



**Fall 2010**

**MAMA**

**Newsletter**

### October 2010

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

# Classes and Events

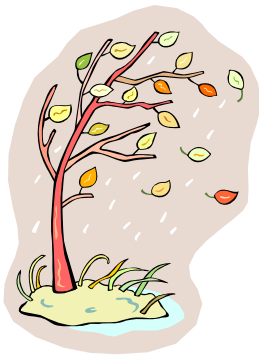


## October

### November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>Joy of Life 1 PDX</i>	4 <i>Joy of Life 1 TD</i>	5	6
7	8	9 <i>Bubble Class PDX</i>	10 <i>Joy of Life 1 PDX</i>	11 <i>Veterans' Day Open House PDX &amp; TD</i>	12 <i>Bend Social CHOCOLATE CLASS PDX</i>	13
14	15	16	17 <i>Joy of Life 1 PDX</i>	18 <i>Joy of Life 2 TD</i>	19 <i>Preparations Class - PDX Preparations Class - TD</i>	20
21	22	23	24 <i>Joy of Life 2 PDX Bubble Class TD</i>	25 <i>Thanksgiving Offices closed</i>	26 <i>Offices closed</i>	27
28	29	30				

**MAMA offices  
will be closed  
Nov 25<sup>th</sup> & 26<sup>th</sup>  
& Dec 24<sup>th</sup> & 31<sup>st</sup>**



## November



## December

### December 2010

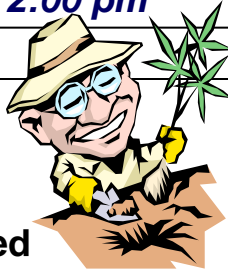
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Joy of Life 1 PDX</i>	2 <i>Joy of Life 1 TD</i>	3	4
5	6	7	8 <i>Joy of Life 1 PDX Preparations Class - TD</i>	9 <i>Joy of Life 1 TD</i>	10 <i>BEND SOCIAL CHOCOLATE CLASS PDX</i>	11
12	13	14 <i>Bubble Class PDX</i>	15 <i>Joy of Life 1 PDX</i>	16 <i>Joy of Life 1 TD</i>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

## 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: Weekly on Thursdays 2:00 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: Last Thursday @ 2:00 pm***



## Bubble Class

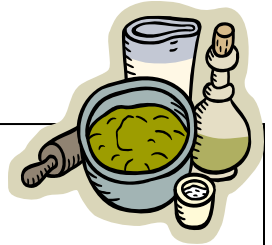
Learn how to make high-quality medicine using ice, water, and filter bags from cannabis plant material, which in the past as been discarded.

**PDX: Oct 12<sup>th</sup>, Nov 9<sup>th</sup>, Dec 14<sup>th</sup> @ 4:00 pm**

***T.D.: Oct 27<sup>th</sup>, Nov 24<sup>th</sup>, Dec 22<sup>nd</sup> @ 2:00 pm***

# Classes \$25

## OMMP Cardholder Only Reservations Required



## Preparations Class

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

**PDX: Oct 15<sup>th</sup>, Nov 19<sup>th</sup>, Dec 17<sup>th</sup> @ 4:30 pm**

***T.D.: Oct 13<sup>th</sup>, Nov 19<sup>th</sup>, Dec 8<sup>th</sup> @ 2:00 pm***



## Chocolate Truffles Class

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

**PDX: Oct 22<sup>nd</sup>, Nov 12<sup>th</sup>, Dec 10<sup>th</sup> @ 4:20 pm**

# MAMA October Social & Halloween Party



Saturday, October 23<sup>rd</sup>  
6:00 to 9:00 pm

Join us at The Bucket Brigade Sports Bar  
8012 SE Powell Blvd  
Portland, OR  
[www.bucketbrigadesportsbar.com](http://www.bucketbrigadesportsbar.com)

\$5 Cover

**OMMP  
Cardholders  
Only**



Live Music  
Costume Contest  
Raffle  
Door Prizes  
Halloween Treats  
Full Bar and Food on site

