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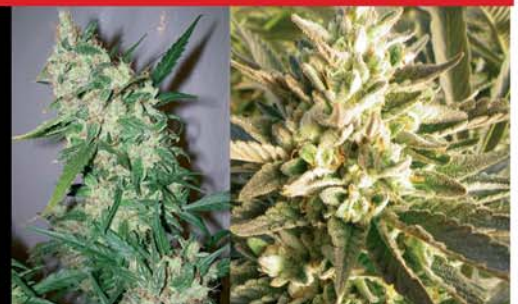
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Treating Yourself

Informing the misinformed

Treating Yourself magazine and treatingyourself.com were created to provide adults with information to assist them in their responsible use of medical cannabis.

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Taking advantage of the sick is... disgusting!

It really troubles me when I get contacted by readers telling me that they got ripped off by a company that was featured in an article. **Advanced Tissue Cultures Research Inc.** a fully owned Canadian Company, which has no relationship with BBF in the United States, started accepting payment from licensed growers in Canada and then failed to send the patients the product that they paid for. The owner of Advanced Tissue Cultures Research Inc is **Tiago Henriques** and the phone number that I had for him was 1-902-270-6877 which is now out of service. His email address is tiago_h@hotmail.com or drtissueculture@advancedtissuecultures.com and his web site <http://www.advancedtissuecultures.com/> is still up and running. They are also on Skype as **advancedtissuecultures.com**

Advanced Tissue Cultures Research Inc.

269 Charlotte Street
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B1P 6J7

I have advised all those who have contacted me to call the local R.C.M.P and report this fraudster! I also believe that their web site host gets contacted about them using the site to defraud people. I do the best that I can to weed out all the fakes but this guy and his company is one that fell through the cracks. Whenever we here at Treating Yourself get complaints about a company that is either featured in an article or an advertiser we look into it. We try our best to keep the readers informed and try not to submit them to fraudsters or unscrupulous people.

Now moving on to something of a positive note we here at Treating Yourself are proud to announce that we have included the Premiere Issue of Glass Culture magazine, our sister publication, that caters to all glass enthusiasts from artists to collectors. I hope that the readers of Treating Yourself will also enjoy reading Glass Culture.

Till next time

Marco Renda



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- Format:** JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)
Ad sizes:
- 1/4 page: 95mm x 132mm (wxh) / 3.74in x 5.2in
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Articles

Text: submitted in a Word document with photo files attached separately as JPG's, captions to be written in place of name on the photo file
 Photo format: JPG, 300dpi at actual print size. The more pixels the better!

Note

Please take photos of objects or buds with a neutral background (preferably white).

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Why ?



Why not ?



Connecticut Has Legalized Marijuana as Medicine

Or Maybe Not

by Mark Mathew Braunstein

June 2012

After 15 frustrating years of advocacy by nurses, doctors, legislators, caregivers, and especially patient patients, Connecticut joined 16 other states (plus the District of Columbia) and legalized medical marijuana. So now one-third of the population of the United States has the option to medicate with cannabis. Legally. The remaining two-thirds? They, too, have the option to continue to medicate as they already have been doing. Just illegally.

Long overdue, House Bill 5389 was signed into law on June 1, 2012. Yet the new law, Public Act 12-55, is timid in what it sanctions, in part because of the ominous dark shadow that the Feds now cast upon the 17 medicinal marijuana states. Since 2009, the hopeless and changeless Obama Administration has raided more than 180 cultivators and dispensaries primarily in California and Colorado. In light of recent events, Connecticut's Governor and legislators crafted a bill that limits the state's own liability (or as expressed in the vernacular, covers its ass), while still protecting the patient (in the vernacular, saves his ass).

The long road to legalizing cannabis has been agonizing and circuitous. A turning point in our nation's failed War on Some Drugs was heralded in November 1996 when California legalized marijuana for medicinal use. California's law was passed by public referendum placed on the ballot by public petition, but Connecticut does not allow its citizens to bypass its legislators. Instead a bill must be sponsored by a legislator, then be passed by several legislative committees, then pass in both the House and the Senate, and then signed or vetoed by the Governor.

For every bill the Governor signs into law, dozens die in committee. The most crucial committee is the Judiciary, whose members mostly are attorneys. Since 2003, the cannabis bills always began in the Judiciary Committee.



An unsung hero was the Judiciary Committee's Co-Chair, State Representative Mike Lawlor, JD, without whose advocacy the cannabis bills might have never have survived past the Judiciary.

Since 1997, Connecticut grappled with medicinal cannabis bills a total of eight times. Sometimes only patients testified in support of passage, other times patients were joined by doctors and nurses and lawyers and caregivers. Notable among the doctors was John P. Morgan, MD, co-author of Marijuana Myths, Marijuana Facts. Among the lawyers was Kevin Zeese, JD, president of Common Sense for Drug Policy. And among the caregivers was **State Representative Penny Bacchiochi**, who in 2004 during House debate surprised everyone when

she told the harrowing story of how years earlier she had procured cannabis for her husband dying of cancer. Since 2005, **Rep. Bacchiochi** usually co-sponsored the bills.



Equally harrowing testimonies came from the patients. At first, only one or two dared to confess their crimes. With each successive year, another and then another stepped forward. Here to the right is a tally of patients and the progress of each bill:

As the bill never passed whenever I testified in person, I theorized that if I stepped back from the ramparts, it then might pass. So this time I stayed home and submitted only written testimony. My strategy proved successful. The bill passed and was signed into law.

But I am not celebrating. The new law raises many bad questions, and offers few good answers.

How do you qualify to become a cannabis patient?

You must be certified by a licensed physician with whom you have maintained a long term patient-physician relationship. If you are uninsured and instead always walked into walk-in clinics, or if you have always sought advice from a more affordable alternative healthcare practitioner, or if your physician is simply unwilling to risk scrutiny by the cannabis program and so is unwilling to certify you, you are stuck.

What medical conditions make you eligible for treatment with cannabis?

Not chronic pain, the ailment which casts the widest net and thereby affects the most patients. While cannabis does not fully alleviate severe pain, in most cases it does reduce it to a tolerable level so that you need not resort to highly addictive and debilitating opiate-based pharmaceutical drugs that turn you into a zombie.

How will you procure cannabis, and how much at one time?

The State will license pharmacies to dispense cannabis with the same stringent controls as with Schedule Two prescription drugs. If you live in the sparsely populated northeast quadrant of the state you may need to travel many miles to the nearest licensed pharmacy and need to do so once a month, as one month's supply is all that you can possess at one time. No car or driver's license? You just might need to continue to procure your supply from where you've been getting it all along. From your neighbor who grows it in her backyard, or from son who gets it from his friends, or from your own friends, or from your friendly neighborhood dealer.



BILL PROGRESSION

- 1) **In 1997**, two patients testified to the Public Health Committee. The bill passed in Public Health, which at that time was a momentous and newsworthy event, but it died in the Judiciary Committee.
- 2) **In 2001**, one sole patient testified to the Public Health Committee, but with no further progress.
- 3) **In 2003**, two patients testified to the Judiciary Committee, and in large part due to advocacy by State Rep. Jim Abrams, JD, for the first time the Committee passed the bill, as did all other committees. But the bill died in the House.
- 4) **In 2004**, the same two tireless patients testified to the Judiciary Committee, the bill passed all committees, and in large part due to endorsement by over 300 Connecticut MD's, for the first time the bill passed in the House. But the bill died in the Senate.
- 5) **In 2005**, one sole patient testified to the Judiciary Committee, the bill passed all committees, then for the first time passed in the Senate. But this time died in the House.
- 6) **In 2007**, five patients testified to the Judiciary Committee. The bill passed all committees, then passed both the House and the Senate. But was vetoed by the Governor.
- 7) **In 2011**, six patients testified to the Judiciary Committee. It passed the Judiciary, and was supported by the new Governor. But died in both the House and the Senate.
- 8) **In 2012**, as the only patient who testified at all seven hearings since 1997 and as a paraplegic since 1990, I came to conclude that I was not the only one suffering from paralysis.

How much will cannabis cost?

No telling just yet, but you can be sure that the costs of all the monitoring and licensing will be passed on to the consumer. You. Thus it likely will cost just as much as black market cannabis whose prohibition creates a myriad of middlemen, of which the last is your friendly neighborhood dealer.

