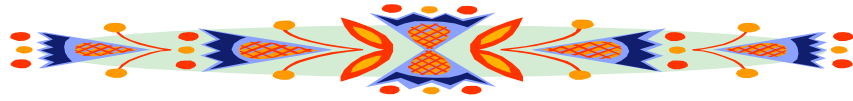


Newsletter
December 2008
&
January 2009



MAMA opens another office in

The Dalles

We are happy to announce that MAMA is opening a new office in The Dalles, OR.

Starting Monday, January 5th 2009

MAMA's Office in The Dalles

will be staffed Mon - Friday (10AM to 4 PM).

**502 Washington - Suite 203
(4th and Washington)
The Dalles, OR 97058**

541-298-4202

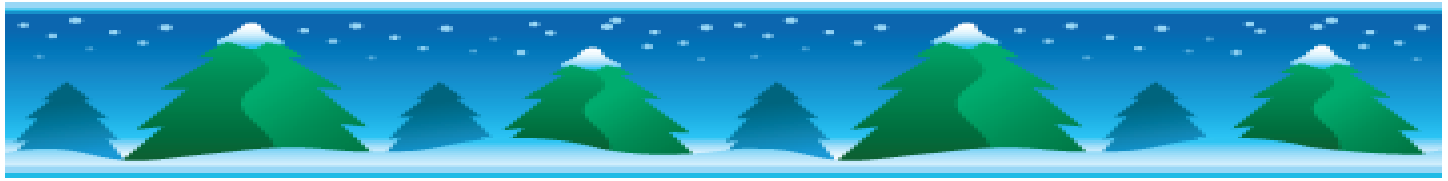
clinicTD@mamas.org

Although we won't be open in The Dalles to the public until January 5th, we will hold a Clinic in The Dalles on Wednesday, December 17th.

All arrangements for this clinic must be made through the

Portland office.

**503-233-4202
ClinicPDX@mamas.org**



See following
pages for details

December 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 <u>**Class</u> Joy of Life 1	4	5 75 th Anniversary End of Alcohol Prohibition	6
7	8	9 <u>**Class</u> Chocolate Making	10 <u>**Class</u> Joy of Life 1	11	12 Office Closed Early at 3 PM	13 PDX Family Social
14	15 <u>Meeting</u> ACMM <u>**Class</u> Harm Reduction	16 <u>**Class</u> Bubble <u>Meeting</u> Governor's Council on Alcohol & Drugs	17 <u>**Class</u> Joy of Life 2	18 <u>**Class</u> Preparations	19 Bend Card Holder Only Social	20
21	22	23	24	25 Office Closed	26 Office Closed	27
28	29	30	31	Jan 1 Office Closed	Jan 2 Office Closed	

Portland

clinicPDX@mamas.org

503-233-4202

December Classes

For OMMP Cardholders ONLY

RESERVATIONS REQUIRED

The Dalles

clinicTD@mamas.org

541-298-4202

"Harm Reduction Techniques"

Overview of the various techniques of using medicinal cannabis.

Monday - 4 PM Dec. 15th

"Joy of Life 1" (Beginning Class)

Get your fingers in the dirt and learn to make your own healthy rooted clones. Organic, dirt.

Wednesdays - 4:20 PM Dec. 3rd & 10th



"Joy of Life 2" (Advanced Class)

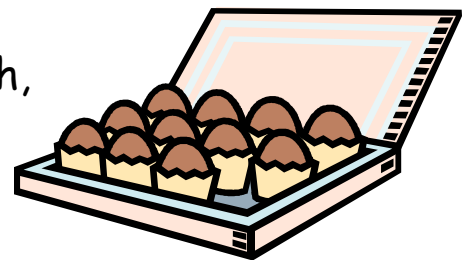
After your cuttings are rooted, learn what comes next.

Wednesday - 4:20 PM Dec. 17th

"Chocolate Making Class"

Learn how to make perfect, melt-in-your-mouth, chocolate truffles, taught by a professional chocolate maker. This class fills up fast.

Tuesday - 4:20 PM Dec. 9th



"Preparations Class"

Learn about making glycerin and alcohol tincture, butter and oil; expand your medicinal uses.

Thursday - 4:20 PM Dec. 18th

"Bubble Class"

Various methods of gleaning medicine from waste, using water and ice.

