



Winter 2011

**MAMA
Newsletter**

January 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
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2	3	4	5 <i>Joy of Life 1</i> <i>PDX</i>	6 <i>Joy of Life</i> <i>TD</i> <i>Preparations</i> <i>PDX</i>	7	8
9	10	11 <i>Bubble Class-</i> <i>PDX</i>	12 <i>Joy of Life 1</i> <i>PDX</i>	13 <i>Preparations</i> <i>TD</i>	14	15
16	17	18	19 <i>Bubble Class-</i> <i>TD</i> <i>Joy of Life 1</i> <i>PDX</i>	20 <i>Joy of Life</i> <i>TD</i> <i>Preparations</i> <i>PDX</i>	21	22
23	24	25	26 <i>Joy of Life 2</i> <i>PDX</i>	27	28	29
30	31					

February 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 <i>Joy of Life 1</i> PDX	3 <i>Joy of Life 1</i> <i>TD</i> Preparations- PDX	4 Bend Social Grand Opening	5
6	7	8 Bubble Class- PDX	9 <i>Joy of Life 1</i> PDX	10 <i>Preparations-</i> <i>TD</i>	11 <i>TD</i> Valentine Social	12 PDX Valentine Social
13	14	15	16 <i>Joy of Life 1</i> PDX <i>Bubble Class-</i> <i>TD</i>	17 <i>Joy of Life 2</i> <i>TD</i> Preparations- PDX	18	19
20	21	22	23 <i>Joy of Life 1</i> PDX	24	25	26
27	28					

March 2011

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 <i>Joy of Life 1 PDX</i>	3 <i>Joy of Life 1 TD Preparations - PDX</i>	4	5 <i>Mardi Gras Party The Dalles</i>
6	7	8 <i>Bubble Class - PDX</i>	9 <i>Joy of Life 1 PDX</i>	10 <i>Preparations - TD</i>	11 <i>Bend Social ----- Portland Presentation</i>	12
13	14	15	16 <i>Joy of Life 1 PDX Bubble Class- TD</i>	17 <i>Joy of Life 1 TD Preparations- PDX</i>	18	19
20	21	22	23 <i>Joy of Life 1 PDX</i>	24	25	26
27	28	29	30 <i>Joy of Life 2 PDX</i>	31 <i>Joy of Life 2 TD</i>		

Classes \$25
Cardholders Only
Reservations Required

The Joy of Life, Level One

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.

PDX: Weekly on Wednesdays @ 4:30 pm
The Dalles: 1st Thursday @ 3:00 pm



Joy of Life, Level Two

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

PDX: Last Wednesday @ 4:30 pm
The Dalles: 3rd Thursday @ 3:00 pm

Bubble Class



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

PDX: Second Tuesday @ 4:00 pm
T.D.: Third Wednesday @ 2:00 pm

Preparations Classes



Expand your medicinal uses. Learn about making *Glycerin and Alcohol tincture*, cooking with *Butter and Oil* and *Topical Applications*.

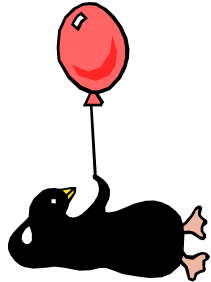
PDX Class at 4:20 pm
1-6-11 Tinctures and their uses
1-20-11 Edibles, using butter and oil
2-3-11 Topicals, using oils and tinctures

The Dalles Classes at 2:00 pm
1-13-11 Topicals, using oils and tinctures
2-10-11 Edibles, using butter and oil
3-10-11 Tinctures and their uses

Bend

Friday, February 4th
(1 to 4 pm)