Who will grow the cannabis?

Not you, not legally anyway. Here comes sticker shock. The State will license a maximum of ten growers. Growers must pay a license fee of at least \$25,000. Nonrefundable! And renewable at least every five years! Who the heck is going to dish out more than \$25K for the honor of being raided by the Feds? Not ten growers. Not even one. But let's pretend some. The State has not yet printed any applications. Let's pretend applications are printed in August, distributed in September, one is filed in October, and approved in November. And let's pretend an indoor grow facility with all the required security measures is remodeled into a fortress in December. The cost of electricity in Connecticut is the very highest in mainland USA, so no one is going to sow seeds during our coldest months of January or February. Maybe March. So the first crop might be harvested in late June and distributed in July, at the very earliest.

Yet this is only fantasy. In reality, with its promise of cannabis Connecticut will have registered hundreds of patients, but will have no cannabis. So we will procure our cannabis exactly from where we procured it all along. From our neighbors who grow it in their backyards, or our sons who get theirs from their friends, of from our own friends, or from our friendly neighborhood dealers.

Mark Mathew Braunstein's other articles about medicinal marijuana can be downloaded from <http://www.markbraunstein.org/sexanddrugs.htm> 

Informative websites:

Connecticut's Department of Consumer Protection's Medical Marijuana Program:

<http://ct.gov/dcp/medicalmarijuana>

This webpage is periodically updated, so should be regularly monitored by patients intending to register with the program.

An Act Concerning the Palliative Use of Marijuana (Public Act No. 12-55):

<http://www.cga.ct.gov/2012/ACT/PA/2012PA-00055-R00HB-05389-PA.htm>

The new law of the land in Connecticut. As insomnia is not one of the qualifying medical conditions, reading this document may provide an alternative remedy.

Testimonies submitted March 2012 to the Judiciary Committee:

http://www.cga.ct.gov/asp/menu/CommDocTmyBillAllComm.asp?bill=HB-05389&doc_year=2012

Note that testimonies are listed alphabetically by first (!) name. The testimony submitted by Mark Braunstein is his article in the Spring 2009 issue of *Treating Yourself: The Alternative Medicine Journal*. His article is titled, "A Walk on the Wild Side: Paraplegia & Marijuana."



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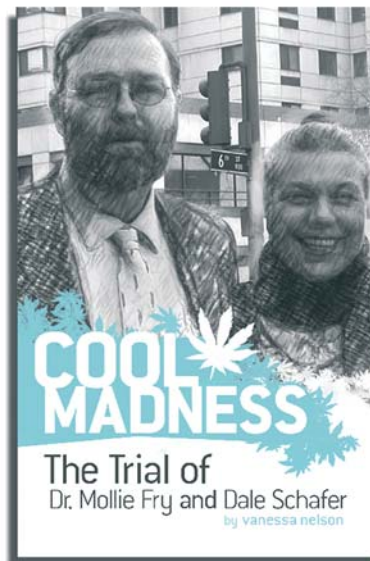
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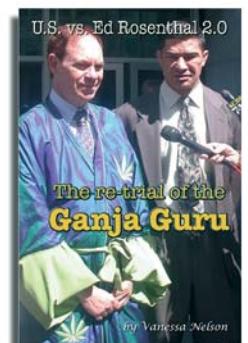


COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana while enduring chemotherapy and a double mastectomy. After recovering, Dr. Fry set up a practice in the small northern California town of Cool and began recommending medical marijuana to her patients in accordance with state law. However, California's medical marijuana laws are not recognized by the federal government, and this legal conflict put Dr. Fry's activities under the scrutiny of authorities. Law enforcement surveillance on her home led to a raid that netted a meager 34-plant garden in September 2001.

www.MMAPUB.com

BOOKS BY VANESSA NELSON

In 2003 former "High Times" columnist Ed Rosenthal was convicted for growing and distributing medical marijuana, an activity legal under California law, but illegal under federal law. The jurors, who were prevented from hearing about California law, staged a revolt after learning that they had convicted a medical grower. Their public outrage matched the response of the activist community and pressured the judge into handing down a remarkably light sentence of just one day in jail, time Ed had already served. Coming 4 years after the original guilty verdict, the re-trial packs a heavier punch than ever before. During repeated outbursts in the courtroom, the loquacious defendant alternately ridicules his prosecutor and demands that his judge step down from the bench. The bombast becomes infectious, and soon everyone is speaking his mind in court, from outraged prospective jurors to righteous witnesses who refuse to testify. By the end, even the defense attorneys are threatened with jail time for contempt.



Bridging the Knowledge Gap: Nurses in Support of Medical Cannabis

By Mary Lou Smart

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www.medicalcannabisart.com



The American Nursing Association (ANA) is the only full-service professional organization representing the interests of the nation's 3.1 million registered nurses through its constituent and state nurses associations and its organizational affiliates. The ANA advances the nursing profession by fostering high standards of nursing practice, promoting the rights of nurses in the workplace, projecting a positive and realistic view of nursing, and by lobbying the Congress and regulatory agencies on health care issues affecting nurses and the public. About ANA, www.NursingWorld.org

For more than 15 years, the ANA has supported medical cannabis.

In 1996, the ANA's Congress on Nursing Practice pushed for the education of registered nurses in evidence-based therapeutic uses of cannabis as well as the investigation of therapeutic efficacy of cannabis in controlled trials. In 2003 the ANA's broad policy-setting body, its House of Delegates, passed a resolution supporting nurses' "ethical obligation to be advocates for access to healthcare for all," including patients in need of cannabis for therapeutic use. The ANA's Congress on Nursing Practice and Economics position statement entitled "In Support of Patients Safe Access to Therapeutic Marijuana," was approved by its Board of Directors in December 2008.

For an even longer period of time, nurses with first-hand experience of how cannabis improves patients' lives have followed the ethical mandate of their profession by advocating for reform.

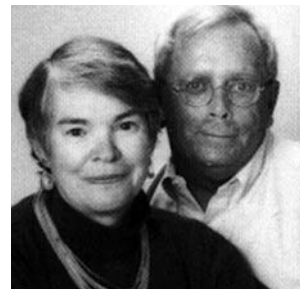
How the Federal Government Tried, and Failed, to Bury Evidence

Many credit the birth of the modern-day medical cannabis movement to Bob Randall, who suffered from glaucoma. He realized in the 1970s that the plant he'd been using for recreation actually helped his condition by reducing ocular pressure. Told in his 20s that



he'd be blind in two years, he became a strong advocate for medicinal marijuana and also retained his vision for the rest of his life. The primary motivator for him was the realization that individuals within the National Institute of Drug Abuse (NIDA) and the Food and Drug Administration (FDA) understood that marijuana could help individuals with glaucoma, and were deliberately ignoring the information.

Randall and Alice O'Leary, his wife, petitioned the federal government through the FDA for legal access to federal supplies of marijuana for treatment of glaucoma, which he received in November 1976. Randall was the first patient in the government's Compassionate Investigational New Drug (IND) Program. Wanting to help others, Randall created protocols for prospective patients for glaucoma, multiple sclerosis, chronic pain and AIDS. With his help, several patients were accepted into the program. Randall continued to advocate for patients until his death in 2001.



By 1992, as evidence of medical benefit mounted, and faced with a surge in people applying to get into the IND for many conditions, the first Bush Administration shut its program down, but continued to service the few it had admitted. While the numbers vary, the federal government states that there were 15 patients in the program at that time.

Carrying on the work begun by Randall and O'Leary,

Mary Lynn Mathre, MSN, RN, CARN, and her husband Al Byrne founded Patients Out of Time in 1995. Their motivator was the realization that the federal government was waiting for the remaining patients in the IND program to die.

“Al and I were just looking at each other and looking at the patients, and we were saying, “You know, the federal government is just hoping that you guys will die and nobody knows their dirty little secret, which is that they’re growing marijuana and giving it to you and nobody else is getting it because they want to continue claiming it has no medical value.”

The existence of an organization such as Patients Out of Time ensured that the government’s strategy — supplying the chosen few with a monthly supply of cannabis for decades but refusing to study them — backfired in a big way. While the federal government might have wanted its program slip into obscurity after the IND patients died off, Patients Out of Time embraced them, studied them, and let the world know about them. Today, four IND patients remain alive and medicating with a United States government-sanctioned supply of cannabis.