Tuesday - 4:20 PM Dec. 16th



A Rational Approach
to Drugs
www.mamas.org

December 2008 Schedule of Events

Saturday, December 13th

4:20 PM – 7:30 PM

Family Event - Cookie Exchange

**Bring 2 dozen cookies,
eat some and take some home.**

PORTLAND - MAMA Office
5217 SE 28th Ave.



Monday, December 15th MEETING

10:00 AM–2:30 PM

Advisory Committee on Medical Marijuana (ACMM)

Portland State Office Building
800 NE Oregon St. - Room 1E

PORTLAND

Tuesday, December 16^h MEETING

9:30 AM–3:30 PM

Governor's Council on Alcohol and Drugs

Meeting and Awards Ceremony

DPPSST - 4190 Aumsville Highway-Hall of Heroes

SALEM

Friday, December 19th

4:20 PM – 7:30 PM

'White Elephant' Gift Exchange and Pot Luck.

BEND - Cardholders Only

Bend Community Center - 1036 NE 5th St
MAMA will provide beverages.



Portland 503-233-4202
 clinicPDX@mamas.org



The Dalles 541-298-4202
 clinicTD@mamas.org

JANUARY 2009

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 OFFICE CLOSED	2 OFFICE CLOSED	3
4	5 The Dalles MAMA Office Staffed	6	7 <u>Class PDX</u> Joy of Life 1	8	9	10 Grand Opening MAMA Clinic The Dalles
11	12	13 <u>Class PDX</u> Bubble	14 <u>Class PDX</u> Joy of Life 1	15 <u>Class TD</u> Joy of Life 1	16	17 Cardholder Social Portland
18	19	20	21 <u>Class PDX</u> Joy of Life 1	22 <u>Class PDX</u> Preparations <u>Class TD</u> Joy of Life 1	23 <u>Class PDX</u> Chocolate	24
25	26 <u>Class PDX</u> Harm Reduction ----- ACMM Meeting Portland	27 Gov's Council on Alcohol & Drugs Salem	28 <u>Class PDX</u> Joy of Life 2	29 <u>Class TD</u> Joy of Life 2	30	31

You can find out who your legislators are by going to
<http://www.leg.state.or.us/findlegsltr/>

Portland

clinicPDX@mamas.org

503-233-4202

January Classes

For OMMP Cardholders ONLY

RESERVATIONS REQUIRED

The Dalles

clinicTD@mamas.org

541-298-4202

"Joy of Life" 1 (Beginning Class)

Get your fingers in the dirt and learn to make your own healthy rooted clones. Organic, dirt.

PDX Wed - 4:20 PM Jan 7th, 14th & 21st

TD Thurs - 4:20 PM Jan 15th & 22nd



"Joy of Life 2" (Advanced Class)

After your cuttings are rooted, learn what comes next.

PDX Wed - 4:20 PM - Jan. 28th

TD Thurs - 4:20 PM - Jan. 29th

"Preparations Class"

Learn about making glycerin and alcohol tincture, butter and oil; expand your medicinal uses.

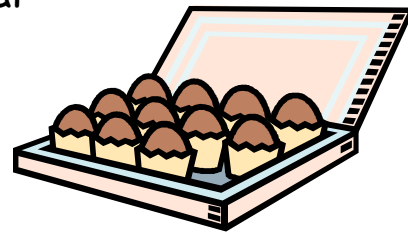
PDX Thur - 4:20 PM Jan 22nd



"Chocolate Making Class"

Learn how to make perfect, melt-in-your-mouth, chocolate truffles, taught by a professional chocolate maker. This class fills up fast.

PDX Tues - 4:20 PM Jan. 23rd



"Bubble Class"

Various methods of gleaning medicine from waste, using water and ice.

PDX Tues - 4:20 PM Jan 13th

"Harm Reduction Techniques"

Overview of the various techniques of using medicinal cannabis.

PDX Mon - 4 PM Jan 26th



A Rational Approach
to Drugs
www.mamas.org

January 2009 Schedule of Events



Saturday, January 10th

11 AM to 4 PM

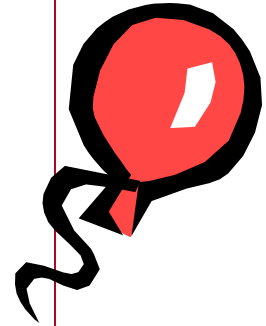
The Dalles Office

Grand Opening

502 Washington - Suite 203

The Dalles

Cake will be served



Saturday, January 17th

4:20 PM – 7:30 PM

Cardholder's Pot Luck

MAMA Office - **Portland**

5217 SE 28th Ave.

Suggested Donation \$3

Monday, January 26th

10 AM - 2:30 PM

Advisory Committee on Medical Marijuana

Portland State Office Building

800 NE Oregon Street Room - 1A

****Portland**, OR. 97232**

Tuesday, January 27th

9:30 AM-3:30 PM

Governor's Council on

Alcohol & Drugs

Public Utility Commission 550

Capitol Street, NE, 2nd Floor Hearing

Room - **Salem**



HEALTH WATCH!