**OMMP  
Cardholders  
Only**

\$5 Cover



# Holiday Open House



Join us

**Friday, December 19th**

1:00 to 4:00 pm

**In Portland**

5217 SE 28th Avenue



and

**The Dalles**

319 East 7<sup>th</sup> Street



**Desserts and Beverages provided**

# Bend Pot Lucks

Friday, October 8th



5 to 7:30 pm  
Bend Community Center  
1036 NE 5th Street

OMMP  
Cardholders Only

Friday, November 12th

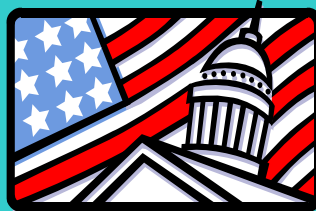


OMMP  
Cardholders Only

Friday, December 10th



# VETERANS DAY IS NOVEMBER 11TH



Please join MAMA as we express our gratitude to veterans and their families for their service and the sacrifices and hardships they have endured.

 **OPEN HOUSE** 

**Thursday, Nov 11<sup>th</sup>**

**1:00 to 4:00 PM**

**Portland**                      **5217 SE 28<sup>th</sup> Ave.**

**and**

**The Dalles**                      **319 East 7<sup>th</sup> Street**

Desserts and beverages provided

## Lower Clinic Prices

As a result of the reorganization of our clinic and the installation of a paperless system, our clinic appointment process has become more streamlined, saving time and money.

Now that we have paid for the costs and installation of our new equipment and personnel training, we are happy to pass the reduced costs to our patients by lowering our clinic fees.

## New Prices

New Patient Clinic Fee:      **\$185.00**

Return Patient Clinic Fee:    **\$165.00**

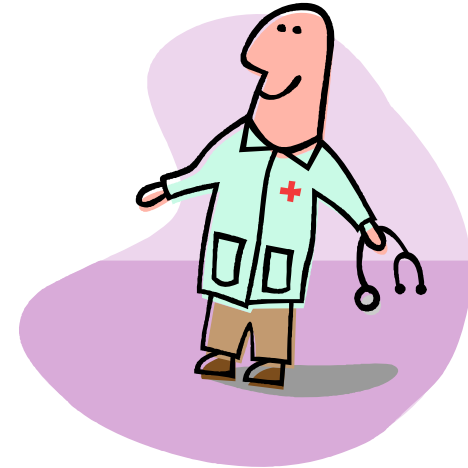
## Compassion Grant Opportunities Available

OMMP Cardholder Classes \$25.00

What can I expect at the MAMA Clinic?

- Patients get help understanding the registration process for the OMMP;
- Patients get assistance gathering needed medical records;
- Patients will be connected with an informed and compassionate doctor familiar with cannabis therapeutics;
- Patients will also meet with staff, who will provide information from the OMMP regarding the law, harm reduction in the use of cannabis, including alternatives to smoking and how cannabis may interact with other medicines.

MAMA Basic Membership    \$35.00



# Please Support MAMA

Since 1982 MAMA has educated people about the importance of making good decisions regarding the use of any drug. With a program based on personal responsibility and informed decision-making, MAMA has won national and state awards for its on-going efforts to prevent the misuse and abuse of all drugs.

When the Oregon Medical Marijuana Program (OMMP) came into existence ten years ago, MAMA saw it as an opportunity to teach people the information they needed to enhance the effects of medical cannabis and to avoid any negative effects. MAMA leads the way in helping people understand the intricacies of the OMMP. The OMMP is a self-sufficiency based program and MAMA's goal is to be sure that patients registered in the OMMP have a clear understanding of the complexities of the law and the knowledge needed to make informed decisions about the use of this medicine.

Many people know MAMA through our cannabis clinics, but aren't aware of other efforts in which we are involved. In the last year MAMA has:

- Participated in two national conferences:
  - \* Nov 2009 - Drug Policy Alliance Conference in Albuquerque, NM and
  - \* April 2010 – 6th National Clinical Conference on Cannabis Therapeutics in Warwick, RI.
- Organized and sponsored a two week tour of Oregon, featuring Howard Wooldridge and Alice Ivany, to talk against prohibition. 14 free presentations allowed us to educate the public and one-on-one interviews with the media generated positive coverage all over the state. We also hosted 3 social events to allow the public to interact with Tour members.