Despite the federal government’s ongoing efforts to make sure mainstream media receives an endless supply of hollow sound bites to fan the flames of myth, the truth about the benefit of medical cannabis can no longer be buried or ignored.

Mary Lynn Mathre – Pushing for Reform

During most of her career as a nurse, Mathre has promoted cannabis medicine. Her commitment led to Patients Out of Time’s professional conferences, which are approved by the American Medical Association (AMA) and the ANA for continuing education credits.



From day one, Patients Out of Time’s focus has been to pull together doctors, nurses and clinicians in addition to patients. Its website — www.medicalcannabis.com — is cram packed with information, including video presentations from the scientists, clinicians, doctors, nurses and patients who speak at its conferences.



Melanie Dreher, PhD, RN, FAAN, is the Dean of Nursing at Rush University Medical Center in Chicago, Illinois. In an interview with Susan Trossman for *The American Nurse*, she referred to Mathre as a role model for nurses in

political action. “She’s fighting a battle all the way on the issue of medical marijuana, but she stays upbeat and undaunted,” she said. “She’s definitely one of my heroes.”

More than one third of the state governments in the United States either have established or are incorporating medical cannabis programs, many with the assistance of nurses who have supported, even written, medical cannabis legislation. Throughout the country, nurses have pushed their own state nurses’ associations to back position statements in support of whole plant therapy. Mathre was the first. A Virginia resident, she lobbied her state’s professional organization to support medical cannabis, and it did.

With the assistance of Mathre, dozens of health care groups, including the American Public Health Association and the National Nurses Society on Addictions, have issued similar white papers in support of medical cannabis. Mathre has had a hand in virtually all of the state nursing association medical cannabis resolutions. She frequently speaks at state legislative hearings for the adoption of programs. Her background in medical-surgical and critical care nursing and her certification as an addictions specialist give her in-depth knowledge of the interaction of diseases and symptom relief. She understands why patients can be better off with a non-toxic, non-addictive therapy that often allows a quality of life that would not be possible with pharmaceutical alternatives.

“She really was the inspiration for me going to my state’s nurses’ association,” said **Ken Wolski**, MPA, RN, and a New Jersey State Nurses Association (NJSNA) member. Indoctrinated into the cruelty of the Prohibition after becoming friends with a glaucoma patient who was imprisoned, lost everything he owned, and eventually left the country, Wolski spent a decade studying the science of cannabis medicine. He wanted to help the growing number of patients in his state, but was unsure of how to proceed. “When I saw that Mary Lynn went to the Virginia Nurses Association, I said, “Well, here is something that I can do that is meaningful, and could be very productive.””



He approached the NJSNA, which passed a resolution in support of medical marijuana in 2002. At that time, the organization also urged the state to pass a medical cannabis law. New Jersey’s medical cannabis program was signed into law in 2010.

According to Wolski, it is only natural that nurses lead the way toward reform.

“RNs have a unique position in the health care field,” he

said. “We are with the patients 24 hours a day, 7 days a week. I think that we are in a unique position to really evaluate the effectiveness of marijuana therapy, and we do, and we come out wholeheartedly in support of it. We are also traditionally advocates for patients. We go to bat for them when they need help.”



Bryan Krumm, psychiatric nurse practitioner, helped draft New Mexico’s medical cannabis legislation, pushing for the addition of Post Traumatic Stress Disorder as an approved condition and

including nurse practitioners as well as physicians as professions permitted to make referrals. A speaker at Patient Out of Time’s Seventh National Clinical Conference on Cannabis Therapeutics in Tucson, Arizona in April 2012, he spoke about the many ways cannabis helps his patients. In an earlier interview, he stated why he has even gone so far as to sue the federal government to reschedule cannabis, which is currently in the no-medical-benefit category of the Controlled Substances Act.

“In terms of safety, there is nothing that we have to offer pharmaceutically that can match the safety of cannabis,” he said. “In my own practice as a clinician, I have never come across a single pharmaceutical agent that is as well tolerated, and lacking in significant side effects, as cannabis.”

The Rhode Island State Nurses Association (RISNA) lobbied and testified in favor of a state law, arguing that a lack of state access was endangering the sick. Rhode Island’s program was approved in 2006, not by voter referendum, but by legislature following the endorsement of the medical community and testimony by patients. RISNA supports the ANA’s “Safe Access to Therapeutic Marijuana” policy.

RISNA was a co-sponsor of Patient Out of Time’s 2010 conference, and Executive Director Donna Policastro, RNP, gave the opening address. In it, she explained why RISNA helped lobby and testify for Rhode Island’s legislation.

“It’s an access issue. It’s a safety issue. We believe very strongly in it and we want to move forward and continue to be proponents of this issue,” she said.

American Cannabis Nurses Association

At the Rhode Island conference, a nursing advocacy group, the American Cannabis Nurses Association (ACNA) was established.



The mission of the ACNA — www.cannabismnurse.org — is to bridge the knowledge gap through educational, professional, patient advocacy, collegial networking and supportive nursing practices. The aim of the specialty nursing association is to educate nurses, health care professionals, policy-makers and the public about the therapeutic use of the cannabis plant. The rationale of those volunteering to make ACNA viable is that only in integrating cannabis patients and the nurses who care for them into nursing practice can the overall objective of the ANA in ensuring access to healthcare for all be met.

As the professional organization developing nursing standards, credentialing and certification procedures for cannabis nurses, a goal of the ACNA is to become an ANA organizational affiliate.

“Just as there are critical care and psychiatric nurses associations, there needs to be a nursing association that supports all of the unique issues that come up with a specialty like endocannabinoid therapeutics,” said Ed Glick, ACNA secretary. “There are hundreds of thousands of nurses around the country that are dealing on a daily basis with people who use cannabis for many conditions. A doctor can prescribe a medicine, but it is the nurses that really are able to guide a person through the subtleties of using it. It is critically important that we have something that any nurse can tie into to learn about cannabinoid medicine.”

In Tucson this past April, ACNA board members, including Mathre, Glick, Krumm and Wolski, met with nurses attending Patients Out of Time’s conference. Many are active in the field of cannabis and endocannabinoid therapeutics. The response was enthusiastic.

Heather Manus, RN, practices nursing in northwestern New Mexico. Like many, she was afraid, at first, to let anyone know that she was supporting her patients in their therapeutic use of cannabis. Like many patients, she was afraid of being stigmatized. Gradually, though, as she realized how many of her patients were using it, her feelings changed.

A home health care nurse, she surveyed her clients and learned that of the 43 percent that were medicating with cannabis, only 83 percent had registered with New Mexico’s medical cannabis program. She now carries a supply of applications to the state’s program.

“I felt that it was my job to help these patients get legal,” she said. “They should not be subject to arrest because of a medication that they choose to use.”

Part of Manus’s change of heart came as a result of watching patients on opiates receiving a better quality of life with a non-toxic herbal remedy.

"When you have patients on opiate medication, a lot of times they are home bound," she said. "They hurt. They are zonked out. If they can supplement with cannabis, they can enjoy their lives again. When you look at what pharmaceutical medications can do to the human body, it is not good. When we are able to replace some of those with an herb that has minimal side effects, I feel that we are doing something that is really, really good for patients."

