

treating yourself

Issue 1



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CELEBRATION PIPES™ 22 KT. GOLD PLATED LAVASTONEWARE™

Aloha,

Welcome to the 30th Anniversary Edition of CELEBRATION PIPES ... first created on Laie Point, Oahu, as stocking stuffers for Christmas 1973, then happily passed around the SUNSHINE Festival inside DIAMOND HEAD crater on New Years Day, 1974. Each LAVASTONEWARE piece is still handcrafted by DaPiper from our unique ceramic composite, textured with lava rocks, fired to over 2,300 degrees Fahrenheit, and then meticulously plated in either 22kt Gold, Platinum, Opal, Black Coral, Purple Haze, or our exotic Hanalei Blue finishes. Each pipe is encased in a velvet bag and presented in a custom gift box with a Certificate of Authenticity, signed and numbered.

In the spring of 1974, HIGH TIMES magazine came to be, and we were founding advertisers...many moons have passed and countless new friends have time tested each rock and roll hard, virtually unbreakable, CELEBRATION PIPE. Over the years, we have been honored to be commissioned to create pieces for AEROSMITH, BOB MARLEY and the WAILERS,

CECILIO and KAPONO, HUGH HEFNER, FLEETWOOD MAC, JEFFERSON STARSHIP, JESSE COLIN YOUNG, KALAPANA, LOGGINS and MESSINA, KEITH STROUP, (founder of NORML), and WOODY HARRELSON and the VOICEYOURSELF.com SOL TOUR crew.

For our 30th anniversary, we are creating a limited number of pieces, 1,000 of each finish, 6,000 in all...order up a "peace of paradise" and spread some love around...seems we need that now more than ever...Mahalo nui loa

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About the founder and a mission

Welcome to Treating Yourself. It is my goal to provide medical marijuana users with information to assist them in their use of medical marijuana, from acquiring seeds to growing their own or purchasing product from government approved sources. We will also keep you up to date on news concerning this topic and suggestions on how to use your medical marijuana. Please check out the site at www.TreatingYourself.com.

My name is Marco Renda. I am 45 years old, I have been suffering from hepatitis c for about 23 years now. In August 1989 a Toronto newspaper had a story about me in its Sunday paper entitled Cocaine's Death Row. At that time I weighed only 115lbs. I found that smoking and eating marijuana helps me with my hepatitis c symptoms. Marijuana also helped me kick my cocaine addiction. Since July 2001 I have applied to Health Canada for an exemption to be allowed to grow and possess marijuana legally. The Medical Association sent a memo in October 2001 to all doctors instructing them not to sign the necessary documents provided by Health Canada. My doctors did not sign the necessary forms until 2003 when I finally received the Health Canada exemption. TreatingYourself.com supports the removal of all penalties for the private possession and responsible use of marijuana by adults, including cultivation and casual nonprofit transfers of small amounts.

In 1972, President Richard Nixon's National Commission on Marijuana and Drug Abuse recommended that Congress adopt this policy nationally in the United States. On September 4, 2002 the Senate committee recommended that marijuana be legalized in Canada. There have been more than a dozen government-appointed commissions in both the US and abroad have recommended similar actions. No studies have endorsed continuing to arrest and jail minor marijuana offenders. Since 1973, 12 state legislatures - Alaska, California, Colorado, Maine, Minnesota, Mississippi, Nebraska, Nevada, New York, North Carolina, Ohio and Oregon enacted versions of marijuana decriminalization. In each of these states, marijuana users no longer face jail time (nor in most cases, arrest or criminal records) for the possession or use of small amounts of marijuana. According to national polls, voters overwhelmingly support these policies. Repeatedly, voters in many states reaffirm their support for medical marijuana use. Enforcing marijuana prohibition in the United States costs taxpayers an estimated \$10 billion annually and results in the arrest of more than 734,000 individuals per year -- far more than the total number of arrests for all violent crimes combined, including murder, rape, robbery and aggravated assault. This current drug policy is a tremendous waste of national and state criminal justice resources that should be focused on combating serious and violent crime. In addition, it invites government unnecessarily into areas of our private lives, and needlessly damages the lives and careers of hundreds of thousands of otherwise law-abiding citizens. NORML believes now, as former President Jimmy Carter told Congress in 1977, that: "Penalties against drug use should not be more

damaging to an individual than the use of the drug itself. Nowhere is this more clear than in the laws against the possession of marijuana in private for personal use."

Marijuana is the third most popular recreational drug in America (behind only alcohol and tobacco), and has been used by nearly 80 million people. According to government surveys, some 20 million people have smoked marijuana in the past year, and more than 11 million do so regularly despite harsh laws against its use. Our public policies should reflect this reality, not deny it. Marijuana is far less dangerous than alcohol or tobacco. Around 50,000 people die each year from alcohol poisoning. Similarly, more than 400,000 deaths each year are attributed to tobacco smoking. By comparison, marijuana is nontoxic and cannot cause death by overdose. According to the prestigious European medical journal, The Lancet, "The smoking of cannabis, even long-term, is not harmful to health. ... It would be reasonable to judge cannabis as less of a threat ... than alcohol or tobacco." As with alcohol consumption, marijuana smoking should never be an excuse for misconduct or other improper behavior.



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Photo by Indica

Acknowledgement

This first issue has been quite a challenge to get printed! Thank you to all the people who have contributed, and my TY brothers & sisters, I couldn't do it without you. Thank you to everyone and I'm really sorry if I forgot your name, I can't remember my own these last few days! Marco & Sue, thanks for all your support and encouragement! Thanks barry, bigmouth, buddy, chief, closet farmer, clouder, coco_artist (you'll always be a FlyB to me!), crazy eagle, eaglevision, echo, fat, Goldie, Grant, HarryM, Hashimoto, hollowpoint, Indica, Johnny Orton, latewood, Lucy, Merlin, micah, minnie mouse, mostmoneymen, nardwarz, nooely, northern-wymon, pflower, riss, sedativeocean, swampy, uni, wongbong, woodie, Yrekagrow, zardoz & ziggy.

Treatingyourself.com wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do not promote the germination and growth of these seeds where prohibited by law.

To advertise in Treating Yourself, please contact Marco at: weedmaster@treatingyourself.com.

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The Editor

Welcome, to Treating Yourself! We are printing a publication that provides information, personal stories and a bit of marijuana & hemp awareness, combined with a holistic approach to life and medicine (sorry, I couldn't even come close to making that sentence smaller!). I am an environmentalist. I believe in the conservation of our irreplaceable resources balanced against leading a fulfilling and happy life. I was a progressive conservative, but now I am just adrift. And, I want an answer to the question when it comes to using marijuana: Who am I hurting?

I want to see a change for the more reasonable in the drug laws. Not much depresses me, but the way we handle this area of controversy within society comes close. I started looking for marijuana reform events to attend in 1999. Eager for a change, I avidly followed the Senate Report. Then I met a man who had been my age when the LeDain Commission had been released. I realize I may be waiting for a while yet to see change come.

I have no faith in the government, and my patience with the laws is at an end. Every rational and empirical marijuana study that has been released clearly shows that the harms related to prohibition are a bigger problem than the marijuana itself. There are many different groups to get involved with in every country. I wish there was more organization at a local level, to break through to the mainstream. Choosing a path has been very difficult. I still march, and I still protest.

