“I was an ass,” he said. “I remember thinking, why does she put up with me?”

A friend suggested that he might like to try marijuana, which is legal for certain qualifying conditions in Oregon.

“I kept saying, ‘No. I’m clean and sober now; I can’t!’,” he said. “She kept telling me that marijuana might be easier on my system than morphine. “

Every health professional he spoke with said that medical

marijuana was worth a try. He met with a doctor and received a recommendation. He visited MAMA, Mothers Against Misuse and Abuse, to learn about using marijuana as a medicine. In existence since 1982, MAMA is focused on responsible drug decisions, and has been involved with Oregon's medical marijuana program since its beginning in 1998.

"He was troubled by the possibility of substance abuse, and wanted to be honest with his 12-step commitments," said Sandee Burbank, MAMA's executive director. "It was the smoking that helped him at first. Now that he has learned more, he uses different types of preparations like the salves that he can rub into his joints and muscles for instant relief. He understands now that medical marijuana is not about getting high."

In Oregon, efforts to introduce PTSD as a qualifying condition in the state's medical marijuana program have failed twice but advocates are not giving up. The state has a large veteran population, estimated at 300,000.

Not everyone suffering with PTSD is lucky enough to qualify for a cannabis recommendation with other qualifying conditions. The list of conditions that qualify for an Oregon medical marijuana card are cancer; glaucoma; Alzheimer's agitation; HIV/AIDS and related HIV/AIDS wasting syndrome; severe pain; severe nausea; seizures including but not limited to seizures caused by epilepsy; and persistent muscle spasms, including but not limited to spasms caused by multiple sclerosis.

Advocates recently participated in a new Rules Advisory Committee formal process to rewrite procedures for evaluating health conditions with the aim of creating a fair, unbiased process in place of what has long been viewed as flawed and not focused on medicine, science or compassion for the sick. Since the program's beginning 14 years ago, the only condition to be added is agitation due to Alzheimer's disease. Burbank has been a member of many committees, including two four-year terms on the

Advisory Committee on Medical Marijuana, an 11-member, volunteer committee that is supposed to have an advisory role in the Oregon Medical Marijuana Program. Dysfunction within the Oregon Department of Human Resources, which oversees the Oregon Public Health Division, which oversees the Oregon Health Authority, which oversees the OMMP, leaves her jaded at times.


"If this had anything to do with logic, PTSD would have been added to the list a long time ago," she said.

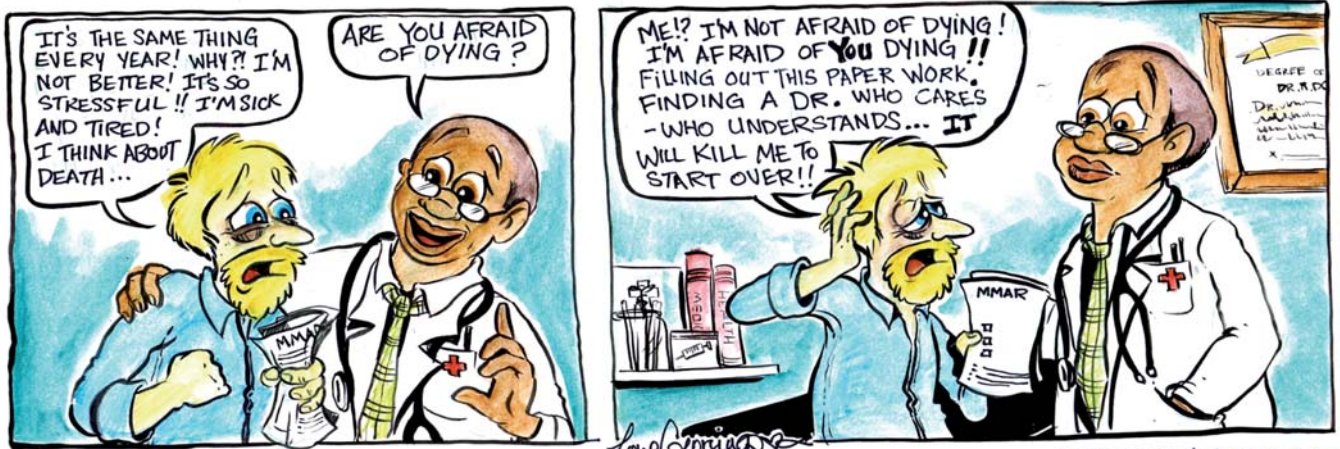
In addition to pain relief, Fabian found that cannabis was able to reduce anxiety and calm him down. He also tried acupuncture, and that seemed to help as well. He reduced his morphine dose from 180 to 120 milligrams a day. Within four weeks of starting cannabis therapy and acupuncture, he stopped using morphine altogether.

Fabian has been using a wheelchair for two years. He has used crutches for many years. With a brace on his left knee and a right foot prosthesis, he sometimes walks with a cane. He has found that a cannabis salve made with bees wax will alleviate pain when rubbed into his knees and hips.

Now 61, clean, sober, and content with his life, he starts each day with two teaspoons of medical marijuana glycerin tincture in his coffee. "The tincture seems to start my day off in a much more positive and peaceful manner, which pleases my wife," he said.

When Fabian first told Elaine that he was considering medical marijuana, she was 100 percent in favor of a non-narcotic medicine. His cannabis therapy proved to be extremely beneficial for both of them.

"He had not smiled in three years on morphine, and now, here he is a happy camper again," she said. "He is still pretty doggone salty in the morning before he medicates, but marijuana saved our marriage." 



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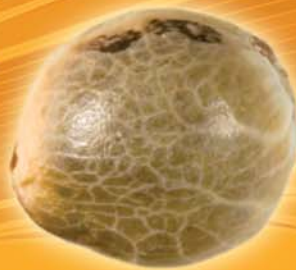
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Living with **Osteogenesis Imperfecta**

By Michael Morrow

facebook.com/mikecmorrow

Email: mikecmorrow@hotmail.com

My name is Michael Morrow, I'm 37 years old and I have Osteogenesis Imperfecta. OI is a genetic disorder characterized by fragile bones that break easily. It is also known as "brittle bone disease." A person is born with this disorder and is affected throughout his or her life time.

I'm sceptical and weary to use any new drug treatments in my life. Avoiding harmful or negative side effects to my body is important. In my life time I've fractured and shattered so many bones. If I sneeze or cough too hard I can break a rib or two potentially.

My second home as a child was the fracture clinic every other month at Sick Kids Hospital. As a kid I was a daredevil by trade and that never mixed well with OI. I had three major surgeries as a kid where pins, screws, plates had to be installed to repair my shattered bones. My bones broke easily like glass if I fell too hard basically. I was not

able to participate in physical education at school or do sports. Eventually as a teen, I found swimming and working out with light weights at the local YMCA. This made the bones a little stronger due to the muscle I developed. The muscle growth acted like a splint, surrounded my bones structure to give me some support. That was a relief and great way to help with stress and get fitness also incorporated into my life.

I was on the swim team in high school and very competitive. I won many swimming events in freestyle and butterfly stroke races. I also became a lifeguard for many years later as a teenager and found that a very rewarding job.

In my twenties I severely fractured my hips without any major trauma and was unaware initially due to my high pain tolerance. I just kept working for a month and thought I just strained my muscle during working out or something. Things got really bad and I did more damage

than good due to not getting an X-ray sooner. It took me two years to recover from that and later walk again. I became very depressed, addicted and dependent on pain killers. I had a very tough time coming off of the pain killers, due to the duration of my injuries and addictive nature of the medicine. It took me many months to get to a low dose level with my doctors supervision. I knew later I needed to find an alternative and different approach to treat my OI.

I took me almost a decade and research and many doctors, specialists to discover medical marijuana. Finally got my doctor to sign all the paper work needed to become legal. I radically reduced the amount of pain medicine I was taking. Now I could medicate safely and effectively without the fear of addiction or awful side effects. All though it was not a cure, it gave me relief safely and the happiness I finally longed for. It sounds funny or cliché but it was a miracle and I'm so thankful to have it in my life.

I've been on Ontario Disability Support Program, (ODSP) for the past two years now because of chronic pain with OI. Before going on ODSP, I was chef and lived in Vancouver for many years. I was always passionate about cooking and food in general, so it came to me naturally. Being a chef was a great way for me to be creative and I always enjoyed that. My chef days eventually ended and I was having a tough time walking or standing for any length of time.

The wear and tear of my youth caught up to me. The chronic pain through my entire body and joints was too hard to deal with/ manage. I've been fortunate to have had such an amazing journey in life so far. I love life very much and feel blessed, without OI I would never be strong mentally or share compassion with others. I've learned to accept living with OI and not look at it as negative but as

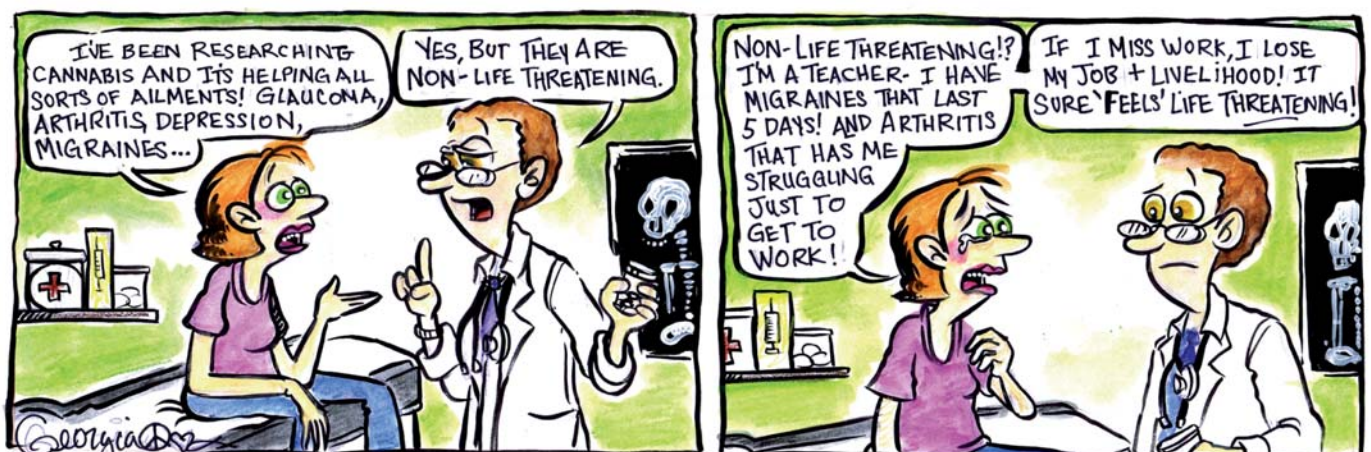
something positive. It's all about falling down, learning and never giving up.

My art is my other medicine or outlet for pain relief I use a lot these days. I have always painted, sketched, or have a passion for the art world ever since I was a child. My mother was an amazing artist and painting, drawing or crafting were a very common activity at home. I was able to learn a lot from her before she passed away.

I'm inspired and grateful we had the time to create. She was an amazing, caring mother and also had OI. She passed away when I was 21 to cancer at the age of 40, I went through a very rough period when I lost her. I found painting eventually again and it helped me. Painting keeps my mind distracted from pain or depression and gives me the creative freedom to vent healthy. Even though I'm limited physically at times, painting always keeps my spirit strong and balanced. Without art in my life I truly don't know what I would do. I have been doing a lot of digital painting/graffiti style pieces these days and enjoy that style of art very much. I would describe my style of painting these days as, "Abstract Tribal Cartoonish". I slowly started selling or donating my art about three years.

My new goal now in life is to promote and display more of my pieces and have fun with it. I do custom designs, original pieces and never limit my abilities or boundaries. I will eventually have a new web page in December to showcase and promote more of my compositions. Please follow my art work on facebook or send me an email if your looking for a new personal painting for home or gift for someone you love. I also enjoy meeting new people and making new friends...Life is too short so have fun and be true, be you.

Peace and Love! ☒



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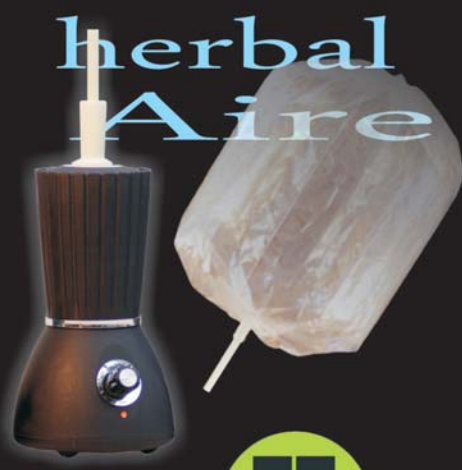
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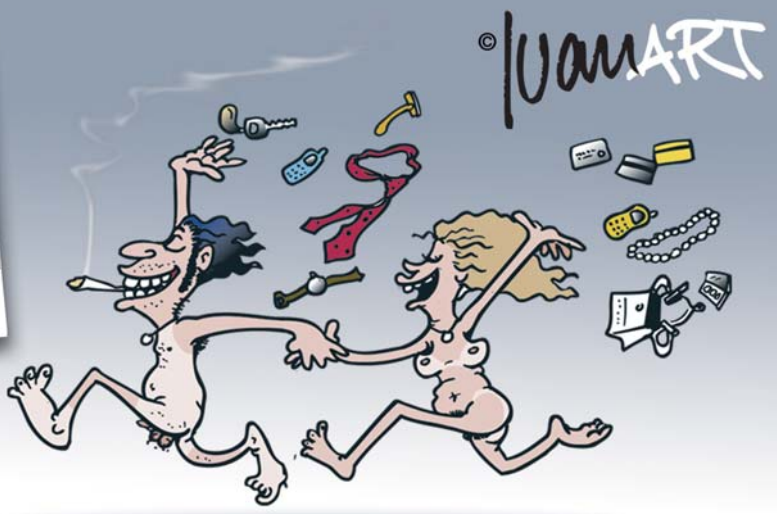
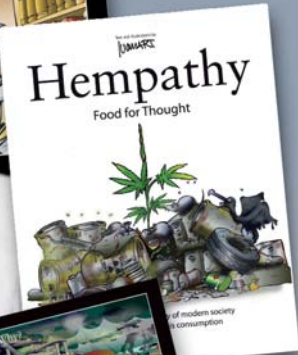
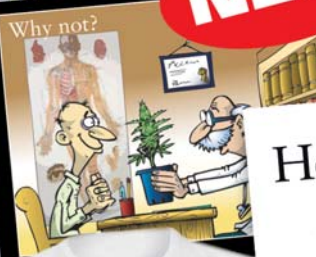
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Treating Yourself meets

Mayor Brian Taylor

The Journey and Vision of a British Columbia Cannabis Warrior

Part 1 - July 9th, 2012

By Jim

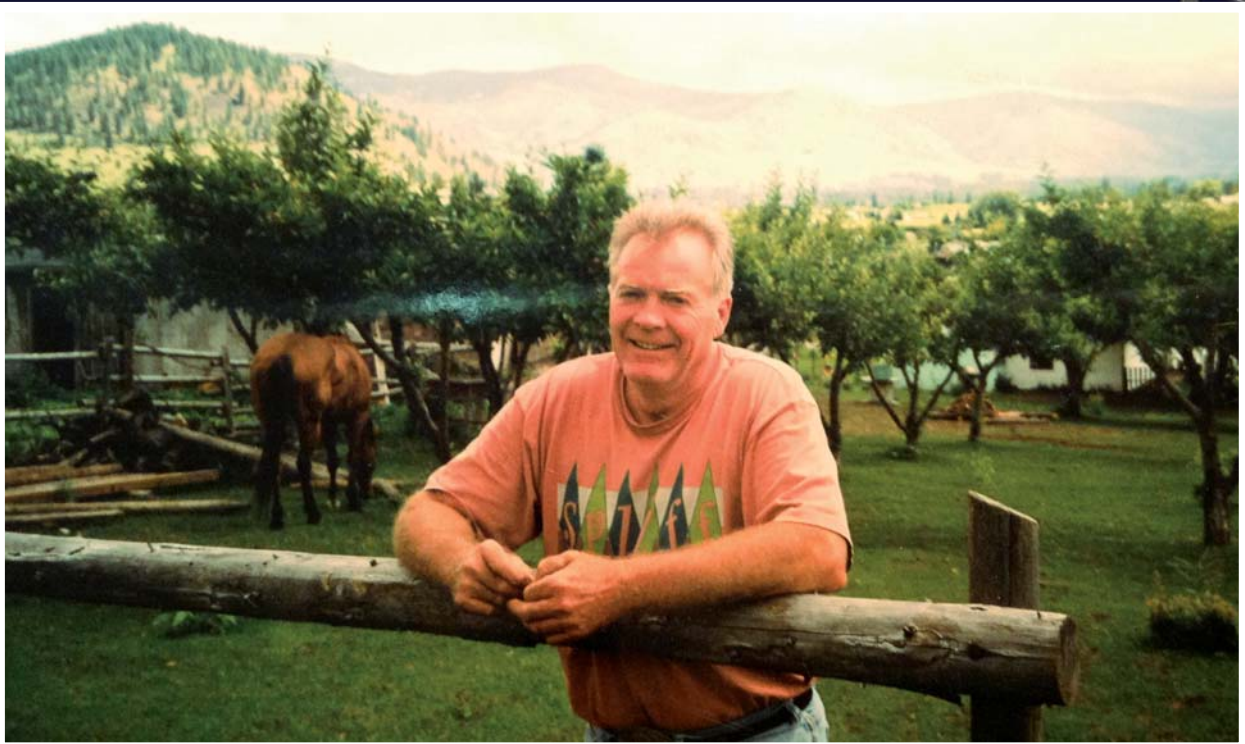
It is a rare thing indeed to sit down with someone so experienced in all parts of the cannabis landscape, Brian Taylor has a long list of accomplishments, most of which you will find out about in the interview below. But impressively, this former founding member and party leader for the British Columbia Marijuana Party, is currently working in his 3rd term as Mayor of Grand Forks, BC. In British Columbia there is a growing movement of currently sitting and retired politicians, academics, law enforcement employees, doctors, nurses, teachers, and the Chief Public Health Officer that advocates to the provincial and federal government in favour of the regulation and taxation of marijuana and all its products to stop the growth of organized crime and decrease the violence on community streets. Generally referred to as the "Stop The Violence" movement (<http://stoptheviolencebc.org/>), Brian had been seeking the support of Grand Forks City Council in signing on to a letter that so far 4 former Mayors of Vancouver, current sitting Mayor Gregor Robertson, and 8 other elected and sitting B.C. Mayors have signed, which specifically calls on both levels of higher government to implement these common sense principles surrounding the end of cannabis prohibition.