Manus is telling every nurse she knows about ACNA. "Nurses need to go online to the cannabisnurse.org site and register to become members," she said. "They can see stories about other nurses that are dealing with cannabis patients, and learn what they are doing and how they are doing it. This is one more step in having people understand that this really is medicine. As nurses, we need to be compassionate about and understanding of what our

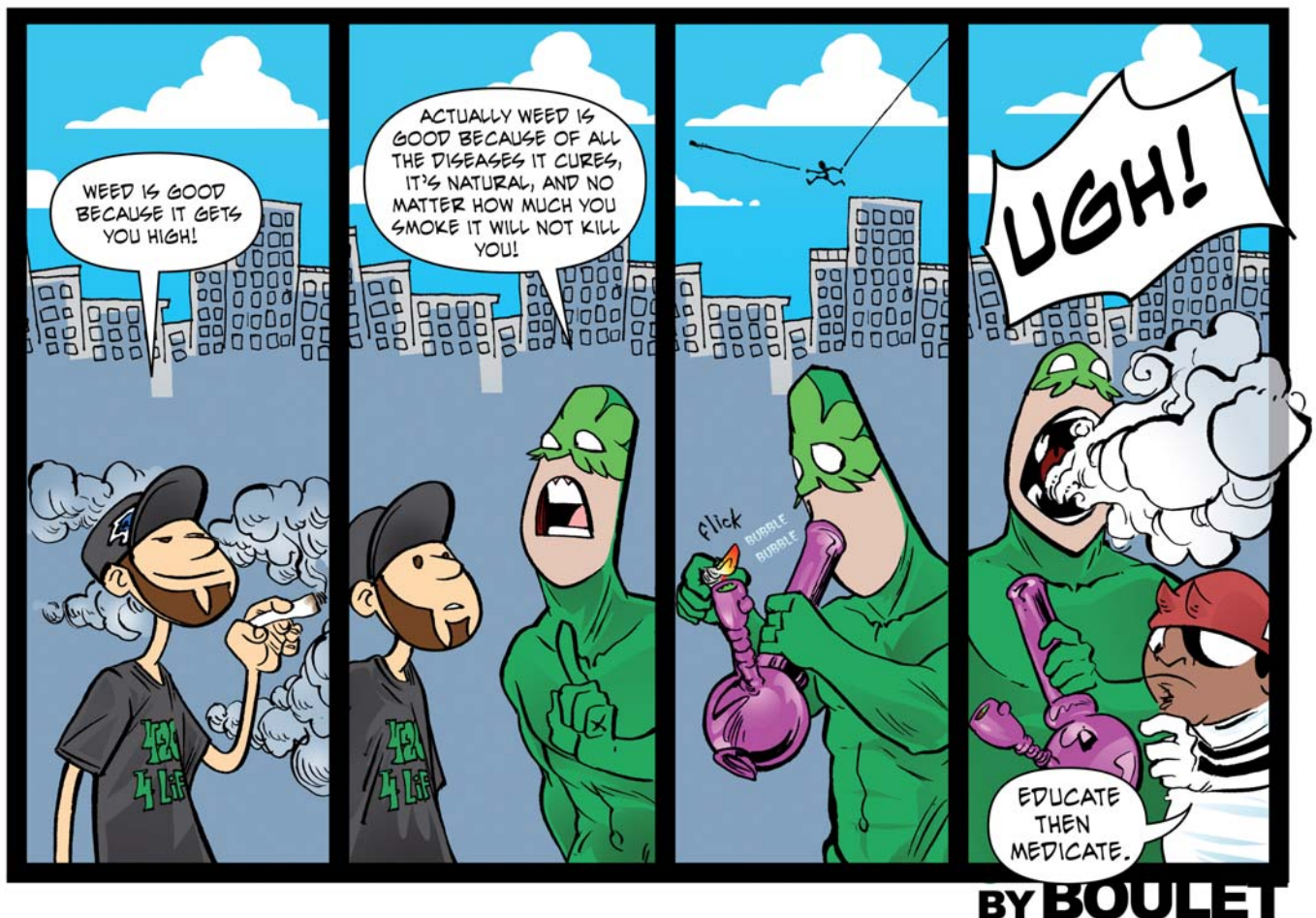


patients are doing. We need to advocate for these patients."

These days, Manus no longer has second thoughts. She is passionate about her chosen field and about the ACNA.

"Up until about six months ago, when people asked me what I did, I'd say home health," she said. "Now I'm getting to the point where I say that I am a medical cannabis nurse. I am following the law." 📺

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Fear of Flying:

Void for Vagueness in Hawaii

By Mary Lou Smart

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When you pick up a prescription, what do you do with it? Wiggle your nose three times to be instantaneously transported back to bed? Have you ever driven across town with a bottle of meds or taken them to work with you? Have you ever, God forbid, taken medicine aboard an airplane?

Patients carrying legal cannabis in Hawaii face any number of risks, including confiscation of medicine, harassment, missed planes, arrests, fines and court cases. The law is vague, according to prosecutors, defense attorneys, judges, and just about anyone weighing in on the subject.

Hawaii decriminalized the medical use of marijuana in 2000. Its revised statutes (HRS) include HRS 329-121 and HRS 329-122, which state that “medical use” includes transportation (329-121), but that the same “medical use” is prohibited in any moving vehicle and in any other place open to the public (329-122). Prosecutors have won cases with the argument that HRS329-122 clearly prohibits any form of travel, which they define as medical use, with cannabis; however, many of these convictions are appealed.

An amicus curiae (friend of the court) brief submitted by the ACLU of Hawaii in support of a patient appealing a conviction maintains that the state’s medical marijuana law contains significant conflicting sections. Prosecutors use these conflicting passages, it argues, to sidestep the obvious intent of the law.

“Prosecutors in Hawaii County appear to be the only prosecutors in the entire nation pursuing criminal charges against medical marijuana patients who do nothing more than transport lawful, personal quantities of marijuana in accordance with applicable state law.”

The ACLU’s argument is that the logic being used in convicting patients is absurd. Taken literally, it maintains, the logic is a stretch that would make any conviction a violation of due process. Even before the appeal that this brief was written for was heard, District Court Judge Barbara Takase had tossed out two similar cases, stating that the law’s passages about transportation are too vague to support a conviction.



Transportation is not a simple affair in this archipelago of eight major islands in the North Pacific Ocean. Without ferries, inter-island travel is often via airplane where Transportation Security Administration (TSA) agents search passengers for weapons. In Hawaii, many patients travel to other islands, especially Honolulu, for medical care such as chemo.

Matt Rifkin is a patient. He has become an advocate for other patients, particularly those that get caught up in the muddy waters of the transportation issue.

Hawaii’s medical marijuana program is overseen by the Narcotics Enforcement Division (NED), which tends to treat the patients that the law was intended to protect like criminals. Hawaii’s medical marijuana program does not prohibit dispensaries, but it makes no provision for them. Without the protection of a mention in this law, opening a dispensary has proven to be a risky proposition. Without dispensaries, patients carry their legal cannabis when traveling from one island to the next.

Defense attorneys maintain that patients cannot be expected to fly to where they’ll be for several days of treatment, and then have to score marijuana on the black market upon arrival simply because the law is vague. Because of this legal quagmire, the sick face arrest if they fly with cannabis in much the same way that they face arrest if they leave their legal cannabis at home, and then try to buy it on the street after getting off of the plane.

Rifkin became aware of the state’s inter-island dilemma in

2007 when he learned that a friend suffering from leukemia was also coping with the fear of arrest while flying to Honolulu for his chemo every two weeks. His wife worked for the airlines. While he did bring his legal cannabis onto the plane each time, he was worried about jeopardizing her career, her health insurance, and her income, all of which his family relied on, if he were to be arrested.

Rifkin started asking around. The TSA agents at Kona International Airport told him that he could bring his cannabis on the plane. They told him that if they searched his bags and found it, he would be fine as long as he had proof that he was a legitimate patient. After hearing that, he adopted a policy of putting his cannabis into a cloth pouch, and placing it on top of his clothes where it could easily be found in his suit case. The TSA did not have a written procedure, but Rifkin transported his medical cannabis three or four times with no problem.

On Christmas day in 2010, he was flying to visit a friend in Honolulu.

“The TSA staff looked like they had just gotten off an airplane from the mainland,” he remembered. “They were very pale and white, and this time they didn’t like what they saw when they searched my bag.”

A TSA agent pulled him aside, and airport security was called.

“A rent-a-cop was threatening me, saying that they would be taking me away in handcuffs, calling the DEA, and letting the courts sort it out,” he said.

While the local police department was called, no one ever showed up to arrest him. After confiscating his medicine, they let him go. The next day he received a call from Hawaii County’s police department asking him to come in for questioning.

“They said, ‘Look, we just want to get your side of the story. We realize that you are not a dealer because you were very open, and you were not carrying much,’” he said. “I said that I was going away for a month and that I’d call them when I returned. They said fine.”

As it turns out, the officer assigned to his case was reassigned, and he never heard from them again.

“The whole inter-state transportation issue is interesting,” said Jeanne Ohta, executive director, Drug Policy Forum of Hawaii. “There have been varied responses when a patient’s marijuana is found in a bag by TSA.

Some are let go. Some are arrested. In the cases I know of where a patient is arrested, prosecuted and convicted of possession, the cases are appealed. It is especially urgent to clarify ambiguities that have caused these patients to be arrested.”