This is a journal to cover topics that tend to be portrayed in a very stereotypical manner. Dude, I am here to change that! This is a work in progress that will evolve as we continue to find different methods of approach. What will you find inside? A big part is devoted to telling the stories of the people and organizations out there for whom an alternative is the only response left to take. Chemicals and pharmaceuticals are the drugs foisted on us by society where pill popping is the answer to everything, be it physical or mental. Many people come to use medical marijuana from a holistic perspective. I want to explore holistic alternatives. A part will report events that take place, and activism in its many forms. We'll also have interest articles by people on the things they enjoy doing in life.

This magazine is devoted to all the people who believe a change is necessary. Dedicated to the medicinal use of marijuana and the responsible use of all drugs.

The government is not treating you fairly, equitably or responsibly. It is time for you to treat yourself.

Gigi



Photo by Mo

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Growing your medicines the thing to do

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buds are growing, relief I see
growing my stash in secrecy

A criminal to the law, how can it be?
illegal to grow, but that's not my belief
The truth is simple, when will they see
I just used the seeds, nature provided me

The gov't is crooked, much worse than a thief
They prefer pain & suffering, instead of natural relief
Governments it's time for a puff
legalize this medicine, enough is enough

by Scott Sherwood

America's Most Wanted



Doug Rogers, The Londoner, London, Ontario.

INJUSTICE

By Stinky

How can HUMAN BEINGS allow this drug war to continue? When will the hypocrisy end? Stating that marijuana users are supporting TERRORISTS and TERRORIST ACTIVITY is LUDICRIOUS. The OIL, PHARMACUTICAL and TEXTILE industries pump millions of \$ \$ \$ into politics each and every year and it is because of these industries that marijuana remains ILLEGAL. If the leaders of ALL countries would just listen to their voters they would LEGALIZE MARIJUANA! Millions of \$ \$ \$ could be raised from taxing the sale of marijuana just as they tax ALCOHOL and CIGARETTES which we all know are far more harmful than MARIJUANA, yet we are ENCOURAGED to buy these products. Instead of the lies quoted by governments about MARIJUANA we now have information available on the INTERNET and can EDUCATE people without being censored by BIG BROTHER. It is DISAPPOINTING and I am OUTRAGED that the Canadian government wants to blindly follow the misguided drug policies of the United States government, rather than listen to the opinion of its own citizens. We need to get back to CARING and COMPASSIONATE VALUES and to look out for one another instead of looking away. DON'T allow your governments to dictate what you can and can't do with your body. It's YOUR CONSTITUTIONAL RIGHT TO CHOOSE. Take an INTEREST; TAKE ACTION. Write or call your local politician.

An advertisement for Peak Seeds. At the top, it says "PEAK SEEDS.COM" in a stylized font. Below that, it says "PEAK SEEDS SINCE 2000", "\$2 PER PREMIUM SEED", and "\$1 PER MIXED SEED". The website "www.peakseeds.com" and email "service@peakseeds.com" are listed. The background features a Christmas tree with lights. Vertical text on the left says "Thanks to Marco and everyone at Treating Yourself" and on the right "Mention this ad and get 10 free seeds with order". At the bottom, it says "Guaranteed - Delivery - Satisfaction - Service".

An advertisement for Puff Mama's Bakery. The background is a close-up of green cannabis leaves. At the top, it says "PUFF MAMA'S BAKERY" in a bold, white, bubbly font. In the center is a green cookie jar with a white label that says "Cookies" in a cursive font. At the bottom, it says "PUFFMAMA.CA" in a bold, white, bubbly font.

Wanting to work

Dear Stinky,

I have been off work and will be returning soon, after a year of treatment for my illness. I am very apprehensive, as it is a very cutthroat, corporate world. My biggest fear is the stress level. I have decided that when I return, I will not hide my illness as it is a part of my life and I shouldn't have to feel shame about myself. This place is one big rumour-mill and people can be very self centered and egotistical for attention. Stinky, do you have advice as to how I may alleviate some of the inevitable politics and stress that are going to happen upon my return to work? I have already talked to my wife and family about demoting myself, giving me less responsibility, so I will not be in the lime-light so much. Less money, less headaches. I would love to leave, but it's my only income.

Thanks Nardwarz

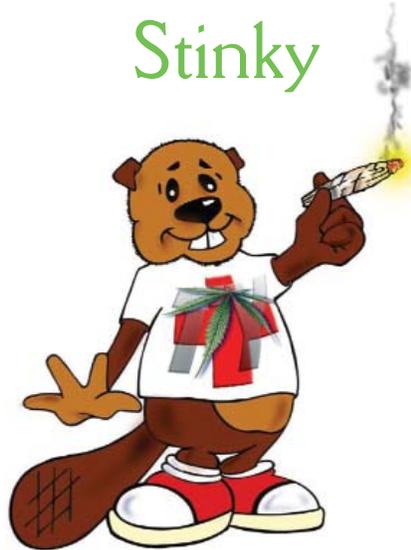
Dear Nardwarz,

Congratulations on the successful completion of such a long and difficult Medical treatment, I hope you and your family have a happy, healthy life. I think you have answered the money issue already, after being off work so long the lower paying, less stressful job will seem like a lot of money compared to now, and allow you more time to enjoy life again. If and when you feel stronger and the need for more money later, you can always put on your tail and work your way back into the rat race. I think its a gift how being so sick can change our priorities and we know that it is our family, friends, and health that really matter. Stinky also has Hep-c and experienced a lot of his friends not coming around anymore after they heard I had it.

I think it's a defense mechanism to protect people from thinking about their own mortality as much as being afraid of catching a disease. Also I think when I told people HCV they may not have been listening good or thought HIV so I would make sure you tell them hepatitis-c and that you are better now. It also may be to you advantage to explain it well to the main gossips and let them tell the others for you, but come back with a positive attitude and a smile on you face because those negative ninnies are just drops in the sea compared to the battle you have already won.

Stinky

Chewing it over with Stinky



Helping a friend

My girlfriend is involved with a slime ball boyfriend. I would prefer to never interact with him. I believe this man will further damage her already vulnerable spirit. But I also believe that it is her life to live as she chooses. I wrote her and told her what I thought of him. I know the things I said were hard for her to hear and that she was hurt. We have been friends since we were 15. I have seen her pick the same kinds of fellows over and over and I always kept my mouth shut. This time I needed to act. I never once told her what I thought she should do, but I did make my feelings known, and encouraged her to think about a few things. We are friends forever regardless of what she chooses to do.
Concerned friend.

Concerned, you did the right thing, its up to her to wake up and see what's going on in her life and maybe now that she knows how you feel, she also knows she can depend on you to help her if she wants to get out of the situation. If she decides to stay or get out, she knows you are still there for her. Do what you can to keep communication going between you. You did the right thing being honest with your friend.

Stinky

Trying to identify

I would like to ask stinky, what the difference is between Indica and Sativa. How can I classify what I am smoking: pine, aurora, and blueberry. Thanks.