Unfortunately, after this 2 part interview took place, Grand Forks City Council voted 5 to 2 to NOT support the Stop The Violence (STV) campaign and Mayor Taylor's signing of the letter. In a stunning display of ignorance and an inability to listen to scientific fact and social policy experience from multiple experts on the STV campaign, and local citizens who took time to provide majority supportive commentary on Mayor Taylor's involvement with STV to council, 5 Grand Forks City Councillors ran screaming into the arms of prohibition, organized crime, and the Dark Ages. I wonder if Councillors Krog, Wyers, Smith, and O'Doherty understand that back in the day they would have just voted to support Al Capone and a continuance of alcohol prohibition. Organized crime love

politicians who support the very social policies that keep them enriched and skewing everything from the justice system to the price of real estate. The other two votes in favour of supporting STV came from Mayor Taylor and Councillor Bob Kendel. It is lonely, for the time being, in Grand Forks when it comes to forward thinking leadership on the very important issue of cannabis prohibition, however, there is much that can be done to educate the 5 uninformed councillors. Stay tuned.

This interview took place in 2 parts and covered a wide range of Brian's experiences in the cannabis world. From going to jail in 1966 Mexico for a joint and being interned in the jail shit pit, meeting the legendary Jack Herer at a hemp conference in B.C., starting the very informative Cannabis Health magazine, growing legal medical cannabis under Health Canada license and being robbed of said cannabis, to an unlikely partnership with a local RCMP constable and a CBC television film crew to show the harms of cannabis prohibition, Brian Taylor has done it all in his quest to see greater access for medical cannabis patients and a taxed and regulated Canadian marijuana industry to be proud of, not to mention allowing more access to hemp and all its products.

We start off with my late arrival to Kocomo's Coffee Shop in bustling downtown Grand Forks in sunny July. I had just come from the other coffee shop in our downtown core, around the block...and it was I who set the time and place. Kococmo's and Jogas, easy to confuse right? Nothing to do with the recent sativa that replaces coffee so well. We crash in brightly painted wooden chairs in the shaded outdoor patio of the coffee shop, which happens to be located in a tight alley, blocked off and gated at both ends, it is peaceful and cool in the shade of the alley, and packed with mosquitos. Bravely throwing concerns over contracting West Nile virus aside we dive in to the interview. Let's meet Brian Taylor y'all!



OK, so we're live, I believe it's the 9th of July...

Brian: It is.

Here with Brian Taylor, this is on behalf of Treating Yourself magazine....yeah, Brian if you want to start off with where you come from, and uh, what got you generally started in the cannabis industry, and we can go as far back as ya want.

Brian: Well let's see I lived in Keremeos and was away at school doing various things, going to jail in Mexico and that kind of stuff...got back in to Keremeos and the hippies were there right? They had moved in en masse from the coast bringing the counterculture with them and picking fruit in the Okanagan, so I had more than exposure then and to cannabis. The kind of experiences that I had had certainly had an impact on me early in life, but I basically took a very responsible path at about age 21 or so I started working with children, and working with the Toronto Children's Aid Society for the better part of 10 years.

What, particularly did you do for Children's Aid?

Brian: I was a childcare worker, I went to school in Toronto at the same time I held a full time job, and was going to school full time and running a candle shop on the side...

Laughter

So I was really busy but I got an education in the field, started making money, got married, you know, so it wasn't until I got back to living in BC which was in 1979 or 1980, and was running the Society for the Mentally Handicapped in Kelowna, I was the first executive director. We had a workshop in behind the newspaper there and a residence. I ran that for close to 7 or 8 years, and then I built the Okanagan Neurological Association with Walter Grey, the current Mayor of Kelowna. He was the president, I was the CEO, and we were into gambling, we were the first society

in British Columbia to open a commercial bingo hall. So myself and Tommy Capozzi learned from a Native girl that came up from across the line in the U.S. and said you guys have the same rules we do and if you want to run bingos this is how you do it. She showed us the paperwork, Tommy was on it like a dirty shirt, he loved the idea and within a very short period of time we had filled out all the paperwork and were operating, making money every night.

Walter Grey...is he the mayor of Vernon? The current mayor?

Brian: He's the mayor of Kelowna, he was also the President of the Okanagan Neurological Society at that time, then he was mayor for three terms I think and then they turfed him out on a technicality, he was supporting Sharon Simpson's Kelowna Pride event so instead of the Peach Festival they had the Kelowna Pride because the Peach Festival turned to a riot. So the gay people wanted to have Gay Pride and they wanted the city to drop the "Pride" event because they wanted the name and so Walter didn't support that so the gays ganged up on him. He had a bumper sticker going around town that said "Walter Grey is so homophobic he can't even touch himself". Walter was a great boss and an impressive leader.

Laughter

So from there did you go to Grand Forks directly, after your involvement with the society?

Brian: No, I'm running the Okanagan Neurological Society, they reach a point where I'm saying to them, "Look we have to play hard ball here with the government to get our funding back, we have to get out of gambling, we said we wouldn't use it for operational funds, do you support it?" and they said "Yes we do".

So I'm on the phone daily here with the Ministry and I'm

dealing with a guy who is very unscrupulous bureaucrat named Brad. So Brad tells me that we have to sign, and I'm telling him no we don't have to sign. It's not enough, we are not keeping up with speech therapy and OT, we're not gonna do it, you can't reduce our revenue because we have a profit showing in bingo, it's not fair, we're getting trapped here. And he says, you know, basically that's too bad this is what the offer is, you have to sign. I said what are the consequences if we don't? He says well we'll shut you down. I said don't you think that would be a bit difficult? We're the biggest childcare organization in the Okanagan, we have 85 employees, we run the Infant Stimulation Program, you would shut us down...how? Give me a break here Brad, you know that's not going to happen, it's going to be your ass up there. So, OK, I've been dealing with it for months it's the end of the summer and I'm going to go fishing for a couple of days. So I go up to a fishing thing with my brother and my father, a long weekend, and I get back and I find the President of the society has signed off on the contract. The president was contacted behind my back and threatened that they would shut the place down...and I realized at that point just to add more drama that now all of the board members agreed with the President and had sold me out.

Oh wow....the hidden connections!

Brian:, what happened is I took a look at the situation and I had a couple choices, I could continue on, or I could say "This is not working", which is what I did. Basically I reamed out the president, so it ended up that we decided that we would meet in the morning at 9 o'clock at the lawyer's offices, and so I was there at 9, 9:30 we were out of there. I'm not supposed to say anything it's still under a gag order forever. I was there for like 9, 10 years; I brought it from nothing, 8 employees to 85 or more employees. We built the new Child Development Centre, we started the Epilepsy program, the Head Injury Society, a whole bunch of things that we did were a great spark for social programs throughout the region. I built it but I had to walk away.

In half an hour too, those were your walking papers.

Brian: So financially it put me in a real bind, straight away the mortgage company, I had built a house right, I had a really nice house, it's worth millions now in Westbank. I couldn't get a mortgage on it, my father was panicking, I owed him some money, not a lot when I look at it now, it was only like \$10,000, but I had no access to any kind of ability to borrow so I couldn't sustain the mortgage I had to put it on the market, they forced me, my insurance company...

Shit!

Brian:...and the mortgage company. Although I was very employable, as soon as I started looking I spotted this job in Grand Forks to come over here and shut down a small institution, played a big role in closing the provincial institution, I sat on various boards.

Brian: So let's get back to the cannabis picture. I'm the bigwig in Kelowna right? So the John Howard Society asked me if I wanted to go on a weekend tour, a weekday tour of the Federal institutions of the Lower Mainland: Kent, Matsqui,

Mountain, Regional Psychiatric, all the facilities for two years plus a day [Authors note: those convicted of crimes that had sentences equivalent to 2 years of prison time and higher]. So myself and the sexologist, from the hospital...

A sexologist?

Brian: Yeah, school board, Ron...I shouldn't be using names. Anyway this group of other peers of mine in the community, we all get together, probably 7 of us in total, and we trek on down and tour these facilities and at night stay in motels. So the first night we're there we go to this Kent maximum security and was interviewing these two guys in the woodwork shop, and this is maximum security, they'd been picked up, they'd come up the West coast under surveillance and landed on Vancouver Island and I think I remember that they were followed by a battleship, 4 helicopters, submarines...

Holy shit!

Brian: They'd sold their boat in Eastern Canada, they had the drawl of, you know, Newfoundlanders, they'd sold their boat, went down there with their boat money, bought some marijuana and another boat, never realized they bought the boat from an undercover guy, FBI or something. They had a boatload of pot and they hauled ass up the West Coast, they let them go all the way up, it was like a 2 week trip and land in B.C. off Tofino or somewhere around there and they nailed them. For a long time people were picking up bales of pot that were drifting in after that bust because I guess they threw some bundles overboard.

Was it wrapped in plastic do you know?

Brian: I have no idea.

Laughter

Brian: So those were the two guys, we interviewed them, they were personable and everything, they tell us they got 9 years.

9 years in maximum security!

Brian: Maximum security, 9 years...

Had they suffered violence inside?

Brian: No violence, I don't know...it was pretty whitewashed for us, right, we weren't getting a lot of bullshit from anybody we were...just to make it look good.

The prime example.

Brian: But yeah, they got 9 years so we all go back to our motel room and we're going "Fuck man that's just not fair!", I mean I even brought some pot so I bring out mine and I don't think I was even first but by the end of it we had like 4 bags on the table, almost everybody smoked but only 4 of us brought it...
Laughter

Brian: And these are all upper level people. And so I went away from that, it was really life changing for me as an experience. I went back to Kelowna and I started an advocacy organization. I just printed up cards and started getting people to sign up. CALM Canadian Association for the Legalization of Cannabis.

And how long did that last for? Or did it morph...

Brian: It didn't morph, it died. When I got to Grand Forks I met with Jack Herer at a conference, the first hemp conference

that they had up in Salmo. And Jack and I got into this big argument about—and I was already pushing for a hemp license here and I'd already been lobbying and writing in the paper and everything- but Jack was convinced that hemp would lead the way towards ending marijuana prohibition. I had this big argument with him about that...I can remember he was drunk, you know, first of all, and pontificating...

Wasn't he the godfather of marijuana?

Brian: Oh yeah, he wrote the Emperor Wears No Clothes...

That was an all-encompassing text.

Brian: A big and important step forward for the movement. He was the first person to do that but Jack had his flaws, and he was wrong about it. Right after I was involved in the whole hemp movement I began to see there's gonna be a point where this doesn't work for me unless we look at the whole plant. So in the next several months I began to look at research and information about other things that you can do with hemp, the medicinal uses of hemp. And I was suggesting that we add that to our business plan. At that point, there's a guy named Dave who I knew before, delivered a message, very political, which said get Taylor off the committee(Grandby Hemp Coop) or we won't give you the money. With \$160,000 for a hemp research study at risk, the very first item on the agenda was that I had to provide my resignation.

Because of the association with marijuana?

Brian: Yep. And because I wanted to add it right away I was going to push to add that we would look for other potential uses for the hemp heads. Like that we would look to future uses. We know where the regulations are but let's not forget it in our business plan, anyway...I was out.

They thought it was too controversial...

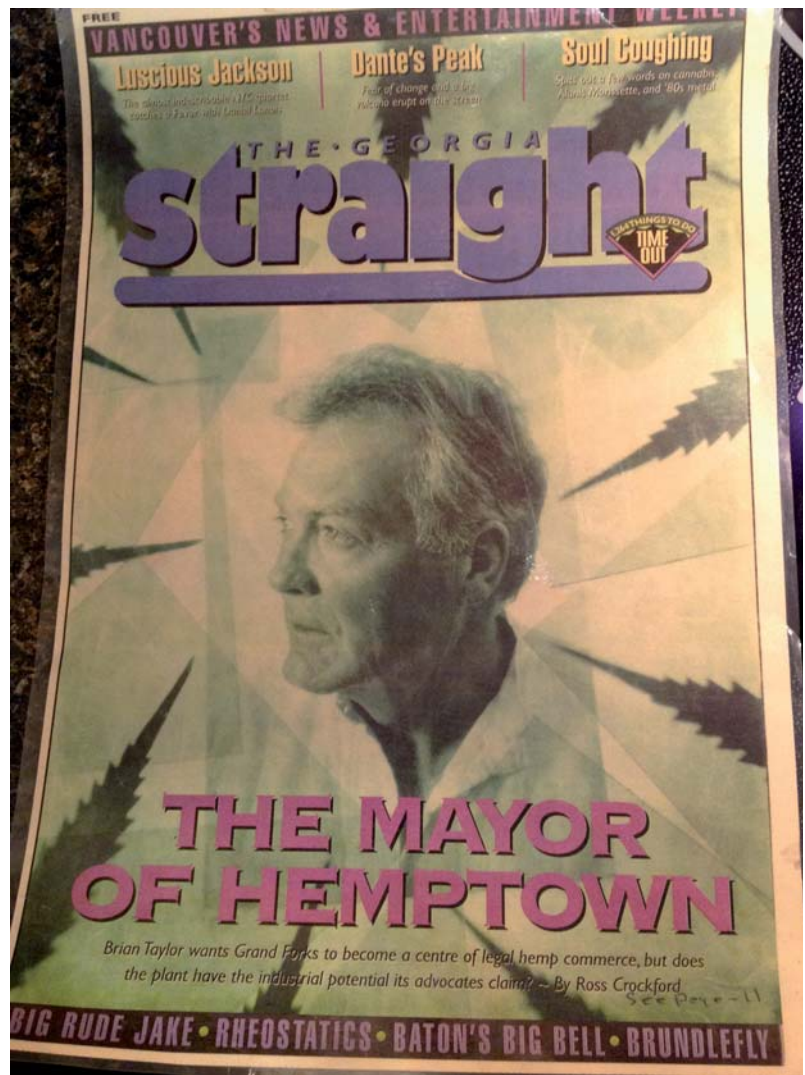
Brian: I lost my temper that day, I got pissed off at them, because I actually had to leave the meeting.

That was it, you were kicked out basically.

Brian: Yeah.

It's all over something that's...It's the same plant, just different genotypes and phenotypes...

Brian: They expected me to be angry but I didn't make a big speech. I said, you know, I'm really disappointed in a number of people here today, goodbye.



Did that lead you into Cannabis Health? Was that something you jumped onto straight away?

Brian: No, the Cannabis Health situation...we started the company (Cannabis Research Institute) basically to produce grow units. We were quite innovative in our early days in building wooden grow units with a variety of plastic guts that we picked up from Walmart. So, we were producing these but the wooden cases themselves, the guts were pretty cheap the way we were doing it, you know, very simple units and they worked like a damn. But the boxes were getting more and more expensive. To get a good company to do it was costing us \$400 per box. And then we're putting in the other stuff, some of the people in the company saw that we were abandoning a worthwhile project, but my business sense had told me if I even added a couple bucks an hour for my labor, all of a sudden we weren't making anything on it, we were losing money. And I wasn't going to go ahead with doing that, right, I had another partner, Bill Faminoff, who got involved, who was a good partner but he introduced us to Styrofoam sandwich approach, and where I was going with it I thought we should be going to the fridge people, the refrigerator people, buying blanks

and retro-fitting them ourselves. You know, having doors, having all of the apparatus in place allows us, because people do that with old refrigerators why not do it with a new unit with new technology. Anyway the whole thing started to go down.

The story about Cannabis Health Magazine, you know, clearly, we had internal personnel problems, there's no doubt about that. But, in fact, we were running up against the same problem as Marc Emery was running up against with his CC magazine...

Cannabis Culture...

Brian: Yeah, it was the technology change, was changing the customer base that read these magazines and would pay for them. We were trying to break into the big markets out of the local advertising market, and clearly the last few efforts to put the magazine out there ended up costing the magazine more money than it was making.

Well how long of a run did it have?

Brian: 2.5 years, almost 3 years.

I found it a very informative magazine...

Brian: Well it's still, I think, the closest thing to it is Treating Yourself magazine with Marco Renda who started that overlapping actually with some of the things we were doing towards the end but, you know, Marco's approach to it was different. He was putting out a less fancy kind of layout, I think he went with cheap paper for a while to start with, you know, building a base of consumer's end and advertisers that make it work for him. But he put quite a bit of his own money into that too.

CH got \$30,000 start up from Advanced Nutrients. They were a big supporter of ours...

That was good start-up...

Brian: That was part of it, we took our grow unit to a hydroponics show in Vancouver where Maximum Yield, was the sponsor.

So we set up, we brought a booth, we had all our Advance Nutrient supporters, we were part of their big show, and we brought down our newest unit, it was pretty skookum at that time, I think we had two 600's in a small box...it was a cookin unit.

Anyway we brought it down and they kicked us out of the show.

Why? Too much marijuana?

Brian: Max Yield Magazine always pretended that they grew only tomatoes We looked too much like we were growing marijuana. I think a couple of our promo shots had cannabis in them. The whole issue was they told Advance Nutrients not to bring us, and they did it anyway. So we were just pissed, the meat in a sandwich here between them and Maximum Yield because Advance Nutrients also got kicked out of Maximum Yield Magazine

But they are a huge part of that industry and that's got to be a slap in the face...

