



MAMA
Celebrates
25 years

**dedicated to reducing the harm
from drug use and drug policy.**

With a Conference & Banquet

Saturday, October 20th

The Venue

2808 NE Martin Luther King Blvd.

Portland, Oregon

*Join us for a day full of
information and fun.*

See inside for details



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

**October/November
2007**

MAMA Newsletter



MAMA celebrates 25 years

dedicated to reducing the harm from drug use and drug policy with a daylong

CONFERENCE & BANQUET in Portland.

What: A 25 Year Perspective
"America & Drugs - Still Crazy After All These Years"

Saturday,
October 20th

Where: the Venue
2802 NE Martin Luther King Blvd.
Portland

8:30 am Registration

Conference 9 AM to 4:30 PM

See schedule for details

Banquet 5:30 to 8:30 PM

Featured Speaker: Officer Howard Wooldridge (retired), L.E.A.P.

Law Enforcement Against Prohibition

Conference: \$15, includes lunch

Banquet: \$25

Lunch and banquet reservation required 503-233-4202

Conference Schedule

8:30 AM:	Registration
9 -11:30 AM :	Morning session
11:30-Noon	Break
Noon to 1:30 PM	Lunch
1:30 -2 PM	Break
2 - 4:30 PM	Afternoon session
5:30-8:30 PM	Banquet

Speaker include:

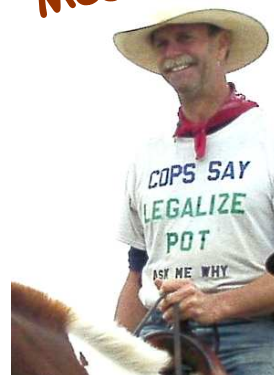
- Alice Ivany, MAMA Tour Member
- Alison Holcomb, Washington ACLU
- David Seber: Expert on Hemp Alternatives
- Elvy Musikka, 1 of 5 Federally Legal Patients
- Fred Oerther, MD (retired)
- Officer Howard J. Wooldridge (retired) Law Enforcement Against Prohibition
- Jack Thomas, MAMA Tour Member
- Jeanette Paysse, MD
- Jerome Beck, PhD
Expert on latest drug trends
- Mark Miller, Drug Information Specialist
- Sandee Burbank, a founder and Executive Director of MAMA
- Tony Ledger, Frontiers in Endo-Cannabinoids
- Jennifer Burbank, MAMA Office Manager
- Daniel Chandler, MAMA Clinic Director



Howard, his horse, Misty and Sandee visit on the beach in Newport, Oregon October 10, 2003.

Howard Wooldridge, a retired officer, traveled from the eastern shores of Virginia, all the way to the beach in Newport, OR. He wore a T-shirt that said, "Cops say legalize pot. Ask me why." and he rode all the way on the back of his horse Misty. Howard eloquently represents LEAP (Law Enforcement Against Prohibition), who have experienced first hand the loss of the war on drugs and are willing to take a stand against prohibition.

Meet Howard Wooldridge



Officer Howard J. Wooldridge (retired)
Education Specialist,
Law Enforcement
Against Prohibition
Washington, DC

MAMA seeks volunteers to help with several tasks related to our upcoming **Conference and Banquet** on Saturday, Oct. 20th.

We are expecting speakers and guests from out of town, who need sleeping accommodations for 1 or 2 nights?

We need help preparing for the conference and on the day of the conference to help facilitate a smooth event.

Can you help? Please call 503-233-4202.



Do you have a spot to park our 36' RV on tour? We need a place in the following communities:

Pendleton, Ontario, Newport, Coos Bay, Roseburg, Eugene, Ashland, Grants Pass, & Salem

America & Drugs -
Still Crazy After All These Years

Tour Schedule

October 1 through October 20, 2007

We are available for conversation in those communities where we don't have a presentation scheduled.
Call 541-490-7291 to arrange a meeting.

Monday, October 1

* Hood River

THE DALLES NOON
Columbia Gorge Community College
400 East Scenic Dr.
Board Room - Building 1

* Hermiston

PENDLETON 7 PM
Blue Mountain Community College
2411 NW Carden Ave.
Morrow Hall, Room M8

Tuesday, October 2

* La Grande

BAKER CITY 3 PM
Baker County Library Main Branch
2400 Resort St.

