



**Winter 2012**

**MAMA**

**Newsletter**



# Thirty Years 1982 - 2012

## Celebrating



Thirty Years  
Three Generations  
One Message

A RATIONAL APPROACH TO DRUGS

For more information visit our website  
[www.mamas.org](http://www.mamas.org)

**Mothers Against  
Misuse and  
Abuse**

**Personal  
Responsibility**

**Informed  
Decision Making**

**Respect for  
Human Dignity**

## MAMA'S GOALS

**Provide Current,  
Scientific Drug  
Education to All Ages**

**Offer Social &  
Recreational  
Alternatives to  
Drug Use**

**Promote Better  
Communications**

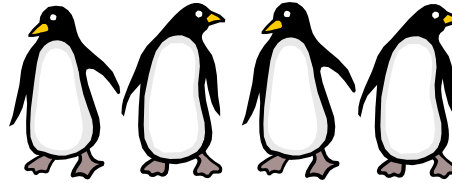
**Question Techniques  
of Advertising and  
Effects on Society**

**Mothers Against  
Misuse and  
Abuse**

**[www.mamas.org](http://www.mamas.org)**



# MAMA Winter Events



## PORTLAND

5217 SE 28<sup>th</sup> Ave

Fri. Jan 27<sup>nd</sup>

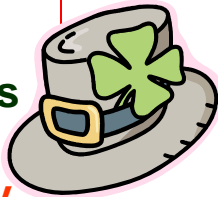
Open House  
1 to 4 pm

Thurs. Feb. 16<sup>th</sup>

Open House  
1 to 4 pm

March. 17<sup>th</sup>

MAMA St Patrick's  
Pot Luck  
Card Holder Only  
1 to 4 pm



## BEND

Bend Community Center

Fri. Jan. 13<sup>th</sup>

MAMA Pot Luck  
Card Holders Only  
4:30 to 7:30 pm

Fri. Feb 10<sup>th</sup>

MAMA Pot Luck  
Card Holders Only  
4:30 to 7:30 pm

Fri. March 16<sup>th</sup>

MAMA ST Patrick's  
Pot Luck  
Card Holders Only  
4:30 to 7:30 pm

## THE DALLES

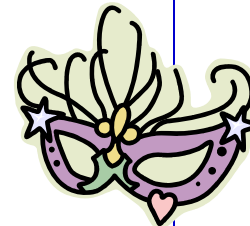
319 East 7th

Fri. Jan 20<sup>th</sup>

MAMA Open House  
noon to 2 pm

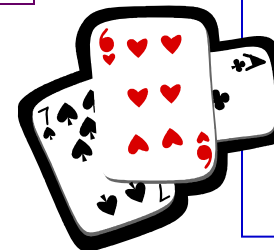
Sat, Feb 18<sup>th</sup>

Fund Raiser  
Mardi Gras  
Party-\$45  
Card Holders Only  
4:20 to 8 pm  
Reservations  
Required



MAMA Winter Hours

10 am to 4 pm Mon - Fri



Sat, March 24<sup>th</sup>

Game Night- \$30  
4:20- 8 pm

# Winter

\$25  
Cardholders Only  
Reservations  
Required

# Classes

## The Joy of Life, Level One

Let MAMA help you get your garden started! Hands on, this class teaches cardholders how to make rooted plants from cuttings. Once you know how to do this you will be much closer to self sufficiency and less dependent on others.

**PDX: @ 2:30 pm**  
**Jan 11 & 25 Feb 8 & 22**  
**March 7 & 21**

**TD : @ 3:00 pm**  
**Jan 19, Feb 16, March 15**

**Bend: @ 2:00 pm**  
**Jan 14, Feb 2 & 11, March 9**



## Joy of Life, Level Two

Now you've got your garden started. Come meet an experienced, successful grower who will teach you more advanced organic cultivation techniques to help you grow healthy, mature plants.

**Bend: @ 2:00 pm**  
**Jan 27, Feb 24 , March 29**

More classes, next slide

# Preparations Classes

**Topicals**: Many patients prefer to use cannabis topically for relief from pain and inflammation. It is applied in creams, lotions and oils infused with cannabis.