Open House for
MAMA's Bend Clinic
Open to Public



MAMA Office
454 NE Revere Ave

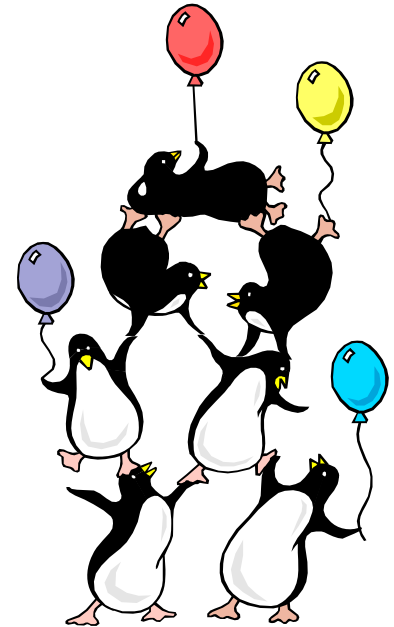
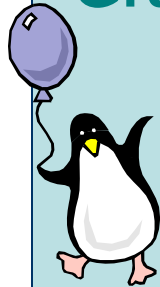
503-974-1219

Friday, February 4th
(4 to 7 pm)

Grand Opening of
MAMA's Place

Pot Luck

OMMP Cardholders Only



Friday, March 11th
(4 to 7 pm)

MAMA's Place

Pot Luck Social
for MAMA Members

OMMP Cardholders Only



Portland



Saturday, February 12th
(1 to 4 pm)

Valentine Social

OMMP Cardholders Only
5217 SE 28th Avenue
Portland



www.mamas.org 503-233-4202

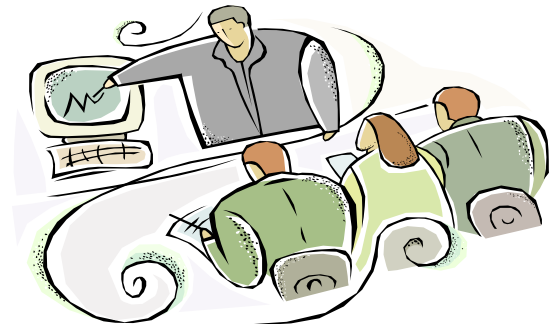
FREE

Friday, March 11th
(6:30 to 8 pm)

“Cannabis Medicine Works- Understanding the Science”

Presentation by Wayne Haythorn

Portland Community College
SE 82nd & Division



The Dalles

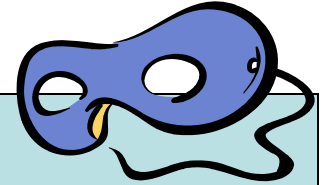
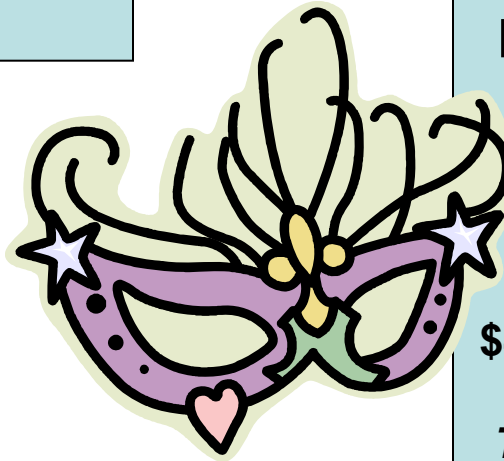
Friday, February 11th

(noon to 2 pm)

MAMA Pot Luck

319 East 7th Street

The Dalles



Sat, March 5th

(4:20 pm)

Mardi Gras Party & Dinner

Prime Rib & Salmon

OMMP Cardholders Only

\$45 - Advanced Payment Required

The Dalles location revealed with ticket purchase. Limited seating.

Buy your ticket early to ensure entry.

www.mamas.org

clinic@mamas.org

541-298-4202

The Dalles



Friday, February 11th
(noon to 2 pm)

MAMA Pot Luck

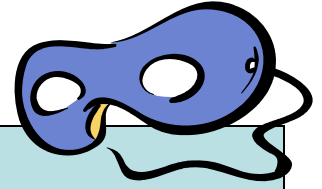
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The Dalles



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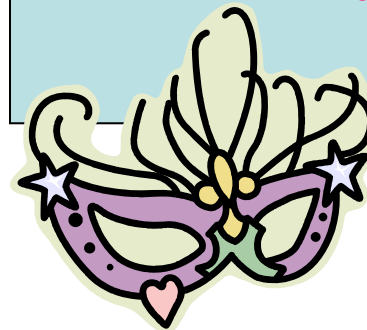
Prime Rib & Salmon

OMMP Cardholders Only

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to ensure entry.*



The Dalles



Sat, March 5th (Start 4:20 pm)

Mardi Gras Party & Dinner

Prime Rib & Salmon

OMMP Cardholders Only

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541-298-4202

Buy your ticket early to ensure entry.