M\$M

Dear M\$M,

The Sativa variety originated in the tropics and in sub tropical areas: Africa, Asia and the Americas. It is usually known for a more up (good for the day) medicine that can be used to treat depression and stimulate creativity. The Indica variety originated in the highlands of India and Asia. It is typically used for pain relief and is known for a "couch locked" feeling that often allows people with pain the ability to relax enough to sleep. The Indica plant usually has wider leaves; the Sativa tends to have narrow leaves. Many strains today are a combination of both.

Stinky

Friend

Found someone, to hear my cries
Listened patiently, to my surprise
A friend I found, to sympathize
To hear my words , never criticize
Who are they? do they realize?
A hero to my swollen eyes

Tears no longer streaming
painful memories, and scary dreams
No longer haunting, no more screams
I've found a friend, to hold my hand
Companionate, they understand
Life is short, life is sweet
Ever greatfull, our fates did meet.

by Scott Sherwood

Personal Stories

Cancer, Cannabis, and Related Issues

I was diagnosed with Kidney Cancer a little over two years ago. At that time I had a radical Nephrectomy (they sawed my ribs to remove my kidney, adrenal gland and part of my ureter). The cancer had also spread into the fat, necessitating removal of some of it. The pathology report was returned with Stage Three Renal Cell Carcinoma being the final diagnosis. My prognosis was poor. Other than surgery, there was nothing else that could be done.

I have a number of illnesses, some independent of the cancer and some not. I have a thyroid problem and goiter that I am currently taking medication to treat. I have IBS and a stomach problem that I take medications for and I have a brain aneurism that developed after my cancer diagnosis.. I also have Fibromyalgia , Arthritis, COPD, Dopamine responsive Dystonia (a movement disorder) and Restless Leg Syndrome. I also take medication for Post Traumatic Stress Disorder and Depression. (This is not an extensive list of my ailments, just the most troublesome ones) I discovered Marijuana as medicine after my Cancer diagnosis.

I am not supposed to be here. The odds were against my survival. I attribute this to my use of Cannabis. Throughout all of my health issues in the past year, I have only lost thirty pounds. Considering that I was over weight prior to my diagnosis , it was actually desirable to lose weight and the Marijuana prevented me from losing it too fast. There were times I would not have been able to eat and drink without Cannabis. Those times could have weakened me greatly. Marijuana gave me an appetite that I would not have otherwise had and kept my pain from overwhelming me. It kept me

A tale from 2 countries

from vomiting when prescribed medications could not. It has also given me energy that I would not have had otherwise.

One year ago, I was on almost twice the number of pharmaceutical medications than I am now and the year before I took a larger number of pills.. Cannabis has replaced my need for and reliance upon many pills that had unwelcome side effects. I enjoy a quality of life that would be impossible without Cannabis.

I have had some very severe drug reactions in the past year to both anti-depressants and pain medications. The side effects of the medications have been intolerable. These side effects have manifested themselves both physically and mentally, creating a great deal of havoc in my life. Cannabis has consistently proven itself to be the best medication for me. There are a minimum of side effects and the way in which it treats so many of my disease process is so effective that I would not want to live without it. I don't think I would survive without it, especially with my current stomach problems (largely due in part to previous prescribed and legal medications such as anti-inflammatories). However, I have not been able to obtain a legal exemption to date, even though I believe I qualify under all three categories.

I have not been able to get any physician willing to sign for me as of this date even though I have documentation of all of my illnesses listed.

Michelle aka coco_artist
TreatingYourself.com

Johnny's Story



Photo by Johnny

MJ helps me cope with appetite and nausea, night sweats, and bad crazy dreams. It also gives to me a feeling of general well being. In my second picture, I am healthier, happy and medicated with this wonderful herb. Treating Yourself has helped me with kindness, important information and with aid in obtaining healing medicine. It has also given me a place to share my experiences with other people who understand me and have plenty of compassion.
Peace, Johnny.

MJ has helped save my life. I was diagnosed with aids when my CD4 count was four and my Viral Load was over 750,000. This plant helps me tolerate my strong HIV medications. Here is how my doctor explained it to me: I am a train on a track. My CD4 count is how many miles there are left on the track and the Viral Load is how fast the train is moving. I was very close to dying. To add to it all, at the same time, I was also diagnosed with Hepatitis C. You can see the pain in both my wife's eyes and mine in my first picture. Marijuana has played a major role in my success in overcoming these ailments.



Photo by Johnny

The State of Things in Cali

Well fellow "Med-Heads", here is my run down of what has been going on recently in California with the Medical Marijuana (MMJ) Movement. Although an estimated 200,000 people now have their recommendations for the use of medical marijuana in California, many are reluctant to, "come out of the closet". The continuing raids against California MMJ clubs and dispensaries, including most recently the UMCC, a long standing Club in Los Angeles, have many that use marijuana to relieve their suffering, scared and silent. The word in the West is, "We Will Continue the Fight, Until They Get it Right".

Although possession and cultivation is illegal at the federal level, in 1996 California passed the "420" bill (yes, the State Bill 420), allowing the medical use, possession and cultivation of MMJ to those that qualify. Regardless of this law, there has been harassment, and the continued arrests of patients and care givers by both the Drug Enforcement Agency (DEA) as well as local law enforcement officers (LEO).



Photo by Bigmouth

Clubs, Co-op's and Care givers providing MMJ have opened up in almost every county in the "Sunshine State" with the city of San Francisco leading the way. San Francisco, where at least 37 clubs operate, has put a moratorium on new MMJ clubs while it comes up with regulations.

It seems everyone is in limbo waiting for a decision in the Raich vs. Ashcroft Supreme Court case that is expected to come in June later this year.

Some MMJ providers are welcome as they set up shop in the cities and counties around California. Others have been met with harsh resistance. Reports of facilities having fights, robberies, vandalism, including urination, and of the smoking of marijuana in the streets nearby to facilities, have some counties fighting to ban clubs and care givers in their cities outright. Clubs range from those that are very compassionate and professional with a medical atmosphere, to some that seem more like "street dealers" that are just taking advantage of loopholes in the laws. Nevertheless, Medical Marijuana has never been more of a hot topic in the Golden State.

What is the quality of the meds you ask? Some of California's Finest! With so much medical grade marijuana bud floating around, even the street dealers are stepping up to the plate with lower prices and better quality. Most MMJ clubs sell "Top Shelf" high-grade meds at \$45-\$75USD for 3.5 grams. Many sell quantities of 1/2 oz and up, with a small discount for buying higher quantities (prices vary).

Some offer free samples, lounge areas with reading material, delivery services and more. Others give food, water, snacks and donations to those in need. How much MMJ can you get at once? Most stick to county guidelines; usually a 1/2 lb or 1 lb is the most you can purchase at once. Hash, oils, kief and edibles are also available in different potencies, and some clubs sell clones of hard to get strains at \$10-\$20USD.

California has always been a hotbed for Hemp activism, and this spring's events have been all about Medical MJ. April kicked off with the NORML convention in San Francisco at the Cathedral Hills Hotel. According to NORML's new executive director Allen St. Pierre, "This year's conference marks NORML's return to the Bay area". The annual NORML conference is the gathering place for medical cannabis patients, cannabis consumers and concerned citizens. In Sacramento, many supporters also got involved in the cause over an early April weekend.