**Tinctures**: Glycerin and Alcohol can be used to make tincture.

**Edibles**: Learn how to make butter and oil to cook with.



## Topicals

**PDX: Jan 20 @ 3:30 pm**  
**Feb 9, March 8 @ 3:00 pm**

**The Dalles: @ 2:00 pm**  
**Jan 10 , Feb 7, March 6**

**BEND: @ 2:00 pm**  
**Jan 20, Feb 17, March 15**

## Edibles

**PDX: @ 3:00 pm**  
**Feb 2, March 1**

**The Dalles: @ 2:00 pm**  
**Jan 17, Feb 14, March 20**

**BEND: @ 2:00 pm**  
**Jan 5, Feb 9, March 1**

## Tinctures

**PDX: @ 4:30 pm**  
**Jan 19, Feb 16, March 15**

**The Dalles: @ 2:00 pm**  
**Jan 24 , Feb 21, March 13**

**BEND: @ 2:00 pm**  
**Jan 6, Feb 3, March 2 & 30**

## Bubble Class

Learn to make high-quality medicine using ice, water and filter bags from cannabis plant material which in the past has been discarded.

**PDX @ 2:00 pm**  
**Jan 23, Feb 20, March 19**

**The Dalles: @ 2:00 pm**  
**Jan 31, Feb 28, March 27**

**Bend: @ 2:00 pm**  
**Jan 19 , Feb 16, March 23**



## Advisory on Medical Marijuana (ACMM) December 5, 2011 Portland



**Cara Railsback, The Living Well Program,  
explains Program to the ACMM. 12-05-11**

At the beginning of the meeting Dr. Mel Kohn of the Oregon Health Authority (OHA) joined us for about 20 minutes. He was questioned about the ACMM's request for the OHA to sponsor a legislative concept for the 2012 session regarding research on Post Traumatic Stress Disorder. He indicated he would look into it.

Tawana Nichols, OMMP Director, reported that as 12-05-11 there were 58,438 Patients protected under the Oregon Medical Marijuana Program, with 30,011 Caregivers. The ACMM asked for an accounting of the number of Growers at our next meeting on March 1<sup>st</sup>.

A point was clarified early in the meeting that if the patient, caregiver or grower change their mailing address, there is no need to pay a "Change Fee". The change of mailing address is entered in the system, but no card needs to be issued. However if the Grow Site Address changes, or the Grower or Caregiver changes, a Change Form must be submitted and the \$100 Change Fee is required.

The next quarterly ACMM meeting will be March 1st (10 am to 2:30 pm) in Salem, location to be announced.

There was a discussion about the customer service, and the consideration that people could pay through a drop box, unable to have their paperwork stamped. This led to quite a discussion, which included among other things, payment by debit or credit card, no acceptance of cash and other scenarios. Nothing was decided and the options will be considered and brought back to the March meeting.

There are two ACMM member terms that need to be filled. Brian Michaels first term is expiring and he may be re-appointed to a second term. There is a vacancy left from the resignation of Art Witkowsky. 6 people have submitted applications. Before the expiration of the term of a member, the Director will appoint a successor whose term begins January 1st.

***UPDATE: Ben Mackaness , Corbett, has been appointed to the ACMM for his first term and  
Brian Michaels, Eugene, has been re-appointed for a second term!***

### Outreach Committee

*Letters Sent:* Will continue to send letters to people or groups that create fiction about the medical marijuana community and when their comments become public and are brought to our attention. Alan Cohn volunteered to seek a response from the Eugene Airport Director after two letters were sent.

He received this response from Tim Doll. "I apologize that you did not receive my letter regarding your inquiry. The Eugene Airport does not have a formal policy regarding Medical Marijuana. The airport follows state laws regarding this subject."

*Meeting accessibility:* The Outreach Committee is still seeking to make the meetings more accessible through audio/visual means.

*Changing Panel Selection Criteria:* Ms. McGarvin referred to a letter that the ACMM had sent to the former Administrator of the OCHHP asking him to change the panel selection criteria to ensure that all members, who are on a panel to add qualifying conditions, have a demonstrable knowledge of the therapeutic qualities of cannabis. That Administrator has been replaced, and the letter was given again to current Administrator, Ms. Jody Noon.

*Possible Abuse of law enforcement of LEADS data:* The issue was again brought to attention of the ACMM and there will be follow up.