ONTARIO 7 PM
Treasure Valley Community College
SW 5th Ave. and SW 5th St.
Weese Bldg., Room 10

Wednesday, Oct 3

* Burns

* Lakeview

Wednesday, October 3

Klamath Falls 7:15 PM
Klamath Community College
7390 S. 6th St. Bldg 4 Room 416

Thursday, October 4

BEND 7 PM
Bend Community Center
1036 NE 5th St.

* Sisters

* Redmond

* Madras

Monday, October 8

* St Helens

* Clatskanie

ASTORIA NOON
The Cannery Café
One Sixth St.

* Seaside

* Cannon Beach

TILLAMOOK 7 PM
Tillamook Public Library
210 Ivy

Tuesday, October 9

LINCOLN CITY 1 PM
Driftwood Public Library
801 US-101

NEWPORT 7 PM
Newport Recreation Center
225 SE Avery St.
Multipurpose Room

Wednesday, October 10

* Florence

COOS BAY/NORTH BEND 7 PM
North Bend Public Library
1800 Sherman Ave.

Thursday, October 11

ROSEBURG 7 PM
James Myers Activity Center
990 W. Stanton

Friday, October 12

* Cottage Grove

* Springfield

EUGENE 7 PM
Eugene Public Library
100 W. 10th Ave. - Tykeson
Room

Saturday, October 13

GRANTS PASS NOON
Black Forest Restaurant
820 NE E Street

Monday, October 15

ASHLAND NOON
Omar's Restaurant
1380 Siskiyou Blvd

MEDFORD 7 PM
Rogue Community College -
Riverside Campus Bldg A-Rm A11
9th and Riverside

Tuesday, October 16

CORVALLIS 2:30 PM
Corvallis-Benton County Public
Library Main Room
645 NW Monroe Avenue
* Albany
* Lebanon
* Sweet Home

Wednesday, October 17

SALEM 9 AM
Public Services Building
255 Capitol St. NE
Basement Room A

* Woodburn
* Newburg
* McMinnville

Thursday, October 18

* West Linn
* Lake Oswego
* Milwaukie
* Tualatin
* Forest Grove
* Hillsboro
* Oregon City

Friday, October 19

* Beaverton
* Tigard
* Gresham

PORTLAND

Saturday, October 20

PORTLAND
MAMA Conference and Banquet

MAMA Classes

Cost - \$25

** "Harm Reduction Techniques"

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

Mon - 4 PM
Oct 29th
Nov 5th & 26th

** "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
Oct 24th & 31st
Nov 7th, 14th & 28th

** "Cannabis Chocolates"

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

Fri - 4:20 PM
Oct 26st
Nov 16th

** "Cannabis Preparations"

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

Thurs - 4:20 PM
Oct 20th
Nov 29th

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

Need help getting VA or Social Security Benefits?

Stan Chennault shares years of personal experience to help others file and pursue Social Security and VA benefits.

He will be available at the MAMA Annex,

AT NO CHARGE,
on Tuesdays,

Oct 23rd and Nov 20th
4 to 6 pm

More Changes

In August we told you of changes to the newsletter and we hope you enjoy our more "newsy" format.

We have learned that it is hard for us to set schedules 2 ½ months ahead, so we have a new plan that we believe will serve us all better.

The first of each month you will receive a flier that contains the coming month's classes and social affairs. Though small, it will make it easier to keep you informed of current events and allow us more time to better develop a quarterly newsletter. The improved format allows us to expand the information we have to share. We welcome submissions for publication from our readers.

SANDEE SLOWS DOWN

Last February, Sandee was going to step back a bit from day to day activity at the clinic to devote more time to writing and meetings. Well, after 3 weeks in bed with pneumonia from exhaustion, she is really going to do it. This also explains why we didn't get out a September newsletter. We will still see her smiling face at scheduled social events, so don't think this is goodbye. In fact she will be on tour Oregon and in your community in October. Turn out to greet Tour members.

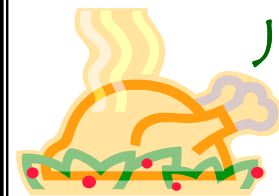


MAMA Pot Luck Lunch

NOON - 1:30

Friday, November 9th

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



Join us for a Harvest Dinner

at MAMA Annex
Saturday, Nov 17th
from 4 to 7 PM.