Article submitted by:
Christine McGarvin, MSSW

“Good Fats and Bad Fats”

During a visit to your doctor you are told that your **cholesterol** levels are too high. Or maybe your doctor told you that your **HDL** to **LDL** ratio is unhealthy. We've heard how bad **hydrogenated** and **trans fats** are for us when eaten. And we all know **partially-hydrogenated** fats are the worst! Our physicians tell us to stay away from **saturated fats** so we might think **unsaturated** fats are good for us. Nutritionists encourage us to eat more **essential** fats. In his book **Honest Nutrition**, Ira Edwards points out that one of the most prevailing health myths in our society is “that heart disease can be prevented by avoiding saturated fats or by lowering cholesterol.” How fats fit into the world of good nutrition seems very complicated. We want to cut out the bad fats and increase the good fats to make our diets healthier. But what are good fats? What kind of fats contribute to a healthy heart?

None of us can deny the negative impact food advertising has on our health when companies and corporations highlight specific words or phrases like “fat free” or “low fat” to encourage us to buy their products. Lately the word “**omega**” stands out as the new solution to cardiovascular disease, high blood pressure, and atherosclerosis. We've heard that omegas are “essential” but what does that mean? Omega-3 and omega-6 fats are considered “essential” because the body cannot make them from other nutrients. **Omega-3 fats fight inflammation**. According to Edwards, lack of omega-3 fats in our diets is one of the main causes of chronic disease.

continued

continued

“Good Fats and Bad Fats”

Omega-3 fats come from seeds like flax and hemp, green leafy vegetables, walnuts, wheat germ, and fish oil. Heat, light, and oxygen damage omega-3 fats so uncooked and so refrigerated oil is best.

Canola oil isn't the best source of omega-3 because it goes rancid easily. Hemp oil is an excellent source of omega-3 fats. Hemp and fish oils have proved “to be preventative and beneficial for numerous diseases.”

Flaxseeds ground in a coffee grinder and sprinkled on cooked foods and salads or added to fruit smoothies are probably the most inexpensive source of omega-3 fats you can get. Before factory farming became prevalent, you could get omega-3 fats from grass fed cows. Now that most of our animal food supply is fed with grains and hormones, meat, eggs, and milk contain almost no omega-3 fats.

Omega-6 fats are abundant in most vegetable oils. Omega-6 fats are considered “essential” but when **too much omega-6 fats** are eaten they actually **cause inflammation, deplete HDL** (high density lipoproteins that contribute to good cholesterol) **and nourish tumor cells**. While we do need a small amount of omega-6 it is unlikely that anyone who eats a wide variety of foods will suffer from too little omega-6 in their diet. On the contrary – **too much omega-6 fats in the diet foster chronic disease and make cancer grow faster**. Cell membranes need omega-3, but an omega-6 molecule is a similar enough substitute that it often crowds out what little omega-3 we have stored in our bodies. Thus unhealthy omega-6 fats replace and reduce vital omega-3 fats.

Good food is essential to good health. Omega-3s are good fats. Trans fats, omega-6 fats, and rancid and burnt fats are bad – they all produce inflammation. You can help prevent heart attacks and strokes by eating a wide variety of foods containing omega-3 fats. Let your doctor keep track of your ratio of HDL to LDL and total cholesterol level. Your doctor can focus on the more complicated aspects of good and bad fats. Now that you know what good fats are, keep it simple. Make it easy on yourself and focus on getting more omega-3 fats in your diet and try to reduce your intake of omega-6 fats for optimal health.

Source: ***Honest Nutrition*** by Ira Edwards, 2006.



MAMA's WISH LIST

Thank you to all who have helped us in so many ways. So much of what MAMA is able to accomplish is due to the compassion and support of our community. Whether through the donation of needed items, cash or time, it all adds up to improved service.

With the opening of a MAMA Office in The Dalles, we are in need of many items to help furnish it. We appreciate any donations or tips of affordably priced items.