### Horticulture, Research and Safety Committee

*Data System:* Requested that the OHA IT staff responsible for the OMMP data system contact the ACMM to schedule a meeting to discuss utilizing the new data system to implement the OMMP Research & Data Reporting Ideas developed by the Horticulture, Research and Safety Committee.

*Post Traumatic Stress Disorder Research:* Awaiting a response from Dr. Mel Kohn regarding the OHA sponsoring a legislative concept for the 2012 session regarding research on PTSD.

**The Living Well Program** is a part of the OHA. Jody Noon arranged for Cathryn Cushing, Tobacco Control Integration and Cara Railsback, Self-Management Programs to make a presentation to the ACMM explaining what they do and how they might be able to work with the ACMM. The ACMM would like to have a follow up meeting with them.

# MAMA Needs Your Help

**MAMA works hard to keep you informed, as our main goal is education.**

- **MAMA participates in meetings, hearings, and conferences, making presentations and staffing information tables;**
- **MAMA offers classes and educational presentations;**
- **MAMA hosts social activities for the general public, families and patients;**
- **MAMA provides a mailed and on-line newsletter;**
- **MAMA sponsors Sandee's Blog, <http://frommysideofthemirror,squarespace.com>**
- **MAMA sends out Email Alerts monthly or even more often;**
- **MAMA presents you with current information, including contact information, so you are able to participate in promoting or defending your own best interests;**
- **MAMA researches the media and networks with others for the latest developments;**
- **MAMA advocates for drug policy reform;**
- **MAMA educates the general public, the health care community, media, legislators;**
- **MAMA offers clinics to help those, who have decided to register in the OMMP, work through the process by providing access to doctors and information about various aspects of medicinal cannabis, sources of information and the OMMP rules. Our clinics only pay for themselves.**

**We rely on donations, memberships, and grants to fund the rest of our activity. If you have not already joined MAMA or would like to make a tax deductible donation, please contact us at [donation@mamas.org](mailto:donation@mamas.org) or mail to: MAMA PO Box 1776 The Dalles, OR 97058**

**Thank you for any help you can give. ~ Sandee**

**We are  
the Drug  
Policy  
Alliance.**

## **DPA Conference- Los Angeles Nov 2-5, 2011**

The 2011 Drug Policy Alliance conference was held Wednesday, November 2 through Saturday, November 5 in Los Angeles at The Westin Bonaventure.

Reform-minded activists, non-governmental organizations, scholars, government officials, and religious and business leaders gathered to explore and discuss effective and moral alternatives to warring against *some* drugs—notably marijuana. While there were many sessions regarding marijuana, there were many other drug policy related topics.

There were over 1,200 people in attendance from most every state, Canada, South America and many several European countries. We met a young man from Poland and heard many speakers talk about other culture's approaches to drug policy. It was encouraging to see and meet so such enthusiastic people, young and old, come together from around the globe.



The DPA has the speakers' talks on their website and I encourage people to take the time to check them out. The link below will allow you to pick the speakers you wish to hear..  
<http://www.reformconference.org/conference-archive/video-reform-2011>



We are in the house!

**Alice Huffman**, California NAACP President, announced that the National Board of the NAACP Passed a resolution to End the War on Drugs and she has joined the Board of Directors for Law Enforcement Against Prohibition (LEAP).

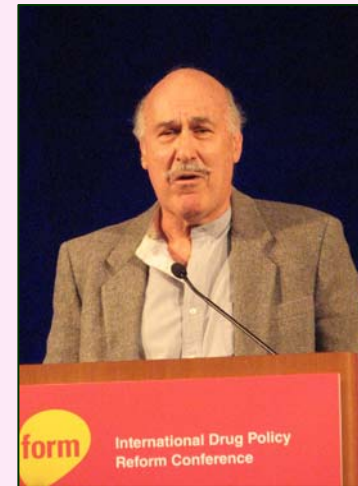
...High is a place...



TV Travel writer and activist, **Rick Steves**, said he was asked, "Why are you into this?" Rick responded, "I'm in this, I guess, it's because I'm a travel writer and for me "high" is a place. . . It's a place and if I want to go there I should be able to go there and if the government says I can't, there better be a good reason.