Brian: Those people at Maximum Yield were so rude that we went out into the hallway we said "OK you want to call the cops? There's media people all over here, you want to call the police on us you go right ahead." I said "We'll go out but we'll go into the hallway." And we did, we went out in the hallway of the Pan Pacific, set up, and we had a great show with everybody in the place going by our booth.

So you still got to be part of the show, you just had to leave the general area?

Brian: Yeah, and it was right there that night that Advance Nutrients said hey we'll give you money to start a new magazine. *Laughter*

Brian: Anyway that's when they made the offer to fund us.

So you also had the Grand Forks Cannabis Research Institute (CRI).

Brian: That was the company that started the growing unit.

And CRI applied for a contract from Health Canada to produce cannabis.

Brian: Yeah we did that in response to the RFP and we successfully put it together including a million dollar guarantee basically, a million dollar back up to your plan, so we found someone who would sign for us. But we didn't even get considered. We were never in the game.

Yeah, and it went to Prairie Plant Systems as far as any contractual work for cannabis, which has maintained itself up to this day.

Brian: Well, when you talk to Prairie Plant Systems you find a whole different story because actually the guys who got the contract were expert growers, they knew their business, they were not amateurs, and what they would tell you is that they were capable of growing all kinds of stronger pot, more finished, all kinds of things they didn't do because they were trying to keep the THC levels down to meet the government standard.

And they wanted, what, about 10% I think.

Brian: That's right they wanted 10%, you know 10% is such a...you know it's 10% of what? Figures can really be manipulated by scientists in terms of what percentage of what...

Yeah, like is it of the overall plant weight, or just what's in the trichomes...

Brian: There's a lot of ways to cut it, when Health Canada says they're worried about 24% THC pot. I don't know man...basically somebody's taken their pill, their Cesamet pill and dumped it into a cigarette.

Yeah it is bizarre, it would be nice to have that cleared up, because I know there's some controversy about how that is measured.

Brian: I struggle with trying to reconcile my beliefs at this point, the medical marijuana program can't be fixed. There's no need for it in a sane society where we have reasonable

marijuana laws. The cannabis could be available and grown by a lot of patients just the way they do now, but without licenses, without all the headache. I'm fighting for that, at the same time I realize we could be years down the road from getting that in place. In the meantime, we need an operating medical marijuana program. I support that concept of trying to make it a little bit better but in the process of making it better I don't think we're gonna get what we think we're gonna get for regulation. I suspect they will go with the larger commercial growers...2 or 3 larger growers. That for them is less bureaucratic headache, you can see, as once being a bureaucrat yourself, it's the path of least resistance.

That's interesting because I remember being in the stakeholders meeting (Health Canada Marihuana Medical Access Program Stakeholders meeting – Vancouver BC September 7, 2011) and the Director-General was using words like, is there any limit on commercial licenses to be granted and she said if you meet the qualifications you can apply and you may receive a license. But there's still nothing very specific about that, so the suspicion is that it will be a small number of large, commercial producers. What do you think now about the MMAR and the proposed changes, are they going to make it any better for the patients? I mean having commercial growers instead of designated licenses, personal production licenses?

Brian: I understand too that one of the changes anticipated is that the doctor signs for you and that's it. You don't have to submit the license to Health Canada, I mean that could signal to doctors an easier route than involving the bigger bureaucracy, it could actually, I think, be more attractive to doctors to say "Yeah, shit, what the hell...", rather than "Oh my god I'm going to be on record with the federal government, and I'm going to be called up on my license, they're going to find out about my previous use of drugs..."

Laughter

It's interesting that rather than go the way of the wine model and just regulate it generally for personal production, commercial production, and adult use, that you could over regulate things, you imagine issuing 300,000 licenses in British Columbia alone, that's a lot to keep track of, even if these documents are just signed in the doctor's office.

Brian: I think they will be overrun, I think it's gonna outweigh the system, which will push us quicker into why do we need it at all? So I'm not worried about that at all, that could be a good thing. Yeah, I just think this movement is going to be something like the Berlin wall, when the sand gets liquefied enough the wall falls and I think we're seeing a liquefaction right now, people of various philosophical bents banning together, a common sense approach to this...to the Liberal, to the Conservative, I mean it's almost non-partisan at this point to have an opinion of let's do something different.

So we have the Stop The Violence campaign...

Brian: I'm really optimistic about that, it's slowly growing, and it's interesting I've been following that guy that's wheeling across Canada to all the municipalities....

Oh yeah, Neil Magnusson.

Brian: Yeah, Neil Magnusson, he's getting a decent response compared to what he used to get, like he's been doing this for a number of years I think this is his 5th annual or something like that.

He said on one recent report it's like preaching to the choir in a lot of areas he goes to, all behind stopping the prohibition of cannabis for regulation.

Brian: I know it's there, I watched people stand up and applaud for Elizabeth May when she put it on the floor, you know, and that was like 4 or 5 years ago. So this year at UBCM (the annual Union of BC Municipalities meeting where all municipal governments meet and pass resolutions directed at informing the provincial and federal governments of public policy options best suited to the residents of B.C.) a Stop The Violence resolution will be on the floor and I intend to be one to speak to it if I can, but I'm sure it will be popular so, I think it will pass.

As the Mayor of Grand Forks, have you been getting any movement on signing a letter or endorsing the Stop The Violence (STV) program on behalf of city council?

Brian: Where it stands is I would like council to address it again in a discussion and if they want to pass a vote on it let them do that. But in fact I've committed myself to signing as Mayor, and so there are some Mayors that are signing without their councils, and I am one of those at this point. There will probably be an accounting here sometime soon where we'll catch up on where things are at. At the same point even when it gets prickly like it did in Nelson and Castlegar, it shows you the emotional resistance to this the fact that this has politicians getting angry tells me that we're touching a funny bone here of some kind.

I'm kind of astounded that in this day and age, with the media coverage that it gets, more people don't know about the therapeutic, and essentially non-toxic effect of cannabis and to a multitude of disorders.

Do you see, generally speaking, as a 3rd term Mayor in Grand Forks, over that period of time, a change in the public's attitude towards cannabis?

Brian: I've seen amazing change in perception on it. Medical marijuana was not even on the radar for my period as Mayor in 1997, I was dealing with hemp, primarily pushing for the hemp thing. I made the trip to Europe in 1993 and toured Le Mans looking at iso chanvre (a French building material made from mixing lime and hemp herds, it can last for centuries), went over to Britain and looked at some plantings they were putting in.



Oh, where is Le Mans?

Brian: In France, that's where they use iso chanvre and build houses, subdivisions made out of hemp only, amazing structures.

Great insulation factor.

Brian: And easy to make, they sell it in their hardware stores. As well Germany does the same thing, they have a thriving hemp industry there. Small scale, they make bricks and various kinds of building blocks they call them girly blocks cuz they're light.

Light but strong...

Brian: Yeah.

Well we have a tiny bit of time here...

Brian: I should run, we should spend more time on this at a later date, that way we won't get off track from what we're talking about...

Can I ask you just two more questions?

Brian: Sure.

One of them is, most effective medicinal strains you have come across, if you can recall any standouts?

Brian: I guess that standouts are when you smoke the same thing for a whole lot of time and then you try something different...that's my standout, I can't tell you a single strain I can tell you I had great success with popularity of a cross that was

done here in town. It's called just "Haze Cross", I grew it for 5 years.

Sativa dominant?

Brian: No, it was not, it was an indica strain but amazing product and something that a local farmer had crossed. So it was like, really acclimatized.

That's interesting...and just changing the profile of cannabinoids seems to be of benefit.

Brian: Yeah for me that's it, I like that change of pace. The Mexican pot, when I was down there in Mexico...

That, actually, was my next question...

Brian: Oh yeah, we should do that as a separate story, it's fascinating. It was written it up for a magazine, Rolling Stone, but they didn't take it. And Brian, this writer friend of mine, wrote it up. And I'll tell you the story but we should dedicate 15 minutes or so to it.

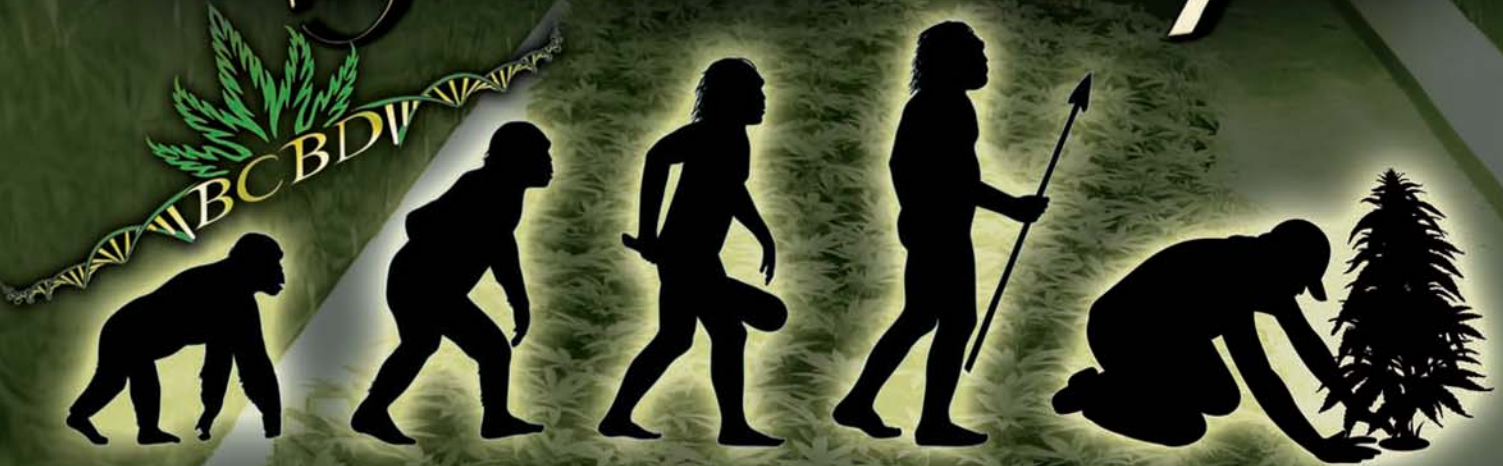
Well we can meet again and we can go over that story, and any other developments that we get to.

Brian: Sure.

Perfect, well hey, thanks for fighting mosquitoes with me in this shaded alley-way, much appreciated, thanks Brian!

Brian: Time to go to council and get some business done, they'll be mad if they start the meeting without me.

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- ORIGINAL BLUEBERRY - \$75
- SWEET ISLAND SKUNK - \$75

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- THE PURPS - \$150 ♀
- BC BLUEBERRY - \$150 ♀
- BC HASH PLANT - \$125 ♀
- JACK HERER - \$125 ♀
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Dinafem's Cheese



Dinafem's Cheese



Dinafem's Cheese

Strain: Dinafem's Cheese
Breeder: Dinafem
Grower: Skunk-mad
Judge: skunk-mad and miss knapper
Date: October 20, 2012

- 1. Visual Appeal:** 10 *Visual appeal of the buds from 1-10 unappealing-excellent.*
- 2. Visible Trichomes:** 9 *Visible trichome content from 1-10 none-totally covered.*
- 3. Colors that are present in the trichome heads under magnification:**
Clear 30% Cloudy 60% Amber 8% Dark 2%
- 4. Colors present in the buds and/or on a scale 1-9 light-dark:**
Green 5, White 6, Rust 4, Orange 5
- 5. Bud density:** 9 *Bud density from 1-10 airy-dense.*
- 6. Aroma descriptors:** *scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.*
Berry 6, Pepper 4, Fruit 7, Hash 4, Skunk 9, Citrus 5, Musk 2
- 7. Aroma:** 9 *Aroma from 1-10 repulsive-delightful.*
- 8. Seed content:** 0 *Seed content from 0-10 none-fully seeded.*
- 9. Weeks cured:** 20 *If know the number of weeks your sample has been cured.*

Comment - Super compact frosty bud's that have a very fruity first aroma and still after 5 month's curing slightly sticky to the touch. When looked at under the 100x scope the trichomes are all well formed with nice long thin stems with fat glistening clear/cloudy head's. 10/10 for bag appeal.



- 1. Utensils:** TY Roor, Silver surfer and Plenty, Headquarter pure hemp papers
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence
 Fruit 8, Hash 7, Spice 2
- 3. Taste:** 9 Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 5 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability:** 9 smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion:** 10 smoke expansion in the lungs from 1-10 stable-explodes.

Smoke Test Comments: - Growing up in the UK cheese has been a staple of mine for year's and every seed company has a cheese strain in there line up but very few are close to the original exodus cheese! We were very pleased with the outcome of the dinafem cheese it is not 100% true UK cheese but ticks most of the boxes. The super fruity smell is there and the underlying tones of a premium cheese are present on the exhale. The smoke is super thick and explodes in your lung's leaving a lovely mature cheese taste merged with fruit behind. Such a great tasty mouth watering strain that leaves you in a very euphoric mind set.

FOLLOW UP QUESTIONS

- 1. Dosage:** - to reach desired effects.
- 2. Effect onset:** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency:** - Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** -
- 7. Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
 Morning/wake up - Day/work - Evening/relax - Night/sleep -
- 9. Overall satisfaction:** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions:** - Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use?** -
- 12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

- | | |
|--------------------------------|---------------------|
| - Ability to rest or sit still | - Paranoia relief |
| - Anxiety relief | - Sex drive |
| - Appetite | - Sleep |
| - Audio perception | - Speech process |
| - Humor perception | - Taste perception |
| - Imagination/creativity | - Thought process |
| - Pain relief | - Visual perception |

Extended Medical Survey:

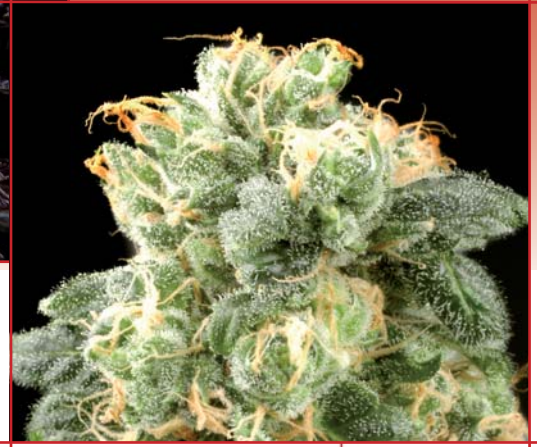
- | | | |
|----------------------------------|-----------------------------------|------------------------------------|
| - ADD/ADHD | - Depression | - Muscular movement disorders |
| - Allergic rhinitis | - Diarrhea | - Nausea |
| - Amphetamine Dependence | - Epilepsy | - Panic Attack |
| - Anorexia | - Glaucoma | - Peripheral nerve pain |
| - Arthritis/Musculoskeletal pain | - Hepatitis | - Post traumatic Stress Disorder |
| - Asthma/Cough | - High blood pressure/Racingpulse | - PreMenstrual Syndrome |
| - Bipolar disorder | - Insomnia | - Sedative/Opiate Dependence |
| - Cancer/Chemotherapy | - Itching | - Schizophrenia |
| - Chronic fatigue | - Migraine/vascular headache | - Spasticity in Multiple Sclerosis |
| - Crohn's/IBS | - Muscle Spasm | |

FINAL COMMENTS: - This strain has really surprised me as it is very close to what I know as cheese. The smell, taste and aroma are all there but the effect's from the Dinafem version does not last as long as I would expect from true UK cheese but it still was a very tasty and effective smoke. From all the various cheese genetics I have tried this is up there with the best of them and has some excellent medicinal effects which is all I really care about. Is this true UK cheese the answer to that is No but that does not take away the beneficial medicinal effects this strain has, so on that note I will say great job Dinafem this is a great medicinal strain and I will grow it again. Great job!





