

# Kid's Camp 2007



## Attendees at the MAMA's Kids' Camp

Once again some youngsters in the extended MAMA family benefited from the creativity and hard work of Jennifer Burbank, MAMA's Recreation Director. She put together a week long camp for kids 6 to 15 that was extremely affordable and so much fun. Some came for the day, others for the week. They designed their own T-shirt, played games, camped out, hiked, and made bird houses and thank you cards for the merchants, who were generous with their donations. They got to ride on Max to and from their visit to the Oregon Zoo; "old hat" to the local kids, but a thrill for the rural attendees. Jennifer, Eric and Maggie took them roller skating at Oaks Park, to the N. Clackamas Aquatic Park, bowling, hiking, to the movies, and on Friday to OMSI to see the "Body Worlds" exhibit and

a laser light show. Wow, what a week!

On their return from OMSI they packed up and got ready for their parents, who joined us for a BBQ.

Jennifer and staff are already making plans for next year. Parents are welcome to join their children in the daily activities. If you think next year your family would enjoy this wonderful opportunity, be sure to sign up early.



Time out for a game of cards and some juice drinks.



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

Non Profit ORG  
US Postage  
Paid  
Portland OR  
Permit NO 643



## July/August 2007

### Summertime!



## Newsletter

## “HILDA, THE HONDA,” GIVES UP THE GHOST.



Hilda, Sandee's silver 1991 Honda, has served MAMA well.

Hilda, stuffed full of printed literature, luggage and a projector, carried Sandee, Jennifer and others on several tours around Oregon and Washington to meet with the media, groups and interested individuals. Hilda carried MAMA representatives to meetings, rallies and conferences all over Oregon. While working for Voter Power from April to October in 2004, Sandee logged 10,000 miles on Hilda's speedometer.

Recently Hilda has provided reliable transportation back and forth from Mosier to Portland while working at the MAMA office and clinic and attending ACMM meetings, sometimes held in Salem and Eugene. Now, with almost 300,000 miles on it, the water pump is going and the transmission is near its end. Given the rest of the wear and tear, it appears that it is about time to play “Taps” for Hilda.

## PDX Computer Services



Mark Miller

Trusted,

Patient

Friendly

503-709-8430

Seeking good  
used vehicle

Call 503-233-4202

Consequently Sandee is seeking a vehicle with good gas mileage that she can use to drive back and forth, mostly from Mosier to Portland. If you have a vehicle to donate, or one that is affordably priced, please call 503-233-4202.

Remember, all donations to MAMA are tax deductible.

## MAMA's WISH LIST

 Shelves

Picnic tables

Spray bottles

Tincture bottles

Outdoor furniture

Outdoor Fireplace

Surveillance cameras

Desktop computer with  
Windows XP



Laptop computer with  
Windows XP

Flat screen monitor

Volunteers

Coat rack

Butter

MAMA makes good use of  
items people have, but no  
longer need or want.

MAMA says,

“Thank you”

*to the following  
businesses for their  
generous donations,  
which made Kids' Camp  
fun and affordable.*

Oaks Park

Pro 300 Bowling

Oregon Zoo

SE 39<sup>th</sup> St.

Traders Joe's

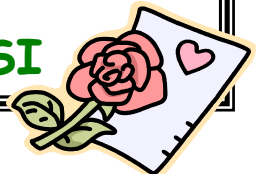
Berry Good Produce

Fred Meyer

Hawthorn-Johnson  
Creek

Clackamas Costco

OMSI





"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing.

If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody." - Chinese Proverb

The morning is probably my favorite, as the early sun sets off a light shimmer across our freshly mowed lawn. Recently planted flowers stare back at me and sometimes I catch a glimpse of a Blue Jay slipping a drink from the fountain. The beauty that is our back yard is created and maintained from the beauty that is our community, several people taking a step to make the world around us more beautiful.

David manicures the lawn with an upbeat enthusiasm usually reserved for amusement parks, his tireless efforts include a wonderful raised bed vegetable garden, several improvements inside and out, and not to mention the hours he puts into maintaining the yard. Everything tends to perk up on Mondays when Judy stops by. Her religious efforts to keep things saturated makes the office

healthy, and it's not just the plants that soak up her delightful charm.