CUT
HERE

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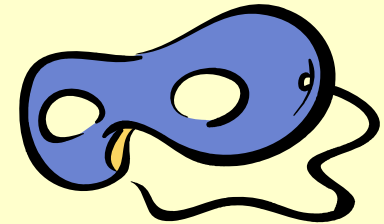
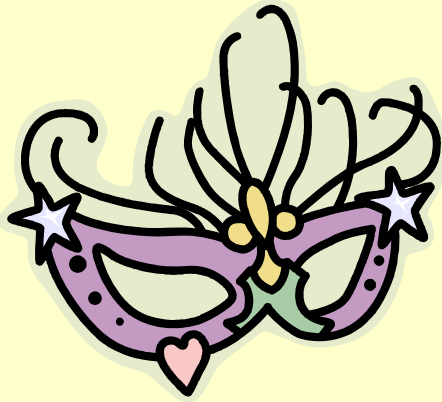
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OMMP Cardholders Only

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(Start 4:20 pm)



Prime Rib & Salmon


\$45 - Advanced Payment Required

The Dalles location revealed with ticket purchase.

541-298-4202

Limited seating

Buy your ticket early to ensure entry.



**Advisory Committee on Medical
Marijuana ACMM**
December 13, 2010
Keizer, OR

The ACMM met for its quarterly meeting in Keizer on December 13th. The ACMM was established with the passing of Senate Bill 1085 on 1/1/2006. Their mission is to advise the Administration of the OMMP on the administrative aspects, to review current and proposed administrative rules and provide input on fee structure.

Administration Report:

Current OMMP statistics as of 12-13-10:

- 49,007 patients
- Currently over 90,000 persons in data base (patient, caregiver, and growers)
- 3,518 MD's recommending OMMP for patients (up 157 since September)
- OMMP staff grew from 27 employees to 28 since Sept. 2010
- OMMP will soon institute a new Registry Computer System since "old data system is unsupportable due to growth of data base, steady increase in work load and inability to respond to law enforcement quickly."
- There is a \$10 fee for a *replacement* card.
- A Patient may make two total changes to a caregiver, grower or grow site per application year (from the date the application is received to the date the card expires) without being charged a fee.

- Changes to a mailing address will not be assessed a fee. Adding a caregiver prior to the cards being issues will not be assessed a fee.
- After the third change, a patient will be assessed a fee of \$10 per change request form received.
- If the Caregiver requests that he/she be removed, the change will be made immediately and the patient will be notified.
- If the Grower request that he/she be removed, the change will be made immediately and the patient will be notified that he/she needs to designate a new grower (and grow site, if desired). No change will be made to the grow site.
- If the patient does not respond to the notification within 30 days, the OMMP will designate the patient as his/her own grower. No change will be made to the grow site.
- If the patient who the OMMP has designated as his/her own grower is already a grower for four other patients, the OMMP will notify the patient who last added him/her that he/she must designate a new grower.
- In order to qualify for an extension one needs to demonstrate some type of hardship as the reason you can't renew on time. For example: death in the family, serious financial problems, serious medical issues that prevent you

from seeing a doctor, such as being in the hospital.

- The OMMP will only accept applications that are mailed or delivered by hand.
- Dr. Grant Higginson announced that he would be stepping down as Chief Health Officer in the Spring.

Todd Dalatto introduced a legislative proposal called the Oregon Medical Cannabis Research Act (OMCRA).

You can find out more at
www.omcra.net

Outreach Committee Report

The Outreach reported on the letters they had sent out. Committee member Laird Funk reported a total of nine police officers for violations relating to Measure 74 and the November 2010 election.

ACMM meeting minutes can be found at:
<http://www.oregon.gov/DHS/ph/ommp/acmm.shtml>

The next regularly scheduled
ACMM quarterly meeting
will be in Eugene in March 2011.