The amicus brief cited above was written in support of Geoff Woodhall, a legal patient who was carrying two grams of cannabis in his pants pocket that was found during a TSA pat down prior to a flight from Kona International Airport to Hilo International Airport. The legal limit for patients in Hawaii is three ounces, and Woodhall was carrying two grams. He was turned over to local law enforcement officers, but not arrested. They detained him, handcuffed him, brought him to their security shack, confiscated his medicine, and then let him go. By that point he had missed his inter-island flight. After being served with a summons more than three months after the incident, he learned that prosecutors had pursued a misdemeanor possession charge. District Court Judge Joseph Florendo said that the law is crystal clear, and patients cannot travel with cannabis.

HRS 329-121 defines authorized medical use as “the acquisition, possession, cultivation, use, distribution, or transportation of marijuana” by qualified patients. HRS329-122 states that the medical use of marijuana is prohibited in any moving vehicle or in any other place open to the public. It is clear, therefore, that a patient is



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permitted to transport cannabis (HRS329-121), but strict interpretation of transporting as being medical use, which is how Judge Florendo interpreted HRS329-122, makes moving the medicine just about anywhere illegal.

“None of these patients are walking through the airport smoking joints and waving their ounces of pot around,” said Rifkin. “The patient in Kona, his cannabis only came to public view when the TSA agent pulled it out of his pocket. If you follow this logic, then the only place where you can possess your marijuana is at the address on the medical card where you are registered. That is utter craziness.”

A federal agency, the TSA was created as part of the Aviation and Transportation Security Act in 2001, and originally part of the U.S. Department of Transportation. The TSA was moved to the Department of Homeland Security in 2003. When questioned by a Hawaii Tribune Herald reporter in 2010 about its drug screening procedures, TSA spokesperson NICO Melendez said that when drugs are found during a screening, the TSA would not have the authority to make an arrest. Local law enforcement would be contacted. “Our mission is to keep explosives off planes,” he said. “Drug enforcement is not our mission.”

While other medical marijuana states have statutes with conflicting passages, legislators and other government officials have set up clear policies to protect patients. Not in Hawaii, where NED uses its bizarre oversight of a medical program to profile and criminalize patients, and seems to influence the legislature as well.

The amicus brief points out that, “no other jurisdiction that has enacted a medical marijuana program is prosecuting patients for transporting medical marijuana, nor is the federal government prosecuting medical marijuana patients who comply with local law.”

In Oakland, California, for instance, the Sheriff’s

Department administers security at Oakland International Airport where procedures are in place outlining what to do if TSA finds cannabis on a legal medical marijuana patient. The Airport Police Services Policy and Procedure states that if the patient possesses less than eight ounces, which is the legal medical marijuana amount in that state, they are free to go. Their medicine is not confiscated.

In Oregon, the state law regarding medical marijuana is applied to passengers on airplanes. In 2009, Wendy Hain, assistant general counsel, Port of Portland, responded to an inquiry by stating that while the Port does not have an official written policy, the Port complies with applicable state and federal laws. Her letter added that, “Marijuana is not seized from a passenger who holds a valid Oregon Medical Marijuana card when boarding aircraft at the Portland International Airport as long as the passenger is not carrying a quantity that exceeds an amount that he or she is lawfully authorized to possess.”

In the Aloha State, where a criminal model seems to control a medical issue, advocates are finding that progress is slow.

A member of the Medical Cannabis Working Group set up by the state legislature; Matt Rifkin said that the number of patients being arrested while boarding planes is not known but that all signs point to quite a few accepting their fate and paying fines to avoid the hassle of a court case. He said that since many of the few cases that actually make their way to court are being appealed, the transportation issue will probably be heard by the state’s Supreme Court sooner than later.

“In Hawaii, their gig is to arrest you and let the courts sort it out,” said Rifkin. “From the start, the intent of the law was compassionate care. Many of us travel to different islands for care. People travel with their medicine. We should be protected under this law, and it really is that simple. 🍓



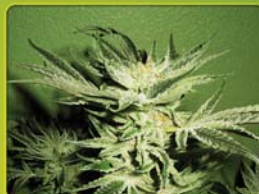
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By S. Brook Reed & Dr. Y



Have a cigar! Can I get you a drink? I only smoke with cocktails. Would you like a nightcap? Sex, drugs, and rock and roll....

Typically, socially acceptable party proverbs reference tobacco, alcohol, and/or synthetic potions. Within many cultures, it is customary to consume a glass of wine with dinner, and light up afterwards. Ale and pizza, to others, are as congruent as Judas Priest and heavy metal. And if you aspire to be a musician, you may be expected to OD on hard chemicals or alcohol prior to attaining iconic status. Just ask Jimi Hendricks, Jim Morrison, or Bon Scott.

Yet beneath the politely condoned, and often deadly, balderdash emanates a non-menacing social outcast, cannabis. Like those dependent on anti-depressant medications, pot users are commonly frowned upon. Segregated. Or simply termed too eccentric for the gathering. Though, satirically, its been proven much safer than traditional function favorites.

Former Beatles bassist/vocalist Paul McCartney delivers positive insight on cannabis. "The song 'Got To Get You Into My Life' isn't about a girl; its an ode to pot, like someone else might write an ode to chocolate," the lyricist says of the 1966 Revolver album inclusion. "Yet I'd been a rather straight, working class lad.

"I've not really changed my opinion too much," the musical genius notes. "In a stressful world, I'd say pot is one of the best tranquilizing drugs. I have drunk alcohol and smoked pot. And of the two, I think pot is less harmful. People tend to fall asleep on it rather than go out an commit murder! Its always seemed to be quite benign."

Another mega-platinum British band, Black Sabbath, has also tipped their hat lyrically to cannabis, while demoralizing chemicals. Sandwiched between the anti-drug

themes of "Hand of Doom" (Paranoid,'70) and "Snowblind"(Vol. 4, '72), "Sweet Leaf"(Master of Reality, '71) glorifies weed. "Straight people don't know what you're about," one verse begins. "They put you down and shut you out. You gave to me a new belief. And soon the world will love you sweet leaf."

In turn, "Hand of Doom," with its skin-crawling concept of Vietnam trauma-induced, mainline drug addiction, concludes in casualty. Just as cocaine-illusion track "Snowblind" terminates with the line "...soon I'll taste of frozen hours."

Says guitarist/composer Tony Iommi: "Perhaps doing a lot of coke for the Vol. 4 sessions helped speed things up." Nonetheless, the band's first experience with writer's block would surface for the poorly executed Sabbath Bloody Sabbath album a year later.

Ironically, Sabbath hardly conceals the fact that there was plenty of cannabis involved in the creative processing of Paranoid and Master of Reality, the quartet's finest-selling records. "While in the studio forReality, Ozzy brought in a big joint," Iommi recalls. "It bloody choked me!" The coughing was then recorded as an intro to the vinyl. Very appropriate: hacking your way into one of the most successful stoner albums of all time!

Based solely on right-winged propaganda, cannabis' reputation emulates a virgin that's been tagged a harlot. The alleged "gateway" to ruins has been erroneously inferred a greater carcinogen than tobacco, more addicting than alcohol. Universal systematic principle, including many religious organizations, has brainwashed society into surmising a pot user otherwise dysfunctional.

The Rape Abuse and Incest National Network says, "Alcohol is the most commonly present drug in crimes of sexual assault."

Wrong. If used recreationally, as opposed to medicinally, the use patterns of some pot smokers may simulate a social drinker. When encompassed with like-minded folks, weed can be great at a dinner party, on a hot date, or for an outdoor summer gig.

Moreover, alcohol, and other drugs, fall short in the athletics department, where cannabis may excel. While professional athletes, such as basketball players, motocross racers, and snowboarders, have been known to indulge in a joint prior to competing, alcohol and pills do not submit, regardless of the arena.

A so-called "couch-lock" drug, pot can, ironically, incite focus as a nerve calming agent. It has been established at local, national, and international sports levels. At this point, its all but condoned in high profiles leagues, such as the National Basketball Association. And like it or not, it is present within virtually all Olympic games.

Had Michael Phelps been spied drinking, or filling a prescription of Xanax, the media would have yawned, turning to something news worthy. Yet the swimmer's performance may have then suffered, experiencing subordination to the toxins.