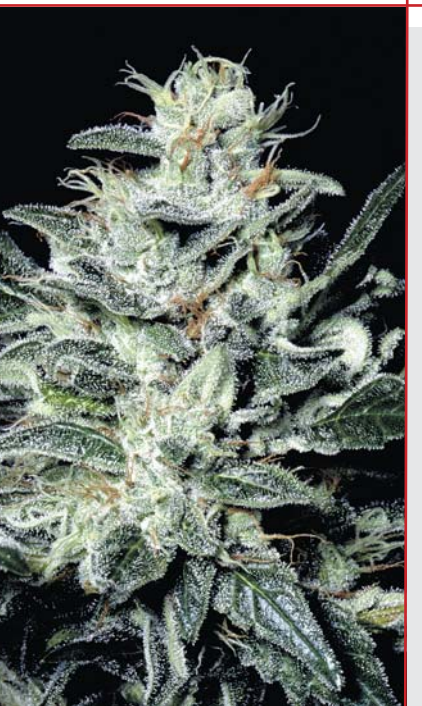
LA Confidential - DNA seedbank



STRAIN CATALOGUE



Peacemaker- FMS Seeds



Sensi Star - Paradise Seeds



BARNEYS FARM

FEMINISED PACKS OF 5

8 Ball Kush	\$44,00
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Amnesia Lemon	\$56,00
Blue Cheese	\$50,00
Blue Mammoth Auto	\$44,00
Crimea Blue	\$40,00
Critical Kush	\$56,00
Dr Grinspoon	\$58,00
G -13 Haze	\$58,00
Honey B	\$48,00
L S D	\$56,00
Laughing Buddha	\$56,00
Malana Bomb Auto	\$44,00
Morning Glory	\$56,00
Night Shade	\$56,00
Phatt Fruity	\$42,00
Pineapple Chunk	\$50,00
Pineapple Express	\$40,00
Red Cherry Berry	\$42,00
Red Dragon	\$56,00
Sweet Tooth	\$56,00
Sweet Tooth Auto	\$44,00
Tangerine Dream	\$58,00
Top Dawg	\$44,00
Utopia	\$60,00
Vanilla Kush	\$54,00
Violator Kush	\$56,00



BC BUD DEPOT

REGULAR PACKS OF 12

Black, The	\$75,00
Blue Berry	\$75,00
Burmese	\$60,00
God Bud	\$90,00
Mango	\$75,00
Pine Warp	\$75,00
Purple Buddha	\$60,00
Purps, The	\$90,00
Sweetgod	\$75,00
Sweettooth	\$75,00
Texada Timewarp	\$75,00

FEMINISED PACKS OF 12

Jack Herer	\$150,00
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BUDDHA SEEDS

FEMINIZED PACKS OF 5

Pulsar	\$70,00
Quasar	\$70,00

FEMINISED AUTO PACKS OF 5

Deimos	\$60,00
Syrup	\$55,00
Red Dwarf	\$45,00
White Dwarf	\$60,00



DELTA 9 LABS

REGULAR PACKS OF 5

Brainstorm Haze	\$52,50
Brainstorm Haze G13	\$52,50
Cannasutra	\$45,00
F.O.G (Fruit of the Gods)	\$52,50
Merkabah	\$52,50
Simpson Kush	\$52,50
Southern Lights	\$52,50
Stargazer	\$45,00



DINAFEM SEEDS

FEMINIZED PACKS OF 5

Haze Automatic	\$40,00
Blue Fruit	\$53,00
Blue Hash	\$52,00
Blue Widow	\$48,00
California Hashplant	\$58,00
Cheese	\$42,00
Cloud # 9	\$36,00
Critical Jack	\$44,00
Critical+	\$54,00
Critical+ Automatic	\$48,00
Diesel	\$38,00
Fruit Automatic	\$36,00
Industrial Plant	\$58,00
Jack Automatic	\$56,00
Moby Dick	\$64,00
Moby Dick #2	\$56,00
Moby Hash	\$58,00
Power Kush	\$42,00
Roadrunner #2 Autom.	\$32,00
Roadrunner Automatic	\$28,00
Shark Attack	\$40,00
Sweet Deep Grapefruit	\$38,00
White Siberian	\$40,00
White Widow	\$48,00



FEMINIZED PACKS OF 6

Cataract Kush	\$90,00
60 Day Wonder Auto	\$83,00
C13 Haze	\$60,00
Cannadential	\$75,00
Chocolate Kush	\$105,00
Chocolope	\$90,00
Confidential Cheese	\$75,00
Connie Chung	\$83,00
Exodus Kush	\$105,00
Hashplant Haze	\$60,00
Holy Grail Kush	\$105,00
Kushberry	\$75,00
LA Confidential	\$90,00
LA Woman	\$90,00
Lemon Skunk	\$60,00
Martian Kush	\$105,00



GREEN HOUSE SEED CO.

FEMINIZED INDICA PACKS OF 5

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Arjan's Haze #2	\$62,00
Arjan's Haze #3	\$38,00
Arjan's Strawberry Haze	\$62,00
Arjan's Ultra Haze #1	\$62,00
Arjan's Ultra Haze #2	\$62,00
Auto Big Bang Auto	\$48,00
Auto Super Critical	\$60,00
Big Bang	\$30,00
Black and White MixF	\$48,00
Bubba Kush	\$52,00
Cheese	\$42,00
Chem Dog	\$48,00
Church, The	\$35,00
Dam Sour	\$52,00
Diamond Girl	\$68,00
El Nino	\$55,00
Exodus Cheese	\$48,00
Great White Shark	\$55,00

REGULAR PACKS OF 13

C13 Haze	\$90,00
Cannadential	\$105,00
Cannalope Haze	\$120,00
Cataract Kush	\$120,00
Connie Chung	\$120,00
Hashplant Haze	\$90,00
LA Confidential	\$135,00
Pure Afghan	\$50,00
Sour Cream	\$105,00
Sweet Haze	\$105,00

FINEST MEDICINAL SEEDS

FEMINIZED INDICA PACKS OF 5

Citrus Skunk	\$75,00
Medi Kush	\$75,00
Medifemss	\$75,00
Peace Maker	\$75,00
Skunk NL	\$75,00
White Rhino	\$75,00
White Widow	\$75,00

FEMINIZED SATIVA PACKS OF 5

Amnesia Haze	\$95,00
G13	\$95,00
NL 5 Haze	\$95,00



Super Lemon Haze - Greenhouse Seeds



Super Silver Haze - Mr. Nice

13 - Roor Citrus Smoothis

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Train Wreck	\$48,00
White Rhino	\$55,00
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La Nina	\$120,00
Mango Haze	\$240,00
Mango Widow	\$146,00
Master Kush Skunk	\$86,00
Medicine Man	\$120,00
Neville's Haze Mango	\$90,00
Neville's Skunk	\$240,00
NL 5 Haze	\$120,00
NL 5 (NHS)Haze/Afghan/Skunk	\$102,00
NL5 Afghan	\$86,00
NL5 Skunk	\$86,00
Nordle	\$86,00
Ortega	\$102,00
Shark Shock	\$86,00
Shit	\$53,00
Skunk Haze	\$60,00
Spice	\$86,00
Super Silver Haze	\$173,00
The Cure	\$102,00
Walkabout	\$55,00

NIRVANA

Feminized Packs of 5	
AK-48	\$38,00
Aurora Indica	\$38,00
Auto Blue Mystic	\$38,00
Auto Jock Horror	\$46,00
Blackberry	\$45,00
BlackJack	\$45,00
Blue Mystic	\$38,00
Bubblelicious Auto	\$38,00
Chrystal	\$38,00
Ice	\$38,00
Jock Horror	\$46,00
Kaya Gold	\$38,00
Master Kush	\$38,00
Medusa	\$38,00
Northern Lights	\$38,00
Northern Lights Auto	\$46,00
Papaya	\$38,00
PPP	\$38,00
Raspberry Cough	\$45,00
Short Rider	\$36,00
Snow White	\$38,00
Super Skunk	\$38,00
Swiss Cheese	\$38,00
Venus	\$38,00
White Castle	\$38,00
White Rhino	\$38,00
White Widow	\$38,00
Wonder Women	\$38,00

REGULAR PACKS OF 10	
Aurora Indica	\$30,00
Bubblelicious	\$30,00
Chrystal	\$30,00
Ice	\$30,00

Medusa	\$30,00
Mix Sativa	\$60,00
Papaya	\$30,00
PPP	\$40,00
Snow White	\$30,00

SPECIAL 25% OFF

Super Skunk	\$60,00
Swiss Miss	\$60,00
White Castle	\$30,00
White Rhino	\$30,00
White Widow	\$30,00



PARADISE

FEMINIZED PACKS OF 5	
Acid	\$68,00
Allkush	\$68,00
Atomical Haze	\$60,00
Auto Acid	\$48,00
Auto Jack	\$48,00
Auto Wappa	\$48,00
Auto White Berry	\$48,00
Automaria	\$56,00
Automaria II	\$56,00
Belladonna	\$42,00
Delahaze	\$68,00
Dutch Dragon	\$56,00
Ice Cream	\$68,00
Jacky White	\$68,00
Lucid Bolt	\$68,00
Magic Bud	\$42,00
Nebula	\$68,00
Opium	\$68,00
Original Cheese	\$56,00
Original White Widow	\$68,00
Pandora Auto	\$56,00
Sensi Star	\$80,00
Sheherazade	\$68,00
Spoetnik #1	\$42,00
Sweet Purple	\$42,00
Vertigo Auto	\$56,00
Wappa	\$42,00
White Berry	\$68,00



RESERVA PRIVADA

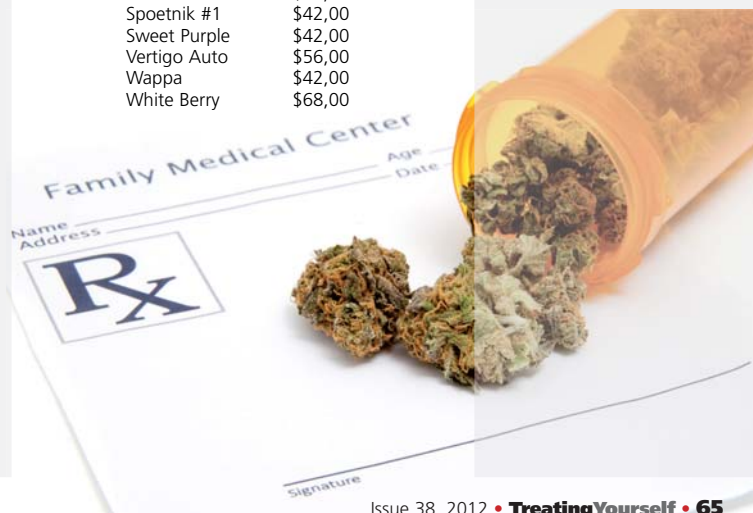
FEMINIZED PACKS OF 6	
Cole Train	\$75,00
Confidential Cheese	\$75,00
Kandy Kush	\$90,00
Kosher Kush	\$105,00
OG Kush	\$105,00
Purple Wreck	\$75,00
R.K.S.	\$60,00
Silver Bubble	\$60,00
Silver Kush	\$90,00
Sour Diesel	\$105,00
Sour Kush	\$105,00
Tora Bora	\$90,00

REGULAR PACKS OF 13	
Kandy Kush	\$105,00
Tora Bora	\$120,00
x18 Pure Pakistani	\$76,00



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REGULAR PACKS OF 15	
Afghan Haze	\$102,00
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Angel Heart	\$102,00
Black Widow	\$102,00
Critical Haze	\$120,00
Critical Mass	\$102,00
Critical Skunk	\$86,00
Devil	\$86,00
Dreamtime	\$53,00
Early Queen	\$68,00
Early Skunk	\$86,00
Early Skunk Haze	\$170,00
G13 Skunk	\$86,00





Querkle - TGA



MK Ultrawreck - THSeeds



Cannatonic - Resin Seeds



Lavender - Soma Seeds



STRAIN CATALOGUE



RESIN SEEDS

FEMINIZED PACKS OF 10	
Cannatonic	\$170,00
FEMINIZED PACKS OF 5	
Cannatonic	\$85,00
Critical Haze	\$85,00
Sour P	\$85,00



ROOR SEEDS

REGULAR PACKS OF 10	
S1-Nev OS	\$97,50
I1-Roor Ash	\$120,00
I2-Roor Bubba OG	\$135,00
I3-Roor Citrus Smoothies	\$180,00



SERIOUS SEEDS

FEMINIZED PACKS OF 6	
AK47	\$120,00
Biddy Early	\$53,00
Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Warlock	\$75,00
White Russian	\$105,00
White Russian Auto	\$78,00

REGULAR PACKS OF 11	
AK47	\$120,00
Biddy Early	\$53,00
Bubble Gum	\$105,00
Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Motivation	\$100,00
Warlock	\$75,00
White Russian	\$105,00



SOMA SEEDS

REGULAR PACKS OF 10	
Amnesia Haze	\$285,00
Buddha's Sister	\$180,00
Hash Heaven	\$285,00
Kushadelic	\$150,00
Lavender	\$120,00
NYCD	\$195,00
Sogouda	\$220,00

FEMINIZEDV PACKS OF 10	
Lavender	\$150,00
NYCD	\$210,00
Somantra	\$195,00



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REGULAR PACKS OF 10	
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Agent Orange	\$84,00
Apollo-13	\$84,00
Cheese Quake	\$84,00
Chernobyl	\$84,00
Dairy Queen	\$84,00
Deep Purple	\$84,00
Jack The Ripper	\$84,00
JC2 "Jack's Cleaner"	\$84,00
Jilly Bean	\$84,00
Kaboom	\$84,00
Pandora's Box	\$84,00
Qleaner	\$84,00
Querkle	\$84,00
Space Bomb	\$84,00
Space Queen (Space Jill)	\$84,00
The Flav	\$84,00
The Void	\$84,00
Vortex	\$84,00



THE CALI CONNECTION

REGULAR PACKS OF 10	
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Chem 4	\$104,00
Chem 4 OG	\$104,00
Chem Valley Kush	104,00
Corleone Kush	\$104,00
Deadhead OG	104,00
Hazy OG	\$104,00
Jamaican D	\$104,00
Jamaican Me Crazy	\$104,00
Jamaican OG	\$104,00
Julius Cesar	\$104,00
Larry OG	\$104,00
OGiesel	\$104,00
Original Sour Diesel	\$104,00
Purple Chem	\$104,00
Purple Diesel	\$104,00
Regulator Kush	\$104,00
Sour OG	\$104,00
Tahoe OG	\$104,00



REGULAR PACKS OF 6	
818 Headband	\$104,00
Blackwater	\$104,00
Buddha Tahoe OG	\$104,00
Chem 4 OG	\$104,00
Chem Valley Kush	\$104,00
Corleone Kush	\$104,00
Deadhead OG	\$104,00
Julius Caesar	\$104,00
Larry OG	\$104,00
O' Giesel	\$104,00
Pre 98 Bubba Kush	\$104,00
Purple Chem	\$104,00
Purple Diesel	\$104,00
Tahoe OG	\$104,00

THSEEDS

REGULAR PACKS OF 5	
A-Train	\$60,00
Burmese Kush	\$60,00
Kushage	\$60,00
MK ULTRA	\$72,00
S.A.G.E.	\$60,00
Sage n Sour	\$64,00
Wreckage	\$65,00

REGULAR PACKS OF 10	
A-Train	\$102,00
Bubblegum	\$130,00
Burmese Kush	\$110,00
Chocolate Chunk	\$80,00
Da Purps	\$90,00
Darkstar	\$120,00
Heavy Duty Fruity	\$102,00
Kushage	\$102,00
Lambo	\$120,00
Mendocino Madness	\$60,00
MK-Ultra	\$140,00
PG-13	\$102,00
S.A.G.E.	\$102,00
Sage n Sour	\$120,00
Skunk XXX	\$30,00
Skunkage	\$44,00
The Hog	\$146,00
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Please mail completed entry form to:

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**WIN
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Only 1 entry per person.
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Winners name will be announced in Treating Yourself issue # 39
Winner will be contacted by phone / mail / email
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ALL INFORMATION WILL BE DESTROYED IMMEDIATELY AFTER A WINNER HAS BEEN PICKED AND CONTACTED

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WINNER**

**From TY 36
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**Please keep those entries coming.
We know there are many more lucky winners.**



Feminized Seeds and a look at Aeroponics

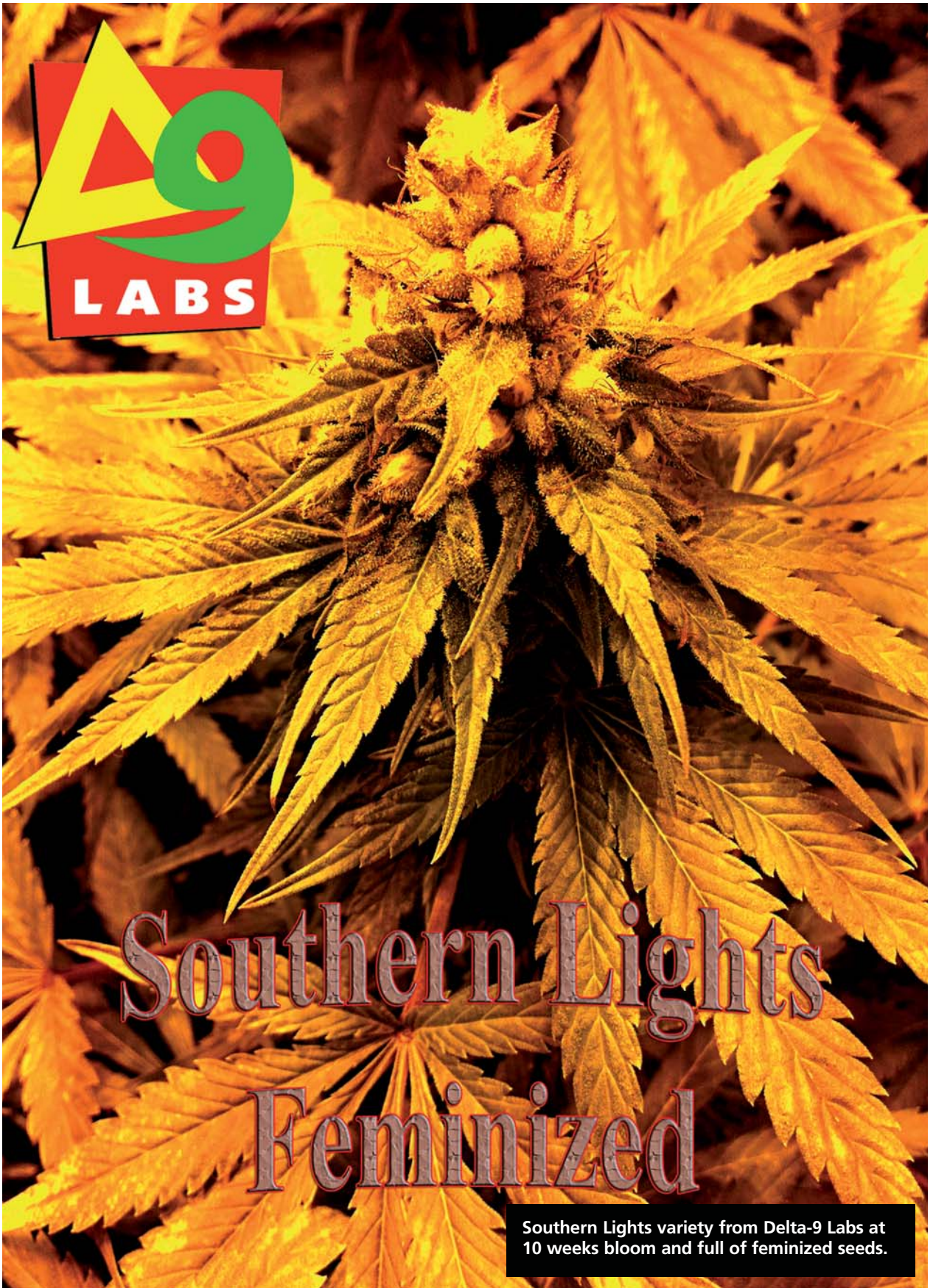
with Future Harvest Development's PT64 system

By Delta9labs

Greetings Everyone,
In this issue I will be following-up on the feminized seeds being produced from Delta-9 Labs that have now been completed. We will also take an updated look as to how aeroponics and the Future Harvest Development's PT64 system is working out.