We'll supply the Turkey, Dressing, Potatoes & Gravy. You bring the rest. Last year was a hoot, so you'll want to make this event.



October

**** Cardholders only & Reservations Required**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <small>** Joy of Life</small>	4	5	6
← Tour - Eastern Oregon →						
7	8	9	10	11	12	13
← Tour - Oregon Coast & Roseburg, Eugene, Grants Pass →						
14	15	16	17	18	19	20
← Tour - I-5 Corridor →						Conference & Dinner Portland
21	22 <small>** Harm Reduction Techniques</small>	23 <small>Stan's helping hand</small>	24 <small>** Joy of Life</small>	25 <small>Mark's Birthday</small>	26 <small>** Chocolate Class 4:20</small>	28
28	29	30	31 <small>** Joy of Life</small>			

2007



November

**** Cardholders only & Reservations Required**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <small>** Harm Reduction Techniques</small>	6	7 <small>** Joy of Life</small>	8	9 <small>Pot Luck Lunch Noon-1:30 PM</small>	10
11	12	13	14 <small>** Joy of Life</small>	15	16 <small>** Chocolate Class 4:20</small>	17 <small>Harvest Dinner 4-7 PM</small>
18	19	20 <small>Stan's helping hand</small>	21 <small>Daniel's Birthday</small>	22 <small>Thanksgiving Office Closed</small>	23 <small>Office Closed</small>	24
25	26 <small>** Harm Reduction Techniques</small>	27	28 <small>** Joy of Life</small>	29 <small>** Cannabis Preparations Class 4:20</small>	30	

2007

Program Administration Supports Patients



Shannon O'Fallon, Tawana Nichols, Aaron Cossel, Sanya Rusynyk

Shannon O'Fallon represents the Oregon Attorney General's office and serves as legal counsel for OMMP, advising the Advisory Committee on Medical Marijuana (ACMM). Shannon wrote the legal brief, along with the ACLU's, that quashed the recent subpoena for patients' medical records in Oregon and Washington. Thanks, Shannon, for standing up for patients.

Tawana Nichols is the OMMP Director and has stepped up to fill former director, Pam Salsbury's shoes. Tawana is very approachable and a hard worker who welcomes the challenges the OMMP offers.

Aaron Cossel, Program Analyst, has been with the OMMP for 6 year, which makes him the "old man" at the office. Aaron does many different jobs, but they

are all aimed at helping the Program.

Sanya Rusynyk is the new OMMP Office Manager. She has been taking notes at our meetings, is friendly and very efficient.

Chris Grorud (not pictured) is the Program Support Manager- Office of Community Health and Health Planning (OCHHP). Chris has the complicated job of predicting how much money the OMMP will generate and the costs of administration. The OMMP must be self supporting, but also very careful not to build up any significant surplus. We do not want to see money from the patients taken to balance the DHS budget, as happened in 2005. Thank you, Chris, for managing this delicate balance in the patients' best interest.



Advisory Committee on Medical Marijuana (ACMM)

Next meeting:

December

Date To Be Announced

Portland, OR 97408

The public is welcome to attend.

OHD.ACMM@state.or.us

**At the September 21, 2007
ACMM Meeting
Tawana Nichols,
OMMP Program Director,
announced that**

**Sanya Rusynyk.
is the new
OMMP Office Manager.**

Welcome, Sanya!



Medical Marijuana in the Work Place by Sandee Burbank

Sept. 20th Daniel, David, Wayne and I attended the Employer Forum: "Medical Marijuana in the Workplace: A Legislative Update", sponsored by Clatskanie Together Coalition. Had we not been there to question the information that Dan Harmon, of Hoffman Construction, and other prohibitionists were spouting, the attending employers could have been led to believe that medical marijuana is creating a crisis in the workplace.

Their loosely veiled lies implied that there was no impairment testing and that the only way to combat medical marijuana use in the workplace was with a zero tolerance approach. If a patient tests positive for cannabis metabolites, they could not be hired or would be fired. Dan Harmon said there is no impairment testing available, which is not true and could be applied to impairment for a variety of reasons, not just drug use.

