

# February 2010



Mothers Against Misuse and Abuse  
Addressing the issues of substance use, misuse and abuse.

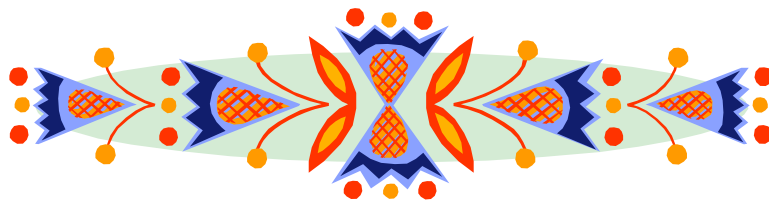
## Newsletter



Happy Valentine's Day!

## February 2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
♥	1	2	3 PDX- Joy of Life 1	4 <b>BEND Social</b> TD- Joy of Life	5	6
7	8	9	10 PDX- Joy of Life 1	11 TD- Joy of Life	12 <b>TD Social</b>	13
14 <i>Happy Valentine's Day!</i>	15	16 PDX- Bubble Class	17 PDX- Joy of Life 1 TD - OMMP Orientation	18 PDX- Chocolate TD- Joy of Life	19 <b>PDX Social</b>	20
21	22	23	24 PDX- Joy of Life 2 TD- Bubble Class	25 TD- Joy of Life	26	27
28						



See following 'Events' and 'Classes' pages for  
times and particulars.

If you would like to help with the socials or classes contact

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

# February Classes

**For OMMP Cardholders Only**

**Cost \$25**

**Reservations Required**

## The Joy of Life, Level I

Let MAMA help you get your garden started! This class teaches cardholders how to make starts from cuttings of the cannabis plant, and gives an overview of organic gardening methods that can help growers and patients grow healthy, mature plants.

Portland: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> @ 4:30

The Dalles: 11<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup> @ 2:00



## Joy of Life, Level II

Now that you've got your garden started, come explore more advanced cultivation techniques with an experienced and successful grower.

Portland: 24<sup>th</sup> @ 4:30

## OMMP Orientation

Many patients do not come through the MAMA Clinic to learn the basics of the OMMP. This class offers them a chance to learn where to get information about other drugs with which cannabis may interact, the timeline and dosages of different forms of cannabis medicine and a basic understanding of the limits of the law. Need not be a Cardholder.

The Dalles: 17<sup>th</sup> @ 2:00

## Chocolate Making

Learn how to make delicious, melt-in-your-mouth medicated chocolate truffles with our master chocolatier.

Portland: 18<sup>th</sup> @ 4:30

## Bubble Class

Learn how to glean concentrated medicine from excess plant material using this ice and water technique.

Portland: 16<sup>th</sup> @ 4:00

The Dalles: 24<sup>th</sup> @ 2:00

# February Events

MAMA invites you to join us to socialize and network.

OMMP cards  
and picture ID  
are required.



Donations are  
welcome to help  
pay expenses.

**Thursday, Feb 4th**  
**4:20 PM – 7:30 PM**

**Bend**

Bend Community Center  
1036 NE 5<sup>th</sup> St  
Cardholders Only

**Friday, Feb 19<sup>th</sup>**  
**4:30 – 6:00 PM**

**Portland**

MAMA Office  
5217 SE 28th Ave.  
Cardholders Only

**Friday, Feb 12th**  
**NOON – 2:00 PM**

**The Dalles**

319 East 7<sup>th</sup>,  
Just two blocks up the hill from the old office.

## **Advisory Committee on Medical Marijuana (ACMM)**

March 29, 2010: 10:00 am to 2:30 pm

Portland State Office Building

800 NE Oregon St

Conference Room 1E

**Portland, OR 97232**



## From my side of the mirror

By Sandee Burbank

It's still cold, rainy and blustery, but thoughts of Spring are in the air. Medical cannabis growers are already thinking about the outdoor crop and getting ready. Many with indoor gardens are aware that outdoor growers will soon need cuttings and are making as many as they are legally allowed. Outdoor growers, if they're smart, have already talked to their indoor growing friends to make arrangements to get cuttings going. That way they will be ready to plant outdoors the end of April or first of May. Those who wait too long to ask such favors will end up with a late start. There are also indoor growers who need cuttings, so if you are good at getting those babies rooted, please let us know if you have extra plants and we will alert those in need.

**I -28**

Efforts are still underway to gather enough signatures to qualify for the ballot by supporters of Initiative 28, I-28, which would allow non-profit dispensaries. The first part January they already turned in 67,000 signatures to the Secretary of State, but more are needed.

For petitions, information or to make a donation contact:  
Jim Klahr at 503-505-6218 <[madfingers88@yahoo.com](mailto:madfingers88@yahoo.com)>.

There are now 14 states access to medical cannabis nationally of legalization. this is driven by science



with laws allowing and increased talk I would like to believe and reason, but I

believe that plain old economics is what will make the difference. Not only is there money to be made from the commerce, but the amount that could be saved is even greater. No longer would we waste funds investigating, arresting, convicting, and incarcerating adults for using cannabis. Countless dollars would be saved when there would be no need to monitor the probationers and parolees or spend inadequate human resources dollars to help families of those in prisons.

It is always a good to contact your legislators, especially during the time between sessions, but the Oregon legislature is now in special session. It is not believed that there will be any bills that will affect the OMMP during the special session. MAMA will keep you informed.

You can find out who your legislators are by typing in your address at: <http://www.leg.state.or.us/findlegsltr/home.htm> Phone calls, letters and emails are a great way to tell them why the OMMP is so important to you and how it can be improved.