We have had great success with the STS application and the results due to the vigorous and copious amount of pollen produced from the ladyboy reversed female plants. The buds have become completely saturated with seed pods. This is achieved by using 1 reversed plant for every

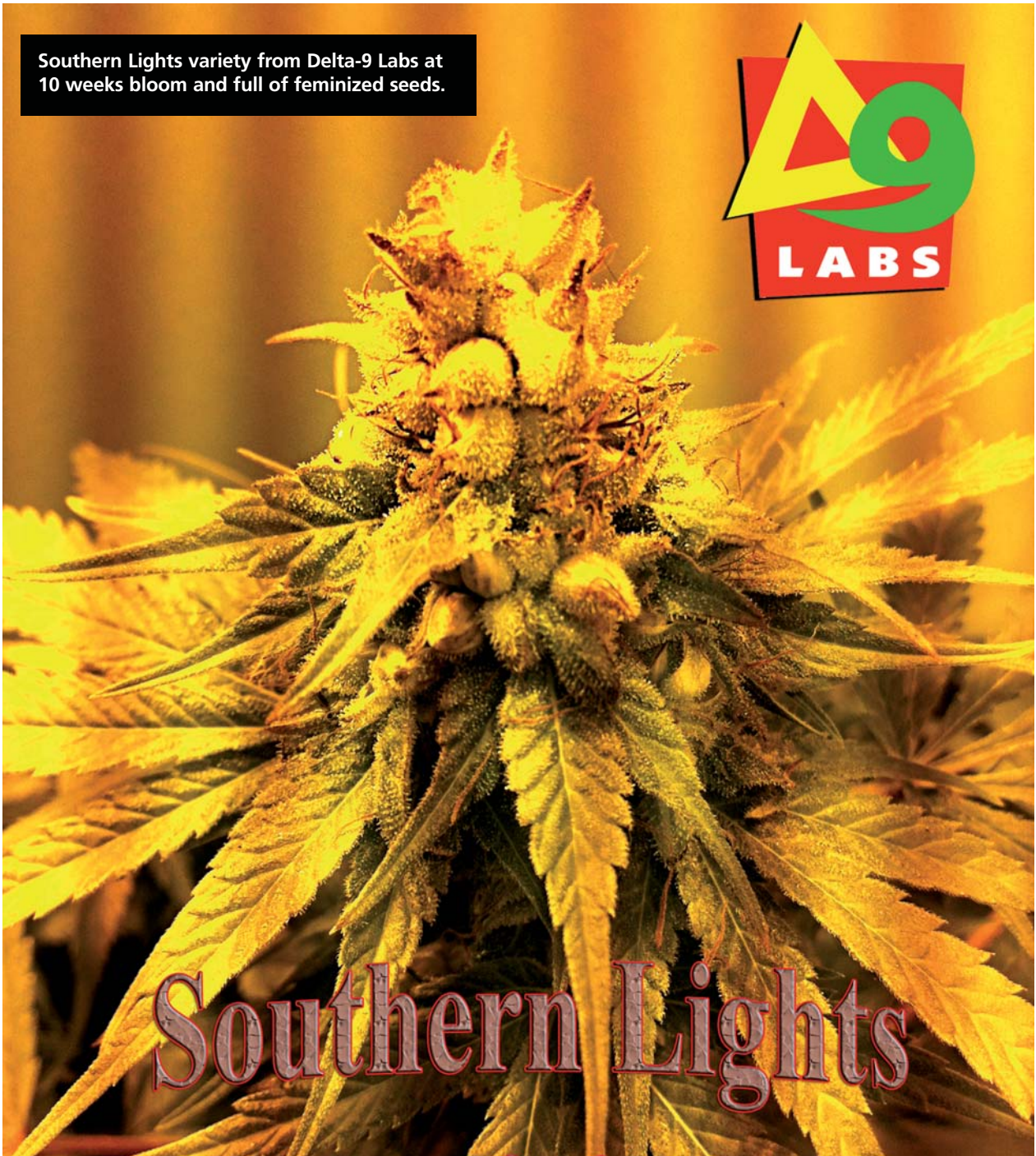
5 receiving plants of the pollen to make feminized seeds with the STS method and our approach with this technique. The seeded plants continued to flower for their normal entire flowering cycle to assure that only the highest quality robust seeds are produced. We sometimes offer customers our "House Mix" collection of seeds since many seeds virtually fall to the floor as the plants are properly drying and when several varieties are drying at the same time. We therefore offer a house mix as we do not tolerate anything being unidentified. Indeed a great value and option when one prefers to grow several varieties together.



Southern Lights Feminized

Southern Lights variety from Delta-9 Labs at 10 weeks bloom and full of feminized seeds.

Southern Lights variety from Delta-9 Labs at 10 weeks bloom and full of feminized seeds.



Southern Lights

The totally dried plants will then go from the drying room to the 73 micron screen table to allow for the seeds to be removed from the buds while collecting the still valuable trichomes that remain to make hash and derivatives from. The seeds, each and everyone is individually finger inspected by pressing on the seed to guarantee strength parameters. This is indeed a painstaking task since pressing on thousands of seeds with only your fore-

finger can become quite numbing and a very time consuming process. Once the final seeds are quality sorted and selected they will enter a food dehydrator on the lowest air circulating setting for up to 10 days time to assure thorough shell drying. The next step is to package and identify the seeds in large thick lightproof foil envelopes which will be stored at room temperature for short term usage, 5-10 degrees Centigrade for longer storage from 1-

Aeroponics

5 years, and at lower perhaps even freezing temperatures if they are properly dry enough for even up to 10 years and beyond such as proper seed vaults are created for. So, the long sought after and anticipated Delta-9 Labs fine selected feminized seeds varieties are ready to be released! Strawberry Skunk, Southern



HYDROTEK
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Future Harvest Development PT64 aeroponics system with Delta-9 Labs Double Kush and Super Star varieties in 2 weeks of vegging.



Future Harvest Development PT64 aeroponics system with Delta-9 Labs Double Kush and Super Star varieties in 2 weeks of vegging.

Lights, Magnum Platinum Haze, Fondue, and Kopasetic Kush awaits you!! Over 3 years in the making and the effort is well worth it and enjoyed in every inhalation we take.

For our continued update and report with the Future Harvest Developments PT64 system, we are thankful for their support and it shows in the thriving plants. We will continue to follow this setup through with photos in the forthcoming issues. There are two Delta-9 Labs varieties growing at the moment, Double Kush and Super Star. To keep everything simple for now and to hopefully excite you for the next issues, I will explain the setup as you see it here and running. The nutrients being used in this aeroponics setup for the time being until organic/veganic options are available is the successful nutrients from

Future Harvest Development. The Ph is monitored between 5.3 to 5.8 and the EC is 2.2 in the vegging cycle and 1.6 in the flowering cycle. However in the flowering cycle the EC will fluctuate from week to week until the last 2 weeks. The reason for this is that unlike soil, in aeroponics plants need different amounts of micro and macro nutrients and you need to give them what they need and when they need it. It all has to do with the levels of phosphorous and potassium. Therefore, It is paramount to know something about the growing habits of the varieties you are growing in an aeroponics setup.

Plenty of exciting and great information along with detailed photos is more to come.

Until next time, stay well & keep it real!

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Dr. Jekill

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Thai fantasi

Domina Haze

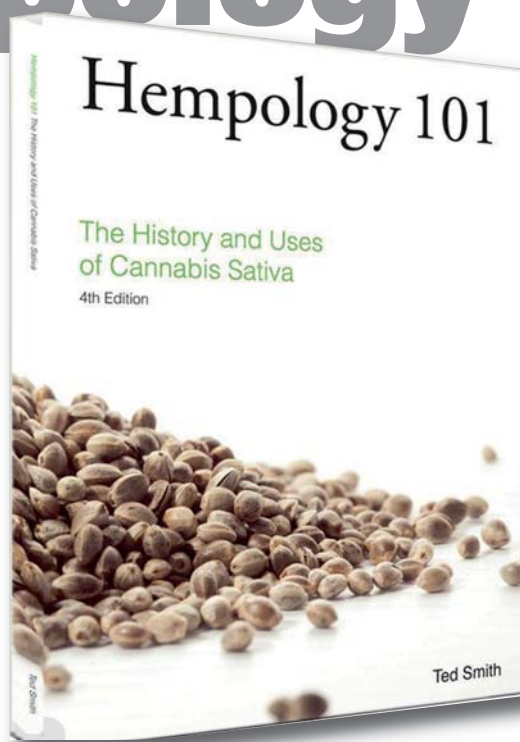
Mataró blue



www.kannabia.es

Hempology 101

By Al Graham
P.A.C.E.
www.pace-online.ca



Hempology 101 Cover

A peek at an inside page...
Tree of Life

Throughout the main stream media there is some basic information that the general public knows about cannabis sativa. People know that you can make clothes with it and that many people eat it every day in the form of seeds. When it comes to its history people look towards the stereotyped hippie or teenager that is out getting stoned. It makes you wonder if anyone really knows a lot about the real history of cannabis.

When I first got started in the cannabis community and wanted to learn about its history and its many uses I turned to a well known book written by Jack Herer. I don't read a lot of books but I read Jack's and it taught me a lot about cannabis and hemp. I found that Jack's book involved a lot of the U.S.A. history on cannabis, as it should, but for me I also wanted to know more about the Canadian history as well. This was solved for me when Ted Smith the publisher of Cannabis Digest released his new book Hempology 101: The History and Uses of Cannabis Sativa.

Ted's soft covered book has eight chapters in it touching on everything from the beginnings of hemp to the future of cannabis.

As I read through the chapter titled "Hemp's Beginnings" I found myself constantly saying "wow" within my head. Ted touches on everything including a time well before ours. He ventures into the Indus River Valley

that he calls "the cradle of cannabis" before moving onto its roots in Central Asia and Iran.

He writes about the Vedic Tradition and where the Vedic Texts, the Sanskrit hymns are the basis of the Hindu religion that contained the first recorded references of cannabis. Within this section he also touches on how cannabis was involved in the Hebrew traditions and how it is referred to in the Hebrew Tanakh. Cannabis is described often in the Old Testament as incense to kanaan, a term derived from the Scythian word cannabis.

I found out about the Mesopotamia which developed during the Indus and Egyptian civilizations and how cannabis figured prominently in the mythology and religious traditions to how it would influence in every empire to conquer the Mesopotamia.

Ted also touches on the cannabis history around the Hellenistic periods, how it is used in Islamic tradition, The Hashishin and onto the middle ages.

From there we are taken on a journey to find out the history and its uses within the wars of fiber. You will learn that cannabis was a vital part in the world's economy and how it was so vital to world leaders which led to battles of war. Learn how important cannabis was to the industry and the economy as Ted touches on Hemp-based Economics.

Pollinator

By skunk-mad



The P150

So you have finally got your medicine cut, dry and curing, now after the up's and down's of growing your medication you can finally take some time for yourself and turn your unused sugar trim into high quality hash or "Pollen". I Call it "Pollen" because I use a pollinator but it is basically dry sift hash but using a machine.

The pollinator is a very basic design but extremely effective giving me around a 20% return from the trim that I used; typically a 10-15% yield is good so a 20% return is excellent. The machine is housed within a hard plastic box which contains a motor and the drum that you fill up with you trim.

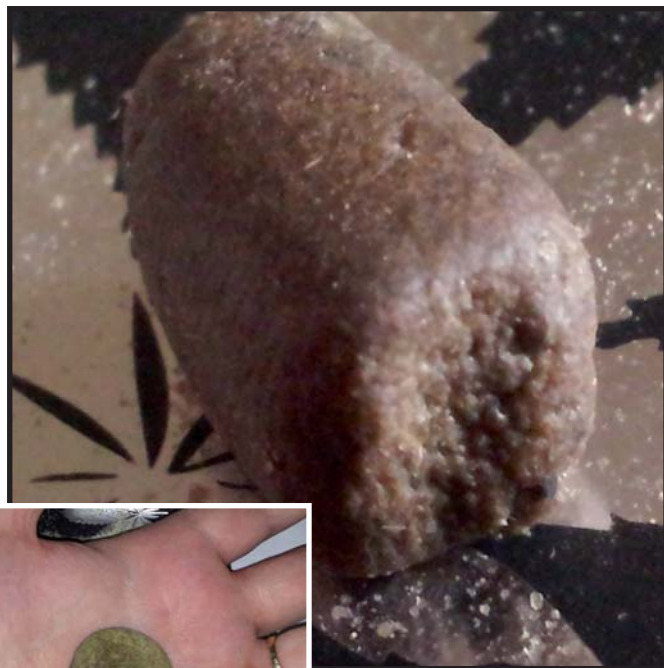
The pollinator comes in various sizes

The p150 (For 150g of trim)

The p500 (For 500g of trim)

The p3000 (For 3kg of trim)

They also make the massive **pollinator forever** which is on a slight tilt so you can keep shoveling your trim in all day, it will gradually work its way to the end, and your hash will fall to the bottom and repeat.



Chocolope Kush pollinator hash

TY Product Review



The P500



The P3000



The P Forever

So let's make some hash

1. I started off with 100g of sugar trim which I froze overnight to freeze the trichomes to make them brittle so they will fall off easier when being tumbled. I took the drum (which has a 150u (micron) screen stretched all around it) out of the pollinator and filled it with my frozen trim.

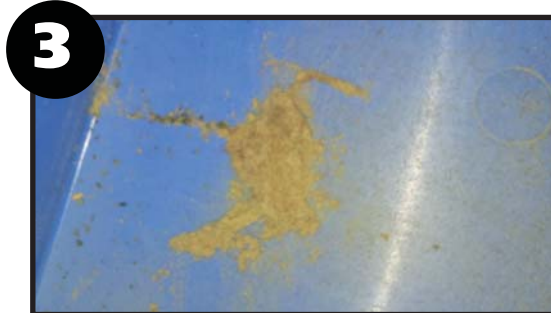
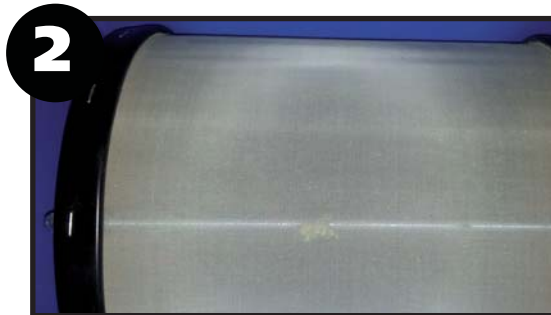
2. Now back into the machine the drum went, I closed the lid and switched the pollinator on. This machine is super quiet which is great for hash making as I think the hash making process should be a quiet process and if you do need to keep noise levels down then this is a great machine for you.

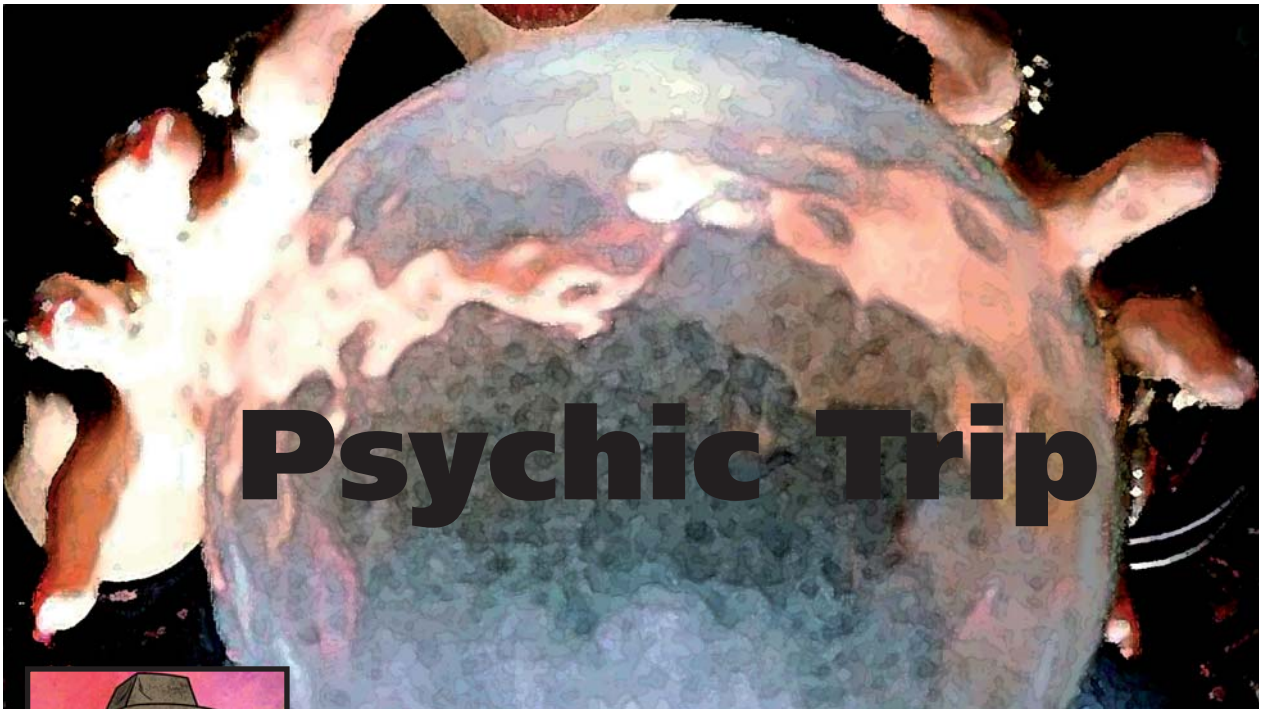
3. I let my trim tumble for 1 hour and I was amazed at the amount of hash that had collected in the bottom of the pollinator, the color was an amazing golden yellow much different to what I used to with bubble hash and a lot easier to collect and press.