There are some items we always need

Tincture bottles * Hand Towels

Spray bottles * $\frac{1}{2}$ Pint & Pint Jars w/ Lids

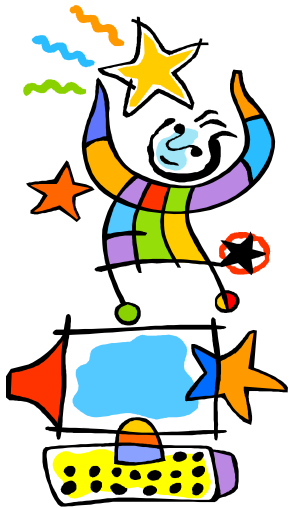
What's needed to furnish MAMA's Office in The Dalles

6-8 matching reception room chairs * 2 computers desks
 Paper Shredder * 3 End tables * Locking file cabinets
 2-Flat screen computer monitors * 3 Office chairs
 Floor lamps * Paper cutter * 2 Desk lights
 Vacuum cleaner * Artwork * Staple * Copy machine
 Book cases * LazerJet Printer * Massage Table

Portland	503-233-4202	ClinicPDX@mamas.org
The Dalles	541-298-1031	ClinicTD@mamas.org

Remember All Donations are 100% tax deductible.

PDX Computer Services



Mark Miller

Trusted

&

Patient
Friendly

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And get 10% off your
Holiday order.

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- Unique Marbles



**Ad space starts
as low as \$25**

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**This newsletter goes out
4 times a year to our
direct mailing list of
over 3,000 MAMA
members and
cardholders. Ads are
also featured on**

**MAMA's website:
www.mamas.org**

**For more information
call 503-233-4202**



A Call to Action

As participants in the Oregon Medical Marijuana Program, most of us have had first-hand experience with the political ups and downs associated with such a progressive social program.

by Amelia Schlusser

The OMMP is not without its opponents, as we well know, and there have been many instances in the past decade when patients have had to stand up and fight for their right to legally use their medicine. Unfortunately, it appears that now is one of those times.

The OMMP is currently under attack from Oregon's conservative business lobbying organization, Associated Oregon Industries. AOI, in partnership with its offshoot organization, Oregon Employer Drug-Free Initiative, has publicly announced that one of its premier goals on its 2009 legislative agenda is to eliminate any and all legal requirements for employers to accommodate medical marijuana patients in their workforces. This group wants to give employers the right to fire any employees who test positive for cannabis, regardless of whether or not the employee in question is a legal medical cannabis user, and regardless of when and where said cannabis use occurred. This proposed policy is in blatant conflict with the Americans with Disabilities Act, a fact which AOI is both aware of and unconcerned with.

In addition to giving employers the right to fire any medical cannabis users under their employment, AOI's proposed legislation would require any employee who obtains a medical marijuana card to immediately notify their employer of their OMMP status. This is in violation of Federal HIPAA laws. According to the group's legislative agenda, they also aim to "Amend Workers Compensation law to make it clear that failing a drug test establishes a rebuttable presumption that a worker's consumption was a major contributing cause of [a workplace] accident." Interestingly, Oregon's rate of workplace accidents has decreased every year that the Oregon Medical Marijuana Program has been in existence. Clearly, the OMMP is not responsible for a decrease in workplace safety.

Associated Oregon Industries objectives are clear- they want to make it more difficult for employers to hire and easier for employers to fire cardholding Oregonians. In order to meet these objectives, they have **continued**

continued

A Call to Action

undertaken an extensive lobbying effort in an attempt to buy off Oregon lawmakers. According to a December 10th article in the Willamette Week, AOI has contributed \$16,000 to Oregon's incoming Speaker of the House, Democrat Dave Hunt of Gladstone. AOI's generous contributions have clearly persuaded Rep. Hunt to introduce the business group's discriminatory legislation in Oregon's 2009 session; Hunt's spokesman, Geoff Sugerman, told the Willamette Week that "we are confident that we'll pass the bill in both chambers this session."