Location to be announced. See:
www.oregon.gov/DHS/ph/ommp/indec.shtml

To: Members of the Oregon State Legislature
900 Court St. NE
Salem, OR 97301

I am writing on behalf of Mothers Against Misuse and Abuse (MAMA), in support of the Oregon Medical Cannabis Research Act of 2011 (OMCRA). MAMA is an Oregon based non-profit educational and service organization existing since 1982. Our award winning drug education program relies on personal responsibility and informed decision making regarding the use of drugs. See www.mamas.org for more information.

MAMA offers cannabis clinics in Portland, Bend and The Dalles and provides service to over 4,500 patients per year. Our clinics have been serving patients throughout Oregon for over six years. We specialize in helping patients understand the Oregon Medical Marijuana Program (OMMP) registration process, get necessary medical records and schedule appointments with doctors knowledgeable about cannabis therapeutics.

MAMA staff provides information from the OMMP regarding the law and explains harm reduction in the use of cannabis, including alternatives to smoking and how cannabis may interact with other medicines.

The rest is up to the patients. Because health care professionals don't have comprehensive research, patients rely on the anecdotal information they can acquire from other patients or learn through their own experience. Patients experiment with various forms of cannabis medicine (taken orally, sublingually, topically, vaporized or smoked) to find the best type of administration to meet their particular needs.

Patients report that some strains of cannabis produced the relieving effects that they sought, while other strains were not as effective. Research could determine which strains are better for certain conditions, allowing health care professionals to recommend the best strain.

The current number of plants allowed for patients is inadequate for their own experimentation with different strains, but under the OMCRA, patients can have access to samples of numerous strains through licensed researchers and under the care of health professionals. Professional plant breeders can develop strains according to patient preferences and medical research.

Since OMMP's inception we have seen an increasing number of patients choosing to use cannabis with negligible reports of negative side effects. Many patients are eager to participate in scientific research if it were allowed. Over the past ten years the Oregon Medical Marijuana Program has been repeatedly requested to allow at least a survey, but the Program's response is that they are just to administer a registry program.

With almost 50,000 patients registered in the OMMP, this excellent opportunity to gain information on this widely used medicine is wasted. The funding for this research is provided in the OMCRA and would not create a burden to taxpayers.

Please consider supporting this research and in doing so, provide health care professionals a better opportunity to assist their patients in making good choices about cannabis therapeutics.

Sincerely,
Santee Burbank, Executive Director
Mothers Against Misuse and Abuse

mama@mamas.org

<http://www.mamas.org>

I can't find a grower. Can you help me?



Everyday MAMA gets asked these questions and more. As the number registered in the Program rises, now over 49,000 patients, the shortage of access to this medicine grows. Compassionate people help as much as they can afford in time and expenses, but there is a limit to the people with the expertise and time to donate.

Now I'm legal, where can I get some medicine?



I got legal and now I can't find anyone to grow for me.

My Grower is not giving me my medicine.



And then there are those who can't register with the program because they don't have the *right* qualifying condition.

MAMA stays involved in helping to bring positive change to the plight of adults who wish legal access to cannabis. If these are issues that you care about then you need to get involved and do something.

I have PTSD. How can I get on the Program?

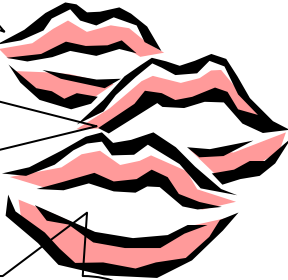
Can you help me find some marijuana?



There are so many things one can do to help make change. Phone, write letters or emails to legislators, talk to public officials, discuss it at church, talk to health care professionals you know.

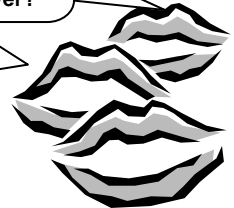
Can you help me find a grower?

Can you help me find a Grower?



Don't feel ashamed. Be proud. You are part of 50,000 people are fortunate to benefit from the medical aspects of this non toxic plant. Share this information.

Can you help me find some medical marijuana?



Can you help me find some cannabis?

Feeling generous? All donations, financial contributions and membership fees are tax-deductible. Call any of our offices to make a contribution or join MAMA today.