One of the highlights of my week is hearing the illuminating laugh of Mary, as she arrives to scour the surfaces and sweep the corners; leaving the entire office gleaming like her eyes. I don't know what I would do with out Lupe, she has devoted hours and hours of her life to better ours at the office. Her up-beat attitude and diligence devours doubt and facilitates the lofty goals that we have set for ourselves here at MAMA.

There are several MAMA's Boys who help create the inviting atmosphere around the Clinic. Gene and Gary are responsible for the cozy confines of our covered smoking area, the awesome flower boxes that greet you as you enter, and just about anything else you ask of them. If you are reading this, it is due to the many helping hands that prepare the newsletter. Christopher puts our ideas together and diligent people like Pam and Charles help us get them folded and labeled and in the mail.

To all who have chosen to let us be a part of their "lifetime" of happiness, your help makes this whole thing work,

**THANK YOU! -Daniel**

## MAMA Classes

Cost - \$25

### \*\* "Cannabis Preparations"

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

Thurs - 4:20 PM

July 26<sup>th</sup>

August 9<sup>th</sup> & 23<sup>rd</sup>

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

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

Wed - 4 PM

July 11<sup>th</sup> & 18<sup>th</sup>

August 1<sup>st</sup>, 8<sup>th</sup> & 29<sup>th</sup>

### \*\* "Cannabis Chocolates"

Learn how to make delicious medicated chocolate truffles, taught by a professional chocolate maker. Mmmm!

Fri - 4:20 PM

July 20<sup>th</sup>

August 24<sup>th</sup>

### \*\* "Harm Reduction Techniques"

Overview of the various techniques of using medicinal cannabis, includes demonstration of a variety of vaporization devices.

Mon - 4 PM

July 9<sup>th</sup> & 23<sup>rd</sup>

August 13<sup>th</sup> & 27<sup>th</sup>

### "OMMP Orientation"

Learn about many aspects of the Program, including where to get information about how cannabis interacts with other medicines, various forms of administration and the basics of the law.

Thurs - July 12<sup>th</sup> - 4:30 PM

Wed - August 15<sup>th</sup> - 4:30 PM

\*\* Classes so marked  
are for OMMP  
cardholders only.

## MAMA History

In 1984 Sandee Burbank was invited by Arnold Trebach to speak at the American University in Washington, DC. Also speaking were Brant Coopersmith, a retired executive of the American Jewish Committee and former chairman of the D.C. Lottery and Charitable Gaming Board, Kevin Zeese and Dr. Trebach. Dr. Trebach was working on a book, "The Great Drug War", and he was interested in MAMA's approach to drug use.

After 3 days of conversation, Dr. Trebach wrote: "However there are many experts now working in the country who advocate moderation, calm and tolerance in dealing with drug abusers. They believe, as do I, that while the nation has serious problems of drug abuse, neither this generation of our adults or our children is in danger of being destroyed by chemicals. Individual citizens and groups of concerned parents should turn to the proponents of moderation and tolerance for educational information rather than to the alarmists who dominate national drug policy and the parents' movement today.

A group of mothers in rural Wasco County, Oregon, did just that in 1982. When they formed Mothers Against Misuse and Abuse, MAMA was created in reaction to



Brant Coopersmith, Kevin Zeese, Sandee Burbank & Arnold Trebach at the American University in 1984

*the misinformation promulgated by the parents' movement supported by the White House. The group seeks to provide a full range of unbiased information about legal and illegal drugs to citizens of all ages, including the elderly, who often have trouble with prescription medicines. It has supported a school curriculum that teaches students how to make responsible decisions about important matters in their lives: managing stress, controlling time, and using drugs, among others.*

*Led by an indomitable farmwoman, Sandee Burbank-who asserts, "It takes ovaries to do what we do!"- Its members have become a powerful political and educational force in the state. Interest in the unique down-home, frontier honesty of MAMA has spread throughout the nation. It serves as one excellent model for rational community action by parents who are both concerned about drug abuse and turned off by the extremism and hypocrisy of drug warrior educational programs."*

## Cannabis Drug Interactions

### Prescription Drugs

#### Increased Sedation:

Alcohol  
Benzodiazepines  
Opiates

#### Increased Cardiac Effects:

Amphetamine  
Antidepressants  
Beta-Blockers  
Diuretics

#### Reduced Effects:

Anti-psychotics

### O-T-C Drugs

#### Decreased THC Effects:

Aspirin  
NSAID's

#### Increased Sedation:

Antihistamines  
Sleeping Aids

### Illegal Drugs

#### Increased Cardiac Effects:

Amphetamine  
Cocaine



Alcohol, Caffeine & Nicotine

#### Increased Sedation:

Alcohol

#### Increased Cardiac Effects:

Caffeine

Cannabis is a very effective medicine and can interact with other drugs. This page is intended to show these interactions.