MAMA's Truth Squad's approach enables just one person to change the entire effect of an event full of lies, but it's always nice to have a friend along to watch your back.



by Mark Miller
Drug Information Specialist

DRUG NEWS

The New England Journal of Medicine (NEJM) has published a study (August 16th issue) on direct-to-consumer television drug advertising. In a gutsy move, the authors not only call for restricting prescription drug ads on television, but placing a moratorium on the entire practice.

I confess I'm a news freak and watch at least two national news shows each evening. Ever since the FDA started allowing direct-to-consumer ads over television ten years ago, it's been worrisome to watch the increase in prescription drug advertising. From just a few prescription drug ads at first,

now nearly three-quarters of the commercials on the national news broadcasts are for new prescription drugs. Total drug industry spending on promotions increased from \$11.4 billion in 1995 to \$30 billion in 2005, and during that time direct-to-consumer advertising increased more than 330%.

Several consumer safety groups have added interesting ammunition beyond the criticisms that this technique promotes overuse of the medications, contributes to information overload and drives up drug costs. These groups pointed out that with the majority of heavily advertised prescription drugs, the direct-to-consumer advertising started within a year of FDA approval -well before the drug's safety has been established by large patient usage. This problem is best illustrated by the arthritis drug Vioxx, which was one of the most heavily promoted prescription drugs ever, but was withdrawn from the market in 2004 because of serious heart risks.

The authors of the NEJM article showed that direct-to-consumer ads tended to be restricted to very new medications (thus unproven in large patient populations), and the most heavily advertised drugs were for antidepressants, followed by heart medications (statins), then stomach and digestive medications (proton pump inhibitors). These manufacturers are currently spending an average of 30% of their total marketing budget on direct-to-consumer advertising.

The authors also cited that the FDA's monitoring of drug advertising had not kept pace with the current volume. The number of FDA ad warning letters dropped from 142 in 1997 to 21 in 2006, and the number of FDA staffers checking ad content has stayed the same despite the large increases.

A final reason for the authors requesting a moratorium was that currently drug manufacturers don't need FDA approval of their direct-to-consumer ads before putting them on television. This allows an ad campaign to run in its entirety before the FDA is able to review the ads.

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.

Seattle Hempfest 2007



Setting up the booth

On the way to Seattle the MAMA Crew
pauses for lunch and a picture.
Jennifer, Eric, Shaina, Daniel, Darian, David



Elvy Musikka, Dr. David Bearman &
Santee Burbank



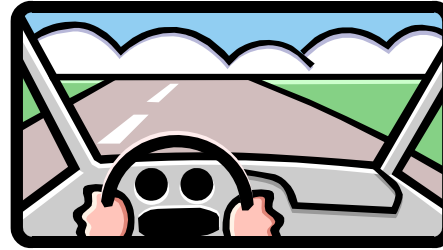
Santee & MC, Rick Steves



Magic Black, Mikki Norris &
Santee Burbank

This annual event is an opportunity to meet and network with old friends and educate over 150,000 interested visitors.

Seeking good used vehicle



Santee is still looking for a car.

Is there anyone out there who has one for sale at a reasonable price?

She's looking for a high mileage vehicle that will make the trip through the Gorge in the winter.



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.

PDX Computer Services



Mark Miller
Trusted
&
Patient
Friendly

503-709-8430

Web Design

When Your Customers
Search Goggle,
Make Your Site
Come Out on Top

Search engine optimization
Flash video/Dynamic content

Wayne@haythorn.us

541-478-2444

MAMA's WISH LIST

Outdoor Fireplace

Surveillance cameras

Desktop computer with
Windows XP

Laptop computer with
Windows XP

Flat screen monitor

Coat rack

Volunteers

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

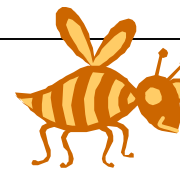
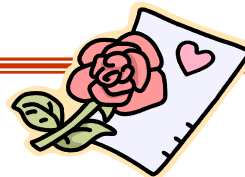
A Leg Cramp Cure?