The event had a decent turnout and featured vendors, anti propaganda education & info, MMJ Clubs giving out free grams of herb, and a "Smoke Out" in the State's capital.

Many medical, as well as recreational users, organizations, and clubs are gearing up for the yearly California 420 celebrations. This should be a banner year for the movement! With activism in full swing this year, we will stand up and be heard!!! That's the "State of things in Cali"...until next time...

Let 'em hear you!!!!...Bigmouth

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My Travels to Smoke Friendly Cafés in Toronto

By Marco Renda



Photo by John Crow



Photo by Marco Renda

First stop of the day was G13 Shop & Caf_ located at 1905 Queen St. E. I met up with Peter who is one of the owners. This Caf_ is the second location to open in Toronto, which allows patrons to smoke marijuana. G13 has been open for 16 months. When I asked Peter why he opened the shop he said, that marijuana laws are wrong, and this is his way of making a statement! There is outdoor seating for up to 50 patrons. There are canopied and sunny areas, and different benches and chairs to choose from. There is no entry fee, but patrons are expected to purchase a beverage to use the facilities. G-13 sells Puff Mama's bakery cookies. Washrooms are available to patrons and located in the store. If you do not prefer smoking marijuana, you can rent a Volcano Vaporizer for \$5 per _ hour. G13 is family friendly. Patrons can bring their children they have a kid friendly area where patrons' children can play on computers. On Sunday, weather permitting, the church of the universe holds its service there, followed by a pot luck BBQ. I have visited G13 several other times, at various hours of the day, and it does get busy! Their rules are similar to all the other cafes: no minors, no dealing, no mooching, no alcohol or other drugs. G13 has a private medical users club, where members can purchase medical marijuana. G13 is open from 12pm 8pm 7 days a week. You can visit G13 by public transit and there is parking available on the street. **RATING: B**



Photo by John Crow



Photo by Marco Renda

Second stop of the day was the Kindred Caf_ located at 7 Breadalbane. I met up with Robin Hood, a real friendly guy, who is the manager of Kindred. This is a new caf_ and, let me tell you, it is classy! The smoke friendly area is on the rooftop, accessible by stairs. Medical patrons can use a volcano vaporizer on the main floor. They have 3 rooms on the second floor. The first room has a large screen TV, DVD player and Xbox. It's the Games Room. The other rooms are the Board Room and the Lounge. Room rental is \$10 per hour. Up one more flight of stairs is the rooftop patio. Boy, did they do it right. I found it so comfortable there I didn't mind waiting two hours for Dom, the owner to show up. The caf_ sells pop, water, smoothies, sandwiches & sweets. Their specialty is espresso and cappuccino! They offer fresh roasted, fair trade, organically grown coffee. Food is prepared fresh daily and you can have it delivered to the rooftop patio. I decided to order their double-decker grill cheese sandwich. Big sandwich and it was delicious! It came with coleslaw and chips and was reasonably priced too!

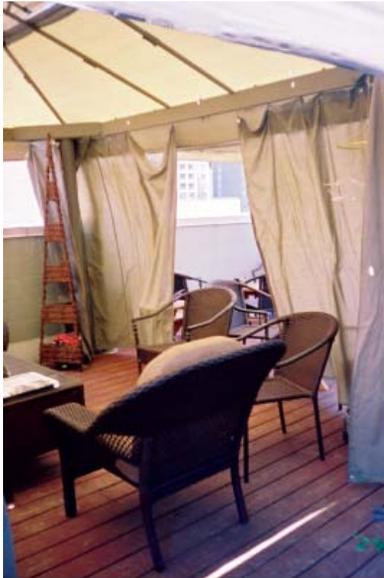


Photo by Marco Renda

There is room for 24 patrons on the rooftop, 14 patrons for the indoor area and 8 patrons for the main floor outdoor patio. There are facilities on both floors; ladies upstairs, men's and wheelchair access on the main floor. Hours of operation are 11am - 11pm 7 days per week. There is an entry fee for second floor and rooftop patio access of \$5 daily or \$50 annually. Their rules are similar to all the other cafes; no minors, no dealing, no mooching, no alcohol or other drugs. If you do not prefer smoking joints, you can rent a Volcano Vaporizer for \$10 per hour. You can visit Kindred by public transit and there is parking available on the street. RATING: A

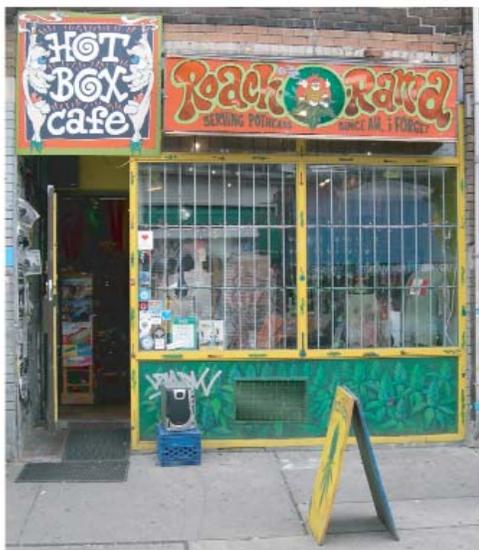


Photo by John Crow



Photo by Marco Renda

My last stop of the day was at the Hot Box Caf_. Hot Box is the first marijuana friendly caf_ to open in Toronto three years ago and is located at 191A Baldwin Street. The front of the store is Roach O Rama, which has been open for 5 years. They have over 100 types of exotic rolling papers from Argentina to Scotland, stunning glass pieces & vast selection of Marijuana related books, posters, T-shirts, games, stickers, hemp clothing, and soaps. Hot Box is located at the back and is a nice place to kick back with Abby the owner! If you do not prefer smoking joints, you can use the Vapor Brothers vaporizer, where you must bring or purchase a reusable personal hose (\$3). This vaporizer can also be purchased and medical patients get a 15% discount with proper ID. During the winter months they have a heated area. There is a separate area for cigarette smokers. The washrooms are in the basement and staff will assist with wheel chair access. There is no entry fee but it is a restaurant and patrons must purchase something off the menu. I have been to the Hot Box on a few occasions and had a couple of pitchers of their smoothies. Hot Box is also has great pastries. They offer a full menu and all food is fresh and is purchased daily from the local market. Summer hours of operation are Sun-Wed 11am - 8pm / Thurs 11am - 10pm / Fri 11am - 9pm / Sat 10am-9pm. Anyone wishing to hold an event at the caf_ can do so for a fee of \$100+ staff wages. Their rules are similar to all the other cafes; no minors, no dealing, no mooching, no alcohol or other drugs. You can visit Kindred by public transit and there is parking available nearby. RATING: B+

I have to say that after a very long day of touring these three cafes, they all have something in common. They are there for respectable & responsible marijuana use! I hope that you get the chance to visit these establishments in the very near future.

Take Care and Peace

Marco Renda

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Bud Burner's Strains

- Humboldt Snow reg \$30usd *
- Jacks Surprise and Afganica reg \$30usd *
- Jack's Surprise x Afghanica \$30usd *

Afghanica is a nearly pure indica of very good potency. Combined with the JS Papa's genetics, this should produce an earlier finishing plant retaining some of its Sativa heritage. Both parents were good yielders.