Marijuana Is Safer: So Why Are We Driving People To Drink? Released in 2009, the book by Chelsea Green is available via Amazon.com or accessed at Scribd.com. It contains well-detailed statistics directly from the US Center For Disease Control and Prevention. All information is founded via unbiased facts.

Leaving an alarming path of destruction, alcohol and drugs supersede all chronicled serial killers and/or psychopaths. Colorado, the American leader in non-accidental booze-related deaths, loses 1,400 of its residents annually to alcohol. With a staggering total of 37,000 Americans dying of liver maladies, alcohol poisoning, etc., fermented beverages should elude your Christmas shopping list. Even worse, illicit, over-the-counter, and pharmaceutical drugs exterminate over 56,600 US citizens yearly!

US Disease Control and Prevention has yet to require a cannabis-incited demise category.

The Scientific Research Society has buried the myths. Slang-talking stoner dudes, in spite of their brain-dead estimations, are simply role players, it seems. Featuring neuroprotective qualities, countless studies reveal that cannabis use actually preserves normal function in brain cell tissue, long-term.

Notwithstanding, alcohol quickly pervades cerebrum corpuscle membranes. Soak a cucumber in caustic fluid for consecutive weeks, and it becomes a pickle, never returning to its original outline. Thusly, recovering alcoholics still stumble and fall a year into their sobriety.

It goes without saying, a meth user will never regain their mind, nor his/her lost friends.

General healthcare expenses for routine drinkers far surpasses that of the daily cannabis user. The British Columbia Mental Health and Addictions Journal discloses that alcohol users demand eightfold more health attention than pot smokers!

Synthetic drugs and alcohol are also more habit forming than weed. While pills and liquor may present fatal withdrawal symptoms, cannabis is popular for its lack of side effects.

Twenty-one percent of all injuries in America are alcohol-related. Gambling your overall safety level, liquid intoxicants place you in harms way more frequently than any other drug. After all, mind you, alcohol will make you stupid as a stick!

Pot is rarely, if ever, involved in 911 misadventures. Ordinarily reducing hostility and/or suicidal tendencies, it produces inner peace and well-being.

A complicity to domestic discord and sexual violation, liquor stimulates otherwise dormant behavioral inclinations in many individuals. An investigation administered via the American Institute on Addictions concluded that persons possessing obstinate partner aggression, male or female, experienced increased peevishness with alcohol intake. An angry husband, for example, has proven 80 percent more likely to batter his wife, or girlfriend, when blood-alcohol levels are elevated. The Rape Abuse and Incest National Network says, "Alcohol is the most commonly present drug in crimes of sexual assault."

Neither organization even mentions marijuana as a factor on such devastating fronts!

Are we obligated to mention the 2.3 million years of lost brain capacity due to drug and alcohol-related deaths? Unfortunately, technology fails to download obscured knowledge of the untimely deceased.

Hmmm...Guess its a no-brainer: live long and thrive with cannabis. 🍓

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Lights, Camera, Cannabis

By Carl Hedberg

Carl Hedberg is a writer, speaker and cannabis use explorer working with film makers to deliver the historical and medicinal truth about cannabis to the big screen. Twitter questions and comments @cannabisrising or visit Carl on Facebook (thefinestgreen). This piece was adapted from blogs on www.cannabisrising.com.

In print and on screens large and small, we the people of this planet receive a steady dose of time-tested cannabis war propaganda that runs so deep that Westernized citizens distrust plant medicines, consume pills and alcohol to excess, and believe restoring the right to choose cannabis is a fringe issue orchestrated by stoners. On the economic front, Washington drug warriors are sending in their troops to slow down and disrupt a growing enterprise frontier they say doesn't exist.

What mainstream Americans don't know about cannabis is hurting us all, and film makers are in a unique position to help. As Mr. Gore demonstrated with his engaging documentary on climate change, the most effective way to get the attention of the masses is with compelling entertainment that delivers the truth—inconvenient or otherwise—in a manner that gets them to see why they should care.

In light of the burden of installed negative perceptions and associations going back generations, cannabis truths are best delivered in small doses and within the lives of authentic characters. Woven into the fabric of a scene like a pack of smokes or a cold one, fleeting images of regular folks making therapeutic use of cannabis in the privacy of their own lives could have an enormous impact on audiences raised to turn away and just say no.

Truth Defines Character

Throughout the world cannabis is returning to its rightful place as a garden flower remedy with a sense of humor; exotic, sexy, inexpensive, effective, safe and easily to grow. Fortunately for film makers, the lives of prohibition-era cannabis characters are often filled with danger, conflict and contradiction.

Patients are on the front lines of the long cultural migration back to natural remedies; treating themselves, exploring formulations, sharing strains, and recipes. Sources of conflict include disapproving friends and family members

who insist they want what's best for the patient, church, social and community groups that support the war on cannabis, disreputable suppliers, drug free environments, legal entanglements, drug war invasions, and healthcare provider threats and actions, including refusal of treatment and transplant denials.

Medicinal Growers: Seed masters and master growers of medicinal grade cannabis are a special breed of pioneer. Their passion to explore and share is changing the face of healthcare one strain at a time. Guys love hobbies and competitive sports, and this male-dominated field boasts a colorful cast of braggarts, botanists, tinkerers, black marketers and patients—all working to cultivate, share and sell some of the finest green in the world. Get a group of growers in a room and invariably the conversation will get around to how much they love their 'girls' and the work they do. Grower conflicts are similar to patients, with added concerns of flood, fire, power outages, mites, nutrient mix, sales, and home invasions by pot robbers.

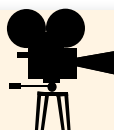
Partiers: Ancient Egyptian wall carvings of wild, drug-infused festivals remind us that young men and women have always enjoyed a good party. Cannabis festivals are filled with young folks smoking cigarettes, drinking alcohol, and taking a lot of weed. Edibles and tinctures are making the scene as well. Partiers use cannabis in the same way they consume legal drugs; typically in groups, and often to excess. A central conflict in their lives is that their choices are often at odds with the new age traditions they claim to embrace.

Closet tokers are well-hidden, well-off cannabis aficionados who love great weed and devote a good deal of their free time to pursuing and enjoying medicinal grade strains. These mature cannabis fans—from stiletto stoners to senior bakers—are very good at keeping their interests a secret. Since cannabis use is all but legal in their upscale surroundings, conflicts stem from workplace, family and social expectations. In New England, weed is



Scene Selection

The goal of this advocacy approach is to deliver the truth in a manner that is as subtle and crafty as drug war propaganda itself. That means not every film will work, and the truth must occur in a flash and leave a lasting impression, like a wink from Marilyn, a Bette Davis pose. To illustrate, here are some favorite films with a dash of cannabis truth.



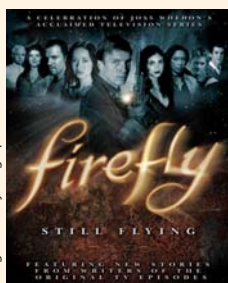
The Beach (2000)

Genre: Adventure

Message: Cannabis is safe and serious medicine that individuals and international communities can make for themselves.

Means: As Sal guides the newest arrivals through the resort for people who hate resorts, she points to a device simmering an emerald green liquid. A medicine maker is filling a cobalt dropper vial.

Sal says, "Of course we make all our own medicines like cannabis oil, salves and this tincture...edibles too if you like..." Later, during the tooth extraction scene, the patient is given a shot of scotch turned green with a squirt from the cobalt dropper vial.



Firefly (Joss Whedon's single-season marvel; 2002)

Genre: Post-apocalyptic/post-prohibition

Message: Cannabis is medicine and prohibition is a war that will end.

Means: Introduce cannabis tincture as the medicinal treasure that it is.

Episode: The Message

Scene: The postal warehouse

In a brief delay while an attendant fetches the box with the body, the postal officer shows off a hot item he's hoping Mac will take off his hands. It's a black metal suitcase. Inside, protected by foam are rows of large cobalt blue dropper bottles. The labels are English: Cannabis Tincture. Mac is impressed. Jayne looks confused as the postal worker explains "This is prohibition era tincture made on earth during the Cannabis Wars—around the turn of the 21st Century. Very rare. Probably still fine as medicine but worth more in the bottle."

Mac nods; "Nice find but no thanks, we don't meet up with too many collectors or museum types."

As the black case is closed up and the body box arrives, Jayne still looks confused:

"Hold on a sec; cannabis was illegal?"