4. The 1st run collected a 12g puck when pressed so I let it run for another hour which gave another 9g puck but the color was turning slightly green so I would say a 1 1/2 hour spin will produce the best hash with no impurities or unwanted plant matter.

Until I came across this machine my sole for my unused trim was bubble hash now I think in will be doing things differently. I still used the trim again to make bho but that's another story, you could also use the tumbled trim for tinctures, butter etc whereas when you make bubble hash I find the waste matter hard to work with so scrap it. The trim once tumbled still contained quite a lot of crystal's so much more efficient.

These truly are some excellently made machines that give a great alternative to use your sugar trim. This great invention was created by Mila Jansen who has been involved in the Dutch cannabis scene since the late 60,s and is a master hash making queen so does know her stuff, if you would like more information please visit: www.polinator.nl or **kdk distribution** if you are in Canada 🇨🇦





Psychic Trip



By MedicaLEE
Lee Parker
 Your friendly neighbourhood medical user.



thumboleasteexasboy.blogspot.com

About a year ago I took a trip to a psychic. With the various things going on in my life medical-ly, my beautiful wife felt that it would give me a lift and might even answer a few questions for me... somehow. It was for my birthday, and she felt it would be a fun. I have been opening myself up to new experiences for the past while as I wrote about in my first article entitled *The Reinvention of Myself*.

We heard about this particular psychic through a friend. She recounted her experience with her saying, “There is no way she could have known the things that she knew about me!” She told us how this older lady had calmly sat and explained precise details of her life and how accurate she was. She explained that the psychic told her that her boyfriend was cheating, even though she didn’t know it at the time... and she was right!

As you can imagine, I knew I had to have a crack at this and see what this lady was all about. My wife had not provided any information about me to the psychic when booking the appointment. I figured that I would go in and not provide any information that she might use to aid her “psychic predictions.” In other words, I wanted to see how psychic

she really was. There was a large degree of skepticism on my part, but it was a new experience after all, so I was excited.

When I arrived at the door for my appointment, an unassuming older Scottish lady answered. As soon as she spoke I thought, “Oh my God, I have a psychic reading with Ms. Doubtfire’s twin!” She immediately took my coat and welcomed me into her home. I nervously apologized for being late and told her that I had been held up in traffic... then added, “but I guess you knew that being psychic and all.”

What proceeded over the next hour blew my mind. I sat down at a table with the psychic. To start, I was told that my grandmother’s spirit was standing behind me. I was told that she had passed and had things she wanted to tell me. That she wanted the ring that I had bought her for her birthday with the red stone to go to my daughter. She said that I had recently put pictures up in the hall of the family and one of my grandmother and that she liked that. All of these things were true.

I quickly re-examined how closed I had been and opened my mind up to the possibility that this woman might be

legit! The reading was quite true in many respects and carried with it a degree of painful honesty. Many of the things that she said about some of my relationships could have been considered down right offensive if it wasn't true!

Two very interesting things came of my "psychic trip" that I wanted to share. Firstly, at the time I visited her, I did not know that I had crone's disease or gastroparesis. She explained to me that she felt that I had stomach issues and possibly crone's. She went on to state that I would go through a wide variety of medications and find relief in an unconventional medication (which in end was cannabis).

The second thing that happened to me really freaked me out. After my reading, the psychic asked me to stay. She told me that I had "the gift" and that I was psychic. I suddenly felt that my trip to the psychic had become more of a "psychic trip." For the next hour, she proceeded to show me how to read the cards. I have to admit that at this point the timely waves of skepticism started to wash over me again. In the back of my mind I wondered if this was just some kind of ploy to make me a regular customer. I was completely shocked when upon leaving I was given back my money on the condition that I promised to pick up a few books for psychic beginners.

After exchanging hugs, I walked back to my car. My wonderful wife was sitting in the car with a big smile on her face and immediately asked me, "Was it worth it sweetheart?"

That night we listened to the tape over and over. In fact, all of our friends and family who have listened to the tape have paid my sweet older Scottish friend a visit. All of them have walked away from the readings and said that it was an amazing experience. Although not every reading carried with it good news.

A year later I went back to the psychic and told her of my struggles and how she was right about my stomach ailments. I also explained how I had been using medical cannabis. She simply turned to me and with a big smile said, "of course dear... I knew you would and I can see it's working." We remain good friends to this day.

In the end, I really don't know what to think of the experience. At the very least, I took it as an opportunity to step out of my comfort zone and try something new. I certainly am glad I did. To varying degrees, every human being on this planet worries about their mortality. None the least of which are medical patients facing serious illness. I guess it's the sense of something more being "out there" that holds the greatest appeal to me. The idea that my grandmother is looking down on me is pretty damn comforting too (I know she's having a laugh☺) 📧

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The True Origin Of 420

Setting The Record Straight

By **Rob 420 Griffin**
Editor 420 Magazine



ivanart.net



Bone Boy



Wild Du & Puff
San Rafael High School



Wild Du
San Rafael High School

The Bebe Is The Thomas Edison Of 420

Ever since I read an article about a group of guys named the Waldos claiming to be the originators of 420, I had doubts from the start as something didn't make sense. Why did they choose 4:20 as the time to meet at the statue and who was the one that first coined the term? This never made any sense to me and I knew something wasn't right. Suspecting there was a true originator, I began sending out energy for them to contact me for this article. Today was that day.

I received an email from a guy named Brad Bann aka "The Bebe", claiming to be the Father of 420, saying that it all started in 1970 with a group of guys called "The Bebes". They lived on a golf course, in a neighborhood called "Peacock Gap" in San Rafael, California.

Bebe says, "The Bebes and the Waldos are still good friends

to this day, however it's time the truth be told." He goes on to say, "The Waldos were a group of guys I ordained", referring to Steven Capper as the "Original Waldo". He went on to explain how the Waldos were a small group of non-athletic guys he dubbed "Waldos", because they were uncoordinated and goofy. "During the summer of 1970 at San Rafael High School, there were two groups of people involved in bringing forth the term 420, the Bebes and the Waldos. The Bebes beat the Waldos to the punch on nearly every phrase. The Waldos put a story on the Web in 1998, but not the real story. They never mentioned the Bebes because they would have some explaining to do."

The Bebe and one of the other Bebes named, "Bone Boy", sent their claim to High Times in 2003, after someone sent them the article they did on 420 and the Waldos. They waited for months, yet never received a reply.



From left to far right
**The Bebe, The Bebe harvest,
 The 420 Band and Wild Du now**

have created it. “The Waldos” (Though they were not the Waldo Father’s of 420) were perhaps the greatest promoters of the number back then. I mention all of this in an attempt to lay a foundation, I suppose, of a history of “Mindless Term Invention” by the Bebe.

Quite simply, the birth of 420 occurred at precisely 4:20 in the afternoon to begin a bedroom bong session at the house of Du and Puff on a Saturday in October of 1970. The Bebe along with the brothers began preparing to “bong out”, when Bebe glanced at the clock on the nightstand and said, “It’s 4:20, time for bong loads”. After getting high, they proceeded to do some audio recording with Bebe, as we did frequently, using his assortment of voices, including his impression of Abraham Lincoln, and said as tape was rolling: “4 score and 20 years ago...” As it turned out, 420 became an instant code in our neighborhood. We gravitated to any and all Bebe terminology he conjured up. 420 seemed to just roll off the tongue better than any other number, 4:19, 2:37, 3:58 etc, and gosh knows we needed a code to use in front of non-stoners, especially for the parental establishment. I remember once Bebe saying, “It’s 420” in front of Hello Andy’s mother, and she responded by saying in a minor panic, “My goodness, it can’t be that late yet, I have to go pick up your sister!” As knucklehead teenagers, I guess we never realized parents were on such prompt time schedules. 420 developed its own lexicon, “Do you have any 4-twone?”, “Who’s got the 4-twone?”, “This is excellent 4-twone” or “420”, and “I’m too 4-twentyed”. Sign language and lip reading also evolved, as well as a hesitation code of sorts, where a person would say 4, then moments later, 2, followed shortly thereafter by a 0. There was the countdown as well 4-2- Zero. Way too stoned: “4-twoned”. It was also used to define certain kinds of weed, “420 Colombo” and “Thai 420” for Thai sticks.

I submit the story just shared is the truth and nothing but the whole 420 truth. 420 was only designated as an actual time at the moment of its inception. It was never intended as a time of day to get high, but evolved into that as well as the coronation of April 20th into the stoner holiday all

over the world. It was and will always be, first and foremost, just a simple code, period. 420 is an accidental anomaly. There is no deep meaning. A guy looked at a clock as he was about to “smoke out” with some buddies, blurted out the time, and it became local stoner lore. If Bebe would have said, “It’s twenty minutes after four”, the term probably would have never gotten legs to get out of the bedroom that day. 420 just sounded “Stoner Poetic”.

The Waldos were a real group of guys, ordained by Bebe. One of them, Bebe referred to as the “Original Waldo” I believe. But now it’s time to examine the story. Of the Waldos in 1970, I believe one was a junior, one or two were sophomores and the others freshmen. Two of them I believe lived in the same neighborhood, and the others in different parts of town. One dude’s dad was a DEA agent as I recall.

School finished at about 3pm, for some earlier. Some may have had sports after school, some didn’t. Now, let me get this straight: Guys are going to return an hour and a half after school was dismissed to meet at a statue, get high and go look for pot plants a lengthy drive away? If this is believable, you must be in possession of some excellent 420. Have you ever driven from San Rafael to Pt. Reyes? It’s about an hour each way (without commute traffic). So at 4:20, guys get together at the Louis Pasteur statue in the middle of campus, away from sports fields or gymnasiums, pile into a car and cruise out to Pt. Reyes looking for pot plants based on some map, then return? 4:20 seems kind of late to be driving an hour or so to look for pot plants. Might the sunset have interfered with their ability to find anything? What time did they get home, especially if they indulged in herb and did a bit of wandering out at Point Reyes? Which, by the way is highly likely. Of course they didn’t have any homework.

If they played sports, how could one be sure practice was going to end close to 4:20? It is a reasonable assumption that practice for any sport lasts close to two hours, but wouldn’t the coach be the only one with that information?



A meaningful question that should be asked of “The Waldos” is, “Why did you choose 4:20 as the time to meet at the statue as opposed to 4:15 or 4:30?” Seems so implausibly random. And, which of the Waldos was the one who first coined the term? One might suggest they chose the time because they gravitated to the Bebe’s new code and turned 420 into their time of day to partake in herb. But even that would be flawed, because they chose 4:20 as a time of day to meet and drive somewhere, not get stoned.

Postmarks on letters is an interesting tool in tracing the beginnings of 420, but I’m sure that if Bebe saved any of his reel to reel tapes of prank phone calls, 420 would no doubt be heard.

I was in Las Vegas with a friend during NCAA March Madness this year. As we were going down the elevator from our hotel room to the lobby, we stopped at several floors acquiring passengers along the way. Most were sporting shirts from their favorite teams. When I asked one young man what time his team played, he replied, “Game starts at 4:20”. Most of the eight other people in the elevator began to chuckle. People from various parts of the country knew exactly what the number represented.

420 is now a brightly colored number in the fabric of Pop Culture. When something enters, then becomes part of Pop Culture, the truth of where that “something” originated demands to be uncovered. That moment for 420 has been “now” for quite some time. How did it come to be? How was it intended to be used? Who first conceived and uttered the term? Who is responsible for creating this iconic three digit number?

It’s a simple truth, really. Brad Bann aka The Bebe is the Thomas Edison of 420.”

The moment of truth. I finally had the answer I’d been seeking and it was time to set the record straight, once and for all.

420 Interviews

To verify credibility, I began contacting all of The Bebes, gathering information on the story. I confirmed all of their full names and identities, some of which asked to keep secret for personal and/or professional reasons. After interviewing 10 Bebes and hearing all of their stories, it was easy to conclude that there was definitely a hidden truth, that needed to be revealed. Everyone told the exact same story!

Meet Dave Dixon aka Wild Du, one of the Dixon brothers who was there when Bebe coined the term 420. Bebe describes Wild Du as, “a “Core Bebe”, who I sold knife sets to businesses up and down the California Coast with, just out of high school. Him and I started “The 420 Band” in 1972, and still play to this day.” Wild Du says, “I first met Bebe at the neighborhood gathering when we were 15. We went to the brick yard to play and Bebe started throwing bricks and poking holes in the mortar with his fingers, causing a ruckus, which ended up in getting us both arrested.” He went on to say that the Waldos have admitted that the Bebes coined the term 420 to him, just not to the public.

Dave is now 58 years old, still lives in San Rafael, California grinding knives and playing guitar with Bebe. Then there’s Wild Du’s brother Dan Dixon aka Puff, the other Dixon brother who was there when Bebe coined the term 420. Bebe describes Puff as another “Core Bebe”, saying, “Puff was popular with the Bebes and the Waldos, this is how all the words the Bebes made up, became language that the Waldos ended up using, like 420. Puff and I were in the Army in Germany together and were always seen together during high school.” Puff says, “The Waldos admit that the Bebes coined the term 420, there is no question. They even tried to recruit me, to make their story more credible.”

Dan is now 57 years old and lives in Oklahoma, where he is a retired caregiver for his mother in law. He spent his career as a Basketball Coach, later to become a Pharmacy

Tech, providing health care to those in need. He loves football, basketball, golf and 420.

When brothers Wild Du & Puff were asked to recall the exact Saturday in October, 1970, they both remembered puffing in the house with Bebe on those particular weekends and confirm being there when Bebe coined the term, however were unable to pin down the exact day. Wild Du thinks it happened on the first (10/03/70) or second (10/10/70) Saturday of October, because it was the beginning of school.

Tom Thorgersen aka Thorgy was the neighborhood Norwegian weed dealer, who handled all of the Bebe's 420 needs. Bebe recalls, "Thorgy was the big 420 weed dealer in the 70s & 80s and the Bebes spent a lot of time at Thorgy's." Thorgy started smoking at 12 years of age, to calm his hyperactivity. His mom even offered to help him grow it. He shared stories about calling in to radio shows with the Bebe and doing 420 pranks on the air, and listening to the reel to reel audio recordings of Bebe's version of Abraham Lincoln's address, "4 Score and 20 Years". Thorgy says, "Steve Capper is an opportunist who wasn't even close to making up 420. We made fun of the Waldos, aka "Wallies", they were the weaker link, the ones who didn't fit in. It will be nice to finally have the truth be told."

Tom is now 55 years old and still lives in San Rafael, California. He is a Carpenter with a passion for rebuilding old cars.



Dave Anderson aka **Hello Andy** was, "The main spokesman for the Bebes, who tried desperately to organize and explain Bebe behavior", says Bebe. Hello Andy recalls, "Everything Bone Boy said is true. Bebe was always making up nicknames for everyone and spent a lot of time in his bedroom making prank recordings. He was always making weird sounds and was great with voices. One time we made this recording of police calls where Bebe would say stuff like, "One Adam Twelve. We have a 420 on 4th Street. Send 2 units. Over". He would do things like aiming rocks at a target, looking long and hard at it, then saying something like, "Estimating angle 420", then throw it. Hello Andy goes on to say, "I lived in between Bebe and Du & Puff, and took part in plenty of bong outs at their house. It's highly likely that I could have been there at the time he first said it, however there is no question that Bebe certainly coined the term 420, which later became our special code. To be honest with you, I never even considered Steve Capper a Waldo."

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Dave is now 57 years old, lives in Sacramento, California and is an Engineer. He likes Golf, sports, music, movies and a little 420 from time to time at a concert or special occasion like the Bebe's 420 reunion.

Bone Boy was the designated driver, chauffeuring The Bebes around in his Blue 66' Barracuda, blasting 8-Tracks of Hendrix, Zeppelin, The Who, Santana, Doobie Brothers & more. Bone Boy says, "I never allowed toking out in my car, so we would drive around Marin County looking for scenic places to take the car and get high. Some of our favorite spots were, "The Wall", "Windless", Sequoia" and "360". Bebe says, "Bone Boy always had transportation and planned events. He was very good in sports, loved music and always had new albums. All the Bebes were good in sports and had very good communication skills. We all used Sonics, a loud piercing noise that Bebes could identify and locate each other, saved our asses more than once." Bone Boy says, "We would go to Baskin Robbins and Bebe would make this high pitch sonic noise. People would just look around and wonder where it came from. He was always screwing with people, in an odd, fun way." He goes on to say, "We lived on a golf course surrounded by houses and Bebe was always doing something crazy. One day, he showed up with a golf cart. When we asked where he got it, he said, "Don't worry, nobody pays attention." Bone Boy says, "I asked a teacher from San Rafael High School if they remembered The Bebe and he said they used to have staff meetings about Bebe and his pranks, all of the time".

Bone Boy is now 57 years old, lives in Huntington Beach, CA and is a music industry veteran. He loves film, music, writing, teaching and the great outdoors.

Turkey was from Georgia and spoke differently with a southern twang. Bebe recalls, "He always had to go home early and would say, "my ass is grass", then run home. He had a mini bike that would go 42.0 mph, some of our first transportation."

Then there was The Worm, who Bebe says had a prosthetic arm and used to play tackle football with them. "I love that guy, so full of life. He was a real game person, many stories about and with him. He would love to be part of this."

Blue and The Mead were two anti-social brothers called Blue Boys, who were a few years younger. Bebe says, "Blue Boy" was a term we gave to the younger guys who hung out with us." Hello Andy recalls, "One time I watched Blue Boys, Blue and Scraun play a prank on the coach. They watched their watches and when the time came, they asked, "Hey coach, what time is it?" He replied, "4:20" and they all started giggling."