- Jacks Surprise x Humboldt Snow reg \$30usd *

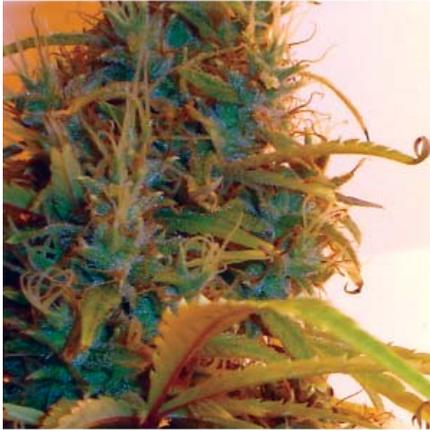


Photo by Crazy_Eagle

Jack's Surprise x Humboldt Snow: Both of these strains are heavy on the Sativa side of things, have good potency and great yields. Two great tastes that taste great together.

- Jacks Surprise x Mango reg \$30usd *
Jack's Surprise x Mango: Mango is more Indica-heavy in its heritage and is yet another big producer with good potency. This hybrid should be a close 50/50 Sativa/Indica ratio.
- Jacks Surprise reg \$30usd *
Jack's Surprise F1: This is a nice Sativa dominant strain, probably 80/20 Sativa/Indica. Heavy yielder and a potent soaring stone. Approximately 10 weeks flowering.
- Magic Crystal SV reg \$30usd *
- Magic Crystal TY reg \$30usd *

Echo's Strains

- NYCD el Echo reg \$45usd



Photo by Indica

Echo's Strains Con't

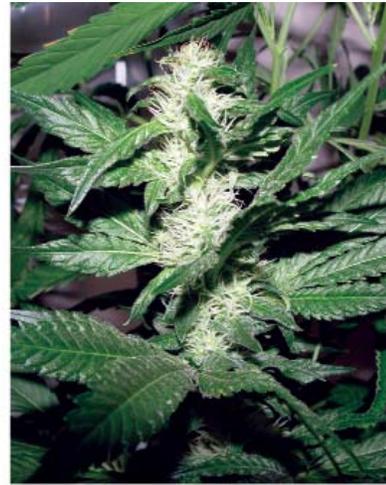


Photo by Indica

NYCD is a cross of a Mexican Sativa and an Afghani. I chose the best parents from 2 different NYCD suppliers and created the NYCD el Echo. Flowering time is on average 70 - 75 days tops 80. In veg not much smell but once flowering starts they have a dirty scent

- Afghan X Northern Lights #5 reg: \$30usd
Great medicinal herb, real couchlock, nice performer under all situations!
- California Orange X Guva #1 reg: \$30.00usd
An early test batch, flower time a bit shorter than the usual Guava #1 with a more citrus taste. Purples up nicely at the 1st sign of cold weather!
- Echo's Adventure Mix reg: \$30usd
Throw in some Duck Foot, Some Afghan x Northern Lights #5, Some Jack Flash x Super Skunk, Some White Widow F2, some Original TAI, some Guava #1 F2 and a couple of others and you have an Adventure Mix! Each packet a surprise! In packs of 15 seeds.
- Guava #1 F2 reg \$30usd
Why ruin a good thing? Guava #1 in al her finest! One of my all time favourites!
- Swazi x Master Ice reg. \$30usd
A forgotten cross, long flower but "up there" sativa goodness!!! Limited Quantity!!!
- TY Fruit reg \$30usd
A select cross of Thai and Swazi parentage gives this sativa a unique flavour and character. Flower time 12 - 14 weeks outdoors, indoors (if started on 12/12 at week 3-4 of veg) roughly 8-10weeks.
- TY Fruit x Afghan #1 \$30usd
The best of TY Fruit (short stature and fast flower time) crossed with my finest Afghan x Northern Lights #1 (super sticky and full of medicinal goodness).

Joint Dr.'s Strain

- Lowryder reg \$50usd

Lowryder was developed for extreme rapid growth (life cycle is 8 weeks from seed to harvest!) and uniquely short height (10-16 inches max) Lowryder flowers automatically, passing directly from the seedling to the flowering stage 0 males at about day 17.

Marco's Strain

- TY Mango reg \$30usd *

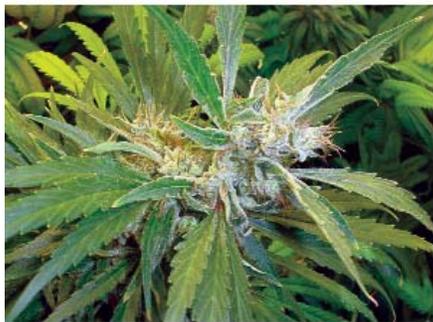


Photo by MostMoneyMan



Photo by Merlin

Mdanzig's Strains

- AK47/Lowryder x Lowryder reg \$40usd
- AK VALLEY KUSH x Lowryder reg \$40usd
- Lionheart x Lowryder reg \$40usd
- Blueberry x Lowryder reg \$40usd
- Sativa Skunk x Lowryder reg \$40usd

This is a cross of Mexican Sativa/Skunk. Resulting Female then crossed to a 11th generation inbred Lowryder Male. This cross may show more Sativa than Indica. Auto-flowering may be slower to show due to the Sativa dominance in the plant.

- Lowryder Adventure Mix reg \$30usd

Minnie Mouse's Strains

- Bubble Gum x Mango reg \$30usd *
- Snowqueen TY x Acorn reg \$30usd *
- Snowqueen TY x Valley Queen reg \$30usd *
- Snowqueen TY reg \$30usd *

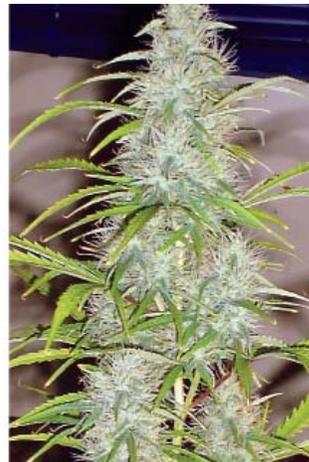


Photo by Crazy_Eagle

Waddy's Strains

- Northern Lights x Trouble gum reg \$30usd
Northern Lights x Trouble gum: NL#6 sativa crossed with my own Trouble gum daddy produced nothing but massive yields of sugar covered, cerebral, melt-down. This is my day-time smoke, bright, energetic, visual and tasty.
- Northernberry x Lifesaver reg \$30usd
Northernberry x Lifesaver - fast flowering, skunky, power, northernberry crossed with Bog's Medicinal Lifesaver. Producing a fast flowering, sweet smelling, crystal covered bud. Compact structure and big yields.
- Waddy's Adventure Mix reg \$30usd
Adventure mix. All my strains thrown together including some C4, Sage, HDF, NL, Bogbubble.