# Changes

In the past you have received a monthly newsletter, with MAMA's schedule for classes and social events. For those of writing, designing, folding, stapling and labeling, it seemed like we had no sooner gotten a mailing out and it was time to do another. There was frustration that we didn't have time to develop stories that we thought to be of interest.

Last month we sent out our first newsletter in its new format. We apologize for its tardiness and the botched commercial printing job that left pages printed upside down. We've been assured that won't happen in the future.

Starting with the July/August 07 issue, they will be sent out every two months. With schedules and calendars for two months ahead it will allow advance planning for both social events and classes and improve our ability to produce a better quality newsletter.

We hope you like the improved format that allows us to expand the information we have to share. We solicit letters or articles to be printed in "Your Turn" column. Additionally we will be taking advertisement from friendly businesses. If you are interested in advertising with us contact the MAMA office for rates.



## Monthly Pot Lucks NOON -1:30

Friday, July 13<sup>th</sup>

Friday, August 10<sup>th</sup>

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

## WEB DESIGN

When Your Customers  
Search Google,

Make Your Site  
Come Out on Top

Search engine optimization  
Flash video/Dynamic content

[Wayne@haythorn.us](mailto:Wayne@haythorn.us)

[541-478-2444](tel:541-478-2444)

## Advisory Committee on Medical Marijuana (ACMM)

Next meeting:  
Friday, September 21, 2007:  
10:00 am to 3:00 pm  
Portland State Office Building  
Eugene, OR

location to be announced at:

<http://oregon.gov/DHS/ph/ommp/acmm.shtml>

The public is welcome to attend.

[OHD.ACMM@state.or.us](mailto:OHD.ACMM@state.or.us)



Laird Funk, ACMM Vice-Chair &  
Sandee Burbank, ACMM Chair  
June 18, 2007 Portland, OR



Now scheduling  
for massage  
therapy

Call 503-233-4202



Pottery  
by  
Steven  
Daniel

Steven throws his pots on a kick wheel, with clay he has worked up by hand. Most are then decorated with colored slips and incised lines.

"Made in the Gorge" 541-386-2830

108 Oak St Hood River

Visit the Studio by Appointment



Jim, Alice, Marilyn, Sandee, John, &  
Elvy after June 18<sup>th</sup> ACMM meeting.

Join **MAMA** today

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. *You may designate MAMA to receive part, or all, of your United Way pledge.*

**Sign me up for a MAMA Annual Membership**

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

**Receive \$5 off MAMA classes and services.**



**Bee Aware**

**Governor's Council on Alcohol and Drug Abuse**

**JULY MEETING**

Tuesday, July 24, 2007

9:30 am to 3:00 pm

Business meeting - Salem

Human Services Building 137A

**AUGUST MEETING**

Tuesday, August 28, 2007

9:30 am to 3:00 pm

Business meeting - Salem

Human Services Building 137A



**Bears Watching**

**MANNIX Initiative I-104**

This initiative, proposed by Kevin Mannix, has a very deceptive ballot title:

"Modifies Laws Addressing Crime Prevention, Criminal Prosecutions/Sanctions, **Medical Marijuana**, Law Enforcement; Creates Tax Credit"

It would, among several other changes, **repeal the Oregon Medical Marijuana Law of 1998** and replace it with a tax supported pharmaceutical based program. Far more than a "modification".

Keep your eyes on this one.

## Does OMMP Go Far Enough?

12 states have state laws allowing qualified patients to use medical marijuana - Alaska, California, Colorado, Hawaii, Maine, Montana, Nevada, New Mexico, Oregon, Rhode Island, Vermont and Washington. Oregon's Medical Marijuana Program (OMMP) has been in place since 1998.

I have been educating people about the need for medicinal access to cannabis since 1991, after meeting some of the few patients receiving medical cannabis from the Federal Government. As an individual, I was the Director of the Compassionate Oregonians' Voters Effort (COVE) with the first Oregon medical marijuana initiative in 1996 and in 1997 I helped draft the wording of the Oregon Medical Marijuana Act (OMMA) in 1997.