And finally we come to Brad Bann aka The Bebe. He was

known as a prankster back in high school. He loves music, sports, and scientific facts. He still lives in San Rafael, California where he plays guitar and is the lead singer in a band, doing Frank Sinatra covers. When Bebe isn't playing live gigs, you can still find him in his studio making funny songs and recordings. Today is actually his 58th Birthday. What a perfect time to reveal his hidden truth to the world. Hempy Birthday, Brother Bebe!

When asked if anyone possibly had any of the reel to reel prank calls and/or random audio recordings of The Bebe with 420; Bebe lost all of his, Wild Du's were stolen and Bone Boy's mysteriously disappeared. Unfortunately, nobody else had any recollection of having any of these recordings, however with the release of this new truth, hopefully some of them will manifest in the days to come.

420 Conclusion

The Bebes were a group of athletes from San Rafael, CA, who went to San Rafael High School in 1970. They lived in the same neighborhood called Peacock Gap, which was a golf course, surrounded by houses. They were well known for their prank phone calls and recordings. Brad Bann aka The Bebe was the leader of the group and was joined by all of his friends, whom he ordained and named as well. There was Dave Dixon aka Wild Du, his brother Dan Dixon aka Puff, Dave Anderson aka Hello Andy, Tom Thorgersen aka Thorgy, Bone Boy, Blue, The Mead, Turkey & The Worm.

The Waldos were a group of non athletic guys from San Rafael, CA, who went to San Rafael High School in 1970. They were known for being uncoordinated and goofy, which is why The Bebe nicknamed them all Waldos. There was Steve Capper and David Reddix who have gone pub-

lic with their names, Patrick, Larry, Jeff, John and Mark, who have not gone public as of yet. While these guys may have been responsible for promoting 420 across country, there is no question that they did not coin the term and have been dishonest with the world from day one. True credit goes to The Bebe and his brotherhood of Bebes.

420 Closing

One thing is certain to me, Brad Bann aka the Bebe coined the term 420 and the Waldos carried the term across the U.S. on tour with the Grateful Dead. I took the torch in 1993 and promoted 420 to the world via my website/s, reaching over 20 million people a year, totaling over 420 million people worldwide. Now there are billions of us.

People have asked me the same question, 420 million times, "What is 420?" The most common reply was usually an hour long explanation of 420 different things that it is and can be. After 20 years of promoting this magical number, I've come to summarize it down to, "It's anything you want it to be."

It's been 42.0 years since Bebe first coined the term 420 and I am very honored and truly grateful for being chosen to send his message to the world, setting the record straight once and for all.

Something Bebe said to me, that really made my day was, "the more I listen to you speak, the more I think you sound more like The Bebe, than I do." Now that I think about it, seems only logical that 420 was born in 1970, so was I. It all makes sense now.



Namaste

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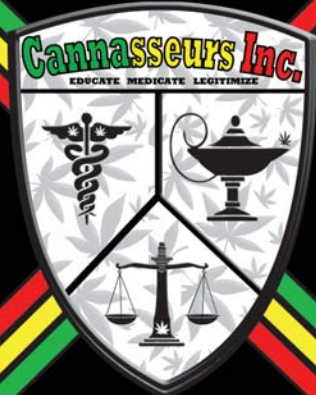
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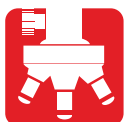
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...People Advocating Cannabis Education

By Al Graham

P.A.C.E.

www.pace-online.ca

Over the last couple of months things have been very busy, whether it's educating at a movie or dealing with people who need assistance with their Health Canada applications. Things have moved forward on several fronts and this includes the P.A.C.E. web site to dealing with politicians.

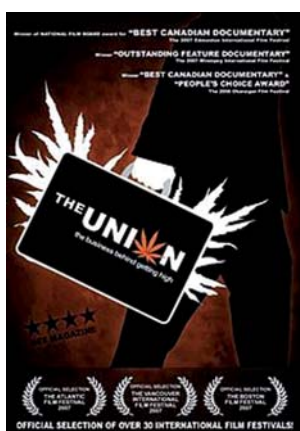
We also get involved in some public education with the women in our lives and we walked with others. We were present to remember an "exemptional" friend and fellow cannabis advocate Michelle Rainey and we supported our friend Jennifer who walked miles to help bring awareness to alternative medication.

Website Update

Over the last few months the P.A.C.E. website has been going over a major overhaul. We've worked on updating our links and added many other buttons for you to click on. We've added social media such as Twitter and Face Book as well as adding the P.A.C.E. Youtube channel. We've add RSS feeds from Time4hemp, Toke of the Town and Patients Out of Time. We've improved our Supporters Page that will take you to the businesses that help P.A.C.E. bring cannabis education to the public. Our Research Page has been expanded and includes links to the top researchers in the world. This major overhaul also includes a new website address at <http://pace-online.ca/>. Unfortunately this means a quick update in your bookmarks to get you pointed in the correct direction.

I'd like to thank Adam at Adam Blunt Enterprises (<http://adamblunt.bluntindustries.net/>) for the effort that he has put into rebuilding the site. With no notice he has done a terrific job in rebuilding our webpage in order to bring up-to-date information to all those who visit. Once again thank you Adam.





Politics and Pot

A few months back, following one of our cannabis educational movies, we were approached by a member of a local political riding association offering help to medical and recreational cannabis consumers. Some emails were exchanged between him and me about the cannabis laws and what could be done to correct them. I

also got Kelly from the National Women's Alliance of Canada (<http://normlwomen.ca/> - NWAC) involved. Presently Kelly and the other NWAC members are travelling across Canada with a mission to give every riding in Canada a chance to view the movie "The Union". The group has received permission and support from the movie producer Adam Scorgie to achieve their goal. The NWAC got things started this fall with a viewing of the movie with some members of parliament and the senators on the hill. The ladies have since moved onto locations in Montreal (Liberal riding sponsored), Halifax (Fed NDP sponsored) and have had Young Liberal supported show-



ing in Vancouver. There are also further meetings planned including one with another riding in the Montreal area. By going through the ridings it allows the associations to use their political mailing lists to contact members about the event, thus informing people who may not otherwise attend.

With the political party member wanting to help out we decided to approach this person about doing a screening of The Union for Northumberland/Quinte West, unfortunately things didn't work out. After these talks stopped we then approached another party in the same riding. After some emails were exchanged a meeting was set. Kelly and I then met with this federal party's candidate in Trenton for some discussion and to review the

NWAC plan with them. After a few days of waiting it appears we may have something happening. Things have been discussed further with some possible dates being mentioned. We'll make sure to keep you updated as things progress.

Back in the spring P.A.C.E. approached the Aron Theater Co-op in Campbellford about holding a P.A.C.E. event at their location. We recently heard back from them and they have informed us that P.A.C.E. is welcome to hold a large cannabis event whenever we are ready to do so. Presently it could be anything from a screening of The Union with the NWAC to a multi movie event, with a Skype panel and tables to allow groups to promote themselves. Sort of like a mini expo or an awareness seminar.



National Women's Show 2012

Treating Yourself Magazine has once again purchased a booth at this year's National Women's Show in Toronto and has asked P.A.C.E. to provide volunteers for the show. This show, which is celebrating its 11th anniversary at the Metro Toronto Convention Center, is attended by very large crowds. When volunteering at this show in the past, I have seen the line up to enter spread over 2 floors. Then all weekend long people will be seen dragging the bag that they were given at entry, full of free items around the show floor. When people start heading home they can line up once again to gather more items.

While this is going on, the volunteers at the TY-P.A.C.E. booth will be talking about cannabis and its many medical and commercial/industrial benefits. We'll be promoting TY and Glass Culture Magazine as well as the TY Expo, Vape on the Lake, 1 of a Kind Glass and P.A.C.E. to the many people who will stop by for a visit. Many of these people will be health care workers who come to learn more. Many of them share stories with us about the elderly patients that they work with who medicate quietly. We'll also see moms and daughter's that will come out of their closets as each of them will learn about each other's cannabis use.

I'd like to say thank you to Treating Yourself and Marco for allowing P.A.C.E. to once again educate the uneducated and educated at the National Women's Show in Toronto.





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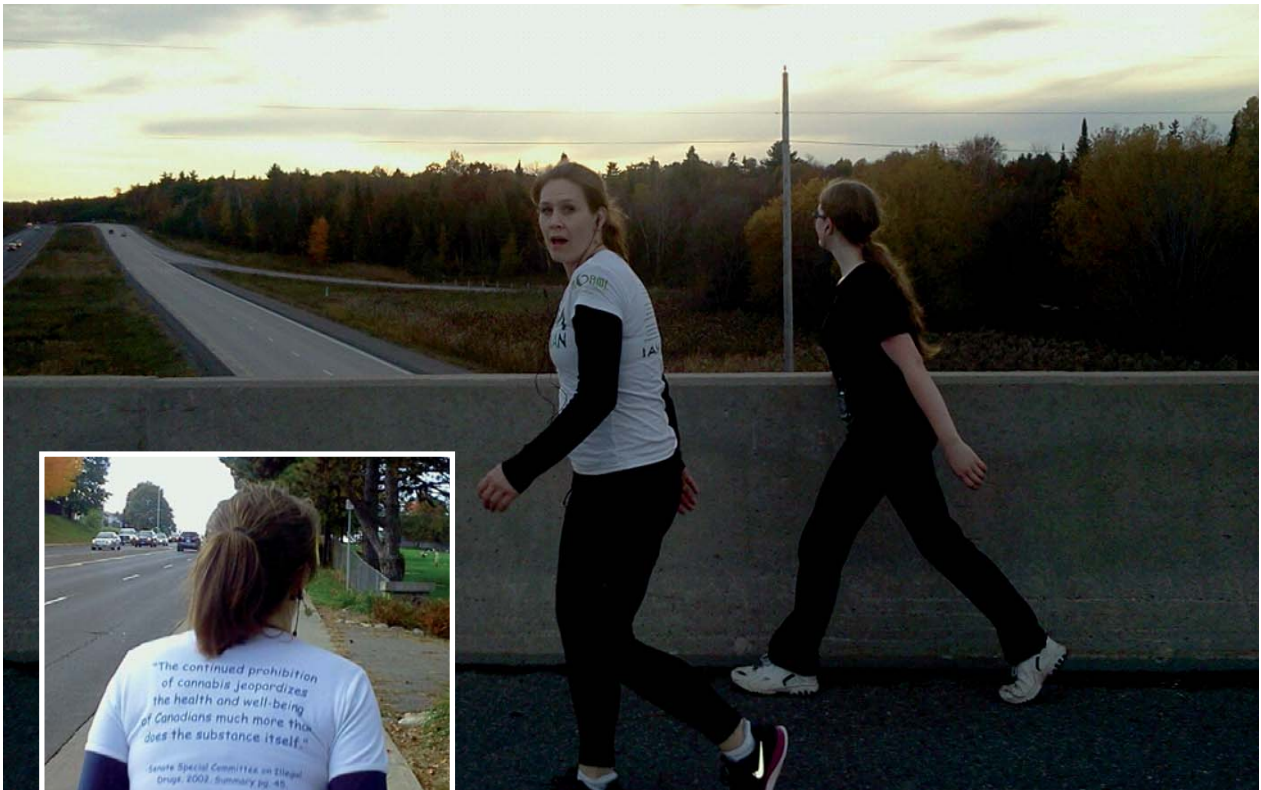
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**Jennifer and friend on Freedom Walk
The rear of Jennifer's shirt says it all:**

"The continued prohibition of cannabis jeopardizes the health and well-being of Canadians much more than does the substance itself."
Senate Special Committee on Illegal Drugs, 2002. Summary pg. 45

Cannabian Freedom Walk

In late October Jennifer Collett ventured out on her Second Annual Cannabian Freedom Walk. This walk took her from her home in Peterborough Ontario all the way to Queens Park in Toronto, a distance of 144kms. Jennifer, a mother of five, started this walk last year to help bring awareness to chronic illnesses such as arthritis, fibromyalgia, COPD, cancer, diabetes and many other chronic conditions.

Jennifer set up a Face Book page for her event and this is what she had posted there. "Chronic health conditions can take a person's ability to live and also affect the lives of those who love them. How a person chooses to manage their health should stay the business of the affected, their children, parents, siblings and friends."

Why is she doing this? She says she is "asking the provincial government to step in on behalf of the many Ontarians who are too sick to stand up for their own rights. The Federal Government is ignoring us and we need help. I am trying to raise awareness and a community vibration that will bring us together as people, no matter what medical choices we make in our own best

interests, for each of our unique needs and to improve our own quality of life". She continues with "We are being incarcerated over a natural medicine, practicing crisis management instead of illness prevention and are tearing apart the very foundation of this country by destroying the families who create it."

Not only does she want people to recognize the medicinal power of the cannabis plant but also all the other industrial and commercial benefits that the plant can offer when she wrote "there is a lot more offered by this plant than meets the eye. Not only is it a powerful medicine in its own right, there is opportunity for growth through green and sustainable industry that is beneficial to Ontario's economy."

She is hoping that her walk will help to "encourage more research about the medicinal benefits of the whole plant so Canadians will have the information they need to decide for themselves." Unfortunately prohibition has prevented this and has created other problems. She goes onto write "The challenge for research is to come up with the appropriate strain, dosage and means of administra-



tion of cannabis that will produce therapeutic benefits.” She also recognizes that there are barriers, created by prohibition, which created a stigma that, will be hard to overcome. She finishes things off with “Hopefully this walk will help to make a strong argument for its use, and offer a chance to learn of an alternative treatment that people were never aware was a viable option.”

Just as Jennifer was about to leave for her walk the Provincial Government got prorogued so this would mean that there would be no MPP’s present, especially her own, when she arrived at Queens Park. While this was disappointing news for her its great know that Jennifer didn’t let something like this prevent her from reaching her destination.

Upon the completion of her walk Jennifer posted that she was very tired and had sore feet. This didn’t prevent her from thanking everyone who helped her along the way. This would include her husband Kevin DeCarlo for keeping her on track, the parents who looked after the couple’s five children, and all the people who provided accommodations and kept her safe along the way. To help Jennifer educate people Treating Yourself and Glass Culture sent along some magazines with us donating a P.A.C.E. hat and T-shirt as well as 150 Therapeutic Link brochures.



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Michelle Rainey Memorial Walk

On October 20th advocates in Toronto gathered for the 2nd annual Michelle Rainey Memorial Walk. The walk organized by Erin “Butterfly” Maloughney, started at 7pm at a small park located at 420 Yonge St. in Toronto. Michelle was a true fighter on the war against this plant and she worked extremely hard to spread the medicinal knowledge that everyone should know. As a teenager Michelle was struck with Crohn’s disease and like many others, she battled it throughout the remainder of her life. When she discovered the benefits of cannabis she went out to teach everyone how it helped her and how it can help them. She never gave up and never stopped until the fall of 2010. Sometime earlier Michelle learned that she had cancer and started to treat it with cannabis. Unfortunately for Michelle and us her condition had possibly gone too far and she succumbed to cancer on October 20th that year.


“ I want people to keep working, keep working for change — too many sick people are still having difficulty getting their medication. That’s what I want as my legacy — change. ”

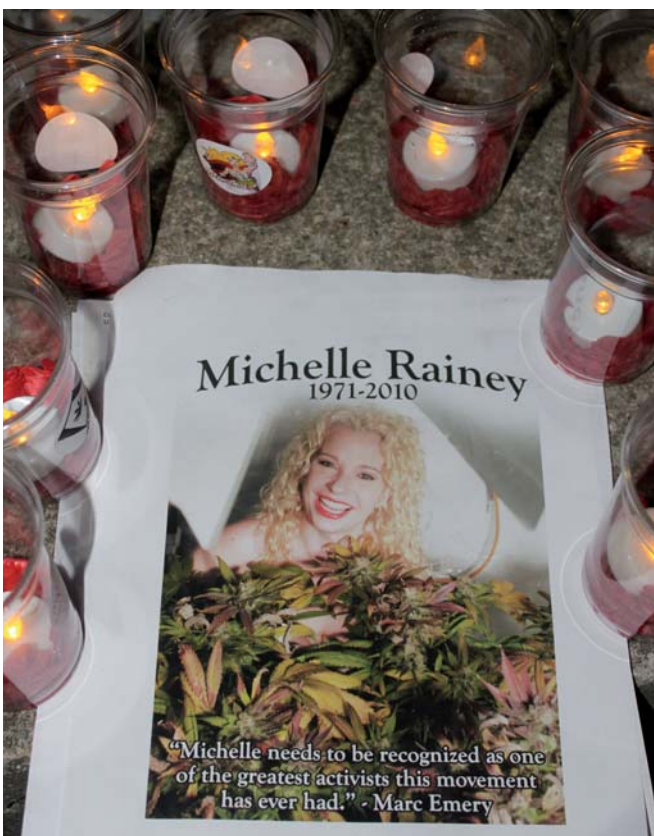
Michelle Rainey

Before starting the walk we all gathered in a circle with candles and memories of Michelle. Erin spoke about the many contributions that Michelle had made to the cannabis community. She asked those in attendance that if anyone asked what we were walking for to make sure that they shared why and a memory of Michelle with them. When Erin finished she asked others to speak up and to share their stories. Many of us talked about meeting Michelle at the same event, the Treating Yourself Medical Marijuana Awareness Forum that was held at the Delta Chelsea Hotel on April 20 2007. While we talked about that weekend the Delta Chelsea Hotel stood high above and just south of our location. Sort of like it was watching over us.

After everyone was done we all headed out onto the street and our way to Nathan Phillips Square where Toronto City Hall is located. When we got to the Square we were greeted by some of the Zombies left over from the city’s Annual Zombie Walk. Erin shared what we were doing with them before we all formed one last circle. With this final one a few more memories were shared and then we all departed on our way with reenergized memories of our dear friend Michelle.