The Shootist (1976)

Genre: Western

Message: Cannabis tincture was a popular and valued medicine in the 1800s.

Means: In the wonderful You've got a cancer scene between the country doctor (Jimmy Stewart) and his dying patient (John Wayne), the doctor hands over not one but a pair of corked medicine bottles. The first is cannabis tincture, which the doctor explains will help a lot with sleep before the pain gets too bad.



Kill Bill: Vol 2 (2004)

Genre: Action

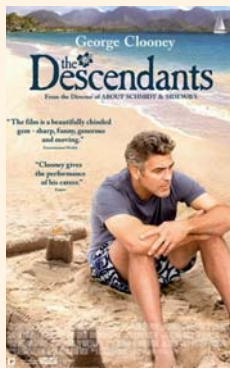
Message: Cannabis tincture is liquid weed.

Means: In the fabulous trailer scene, Elle is watching from the couch as Budd blends a killer smoothie and slops it into a pair of jar glasses. Now imagine that he reaches up into the cabinet for a tinted dropper vial. He gives his jar two squirts and a swirl.

Elle squints her eye at the deep green tint; "What was that shit?"

Budd shrugs; "It's cannabis tincture, liquid weed...takes the edge off...and you know, sometimes it makes me smile..."

She takes a long drag on her cigarette; "Yeah? No thanks."



The Descendants (2011)

Genre: Family drama


Message: The cannabis trades offer income and opportunity for struggling building contractors.

Means: In the scene introducing the cast of descendants, the narrator describes one as being an unemployed carpenter planning to use his share of the proceeds to move his family to a cannabis legal state where he plans to set himself up as a grow-room builder.

viewed as a slacker drug of the lesser classes—fine for prep school, but if you're a fifty-something professional with teens in the house, you're up in the master bathroom blowing hits into a damp towel while your wife is downstairs greeting guests and pointing them to the bar.

Enterprisers from all walks of life are finding steady income and creating new ventures in the cannabis trades; care givers, scientists, growers, educators, inventors, entrepreneurs, publishers...Conflicts stem from the risky realities of quasi-legal environments, new age need/hate relationships with money, stoned, unreliable workers, skittish investors, and disapproving friends and family.

Let the Re-enculturation Begin!

Cannabis prohibition continues to be a supremely effective war of words and images, and the best defense against those dark arts is an equally crafty film response that doesn't make waves before it gets to the theatre; subtle medicinal tells, authentic patients treating themselves for common ailments, and broke-down Americans crawling out of the recession by way of the cannabis trades. The battle to restore the right to choose and responsibly use cannabis is at the pain center of an arc that will play out like all modern freedom revolutions do; as the truth comes out, it gets on film, and the walls come down. 

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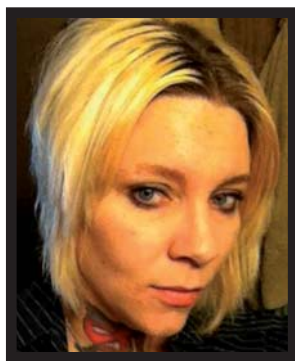
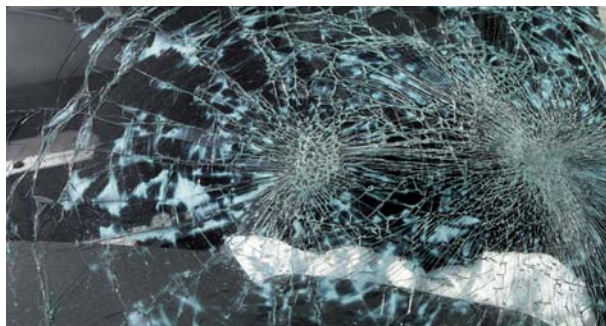
Post Trauma:

Trying to Forget

By Mary Lou Smart

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The sky was brilliant mineral blue on the hot July afternoon in 2011 when Nicholette DeVilbiss decided to meet her husband for lunch at the Pizza Hut in Farmington, New Mexico. She had been home all morning, and wanted to get out and enjoy the fresh air.

It was a pleasant day. They talked about the upcoming birth of their second son, who was due to arrive in three weeks. They planned an early dinner, because Kash Michael, their 9-year-old, had baseball practice first thing in the morning. After lunch, while running errands, they drove across town on Auburn Street, a back road.

While she remembers almost everything about that day, there is one striking detail that she would rather forget. Sitting in the passenger seat of her husband's '98 Chevy pick-up, she watched in horror as a minivan drove across the two-lane road and crashed into them, head on. That memory plays over and over in her mind.

"I remember the moment I realized that he was going to hit us," she said. "I knew that car was going to hit us. I remember being pulled out of the truck. None of the doors would open."

When her seatbelt malfunctioned, DeVilbiss was thrown, head first, through the windshield. Other drivers that had witnessed the accident stopped to help her husband pull her from the truck, which was totaled. When the police arrived, she was put in an ambulance and rushed to the hospital. The driver of the minivan was arrested. He had no vehicle registration or insurance, and he had been drinking.

Because of her injuries, which included lacerations to her face and legs, her doctors said she could not go through the trauma of childbirth right away. She was in severe

pain, and spent most of the following five weeks in the hospital before her son, Racer Clay, was delivered with no complications. At 7 pounds, 6 ounces, he was healthy.

One week after the accident, DeVilbiss began having seizures. Mild at first, they would increase in frequency and intensity in the months to come. Her post-traumatic stress disorder (PTSD) was immediate.

"I didn't want to be in any vehicles whatsoever," she said. "Even now, I am not able to ride, even as a passenger, without having the symptoms of my PTSD."

Despite medical issues, she did not take any medications for six months while breast feeding her newborn. After weaning him, she began taking seizure medications. She also began trying various therapies to treat the post-traumatic stress. Eye Movement Desensitization and Reprocessing (EMDR) is one integrative psychotherapy approach that she is hoping will help her get beyond the disturbing memories.

Following advice given to her by one of her doctors, DeVilbiss also obtained a recommendation for medical cannabis. It had been a decade, prior to the birth of her first son, since she had smoked marijuana recreationally. This time around, she learned first-hand about cannabis as a medicine. It helped to control her seizures. It also calmed the PTSD symptoms better than any of the other treatments that she had tried.

Estimates put troops returning from Iraq and Afghanistan with PTSD, depression and traumatic brain injury at well over 300,000

Both epilepsy and PTSD are qualifying conditions in New Mexico's medical cannabis program. Considerable research and patient testimony convinced New Mexico lawmakers to include PTSD as the only psychiatric indication qualifying for a recommendation in the state's program. Other states are following suit.

PTSD is something that many suffer from after experiencing or witnessing trauma. It is considered the fourth most common psychiatric disorder, affecting 10 percent of all men and 18 percent of all women, with rates much higher in high-trauma locales such as war zones or extreme

poverty locations. The National Center for PTSD, operating within the United States Department of Veterans Affairs, estimates that up to 8 percent of the country's population will have PTSD at some point in their lives, and that approximately 5.2 million adults will experience it during any given year.

Combat injuries inflicted on military veterans make them much more likely to struggle with PTSD. According to statistics assembled by the Pew Research Center, one out of every 10 veterans alive today was seriously injured at some point while serving in the military; three-quarters of those injuries occurred in combat, and those with significant service-related injuries are more than three times as likely as other veterans to experience PTSD. Estimates put troops returning from Iraq and Afghanistan with PTSD, depression and traumatic brain injury at well over 300,000.

The greatest number of patients qualifying for a medical cannabis recommendation in New Mexico have PTSD, and many are veterans.

Quite often, traditional pharmaceuticals are not able to manage the anxiety, the nightmares, and the constant, recurring thoughts that people experience with the condition. Animal studies point to hyperactivation of the amygdala, the part of the brain involved in emotional regulation. Shown in research to perform a primary role in the processing and memory of emotional reactions, the amygdalae have a large number of cannabinoid receptors, as do other areas of the brain feeding into them. Cannabis has been credited with helping to control the mood swings, irritability and anger associated with PTSD, and to decrease anxiety, allowing patients to function better.

"I definitely take less medication now that I am on cannabis than I did before," DeVilbiss said. "Cannabis is the only one of my medications that actually takes care of both of my conditions at once. I feel that it works on many levels, and that is definitely a plus for me."