**Ira Glasser**, President of the Drug Policy Alliance and former longtime executive director of the American Civil Liberties Union (ACLU), gave a rousing, thought-provoking speech. Glasser describes the inherently multi-generational nature of movements for social justice. With every victory there are inevitable setbacks, yet with every defeat there are fresh opportunities: "You don't ever get to win -- you only get to fight."

You don't get to win - you only get to fight.



**Ira Glasser**

He likened the effort as a marathon race, which is also a relay race. You pick up the torch and do what you can do to advance the cause and when the time comes, you passed the torch on to the next runner, who does what they can

Those of us who have been coming to these events for 20 or 30 years welcomed the opportunity to hug and catch up with old friends. There was also time taken to remember and celebrate the lives and actions of those who have passed. In ways it felt like a family reunion.



Robert Raich &  
Michelle Aldridge



Conference Rally  
Karen & Howard  
Wooldridge



Mikki Noris, Sandee, Chris Conrad

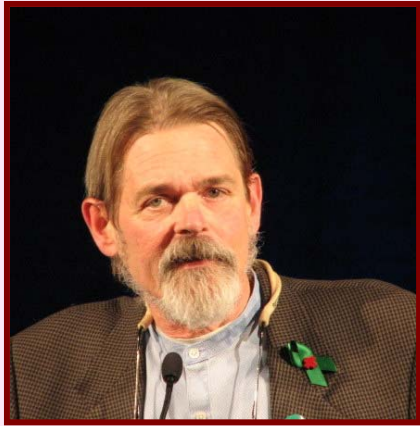


Sandee, Dale Geiringer, Elvy Mussika



Connie Ramsey, Trish Taylor, Sandee & Jenny Burbank & Karen Wooldridge

**In 1997 Sandee Burbank was awarded the Robert C. Randall Award for Achievement in the Field of Citizen Action**



Dale Gieringer



Dorsey Nunn

The 2011 award went to a long time friend and colleague, **Dale Gieringer**, State Director, California NORML and **Dorsey Nunn**, Executive Director of Legal Services, Prisoners with Children.



Sandee Burbank and Dale Gieringer



Earth & Fire Erowid,  
Jennifer Burbank

MAMA had many times referred people to the EROWID web site, <http://www.erowid.org/> an online library containing tens of thousands of pages of information about psychoactive drugs, plants and chemicals.

At this conference the **Dr. Andrew Weil Award for Achievement in the Field of Drug Education**

was awarded to  
**Fire and Earth Erowid**,  
Co-Founders, EROWID Center

## It's Time to End the War on Drugs

Posted By Gov. Gary Johnson On January 16, 2012 @ 4:32 am

<http://biggovernment.com/gjohnson/2012/01/16/its-time-to-end-the-war-on-drugs/>

“As President I will stop one of the biggest wastes and frauds ever perpetrated on the American people – the trillion dollar war on drugs...”

## Petition to Feds to Reschedule Marijuana

By the end of December 2011 four governors have signed a petition asking the U.S. Drug Enforcement Administration to conduct a new scientific review of cannabis research asking for a federal rescheduling of cannabis.

First Washington State Governor, Christine Gregoire, and Rhode Island Governor, Lincoln Chafee, submitted the petition. They were joined by Colorado Governor, John Hickenlooper's administration. Now Vermont Governor, Peter Shumlin was the latest to add his signature.

For Oregonians, notably missing is the signature of Oregon's Governor, John Kitzhaber. If you would like to see him sign this petition **you** may let him know by contacting him.

### Mail

Governor Kitzhaber State Capitol  
900 Court Street Salem, Oregon 97301-4047

### Phone

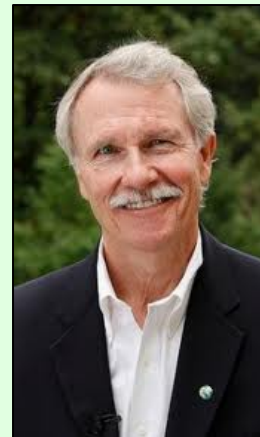
Governor's Citizens' Representative Message Line  
503-378-4582