For quite some time now in "The People's Pharmacy" by Joe and Teresa Graedon and the health column by Dr. Peter Gott, I have been reading about a simple cure for night time leg cramps. They contend that many people report they find relief from leg cramps by putting a bar of soap in their bed near their legs.

I decided to try it myself, thinking. "What have I got to lose?" I put my favorite lavender soap between the mattress cover and the bottom sheet. I thought the soap might bother me, but I hardly noticed it and more importantly, it worked! It doesn't seem to matter what kind of bar soap I use, I get relief. Can you?

Thought you'd want to know.

Sandee



Bee Aware

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

OCTOBER MEETING
Tuesday, Oct 29th &
Wednesday, Oct 30th
**Retreat/Not Open to
Public**

NOVEMBER MEETING
Tuesday, Nov 27th
County Visit-TBD

MAMA's Clinic offers

Massage Therapy

Multiple Therapists

Call for your
appointment today.

503-233-4202



Bears Watching

Initiatives 104 & 131

These initiative have been proposed by Kevin Mannix, I-104 has a very deceptive ballot title, which has been challenged, awaiting a Supreme Court opinion.

"Modifies Laws Addressing
Criminal

Prosecutions/Sanctions,
Law Enforcement;_ Creates
Tax Credit"Replaces the
Medical Marijuana Act.

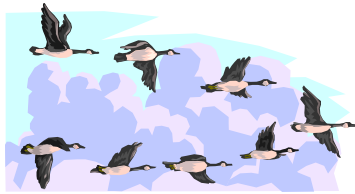
It would, among several other changes, **repeal the Oregon Medical Marijuana Act**, replacing it with a tax supported, pharmaceutical based program. Scary!

To learn more go to
http://egov.sos.state.or.us/elec/web_irr_search.search_form

Keep your eyes on these.

MAMA thanks those who have stepped up to help with the expenses of the Tour. We still need to cover some costs, so we welcome all donations, great or small

All donations are tax deductible.



"Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work."

-Vince Lombardi

We are so lucky to work with such a strong team here at the MAMA office; dedicated individuals who share in a group effort to attain a common goal. Twenty-five years ago that goal took shape, and everyday we as a team push it a little further forward. Sandee is the individual whose commitment to this group effort makes our team, our organization and our community "work." She is our "lead bird" cutting through the clouds, focused and driven towards the ideal that she has envisioned.

Our job is to stay in formation and be able to take the lead when it is our turn, something that Jennifer has been able to master through many years in "formation." Her dedication has enabled our formation's forward momentum, and now others are swooping in to help. Our flock has grown here in the office recently with the additions of Darian, Guadalupe, Darleen and Amelia.

Darian is an integral aspect of our team, his experience in the airline industry, and massage help enable a smooth, relaxed flight for the entire group. You'll typically find him with a phone attached to his ear and a wide smile spread across his face. We knew he was one of our flock when, with out being asked, he whipped through a pile of dirty dishes, spun around with a smile and asked what he could do next.

Our patron saint of the office, Guadalupe or "Lupe" is a master filer, and a data entry dynamo that is also fluent in Spanish. She sees to it that everything has a place around the office and follows the application process through its completion. By the way, her tortillas are to die for and like everything she touches, flavored with the right amount of love.

Darleen, our new office manager, has soared through the formation allowing easier flying for us all. She has streamlined the office; tidied up our forms, and allowed a clear runway for our ascent into the clear blue yonder that is our future. By reminding us that no one has every collided with the sky, she helps us keep perspective on the upcoming journey. I look forward to the flight.

Amelia brings not only office skills, but she excels with her video camera, which will help us in many ways. She recorded MAMA's "Patient Day" in Salem on April 2nd. She will be recording the MAMA Conference on October 20th. Amelia has also taken the steps enabling MAMA to have our own cable TV show. Stay tuned on this one.

Jennifer has worked with MAMA for years, but at the end of October she is leaving us for about half of a year as she moves to Park City, UT for the winter, with plans to hike the Appalachia Trail with a friend this summer.

Sandee will be seen less often in the office, but she will be attending the social events. She will be working from home and able to work on writing and attending meetings with groups and individuals. Thanks to those mentioned above and all the volunteers who help keep our place clean, comfortable and inviting. Ready to join the flock? **-Daniel Chandler**

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.