

Here are some pictures of MAMA's new space in Gresham, thanks to a generous supporter, Jason. It is quite large and we will have fun fixin' it up just the way we want. Of course we need lots of help with furnishings and elbow grease, but it is going to be so GREAT to have more room for our educational and social events.

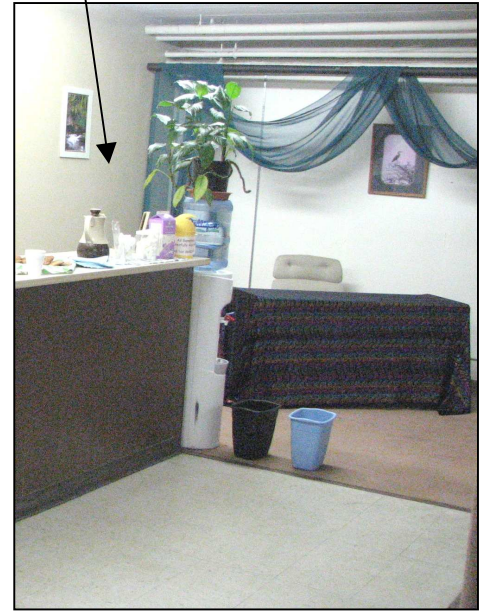
Mothers Against
 Misuse and Abuse
 5217 SE 28th Avenue
 Portland, OR 97202

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You can see the stairs in the upper left and part of the long counter. Say, "Cheese" Becky.

Coffee, water or tea?
 We're already set.



There are no windows, so we could use some lamps and nice fake plants to mix with real ones. And we need chairs, chairs, chairs. Please, see the 'Wish List' for other needs.



Can you tell there's lots of room to expand?

February 2008
MAMA
 Newsletter

MAMA Classes

**** OMMP cardholders only**

Reservations Required

Cost-\$25

**** "Harm Reduction Techniques"**

Mon - 4 PM
Feb 11th & 25th

**** "Joy of Life", (Making Cuttings)"**

Wed - 4 PM
Feb 13th, 20th & 27th

**** "Cannabis Chocolates"**

Fri - 4:20 PM
Feb 21st

**** "Cannabis Preparations"**

Thurs - 4:20 PM
Feb 28th

**** "Concentrations"**

Tuesday 4:20 PM
Feb 12th

Let Stan Chennault help you **file and pursue Social Security and VA benefits.**

MAMA Annex
Tuesday Feb 19th 4 to 6 pm
NO CHARGE

IN PROGRESS

MAMA ANNEX - GRESHAM

MAMA's 'Game Night' was held in a new location in Historic Downtown Gresham. It is in a nice area with a park across the street and many fine dining and retail locations, convenient parking and public transportation nearby.

As the demand for clinic services grows, we find ourselves needing more space for other activities. We will be developing this **LARGE** area into our main location for Social and Educational events.

We will need lots of help creating a space that we all love, so watch for future developments.

The MAMA Clinic is now scheduling for **Massage Therapy and Bowen Treatments**
CALL 503-233-4202

MAMA's WISH LIST

As we start to furnish our location in Gresham we have many needs. Hopefully you'll see something on this list that you would like to share.

Coat rack

End tables

Microwave

Coffee pot

Coffee grinder

Garbage can with lid

Flat screen monitor

Free standing shelves

Artificial plants

Folding screens

Tincture dropper bottles

Comfortable chairs

Card tables

Folding chairs



As the winter weather has set in we have some work to do in our backyard, such as the hauling of debris and plant maintenance.



If you are interested in helping, please call **503-233-4202**

MAMA's first Bend Clinic is scheduled for **Saturday February 9th.**
Bend Clinics currently scheduled monthly. 503-233-4202

February 22nd

Speaker of the Month

Alison Chinn Holcomb



Marijuana Education Project Director-
ACLU of Washington Foundation

**“Marijuana:
It’s Time for a Conversation”**

**WHEN: Friday, February 22nd
6 PM**

**WHERE: Portland Comm. College
2305 SE 83rd Avenue Tabor
Rooms 143/144**

Join us for a half-hour educational video about marijuana laws, including medical marijuana. Alison will lead us in a discussion about how all of us might best be able to use this resource to spark public conversations about our marijuana laws.