- Attended all the ACMM meetings, including separate meetings for the ACMM Outreach sub-committee.
- Submitted testimony for the Oregon Board of Pharmacy rescheduling hearings and participated in the process to add new conditions.
- Met and educated candidates and legislators.
- Mailed a quarterly newsletter
- Has a monthly calendar, newsletter and alerts posted on our site under "What's, Happening".

<http://www.mamas.org>

- Reorganized our office procedures, upgrading our software and equipment, training the doctors and our staff.
- Revamped our website, which is easier to navigate and full of information.
- Hosted monthly social events in Bend, Portland and The Dalles and more.

There has never been a better time to support MAMA and our efforts. For 30 years, through education, we have helped change the laws and public opinion. As our patients' needs change, we must expand our services to better serve our patient's overall experience. We have the opportunity to secure spaces for social clubs, education centers and gift shops in all of our locations, but we need your support. Your contributions and donations will help us achieve these goals. Our online wish list has items we need to furnish these new spaces.

**Please consider a year-end donation to MAMA.  
MAMA is a 501c3 organization & donations  
are tax deductible.**

If you've let your membership lapse or haven't contributed in a while, NOW IS THE TIME!

We love and appreciate your continued support.

## MAMA Membership Program

- **Student, Senior, and Veterans - \$25.00**
- **Basic - \$35.00** - This affordable option gives you your MAMA membership card and all of our newsletters and publications. You'll get legislative alerts and be the first to hear of new MAMA promotions and Social events.
- **Supporting - \$60.00** - Just \$5.00 a month, this is an option that is really helpful for MAMA. MAMA relies on monthly revenue to keep our programs running. Secure monthly automatic deduction available.
- **Sustaining - \$120.00/year or \$10.00/mo** - Sustaining Members help MAMA on a real and direct level with consistent monthly contributions. Automatic deduction is available.
- **Family - \$500.00**  
Enjoy all of MAMA member perks plus
  - (4) MAMA membership cards
  - (4) MAMA class and discount clinic coupons
  - (2) tickets to a MAMA members only event.
- **Personal Benefactor \$500.00**  
Enjoy all of MAMA member perks plus
  - (2) MAMA class and discount clinic coupons
  - (2) tickets to a MAMA members only event
  - MAMA Tote or T-Shirt.
- **Corporate/Business Sponsor \$1000.00**  
MAMA Gift Basket  
Ad/link on our website resources page
  - (2) tickets to MAMA exclusive member event
  - (4) Ads in our quarterly online and print newsletter.
- **MAMA 1st Class Business Sponsor \$2500.00**  
Corporate MAMA Gift Basket  
MAMA coupon book including discounts on classes and clinics  
Recurring full color 1/4 page ad on our website resource page  
Ad in each of our online and print newsletter
  - (4) tickets to MAMA member exclusive event

To contribute contact us at: [kelly@mamas.org](mailto:kelly@mamas.org)

## Why I am a Chief Petitioner for Measure 74



**Hello. I'm Alice.**

As an amputee from an industrial accident in 1977, I am very familiar with pain. At first it seemed that a prosthetic arm would be the answer, but just donning it negatively affected the injury in my right shoulder and I had to let it go.

By 1993 my doctor and I had basically given up trying to find a compatible pain reliever to help me. That journey included both narcotic and non-narcotic pharmaceutical medicines. My physiology simply rejects "chemicals". Every time I tried something I was rendered to a worsened state of misery, for I then had to cope with stupefaction, severe stomach cramping and nausea for hours. The treatment for pain was worse than the pain itself. I became hopeless and was very frightened when I thought about my future options for effective pain management.

By 2001 my chronic pain had become so amplified I could no longer find relief using Extra Strength Tylenol, which was my only choice at that time. A friend suggested Cannabis Medicine. In desperation, I finally looked into the Oregon Medical Marijuana Program, spoke with a doctor and learned I did qualify. I signed up in June of 2001.

Cold, hard reality set in when I realized there were absolutely NO resources "out-there" for one to legally and safely access cannabis medicines. I didn't even know anybody who used it, nor was it legal to purchase. Hopelessness once again replaced "hope".

The next 18 months were horrifically painful. After registering in the program, I simply could not understand why one who was legally entitled to use this medicine couldn't acquire it like any other medicine.

I still had no medicine nine months later when another patient gave me 3 little plants. I had never grown cannabis and my attempt was a miserable experience.