Woodie's Strains

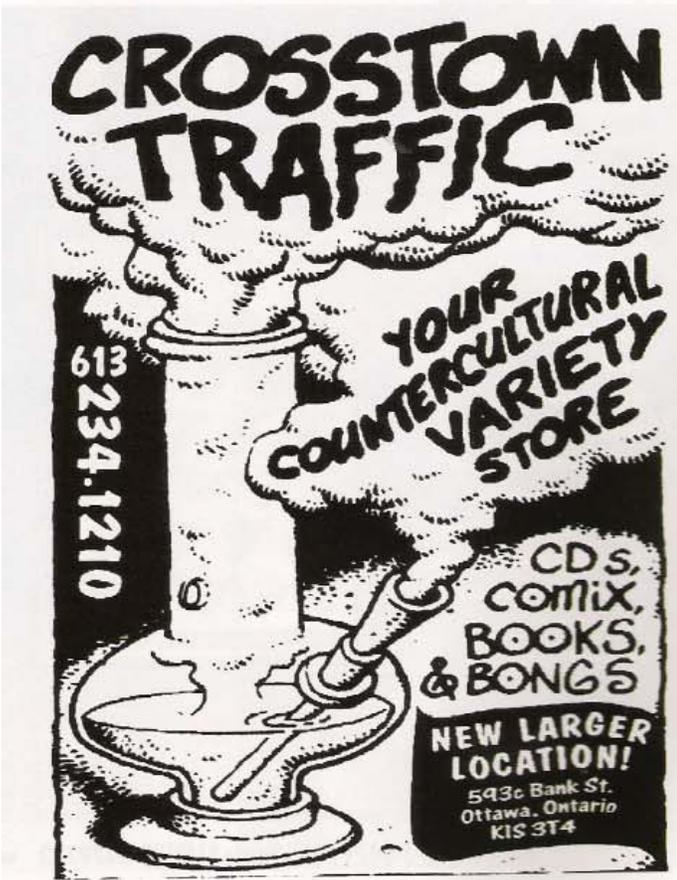
- Bidy Early X Lowryder reg \$40usd
Billie Jack Rabbit reg \$40usd
- Redwoods reg \$40usd
- White Rabbit F2 reg \$40usd *

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Swampy lives in the US and devotes many spare hours to the study of aloe and how staying properly hydrated can help his hepatitis c condition.

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From something that isn't much more complicated than melted down sand, certain gifted people can forge works of art that are not only beautiful but functional. For WongBong, who has had a chance to work with many materials, glass is the most appealing substance to capture an artist's conception and form of expression. "Glass is the most interesting material to learn how to control. Its amorphous molecular structure is more similar to a liquid than a solid. When molten, it's soft and flows, when cooled, it becomes a solid. Melting glass in heat, and learning the properties and physics of glass, to be able to shape and add designs into it as your mind imagines is a very creative way to bring an idea in your head into this physical world".

Like many artists, WongBong follows a path which to some may seem unconventional, or even socially unacceptable. When asked if he gained experience in his chosen trade in school, he replied, "I never took shop class, I never liked the restrictions or the mandatory projects, or the teachers. I took auto shop, but that was more to learn about working with metal, and working on something functional. I admire many artists who express their creativity through cars and motorcycles. These are rolling, functioning masterpieces, art at its highest level. I could never see myself working with metal for a long time, although it did teach me a lot about form and functionality, something which translates into my glass art everyday".

School may not have provided the inspiration that drives WongBong, but a personal experience during his childhood, prompted what has now become his life's passion. "It was a family vacation type trip. We visited the Corning Museum of Glass, in Corning, NY. At that time, I was very young, and did not retain a lot of the information the guides said, but the images of people working, shaping and playing with molten glass have always remained in my mind".

With that early inspiration, WongBong continued to develop his interest in art, and hone his skills throughout his childhood, building everything from skateboard ramps and rails, to a small gas engine powered moped he engineered. "I grew up building things all my life, so I have had the opportunity to work with wood, metal, plastics, and paint. None of them seemed to have the life and energy that working with glass has".



Gandalf Pipe - LOTR

It wasn't until he had completed high school that he finally gained the ambition to realize his dream. "I got my first torch right after I had a few lessons with my best friend, and realized that glass was wicked fun to play with". He had met up with a local glassblower who was willing to give him some lessons. After he had taken lessons for some time, he saved up enough money to follow his dream. At the time, it was much cheaper to take local lessons than travel to Corning for their workshops, or even a glass course program at Sheridan College, as both would require relocating to another area, something he couldn't afford at the time. With trades, your skill is shown in your art, not a diploma or piece of paper hanging on the wall.

continued...

The endless costs, hard work, and many sacrifices in life wouldn't stop WongBong, as he struggled to make his dream into a reality. "Most things are hard to pick up at first, but if you have an interest in it, I find you tend to learn quicker, because you want to understand it. I should definitely have concentrated a lot more in chemistry, science, and physics classes in high school, but at that time, nothing was of interest to me, so I didn't pay much attention. Working with glass, it definitely came back to haunt me, and I had to relearn a lot on my own. Appreciating the physics, chemistry and science is very important when understanding and learning how to work with glass. It's not just melting the glass, its shaping and forming the glass into your inner minds vision".

WongBong started out small. At first he was just experimenting, making pieces to hone his skill. As time went on, people began seeing his art work, with many positive comments. "When I first started, it began with making things for my friends. Before that point, a lot of the things you make are not sellable. They are practice pieces in which you learn how to utilize a skill, and you practice it. After you practice something many, many of times, you can definitely see a refinement in your technique. When my glass was good enough that people wanted to buy it off me that was the recognition I needed to motivate me into trying to make a career from creating functional glass art".

"When you finally reach your goals, there is an immense feeling of satisfaction".

As supplies and equipment are expensive, it is difficult to get off on your feet at first, as any struggling artist knows. But soon WongBong began to see that his passion could help fund itself, with lots of hard work, talent and skill to back it all up.

It was at this point he began to show pictures of his artwork through various outlets. After some time, the dream was taken to the next level by starting a website, displaying his art, and finally offering his admirers the chance to own their own WongBong creation.

As for creating only functional glass items?

"Right now, it's about paying the bills, and making what people want. Most glass artists may start off as pipe makers in their careers, but may branch off to other things. I have been getting into making glass pens, glass animals, shot glasses and goblets and glass jewelry like rings and pendants.



Business is picking up, but unfortunately right now, it is not financially possible for me to make a living solely in those areas. I would never want to limit myself and I love to experiment. Right now functional glass is the popular commodity".

So are you stuck or limited to making just functional art glass?

"I do make a lot of things just for fun or to try something out. It's not that far off a dream to be making thousand dollar art goblets, art glass suitable for display or museums, or even making glass swans live at weddings... the possibilities in glass are endless, and always changing. I would never want to think that I would have to limit myself to functional art glass or making pipes my whole life. The whole idea is creative freedom and boundaries. But besides regular production pieces, I do get a lot of people requesting custom made or special one-of-a-kind pieces, and that is another fun aspect of the job with freedom and creativity".

Many thanks to Kevin Rabjohn for the article and interview. Also thanks to Justin Tiemann for layout and design. Photos courtesy of WongBong. And many thanks to Marco at TY.



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Enter to win this sweet glass piece from WongBong GlassWerx. Please send a mail in entry to TY Magazine with your name and address for your chance to win! All entries due Oct 31st, 2005.