“I want people to keep working, keep working for change — too many sick people are still having difficulty getting their medication. That’s what I want as my legacy — change.” Michelle Rainey

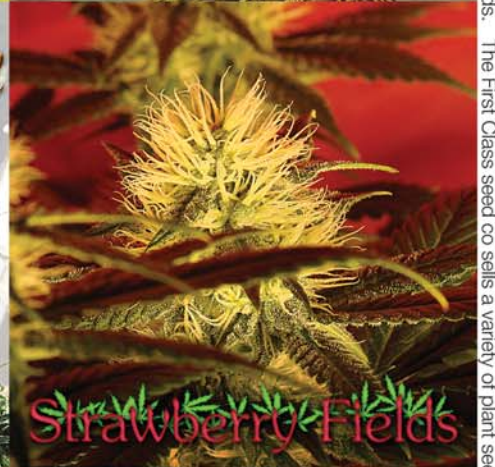
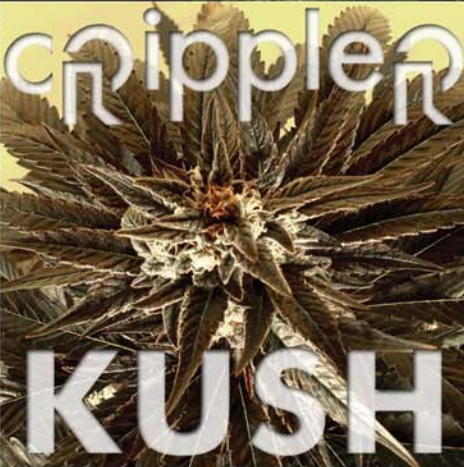
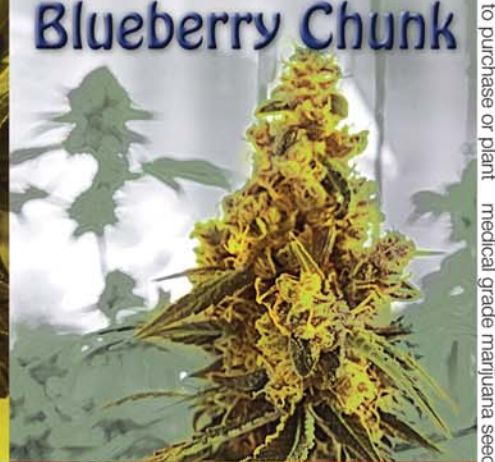
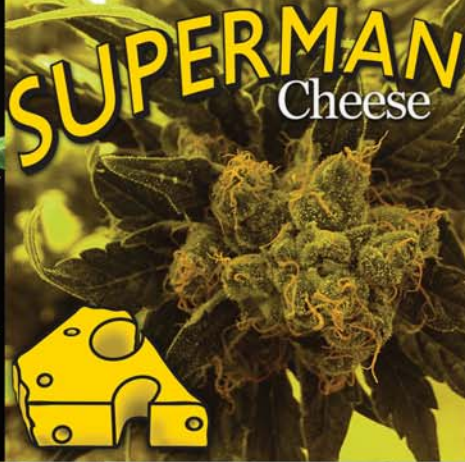
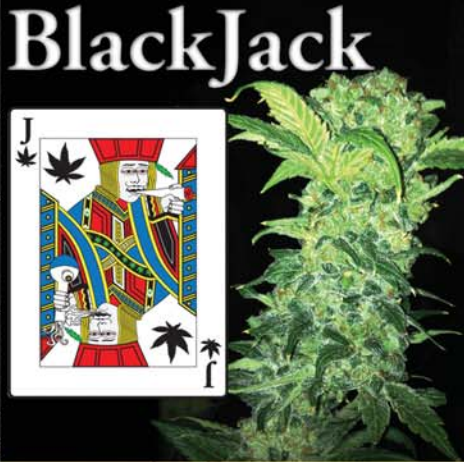
Let’s help Michelle with her legacy by working for change, a change that we all benefit from.... speak up, talk to people about cannabis and do it often. Don’t just talk to the educated people but also talk to the uneducated, teach them the truth and become people advocating cannabis education. 



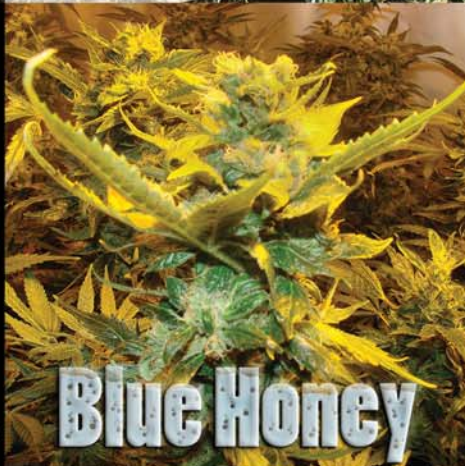
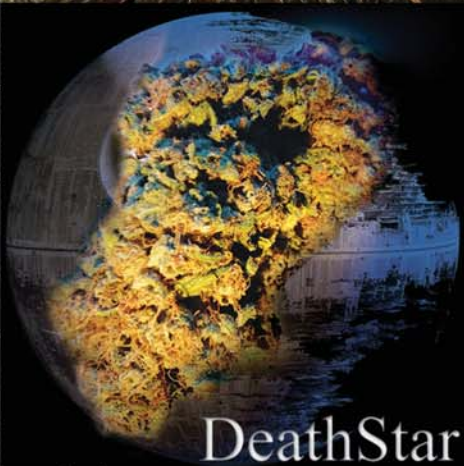
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By Al Graham
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THE
NATIONAL
WOMEN'S
SHOW

TORONTO
October 19, 20 & 21, 2012
Metro Toronto Convention Centre

What do you get when you put 450 vendors together, who cater to the women in our lives, into one large hall? You get a place that singer and song writer Cyndi Lauper would sing about when she sang “When the working day is done Girls - they want to have fun - Oh girls just want to have fun”. There is no doubt that the ladies who attended the 11th Annual National Women’s Show in Toronto had some fun.

During the weekend of October 19-21 Treating Yourself Magazine and P.A.C.E. participated in this show for the third time and it never stops to amaze us. Every show we have attended has produced huge crowds that bring the ladies in from everywhere. The line up at the main entrance is always long but moves quickly when the doors open. To help with the long lines the show manage-

ment started to open the doors fifteen minutes early and to help the ladies find where to get into line the management places a volunteer with a sign where it ends.

Once inside the ladies attending the show found eighteen aisles of everything from cosmetics to lingerie. If you were looking for beauty tips or wanted a free hair cut, they would be available. If you were young and wanted to get into modelling these places were also represented. Interested in the latest exercises or health tips, that’s right they to were available. With more and more women getting into the building trades the show even had a home renovation section. The list goes on and on, on what could be found at this show.

Throughout the place there were a couple of small stages



as well as a large central one. The Treating Yourself Booth had the small Health and Wellness stage located in front of it. This location gave the booth great visibility from several angles as people could see us from two rows over. Add in that whenever the stage was being used those attending the presentation would be able to see us. All weekend long this stage stayed pretty busy with discussions on the health benefits of omega 3 (oddly enough this started with a picture of Bubbles from the Trailer Park Boys) to ovarian cancer. While I didn't get to the main stage at any time a couple of the ladies that were in the booth did. It seemed whenever there was screaming going on at this stage my friend Fourttwenty Deb would disappear. I quickly learned that the reason behind this was that the stage was being occupied by the strip teasing Oshawa Fire Fighters who were there promoting their charity calendar. There was also a cooking stage that allowed the show goers to learn ways of properly cooking meals to learning new recipes.

While all this was going on our booth kept the education going. Throughout the weekend nurses, personal service workers, patients and people who were curious stopped by the booth. What usually grabs their attention are the green leaves that they spot on the TY and P.A.C.E. banners along the back wall to the big green one that covers the display table.

Once they get attracted to the leaves they are curious as to

what a cannabis booth would be doing at a women's show. After giving them a P.A.C.E. brochure we would explain to them that we were here with Treating Yourself Magazine and that we were promoting the benefits of therapeutic cannabis. Many of the show goer's eyes light up with either surprise or shock which didn't go unnoticed by first time booth helper Fourttwenty Deb. Throughout the weekend she commented to me about the way people reacted when she talked to them. She also found out what I've been saying for a long time, that to spend time talking to the people at these shows is an awarding experience for you and the person seeking information. My friend Deb wasn't the only new person in the booth as Erica, the daughter of our friend Tall Scott also joined us for a short period. Due to Erica's medical condition she could only spend half a day with us but from what I saw and heard she also had an enjoyable time talking with the people who she spoke with.

They weren't alone with this feeling as our friend Marie also commented on it. Marie had helped out earlier this year at another trade show and even though she had only one show under her belt she shared her feelings of what it's like to be part of this. When the weekend ended Marie wrote "had a blast" to the pictures that were posted online afterwards. It's a feeling that makes you warm inside knowing that there were people who came to this show, not knowing that we'd be there; leave knowing that there may be a solution to their health problems that they thought never existed.



Also in the booth over the weekend was my friend Jennie. Jennie, who has gone back to university once again, is highly educated on social and mental health issues and helps to provide a highly educated voice in the booth. Her experience and knowledge in these fields is very important and many people are learning from what she has to say. When the people hear her talk, they listen to what she has to say and realize she is educated. Because of this no one has ever questioned her knowledge of cannabis and mental illness.

Then there is spunky Jo Anne who loves getting involved in the cannabis community. I have seen her educating people at many of the events over the last couple of years. She is always interested in helping out the community in any way and this even includes picking up garbage after the Global Marijuana March. While talking with people Jo Anne could be heard telling them about her experiences and the experiences of the people around her. While she is small in structure she is big at heart. When she was done talking with a person I would hear them thanking her for the advice and for helping them out.



Marie and Deb speaking with someone
Cooking stage

When people got a closer look at the display table they found everything from the latest issue of TY to Marco's newest adventure, Glass Culture Magazine. People were very happy to see the new kid on the block and many were interested and asked where it was from. Everyone was informed that this was a new adventure for TY and it appears from this show that the magazine does have a lot of interest. People of many age groups commented on the glass art that they saw as they looked through the magazine. When we showed them pictures from last year's glass blowing contest they were disappointed that they had missed out but were happy to hear that this year's contest would be bigger.

Throughout the weekend the booth participants handed out over 650 of each magazine to those who wanted one to read. It's great knowing that these people wanted the magazine and didn't just accept it then toss it in the garbage at the end of the aisle.

Not only did our display showcase TY and Glass Culture but we also talked to the people about Vape on the Lake

and 1 of a Kind Glass, two businesses that are connected to TY. When we talked to the people about these places it was good to know that several of them had been to or had heard of them before. Several of the people who didn't know about either one of them told us that they would plan a trip to both of them in the near future. The ones who weren't aware of Vape on the Lake had several questions for us as they wanted to know more. They wanted to know how they could consume cannabis at an operating business, was it legal, do the police visit to what happens at a vapor lounge. We informed those who inquired that the lounge was a legal business, some have entertainment, that all laws apply to cannabis whether you are inside or outside and yes the police do occasional show up at the cities lounges.

Even though the TY Expo is still months away our display promoted it as well. Some of the people we talked to said that they had been to the Expo and planned on returning this year. The ones who hadn't heard of it were very interested to know more. We then told them about all the vendors, the educational speakers and the



vapor lounge. From there we shared our experiences about past Expos and that people have come from many parts of the world to attend. Many people were surprised that it was also held at the Metro Toronto Convention Center but appeared happy that it was in a place they knew.

One person who stopped by the booth asked me how we got into the show. I told them that we had snuck in the back door and they haven't noticed us yet. I wasn't sure if they were serious or not but I would think that the answer was pretty obvious, TY purchased a booth just like the other 449 vendors and why shouldn't we be allowed in. We are promoting and providing alternative health information of a product that is legal for those in medical need. Then there was a lady who told us that her son was licensed for medical marijuana and ever since then his brain has gone to jelly. While I didn't want to accuse her of saying something that isn't true I offered up some advice before she went on her way. We had a couple of people who told us or asked about cannabis killing brain cells. We told them that the experiment was done with monkeys who weren't given any oxygen while a gas mask pumped clouds of cannabis smoke into their lungs. With no oxygen getting from the lungs to the brain, the lack of it caused the brain's cell to die and that it wasn't the smoking of cannabis. When it was suggested to them to look up one of the researchers listed in the P.A.C.E. Therapeutic Links brochure they said no thanks. This only goes to show that not everyone is open to listening to the truth and will never change their minds no matter what.

With the show being so close to Halloween our display

table also featured a bit of the festive season as Fourtweenty Deb provided us with a painted pumpkin to share with others. Many that stopped by asked about the pumpkin and if they could buy it. But that's not all that they wanted to buy though. Quite often we are asked about the availability of the items that we have on display to show alternative methods of using cannabis. When people inquired about our cookies, which they believed were medicated, we directed them to the food court. When people asked us about the suckers on display I told them I had gotten them at a restaurant after having supper. Quite often we were asked why our items weren't medicated and we would then point to the suckers and let them know that the two suckers they saw on display were actually four when we started. When they were told this they completely understood why we don't use medicated displays and they agreed how much trouble we could get into if a small hand had taken those suckers. The thing that we were asked for mostly though throughout the weekend was free samples. When this was mentioned we would tell them "yes we have free samples, free samples of Treating Yourself Magazine" which always brought a smile and a laugh from the many who asked.

In the end the weekend was a success. We handed out lots of educational information, made new friends and educated a pile of people. A big thank you goes out to the Publisher and Editor of Treating Yourself and Glass Culture Magazine Marco Renda for providing the booth to allow P.A.C.E. to educate people about TY and therapeutic cannabis. All of this wouldn't have been possible without his assistance and without the help of people like Marie, Jo Anne, Erica, Jennie and Fourtweenty Deb who are all people advocating cannabis education. 🍪

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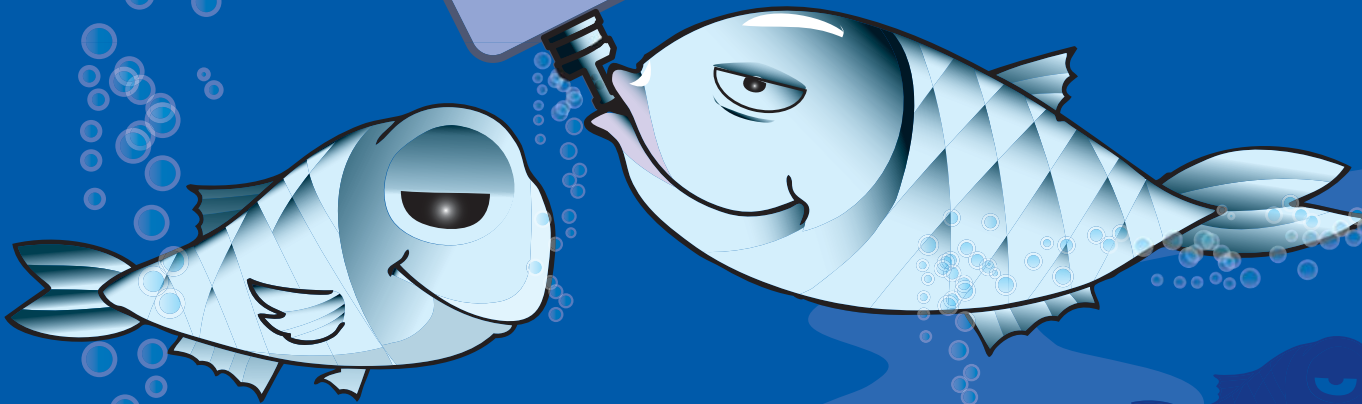


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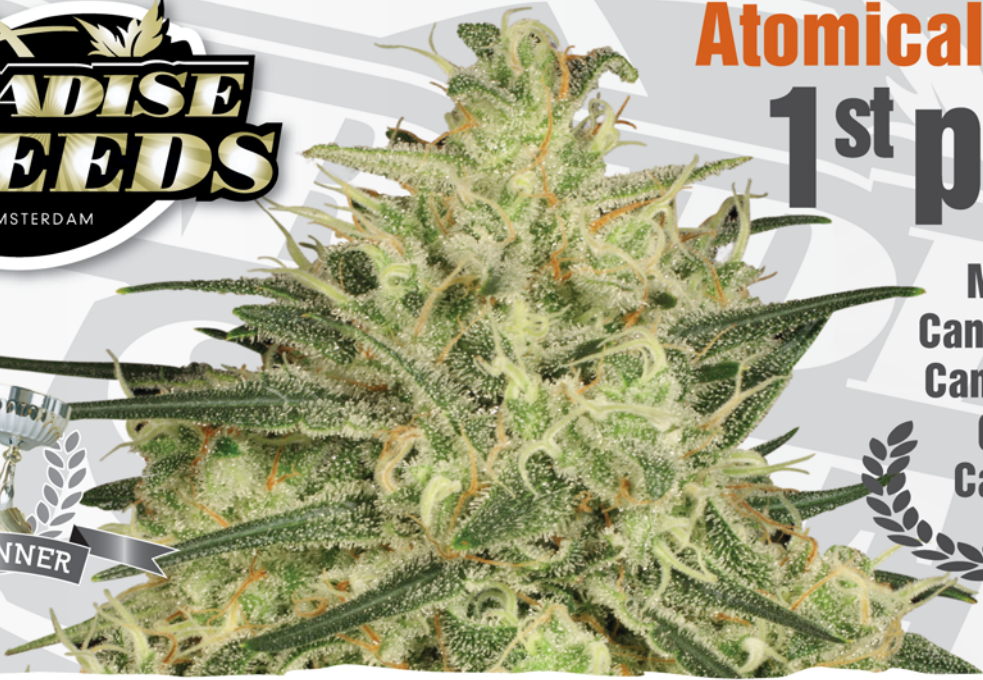


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