After 18 months without any cannabis, I met other compassionate and generous patients. They educated me and shared their medicine with me, which continues to this day to give me great relief from pain. It's the only medicine I use for my pain management.

This is a very personal issue for me. I would not wish the very painful wait on anyone. That is why I am a chief petitioner for Measure 74, a regulated medical marijuana supply system. OMMMP patients, with their doctor's recommendation, need better access to medical marijuana, with regulated suppliers or dispensaries.

At no cost to tax payers, it would generate millions per year from taxes and fees paid by participants in the system and provide extra funding to be used for research and assistance to low-income patients.

**Please, join me in supporting Oregon's medical cannabis patients! Vote YES on Measure 74.**

**Alice Ivany**  
Lincoln Co.

<http://www.coalitionforpatientsrights2010.com>

## To the editor:

An initiative dubbed I-28 made the 2010 Oregon state ballot as Measure 74. It is expected to pass, because it has been embraced by both a large part of the non-cannabis using population, and the medical cannabis using population. Why?

I did the math and very conservative estimates predict that millions of dollars from tax revenue generated by licensing fees paid by the dispensaries and producers and the 10% tax paid on the gross sale of medical cannabis at the dispensaries.

And where will this money go? It will fund the implementation and operation of this program and the OMMP registry system, to fund scientific research and to assist the low income and needy in obtaining their marijuana medicine. This is a golden goose that lays golden eggs.

**This is not an initiative legalizing marijuana**, as some suggest.

Measure 74 will put a lot of the bad guys out of business in Oregon, which means added security for our families. Dispensaries will be regulated by the state and will provide a safe, clean, and healthy environment for the almost 50,000 registered patients in the OMMP to get a proven efficacious, and often much needed, medication safely and legally.

Passing this measure will create a lot of jobs for Oregonians, which means more available dollars to spend at the retail level, helping to bail out ailing retail business's throughout the state of Oregon, a major and most needed boost to our state's economy.

This seems to be a win/win scenario for all, cannabis user and non-user alike. Measure 74, if it passes, would be good for Oregon. It's seems plain old common sense to vote yes.