The Making of Mommy's Funny Medicine

The World's First Children's book About Medical Marijuana By Russell Barth
<http://www.salvagingelectrons.com/mfm/>

Activism started for myself and my wife Christine Lowe-Barth, in May 2002. We attended a "Million Marijuana March" rally on Parliament Hill, and after hearing people talk openly about how cannabis was saving their lives, Christine decided that it was time for her to make the leap as well. At that time, her Epilepsy was completely out of control; she was not getting any better. The pills were making her sicker all the time and she was still having seizures. She told me that she was planning to quit all of her medications and just use cannabis. If she was going to do this, it would affect me as well. Living under 24 hour supervision was difficult for us both. I was the one catching her when she had seizures. In my opinion, we had to be fully committed to trying this cannabis option. We had to go public. We had to become activists like the people we had seen at the rally.

Christine started using cannabis later that week, and has used it daily ever since. The frequency and ferocity of her seizures diminished by 75%. In 2002, she had between 60-70 seizures, In 2004 Christine had 13 seizures and in 2005 only 9 seizures.

In September of 2002, I gave a \$300 to someone I thought was a friend, to get me cannabis for my fibromyalgia. He never came back. The anxiety and sense of betrayal caused me to go into a health spiral, and I started to lose weight immediately. I lost twelve lbs in twelve days, and was falling to a dangerous weight for my 6ft frame. My weight bottomed out at 129 by the end of that year, at least 25 pounds underweight.

In December of 2002, I met a woman in a wheelchair on Bank Street in Ottawa. Using an electric wheelchair for most of my own travel needs, we stopped to talk to her to commiserate about the state of Ottawa's sidewalks, and to pet her Pomeranian. We got talking about our respective medical situations, and she said that she was using ten Tylenol 3's per day. We asked her if she had ever tried medical cannabis. She became shocked and offended. "What would I tell my grandson?" she asked.

In unison, we answered "The truth!"
"If he fell down and hurt his leg or something, he would want to use it too!"
"Be sensible." We told her. "You don't give him T 3's if he falls down. Just tell him granny's medicine is for granny, and that is it."

She was one of the most closed minded people I had ever met. The conversation was pointless. She did not want to hear what we had to say, and her behavior was falling just shy of her sticking her fingers in her ears and hollering "La la la...can't hear you!"

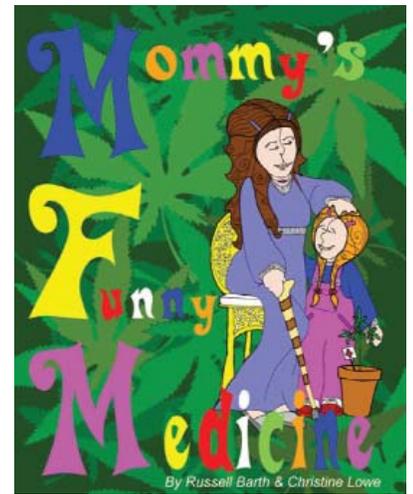
Now, I have had numerous problems with prescription medications and alcohol myself over the years, and had felt the cold touch of withdrawal more than once.

She mentioned "addiction" and I asked her if she had ever tried kicking those T3's? When I asked that question, there was a flash of recognition and shame across her face. I realized right then and there that I wasn't arguing with a person any longer, I was arguing with a drug.

We parted ways, and headed home. On our way, one of us turned to the other (but we can't remember which), and said "Someone should write a children's book."

About two weeks later, just days before Christmas, I was talking to my father on the phone while he vacationed in Florida. He has always been an avid prohibitionist, so we didn't discuss cannabis. After I got off the phone, I said to Christine "How can I ever explain this activism stuff to him?" I mimed pointing to a book, as if teaching a child to read. "It is like I need to get him a little book that says 'See Russell sick on his pills. See Russell using pot. See Russell feeling better.' or something..." The moment froze as Christine and I looked at each other in awe, and our stomachs tightened. Right there in that moment, we saw the whole plan. A children's book. Simple, delicate, non-intrusive, and non-promotional. Just the straight truth.

We also knew that to make a book about medical marijuana, aimed directly at the under-10-year-old market, was not only subversive, it was potentially dangerous. Done incorrectly, it could offend a large number of people, and might do more to hurt the movement to legalize marijuana than help it. We knew there was tremendous responsibility involved.



Sometimes Mommy would move suddenly and make noises like something hurt even when she was just sitting in her chair doing nothing.

Illustration from *Mommy's Funny Medicine*

Illustration from *Mommy's Funny Medicine*

The text for the book was written in under two hours. I quickly jotted down lines, while picturing the layout of the book and illustrations. We did some preliminary sketches, and the first draft was completed the next day.

Within a week, we showed it to Mike Foster. He is a well-known "counterculture boutique" owner, well-seasoned activist in Ottawa, and a very good friend to Christine and I. He saw the first draft, and immediately got choked up. "You guys have to do this. This is an amazing idea."

Over the month of January, Christine did the drawings for the illustrations, and we changed the text and the structure to accommodate. The story was based on my medical condition and events from my life, told through the eyes of a little girl, watching her mother. I left the text with Christine, and later, she would show me the drawings for each frame. I burst out crying more than once. The most difficult task was the coloring. We had scanned all of the ink drawings, and loaded them into the computer. I spent the month of February 2003, touching up millions of little black and white dots, and then colorizing the images as they appear in the book. When Mike saw the first print of the completed work, he said "I like it so much, I think I will publish it myself." He has taken care of the business end of the whole project ever since. He paid to have 2000 copies printed up, and they have been slowly selling over the past two years.

Christine and I had been on TV and in print more than once by this time, and when the book was finally released on April 21, 2003, we tried to hustle up some publicity. We decided that the proceeds of the book would go to The National Capital Compassion Society, an Ottawa-based not-for-profit organization that Christine, Mike, myself, and many others helped found. So far, *Mommy's Funny Medicine* has raised about \$1000 for the NCCS, and we have had nothing but positive feedback. Copies of it have been put on display in the Cannabis Museum in Amsterdam, and is registered with an ISBN number in the National Library Of Canada.

For copies of *Mommy's Funny Medicine*, contact:
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Russell Barth, Mike Foster of *Crosstown Traffic*, and Christine Lowe-Barth.



Mommy got new medicine from the doctor. Mommy said the other medicine from the store didn't work anymore. The new medicine made her sleepy, and sad...and grumpy!



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The first thing is to move away from the dinosaurs of the drug world and make a complete break from their way of thinking. It is important to always move with the times. Enjoy all the variety that life presents to us, good or bad. Language and attitude moves and grows with age and experience. Sometimes the feeling exists, where you feel sick from all the drugs. Some of them must be doing something, but taking them all, all the time is a heavy burden.

We became involved with medical group that had two hundred clients to look after, no money and no stock. As it can happen with groups, internal politics had left the members fractured and angry. Many fell by the wayside with bad tempers and a total lack understanding. The ones that stayed are still there and are the most loyal people in the world.

After a year of taking this challenge on, that the authorities weren't bothering us, they knew what we were doing and knew that we are doing it for the right reasons. Our beliefs are based on honesty and compassion for those who suffer in silence. We are the ones that any sort of legislation is aimed at. We are the long-term sick and disabled. We are the ones with the incurable neurological conditions. Who knows better than we do? Those who have to live in a body that never gets a minute's break from pain.