After years of drawing attention to the dangers of prescription and over-the-counter drugs, MAMA is encouraged by the growing awareness of risks involved in all drug use. Harsh drug side-effects, drug pricing and rising health care costs have caught peoples' attention. Increased coverage in the media is drawing attention to the problem of drugs getting into the ground water.



Drug return programs are gaining momentum.

See what Oregon is doing. [State Prescription Drug Return, Reuse and Recycling Laws:](#)

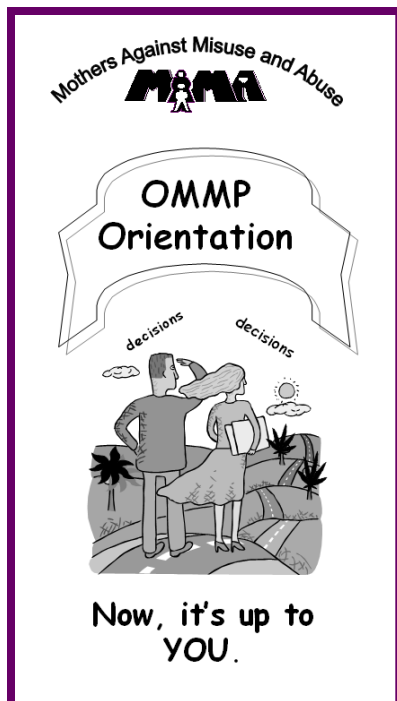
<http://www.ncsl.org/default.aspx?tabid=14425>

A growing awareness about these issues and how they affect every community is leading to more calls for reform. We encourage people to learn about and participate in local efforts.

It would be nice if the sellers of distilled spirits, wine and beer would contribute more funds to help pay for the known negative consequences of alcohol use. Alcohol is still the drug of choice for youngsters, though prescription drug use is gaining in popularity. More venues than ever make alcohol available on site, giving the impression that one can not have fun without the use of alcohol. As a culture we exhibit for youngsters, "Do what I say, not what I do."

*The Massachusetts Tobacco Cessation and Prevention Program* has committed to an effort to wean the poor off cigarettes and it is working. In November 2009 Massachusetts reported that smoking rates among beneficiaries in its MassHealth program plunged by 26 percent in the first two and a half years after the state began providing coverage of smoking cessation in July 2006. In too many states, including Oregon, the tobacco settlement money, intended to help people quit smoking, is being used for basic services instead.

In November 2009 the American Medical Association announced it has changed its long held policy that cannabis is not medicine. The AMA's new position is to promote clinical research and development of cannabis-based medicines and alternative delivery methods. This may lead to a change in attitude by Oregon doctors and nurses.



## OMMP Orientation Class

Patients coming through the MAMA Clinic get this education at the time of the appointment. Others, whose personal doctor signed for them or who went to another clinic, may not have this information. This class provides help understanding how to fill out the application form and what to do with it once it is signed by the doctor. Know if cannabis can interacted with other drugs you are taking. Learn of the different forms of cannabis medicines and their onset and duration. Become familiar with the rules so that you can stay in compliance.

**Reservations required, but you needn't be an OMMP Cardholder to come to this class.**

There is already a "MAMA Wish List" of items we need, and many of you have been very generous. MAMA depends on the help of volunteers, so we are starting a "Help Wanted List". We have many chores and I know there are those of you who have the time, talent and inclination to assist us. Recently we welcomed the skills of a plumber, carpenter, painter, decorator, movers, cleaners and more, as we moved into our new location in The Dalles.

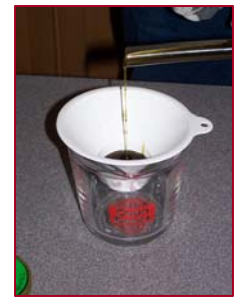
### Oil Capsules



### Butter



### Glycerin Tincture



## Classes

### Making Babies



### A Ziplock Terrium



MAMA is truly grateful to those who have taken on the responsibility of teaching classes, which requires a monthly, or even a weekly commitment. Hugo, AJ, and Wayne have been doing this for a year or more. With so much to learn and so many new patients, we need teachers for a variety of classes. If you have ideas for a class, or would like to assume the responsibility for one in Portland or The Dalles, contact me at [Mama@mamas.org](mailto:Mama@mamas.org).

I'll be here next month commenting from  
My Side of the Mirror. ~ Sandee

# MAMA's Wish List

Thank you to all who have helped us in so many ways. 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.



## These items are needed in both

### The Dalles and Portland

Tincture bottles \* Spray bottles

½ Pint & Pint Jars w/Lids \* Disinfectant Wipes

Blue Ballpoint Pens \* Permanent Markers \* Copy Paper

Items for MAMA raffles

### Needed in The Dalles

Area Rugs \* Electric Kitchen Stove

Small Step-Stool \* Carpet Sweeper \* Artwork

Bagless Vacuum Cleaner \* B & W LaserJet Printer

LCD Projector \* Floor Lamps \* Craft or Art Supplies

Serving Dishes \* Small refrigerator \* Floor mats

### Needed in Portland

Carpet Sweeper \* Artwork

Remember All Donations are 100% tax deductible.

# MAMA's Help Wanted List

For decades MAMA has depended on volunteers to help provide education, recreation and socialization for our members. We need help in both the Portland area and The Dalles to identifying a location(s) where we can have larger social and educational events. Any location has to be handicapped accessible and have adequate parking.

If you know of such a place, please contact

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

## Help needed in The Dalles

### Teaching Classes

Help with parking lot - needs gravel

Planning and Implementing socials

## Help needed in Portland

### Teaching Classes

Help taking yard debris to recycle

Taking old phone books to recycle

Help with landscaping in Portland backyard

Volunteer Coordinator

Planning and Implementing socials

Remember All Donations are 100% tax deductible.