**OMMP
ALERT**



There are imminent threats to OMMP patients that require serious attention. Having lost public opinion, the feds are taking their fight against medical marijuana to employers. WorkDrugFreeOregon would have you believe that they are concerned about workplace safety, but it appears from their actions that it is mostly medical cannabis about which they are concerned. They want the right to use drug test to fire or discipline medical cannabis users if they test positive for cannabis metabolites, who work in dangerous or "safety-sensitive" jobs. We all know that positive tests do NOT mean impairment. True impairment testing does exist. Look on our website to see the attack planned for the OMMP. This issue will be part of the special session in February. Already hearings and negotiations are being conducted at the State Capitol.

The best thing YOU can do is contact YOUR legislators. Talk to them in person if you can, and if not, write, email or call. They will respond more positively to personal stories told by their constituents.

If the OMMP is important to you, please don't wait to act.



February

**** Cardholders only & Reservations Required**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 ** Harm Reduction Techniques	5	6 ** Joy of Life	7	8 Pot Luck Lunch Noon-1:30	9
10	11	12 ** Bubble Hash	13 ** Joy of Life	14	15	16 Sweetheart Banquet The Dalles
17	18	19 Stan's helping hand	20	21 ** Chocolate Class	22 Speaker: Alison Holcomb	23
24	25 ** Harm Reduction Techniques	26 Gov's Council on A&D	27 ** Joy of Life	28 ** Cannabis Preparations Class	29	

2008

Now is the time for patients to make arrangements with indoor gardeners for your outdoor, springtime babies.

MAMA Pot Luck Lunch

NOON-1:30
MAMA Annex

Friday, February 8th

Great opportunity to visit with old friends and meet new friends. Bring your favorite dish and join us.

March 28th

Speaker of the Month

Tony Leger

The man in the know about the latest medicinal cannabis research. Tony enthralled us with his knowledge and enthusiasm when he spoke at the MAMA Conference and he has agreed to come back. Those of you who missed him in October don't want to miss this second chance.



Coming Soon To MAMA's

"Wellness Consultations"

by Jeanette Paysse MD

Many patients coming to MAMA's clinics have been dealing with various symptoms (including severe pain and nausea) for years, often times without any relief from multiple pharmaceuticals or traditional therapies recommended by various physicians. As a result, many patients have not seen any practitioner regarding their ailments for years and feel that there is nothing else they can do to feel better.

Throughout my practice in Internal Medicine, I have seen a direct correlation between how patients feel and how much responsibility they take for their health. A review of a patient's diet, exercise regimen, stress management, and overall lifestyle can identify lots of areas for improvement, WITHOUT the use of pharmaceuticals, and all of which can be done by the patients themselves. At MAMA's clinic, we have decided to offer clinic appointments in the form of "Wellness Consultations."

This will include a thorough patient history questionnaire done before the appointment, a 30-minute visit with Dr. Paysse to review the history and do a focused physical exam, and recommendations for the patient regarding any new or existing symptoms or diagnoses.

This means advice tailored specifically for each patient regarding ways to improve their diet, exercise regimen, capabilities for managing stress, among other possible alternative modalities, including cannabis and other herbs, supplements, acupuncture, massage therapy, etc.

The "Wellness Clinic" is still being finalized, but we hope to start scheduling in March.

Please call 503-233-4202

for more information

or to be put on our waiting list.

MAMA

Sweetheart Banquet

Saturday, February 16th
4:20 to 8 PM

Treat your sweetheart, or bring a good friend, to a delicious dinner in this beautiful river setting in The Dalles.
Adults Only

\$35 per person

RSVP by 1-10-08