That's my opinion, and it's as good as any.  
David Syrop

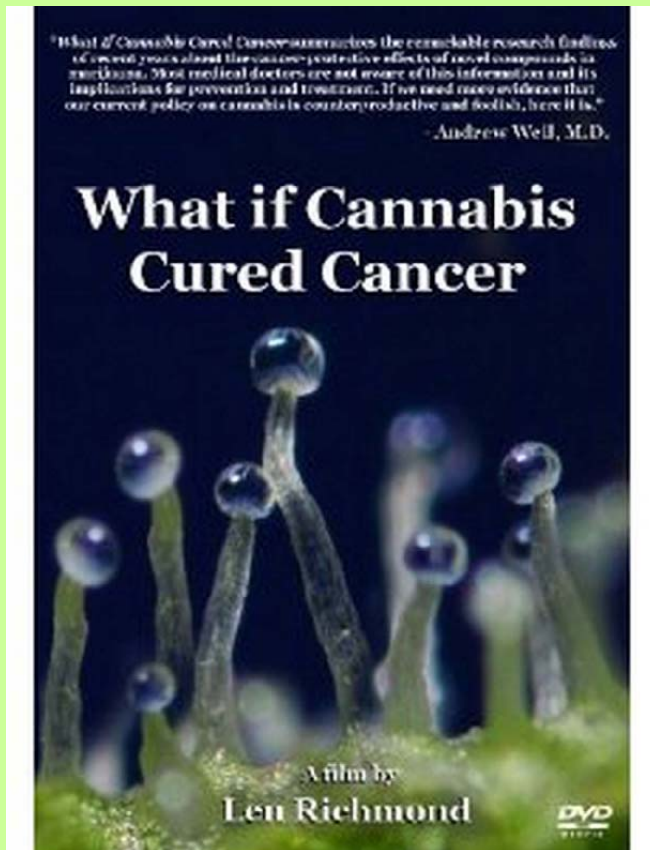
## Supporters of M-74

- Glenn M. Gordon, MD,
- Peter Goodwin, MD
- James P. Scott, MD
- John Pearson, MD
- Frances J Storrs, MD
- Ronald Stallings, MD
- Susan Katz, MD
- Nancy Crumpacker, MD
- Philip Newman, MD
- Ken Wolski, RN MPA
- Mary Lynn Mathre, RN, MSN, CARN
- Richard Bayer, MD (Chief co-petitioner for the OMMA)
- Betty Roberts, Former Oregon Supreme Court Justice
- Norm Stamper, former Seattle Chief of Police
- Citizen's Initiative Review
- Democratic Party of Oregon
- Edward Glick, ADN, BS
- Gary Johnson, - former 2 term Republican NM Governor
- Kristine Olson, former US Attorney for the District of Oregon
- Michael Lames Long, Pharm. D. (ret)
- Tom Potter, former Chief of Police and mayor of Portland

# What If Cannabis Cured Cancer?

Thursday,  
October 28  
7:00 pm  
\$5.00 @ door

Thursday, October 28 - The Mission Theater, 1624 NW Glisan St., Portland  
Fundraiser for Measure 74 and regulated distribution of medical marijuana



Thursday, October 28 - 7:00pm - \$5.00

Could the chemicals found in marijuana prevent and even heal several deadly cancers? Discover the truth about this ancient medicine as world-renowned scientists in the field of cannabinoid research illustrate their truly mind-blowing discoveries. "What if Cannabis Cured Cancer" explains how we are all born with a form of marijuana already in our bodies and when pot is consumed, the "endocannabinoids" inside us, along with any cannabinoids we ingest, fit together like a key in a lock.

"What If Cannabis Cured Cancer summarizes the remarkable research findings of recent years about the cancer-protective effects of novel compounds in marijuana. Most medical doctors are not aware of this information and its implications for prevention and treatment. This documentary presents compelling evidence that our current policy on cannabis is counterproductive and foolish. An excellent film."

Andrew Weil, M.D.

Movie! Music! Pizza and beer! **Come out, support a regulated medical supply system, and learn about cannabis science!** Medication area for registered patients will be provided.



## Advisory Committee on Medical Marijuana

Sept.13, 2010 Portland  
Oregon State Office Building

The ACMM meets quarterly and is comprised of eleven members, who are advocates of the Oregon Medical Marijuana Program (OMMP) and are appointed by the Department of Human Services director. They are patients, caregivers, growers, MD's and an attorney. 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.

There were approximately seventeen topics for discussion, an open gallery comment and announcement session, a lunch break, all of which took about four and a half hours. Thus I will only cover the key topics that should interest all concerned. For a detailed agenda, minutes, and members' names go to [OHD.ACMM@state.or.us](mailto:OHD.ACMM@state.or.us).

### **Current OMMP statistics:**

45,123 patients

5,622 have applied between March - June of this year, ( approx. 1,000/month applying )

Currently over 90,000 persons in data base (patient, caregiver, and growers)

3,518 MD's recommending OMMP for patients (up 109 since June)

OMMP staff grew from 22 employees to 27 since June.

### **Key points of meeting:**

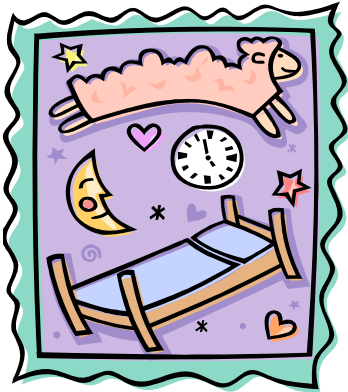
- OMMP will soon institute a new Registry Computer System since "old data system is unsupported due to growth of data base, steady increase in work load *and inability to respond to law enforcement quickly*".
- The Program is growing and so are the costs of maintaining it, so no fee decreases are expected in the near future.
- "Cash Grabs"... the state Budget Office has the authority to take money from cash reserves of any state agency for "general government services", which happens when large cash balances exist during the legislative session. They took \$180,000 from OMMP just this last session.