### Fax

503-378-6827

You may also contact him through email by going to

<http://governor.oregon.gov/Gov/contact.shtml>



**Governor Kitzhaber**  
**Will you sign the petition?**

# Oregon Citizen Initiative - OMPI

**Amends Constitution: Allows adult marijuana use, possession, production, except actions endangering children, public safety; state may regulate**

## **Result of "Yes" Vote:**

**"Yes" vote amends constitution, allows adult (21 and older) marijuana use, possession, and production; except actions that endanger children or public safety; state may regulate.**

## **Result of "No" Vote**

**"No" vote retains laws prohibiting possession, manufacture, delivery of marijuana, except when used under the Oregon medical Marijuana Act to treat a "debilitating medical condition."**

Summary: Under current Oregon law, possession, manufacture or delivery of more than one ounce of marijuana, possession or delivery of less than an ounce within 1,000 feet of a school, are criminal offenses; possession of less than one ounce, or delivery of less than 5 grams, of marijuana are violations; Oregon Medical Marijuana Act regulates use, possession and cultivation of specified amounts of marijuana for treatment of a "debilitating medical condition" (defined). Measure amends Oregon Constitution, allowing use, possession and production of marijuana by adults (21 and older), except for actions that endanger minors or public safety; state may enact laws and regulations consistent with amendment to reasonably define, limit and regulate the use, possession, production, sale or taxation; effective six months after enactment. other provisions.

**Chief Petitioner: Robert W. Wolfe**, 420 NW 11th Ave. Unit 607, Portland, OR 97209.

The required number of signatures for placement on the 2012 general election ballot is **116,284**.

These signatures shall be filed in this office not later than **July 6, 2012**.

**For petitions or to offer to help with petitioning contact:  
Mike Grigsby at 503-206-9088 or [mikeyboypd@gmail.com](mailto:mikeyboypd@gmail.com)**

**MAMA will be participating in Patients Out of Time's**

**The Seventh National Clinical Conference on Cannabis Therapeutics**

**April 26-28 2012, in Tucson, Arizona.**

***The Endocannabinoid System: Clinical Implications for Health Care***

To find out more or register for the conference go to: [www.medicalcannabis.com](http://www.medicalcannabis.com)

**Continuing Education Credits Available through the University of California's Office of Continuing Education**

**[434-263-4484 Pulmonary Study - JAMA](http://www.jama.ama-assn.org/content/307/2/173.short)** \_ Saturday, 14 January 2012 07:01

**EVIDENCE-BASED SCIENCE: RELATIVE RISKS OF SMOKING CANNABIS**

**"OCCASIONAL AND LOW CUMULATIVE MARIJUANA USE WAS NOT ASSOCIATED WITH ADVERSE EFFECTS ON PULMONARY FUNCTION." –**

That is the conclusion of a 20 year longitudinal study of more than 5000 men and women by NIH researchers just published in the Journal of the American Medical Association:

**[Association Between Marijuana Exposure and Pulmonary Function Over 20 Years - http://jama.ama-assn.org/content/307/2/173.short](http://jama.ama-assn.org/content/307/2/173.short)**

Patients Out of Time has previously highlighted similar results from the leading pulmonary research on the long term effects of smoking cannabis.

# patient Input

Please, tell us about yourself.

Why would people go to the trouble and expense of registering for the use of medical marijuana?

More often than not it is older patients, who have access to pharmaceutical drugs that will often be paid for by insurance.

These patients prefer the therapeutic effects of cannabis, which they often can't experience by using pharmaceutical drugs. Many do not want to be subjected to the side effects of the other available drugs.

We would love to hear your experience and will respect those who want to remain anonymous. Write to Sandee at

[mama@mamas.org](mailto:mama@mamas.org)

Or send a letter to  
Sandee Burbank  
2255 State Road  
Mosier, OR 97040

# Dramatic rise in deaths caused by prescription drugs

The **National Center for Health Statistics** reports that nearly all poisoning deaths in the United States are attributed to drugs. Most drug poisonings result from the misuse and abuse of prescription and illegal drugs. Misuse and abuse of prescription deaths is causing the upward growth.

The number of deaths from painkillers (such as morphine, hydrocodone and oxycodone) rose from 4,000 per year in 1999 to 14,800 in 2008.

Adverse effects of legal drugs taken in the proper doses and as directed were not included in this analysis.

For more information see:  
<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5605a1.htm>