This level of confidence can only mean one thing- that AOI has already been hard at work persuading other Oregon lawmakers to support their legislation. As participants in this program, we must act quickly to ensure that our representatives and State senators remember who they're working for. AOI represents businesses from all over the state; fortunately, corporations do not have the right to vote in Oregon elections. The Oregon Medical Marijuana Program has more than 20,000 registered patients, most of whom can legally vote in State elections. If these 20,000 Oregonians lose their rights to employment, it will not only negatively affect the patients themselves- it will negatively affect their families, their friends, and their communities as a whole. If patients are unable to support themselves and their families, they will be forced to look to the state for financial assistance. This will put a strain on all Oregon taxpayers. If this legislation actually passes through the legislature, Oregon's lawmakers will find themselves facing an overwhelming number of angry constituents. Since MAMA supports access to medical cannabis, it is our responsibility to bring this undesirable issue to the attention of patients, as a negative outcome is highly likely unless patients take action. Contact your representatives and local senators. Tell them that you support Oregon Medical Marijuana Patients' rights to be employed. Let them know that if job safety is a concern, then impairment testing for employees in safety-sensitive positions is an inexpensive and effective means of increasing safety in the workplace. Firing competent, capable employees on the singular grounds that they are participants in a legal, state-organized medical program will inevitably hurt patients, their communities, and Oregon as a whole.

Please contact your legislators today. Your job may depend on it.



Sandee Burbank
Executive Director

Looks like 2009 is the time

It's been quite an exciting year!

MAMA expanded clinic services to Bend and The Dalles and now mails directly to over 3,000 patients and MAMA members each month. We have watched the cardholder network grow to help to support new patients in getting established.

The OMMP passed 10 years ago and now over 22,000 patients are legally benefiting from the relief that cannabis provides. Through exposure to patients, healthcare professionals, law enforcement, regular citizens and patients' friends and relatives are becoming informed and learning the truth about the benefits of this cannabis, and they resent that once again they've being mislead. Public opinion is on our side, but still the drug war goes on.

Hopefully, with the new administration, we will see an end to federal interference with Oregon's state laws. Even more hopefully perhaps there will be sanity about cannabis – which, if it were up to me, would not be scheduled all, but treated it as the herb it is, with lots of education.

You have heard about the way other patients and I were treated at a Chamber of Commerce meeting in Albany in October. Although we had paid in advance, we were refused entrance to a meeting where there was to be discussion of legislative ways to attack the OMMP. One of my friends, a grandmother, who is in constant pain due to losing her arm in an industria, was assaulted and hurt. I was frustrated, embarrassed and very angry, finding it hard to sleep for days. This Anti-OMMP effort is supported by several groups, who are using “impairment in the workplace” as a Trojan horse. It's really about supplementing the drug testing and treatment industries, **while taking down the OMMP**

“TIME” continued

"TIME" continued

They don't want us to be at meetings to expose their lies.

A concerned gentleman offered to attend these meetings, to watch my back and physically protect me. My answer to him was **YES**, I need his help and yours too. I need patients to show up at these meetings so they can see that we are not a bunch of crazy people. We are just like everyone else, but in my opinion, as a group, we're particularly wonderful. And it is our physical well being that is being threatened.

WE ARE ALL being threatened here, by those who have a big financial investment in the drug war. They want to drug test us, take our jobs, our medicine, our freedom, our possessions and our children, **but public opinion is on our side.**

You've heard before that freedom is not free. It is up to each of us to help: by volunteering time, helping with needed items or funds. Write letters, make phone calls, send emails and **most of all to be at these meetings and hearings.** Even if you don't speak up, you need to be there to watch my back because it's your back too.

The feds don't like "the permissiveness" of Oregonians and with their "moral crusade" they want to disable or terminate the OMMP law.

Can you imagine getting a letter in the mail saying that the OMMP was coming to an end? That's where it's headed if we don't take action to educate those in our state. If we don't work together, we'll lose the progress we have made. - **Sandee**

MAMA is planning an educational event in Salem and asking patients & supporters to be there. Watch for the date.

Sandee says, "We need to work together and watch each other's back. It is time to show up in force or we will lose the progress we have made."





End of year membership drive

MAMA has existed since 1982 with the support of members, who generously contributed funds, goods and their time. We are still dependent on memberships, donations and volunteers to help with our daily operation and to promote MAMA's exceptional, rational approach to drugs.

MAMA is a 501(C)3 organization and all donations are tax deductible.

Sign me up for a MAMA Annual Membership

Receive \$5 off MAMA classes and services

- ___ Basic: \$25
- ___ Supporting: \$50
- ___ Sustaining: \$120 (only \$10/month)
- ___ Benefactor: \$500

Name _____

Address _____

City _____ State _____ ZIP _____

Email _____

You will receive a monthly newsletter

Do you prefer it by _____ EMAIL or _____ POST?