Like everyone around there world, we have read with interest that the new wonder drug Sativex, a cannabis spray, was going to be available! That was three or four years ago, Applications were sent in immediately. But this wasn't going to happen for years, great. Instead, there will be living in pain even when there is a medication available. It is the same drug in different forms. Instead people are forced to buy from the underworld. Doesn't seem right or fair! Look at the doctors, will they care about their patients or their condition, or just keep prescribing drugs? Look at the politicians, do they represent you the constituent's opinions?

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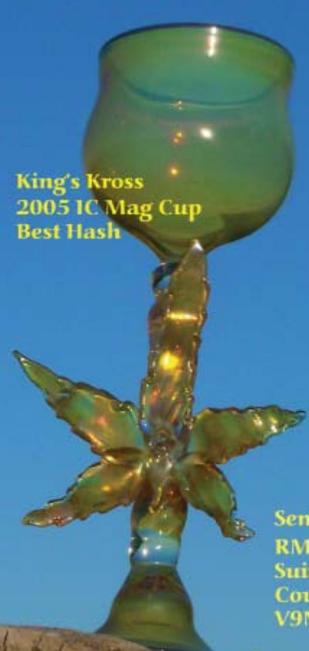


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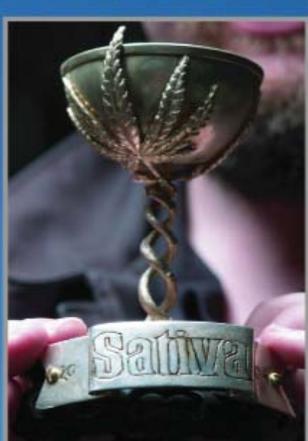
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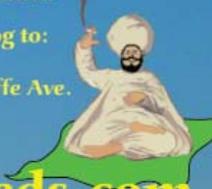


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No-Ick Ghee: The Glee of Cannabutter Utilizing Water Washed Plant Matter.

When the primary active constituent of cannabis, delta-9-THC, is consumed orally the majority of it passes through the liver and is subjected to “first pass metabolism.” The liver performs a metabolic process on the delta-9-THC altering the chemical structure to the more potent and longer lasting 11-hydroxi-THC. There are several reasons why this can be beneficial to the therapeutic cannabis user. The user does not have to smoke or otherwise consume the drug through the lungs, reducing the most negative side effects from consuming the drug through smoking. The method of consuming lasts longer and can therefore be a more economical use of the drug. Many chronic pain sufferers find that 11-hydroxi-THC is more effective at relieving pain. However, before you get too excited, there are a couple drawbacks you should be aware of when considering eating cannabis. First, it is significantly easier to consume too large of a dose and have a negative experience which can seem to last for an eternity. Second, those who have Hep-C or other liver issues should not excessively use oral cannabinoids because the drug is metabolized in the liver and therefore puts undo stress on one's enzyme balances.

Despite all the goodness that oral cannabis can bring the medical user, many patients are still quite reluctant to use their medicine this way because of one simple reason, Chlorophyll! The intense green taste that can come from using mostly leaf matter to make cannabutter can be downright excruciating or even nauseating to some. Some patients even find this taste so horrid that they flatly refuse to eat cannabis.

So what can be done to make my medicine more palatable you might ask?

There are a couple simple tricks that can radically improve the quality of cannabutter. One can add honey to make it Ghee, or spices to cover up the green taste, or take steps to remove the chlorophyll before the butter making process begins. Finally, one can combine all three steps for the best results.

Cooking Method

There are two primary ways of removing the chlorophyll from your plant matter. The easier but less effective method involves boiling the plant matter in just water for 60-90 minutes, filtering and then moving on to the rest of the cannabutter making process. This method is best utilized on leaf.

The second method takes a bit more work but is more effective and can be easily adapted to all types of plant matter. I take all my leaves and any kind of trim or bubble hash byproduct and keep them in the freezer so they remain fresh as possible until I can process them into butter. Once the plant matter is well frozen blend it in enough water to cover it for 20-60 seconds being careful not to over-stuff the blender. Now take this green liquid and filter it through whatever filter option you have at your disposal. If you are using bubble bags use your coarsest and finest bags only or you will only be providing more work for yourself. Once all the plant matter has been filtered toss out the waste water (or use it on your vegetative plants, you won't regret it!). Finally collect all your remaining plant matter and place it in the slow cooker or first large pan.

Make sure the plant matter is well covered with water and add the butter and/or oil, bring to a boil, turn down to a simmer, and leave for 16-24 hours on low heat, adding water as needed. Near the end, the plant matter should become more gray and less green while the oil should become dark green. At the same time the smell should be very “nutty” and the plant matter should begin to sink into the water layer, exposing pools of dark oil.

Place the colander into the large bowl or second large pan. Place your filter cloth (old sheets work well for this stage) over the

Tools you will need:

Blender
Bubble bag, sheet of silkscreen, old cotton
T-shirt, or other functional filter
Slow cooker or large pan
Colander
Large bowl or second large pan
Separation funnel (optional)
Plastic storage container

Ingredients:

Fresh frozen cannabis (any part of the plant besides the roots can be used)
Butter or canola oil or both
(1:1 butter to plant weight ratio for leaf, as much as 4:1 for bud)
Honey (4 tsp - 2 tbsp per 1 lb butter or to taste)
honey can be all or partially replaced with molasses or carob molasses
Ginger (1-4 tsp/lb or to taste, ginger promotes the absorption of cannabinoids)
Cinnamon (2-6 tsp/lb or to taste)
Vanilla and/or Almond extract
(Vanilla: 1-3 tsp/lb, Almond: 0.5-1.5 tsp/lb or to taste)
Nutmeg (dash or two, optional)
Allspice (dash or two, optional)
Clove (dash or two, optional)

colander and pour the plant/water/butter mixture through the filter. The mixture should still be hot so be careful. Squeeze the filter cloth to get the rest of the oil out of the plant matter and then toss the plant matter in the compost or trash. If you have some kind of separation funnel use it to get as much of the water out of your remaining mix as you can without risking your butter. Then place the oil into an appropriate container (bowl, large cup, pan) and place in the freezer until solid but before the water freezes. Poke holes in the side of the butter and pour off the remaining water.

Add the honey and spices to your butter/oil and warm it on the stove or in the microwave until it is at least all soft. Remove from heat and add the flavoring. Stir thoroughly and then place in the freezer or refrigerator. Every 10-15 minutes take it out and stir it until the honey has become well homogenized into the butter. Transfer your concoction into the storage container and place in the fridge if you plan to use it within 45-60 days. For longer term storage use the freezer.

Gheehehehe! Congratulations!!! You have just made Ghee.

Dosing is highly individual and depends on tolerance. For those with low tolerance, 1 tsp is a good starting point. For those with higher tolerance, doses as high as 3 tbsp can be easily tolerated. Your ghee can be used where you would normally use butter or oil. This includes toast, ramen, oatmeal, salad dressing, cookies, or even hot chocolate. Enjoy and medicate responsibly.

By: Ally (aka, pflover at TreatingYourself.com)
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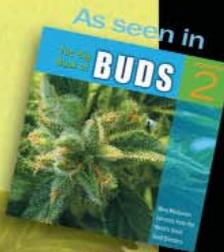
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