As MAMA's Executive Director, I was involved with OMMA's implementation, worked to improve administrative rules through the Administrative Advisory Group, struggled with the Interim Legislative Advisory Group. I now serve as Chair for the Advisory Committee on Medical Marijuana (ACMM), appointed by Dr. Bruce Goldberg, Director of the Oregon Department of Human Services. We fight a never-ending battle to prevent harmful changes to the OMMP, while trying to improve patient access. Although the OMMP is not perfect, leaving too many patients without adequate medicine or with conditions that don't qualify, it is a vast improvement over NO medicinal access. As of June 18, 2007, there were 16,826 patients registered. 2,563 physicians have now recommended patients for the OMMP.

We opened the MAMA Office in February 2005. Continuing our educational activities for over 20 years, MAMA wanted to help patients register for the OMMP while

providing an informative experience in a setting comfortable for mainstream patients. Three doctors are now working with us and massage therapy is available. We provide classes on a variety of subjects, including OMMP orientation and various aspects of medical cannabis use. We host social events, specifically designated for either families, adults-only, or for OMMP cardholders only. MAMA is now finalizing a presentation intended for medical professionals, to help them better understand the Program and cannabis therapeutics.

### Building Community

What a wonderful experience watching the community that has grown through the MAMA clinic. Slowly people realized how we are trying to help patients and wanted to be involved themselves. It is pretty amazing watching someone receive free medicine from someone they don't know. 'Overwhelmed' describes the most common reaction. Some are uncomfortable, as money is usually the equalizer in such transactions, but once touched, they want to help too. They volunteer to help with various tasks and chores around the office or offer to share when they hear of other patients in need. They realize that they can give back, or pay forward, by helping patients just getting registered in the Program. Some make extra oil or edibles to share. Others make tincture to share and offers of cuttings or clones are forthcoming. Desperate pleas for medicine to help patients starting chemotherapy or in Hospice are quickly answered. Those able, offer to be a grower for another patient. Patients receiving all this kindness are very touched. And so the community grows and the truth about cannabis is spread.. The OMMP is always under attack, with recent legislative efforts and an initiative, currently proposed by Kevin Mannix,

that would seriously hurt the program, or end it all together. Until cannabis is legal for all who need it medicinally and all those over 21 who wish to use it, there will be violence and crime associated with the black market. Cannabis provides medicinal relief for thousands of patients and calms the minds of those who choose to use it recreationally rather than alcohol, which has far more serious side effects.

### Time For A Change

While I am grateful for the OMMP, I believe we must look beyond that to our drug policy in general and question why cannabis is treated more harshly than alcohol or tobacco. Even over-the-counter drugs cause more deaths than cannabis. As various efforts are made to tweak the OMMP to make cannabis available for all patients, I believe it is time to take it one step further and support efforts to make cannabis available to all adults.

It is time to stop spending precious resources and money investigating, trying, incarcerating, monitoring probation and parole, and creating drug war orphans

because adults possess cannabis for private use. Instead, consider a permit system, much like OMMP, that would allow anyone over 21, who can pass the same criminal history background check as OMMP registrants, cultivate and possess cannabis for their own personal private use, no sales. Those who had medicinal need would also have access to the Program. DHS could still administer the new Program, which could be a real moneymaker. With fee between \$100 and \$200 and a reduced fee for low-income, any money accumulated over the cost of running the program could go to the Oregon Health Plan, to fund schools, to fix roads, to maintain parks, or... you name it.

Without the expense of proving a qualifying medical condition, it will be less costly to administer and cheaper and easier for most patients. Medical access will increase and the violence and crime associated with the lucrative black market will decrease. Once it is available to all adults, then would be the time to discuss sales or dispensaries.

What do you think? Is it time to take this bold step back to the future; push the bar? **Let us know your thoughts. - Sandee**

**RIGHT:** This float delighted many and outraged others at the 1982 Cherry Festival Parade in The Dalles, Oregon. Local supporters of the Oregon Marijuana Initiative (OMI) built the float. The initiative, which would have allowed adults to cultivate and possess marijuana for their personal, private use with no sales. After wrongly being denied a spot on the ballot in 1984, OMI was on the ballot as "Measure 5" in 1986 and after aggressive federal opposition, received 28% of the vote.