<http://www.mamas.org/mamamembership.htm>

This Program is incomplete!

Alcohol Worse Than Heroin

This story is about some brave physicians who are speaking up against bad drug policy, even though they face significant resistance. This story is written by John Gever, Senior Editor, *MedPage Today*.

<http://www.medpagetoday.com/Psychiatry/Addictions/23081>

The study was conducted by a British physician group "Independent Scientific Committee on Drugs (ISCD)" and is published online in the *Lancet*.

Nutt D, et al "Drug harms in the UK: a multicriteria decision analysis"

Lancet 2010; DOI:10.1016/S0140-6736(10)61462-6

According to the article, "The ISCD's analysis was based on a model that incorporates scientific data on nine types of harm to users and seven affecting others. The *user-specific harms* include mortality and injury, psychological effects such as dependence, and impacts on social functioning. *Harms to others* included physical injury plus a range of social impacts, such as crime, negative effects on family members, and economic costs."

"The present drug classification systems have little relation to the evidence of harm," Nutt and colleagues wrote. The study was funded by the *Centre for Crime and Justice Studies*.

The group was led by David J. Nutt, PhD, of Imperial College in London. Nutt was chairman of the British government's advisory committee on drug abuse. His expressed view that alcohol was more harmful than heroin ultimately led to his dismissal.

I was very happy to read his words that were published in the *New Scientist*. Nutt wrote, "If there is one thing that politicians can and should do to limit the damage caused by illegal drugs, it is to take careful note of the evidence and

develop a rational drug policy. Some politicians find it easier to ignore the evidence, and pander to public prejudice instead."

MAMA has insisted for nearly 30 years that we must judge all drugs by the same standards and develop drug policy developed on science and logic. These scientists have taken a principled stand and should be admired.

Mark Miller had a similar experience when he was the Director of the University of Oregon Drug Information Center. He presented all drug use as a process that requires careful, informed decisions using *Drug Consumer Safety* guidelines.

Miller approached all drugs with the same evaluation method. When informed about the number of deaths and harm caused by different drugs and the laws regarding these same drugs, it becomes apparent to many that our drug policy is out of kilter.

These unbiased conclusions lead some to claim Miller was promoting the use of illegal drugs. These are the same kind of people who want to claim that teaching people how to make responsible decisions about alcohol use is promoting alcohol.

Ultimately federal policy discouraged differentiation between use, misuse and abuse of drugs; that all use of an illegal drug was abuse and implied that if a drug was legal it was safe. This was the end of the line for the Drug Information Center and Miller's job with the University of Oregon.

Mr. Miller is now the Education Director for MAMA.

Drug Consumer Safety Guidelines are available at:
http://www.mamas.org/drug_education.htm

New Clinic Prices

Just as we were able to lower our prices, the OMMP has required that we do a full physical on all patients, which adds considerable time and expense. At the same time our insurance rates have risen dramatically. As a result, we regret that we have no choice but to increase our appointment prices \$10 per patient, effective immediately.

Appointments for New Patient are now \$195 and Return Patients are \$175.

As a nonprofit, we try to keep our prices as low as possible, but we also need to meet our financial obligations. Our clinic fees directly fund our clinic services with no room to spare.

Our dedication to excellence and education is unwavering and we will continue to provide this level of service at all our clinic appointments.

The Good News!

If you are a patient returning to MAMA for a renewal, you may not need to produce further medical records than those we already have. Contact our records department directly to expedite getting scheduled for an appointment. 541-298-4202 ext 314 If there is no answer, please leave a message with your name (please spell) and contact information. Or email katrina@mamas.org. We will soon contact you to verify your records and get you scheduled at the MAMA office you prefer, whether in Portland, The Dalles or Bend.

Interesting Development

Pat Robertson endorses ending Cannabis Prohibition for possession of a few ounces of cannabis

Outdoor Gardeners

Now is the time to make arrangements with indoor growing friends to get cuttings. This way the babies will be ready to move outdoors in April.



Times are changing

A court in Montana was unable to seat a panel of jurors who would convict under the state's marijuana laws.

http://www.huffingtonpost.com/2010/12/22/montana-jury-marijuana-munity_n_800074.html