## More ACMM Business



- There will now be a \$10 fee for a **replacement card**.
- Some Growers or Caregivers want to end their relationship with the Patient, but the Patient won't submit the 'Change Request' form. The Grower or Patient may file a request with the OMMP to be removed. The patient will be sent notice and given 30 days to respond, after which the grow site will be changed to the patient's address.
- Some patients file paperwork to change their caregiver or grower very often. This costs a significant amount and takes up employees' time. Program Director, Tawana Nichols, asked the ACMM for advice and a subcommittee was formed to develop a solution.
- 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 that are mailed or delivered by hand.
- Since it is unlawful for committee members to take a position on a ballot measure if the member is acting in his or her official capacity so the ACMM took no position on Measure 74. The ACMM will however request an emergency meeting after Nov. 3rd, should Measure 74 pass, to address the issue ahead.
- The next regularly scheduled quarterly meeting will be in Salem in December. See: [www.oregon.gov/DHS/ph/ommp/index.shtml](http://www.oregon.gov/DHS/ph/ommp/index.shtml)
- Reports of the 'Outreach' and 'Horticulture and Safety' Subcommittees' showed they have been busy.

We recommend obtaining the minutes (public record), as there were many other subjects of importance that could affect anyone in the program or pending applicants. Further I would recommend all concerned persons to attend one of these meetings, as it will enlighten you to the reality of our situation, and your input could be quite valuable.



## A Good Night's Sleep

We've all had one of those nights, awaking in the dark, unsure why. After a trip to the bathroom and slipping back to bed, you find you can't go back to sleep. Tossing and turning you realize that it is the pain in your shoulder, hip, leg, back or other part of your body, which is keeping you awake. If you could just get comfortable and fall back into pain free sleep.

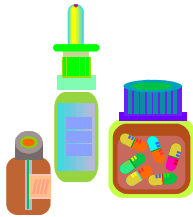
For years I didn't have much trouble sleeping. I was very active physically and when bedtime came, Sleep came quickly and slept soundly till the alarm clock went off. Time, illness and accidents brought change and I now spend much less time in my garden and yard and I need help to accomplish many tasks. A frustrating aspect is that I find it much harder to get a 'good night's sleep'.

Repeatedly I have had people tell me that the use of edible cannabis helps them get a good night's sleep. I decided to give it a try. I used cannabinated butter in a cookie mix that called for a stick of butter. At 8 pm I ate two cookies and at 9pm went to bed. By this time I was feeling sleepy. What a good night sleep I had, awaking refreshed and clear minded, ready for the day. I was delighted and looked through my recipes for one that called for a  $\frac{1}{4}$  pound of butter.

I started eating two cookies before bed each night. One night the dogs woke me about 2 am. I started thinking about projects on which I was working and found myself quite awake. Darn! I got up and got out my water pipe and medicine and had a couple of tokes. Voila, I was sleepy again. I returned to bed, fell asleep quickly and slept soundly until the alarm went off. I felt no 'hangover'.

There are many sleep aids out there, but they carry unwanted or even dangerous side-effects. I will continue to use my green medicine. I have found that one or two teaspoons of cannabis glycerin tincture is also effective. I am happy to share this method with other OMMP patients who find themselves craving a good night's sleep. - Sandee

# National “Drug Take Back Day” is a success



On Sept. 25, 2010 the Drug Enforcement Administration organized a national prescription “Drug Take Back Day”. It was a free, anonymous and legal way to get rid of potentially dangerous prescription drugs. As a result, **121 tons** of old or unwanted prescription drugs from America's medicine cabinets were incinerated. The DEA's main goal was to keep the drugs from falling into the hands of abusers and criminals.

But more importantly, until the last few years, health officials were telling people to flush unwanted drugs down the toilet, resulting in contamination of the water supply. Or, unsure of what to do with unused prescriptions or over the counter drugs, countless people throw out old medicines, which end up in land fills, again potentially contaminating the ground water. This affects us all, not just those who might be misusing or abusing drugs.

According to federal data. there has been a significant increase in accidental prescription overdoses. MAMA has warned for decades about the extreme danger of prescription drugs, even if taken as prescribed. Parents must be aware that children need look no further than the medicine cabinet for drugs that are an increasingly popular means of getting high with youngsters.

MAMA would like to see the **Food and Drug Administration** more active in the effort to keep all drugs out of the trash or water. Legislation allowing state and private entities to create responsible drug take back programs has passed the House and Senate and awaits President Barack Obama's signature. The DEA plans on having another Drug Take Back Day, but the date has not been announced. Call your city or county government's household trash and recycling service and ask if there is a Drug Take Back program is available in your community.