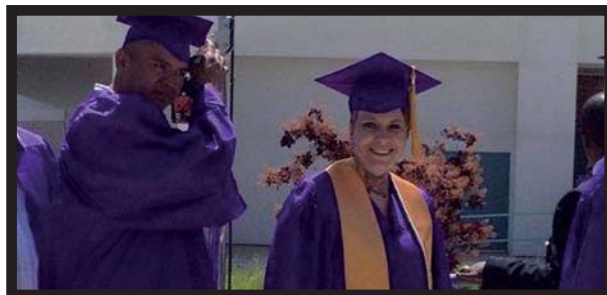
DeVilbiss has a personal production license, which allows her to grow up to 16 plants. She admits that learning to grow the plant is a challenge, but enjoys the do-it-yourself route, and finds it more cost effective than buying from a state-controlled dispensary. She has heard that she will be in a better position to control the consistency of the medicine if she grows it herself. She finds vaporizing to be easier on her lungs than smoking, and uses an iolite2, a hand-held vaporizer.

Every cloud has a silver lining, and for DeVilbiss the accident did present one opportunity by opening her eyes to the confusing realm of medical cannabis programs. Disappointed with the company hired to help her

through the application process to be registered with New Mexico's Department of Health, she realized that she could do better. She opened **EarthWorthy Compassionate Care**.

"For me, getting started was difficult, and what I've created with EarthWorthy is a company that can simplify the process," she said. "There are so many people that need cannabis therapy, and there are so few who know how to obtain the state approval without getting ripped off."

At EarthWorthy Compassionate Care, a patient's medical records are reviewed. If a documented, qualifying condition exists, a doctor's appointment is scheduled. If New Mexico's Department of Health accepts the patient into its medical cannabis program, additional help is provided. The company also offers medicine counseling, and patient-only classes and support groups.



DeVilbiss, 31, recently graduated with honors from San Juan College, earning two associate degrees; one in liberal arts, and the other in human services with an emphasis on counseling and substance abuse counseling. She is taking classes at New Mexico Highlands University, working toward a bachelor's degree in social work. She was halfway through coursework when the accident and birth of her son temporarily derailed her studies. She said it was cannabis that allowed her to cut back on pharmaceutical medications so that she could focus. She deals with recovery while raising a family, working and going to school. Passionate about her field of study, and a patient herself, she empathizes with those who find they might benefit from cannabis therapy.

"My degrees help tremendously with what I do," she said. "With the medical cannabis field being so new, we are at the forefront of a human services need. I don't just deal with one part of the population. This is not just elderly people learning about it; there is a whole wide range of people that benefit from cannabis." 📺

The Reinvention of Myself

By Lee Parker



In the deep dark depths of the night, I have always found my mind has more of a tendency to “come out and play.” Night time is usually a quiet time in the house. It’s a time that I find I am often alone with my thoughts. I know that I am not alone in this regard. Many med patients that I know, suffer from pain that keeps them awake. Sometimes this pain is physical, other times it might just come in the form of the mental anguish that the patient is facing regarding how to live with their ailments.

For me, last night was different. For me, I finally asked myself, “at what point have I had enough of this?” The answer was simple, I had “had enough” of the pain, worry, struggles, etc. along time ago. At this point in my life, I was just going through the motions. Trying to get by. I had been really struggling with... well... coming to terms with my health and how it change my life, perceptions and way of living.

Up until about 4 years ago, I was a successful teacher with one of the largest school boards in the world. I loved my job. To a large extent, it really shaped my identity. I was a teacher for 10 years and worked with children formally since I was 17 years old. I was also fairly conservative and didn’t really smoke cannabis. Like the few remaining Canadian’s who didn’t smoke pot myself, I had tried it before (high school)... inhaled... and didn’t care if anyone else smoked as it wasn’t any of my business. Anyway, like I was saying, 4 years ago things changed.

To give an account of my various diagnosis and the details of each, would fill a novel easily. I have lived with insulin dependent diabetes for 20 years. In the past 4 years, I have been diagnosed with sever peripheral neuropathy in my feet and hands, gastroparesis, crohn's disease, ulcers and IBD. Although this laundry list of medical issues may seem like a lot, it has been the “reinvention” of myself that has been the most difficult thing that I have faced.

I have been many things in my life and have played some

interesting roles. Of them all, the role of father and husband have been the most important. It’s been a long process, but when the “fit hit’s the shan,” so to speak, you really realize what is important in life. But, the question remains. What is my role in this “new life” of mine? Where do I fit in?

A few years ago, I walked into the Treating Yourself medical marijuana expo in Toronto, which changed my life. In a nut shell, it really opened my eyes to the possibilities of medical marijuana and how it could be used to help my conditions. I felt like a walking drug company at the time as I was taking many, many prescription pills which were not effective for many of my medical issues. Since then, medical marijuana has helped me to feel a lot better, get some sleep, hold food down and get out of bed and do things with my children. The fact that people use it to get high doesn’t bother me at all, but to be clear... I use it to bring myself back to a place where I can function.

At the beginning of this piece I wrote, “at what point have I had enough of this?” What I was referring to was that feeling of helplessness from feeling a loss of direction. At any rate, this medical user has had enough!!! On behalf of all the medical users who are asking... “What more is out there?” I want to pick up the gauntlet and take the challenge of finding out! I want to test products, I want to write, I want to inform... and I want to feel useful again. After years of thinking about it, it is time for me to take the plunge.

Consider this article as a resume in a sense. I am going to submit this piece to a list of each of the top marijuana magazines in the world and see where the universe takes me. I want to take my stories, thoughts and opinions and see if they can help inform and entertain others.

MedicalLEE

Lee Parker

Your friendly neighbourhood medical user. 



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Cannabis Rx for Beginners:

Proceed with Caution!

By Mary Lou Smart

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A delicious brownie chock full of medicinal benefit? Popcorn coated with melt-in-your-mouth butter to soothe life's aches and pains? You betcha. Cannabis is perfectly suited for cooked product, and nature's remedy is marketed in oh-so-tempting forms.

Edibles are a preferred delivery method for many patients. They can be transported easily, and taken without raising attention. The effect lasts longer — through the day or night — than smoked or vaporized product, which lasts only a few hours.

For newcomers, however, tasty treats can be problematic. Those introduced to cannabis via the recreational route often learn the fine art of titration, or measuring the correct dosage, gradually, with friends that offer a joint or a pipe or a bong or a vaporizer. Inhalation provides fast delivery in doses that are simple to gauge. Take a tiny hit, or two, and the effect is immediate. If you want more, fine; if you do not, fine.

For the seriously ill, or elderly, or just about anyone who is in search of a medical benefit but has never smoked or used cannabis recreationally, tread lightly with edibles.

In Sacramento, California, Dr. David Allen cautions newcomers against beginning with edibles. When meeting new patients, he offers suggestions about delivery methods that might work faster or where dosage is easier to titrate. A drop of tincture, for example, can be absorbed directly into the bloodstream sublingually, via the thin membrane under the tongue. Even with tinctures and oils, however, he advises novices to proceed with caution. Smoking is a good introduction for beginners, according to Allen, because it brings familiarity with the transformation that occurs.

"When you eat cannabis that has been baked into edibles, it's harder to control the dose," he said. "It is a little frightening for some that have never tried. A newcomer cannot eat a whole brownie and have a good experience. The reason smoking is so popular for first time users is that you get a tiny dose with each puff, and it has an immediate effect. You put it down as soon as you've had enough."

Baked goods, which pass through the liver, take longer to be absorbed and to run their course. Many become impatient and eat more. If the edible is delicious, well, the temptation to eat more is even greater. As cannabinoids are metabolized by the liver, they take on power.

"The only way to really learn is to make a few mistakes, and so you've just got to sneak up on it," he said. **"With edibles, I would say that the first time you try them, do not take more than a bite or two."**

Stories of first-time patients eating an entire brownie and vomiting, or even visiting an emergency room with heart palpitations, are common.

"They're not going to die from eating too much, but they will get scared, and that's why they go to the hospital; they get too high," said Valerie Corral, director of the WoMen's Alliance for Medical Marijuana (WAMM), a patients and caregivers collective in Santa Cruz, California. "I don't think it's necessary or advisable to make a medicine that is gorgeous or attractive."

An epileptic, Corral experienced as many as five grand mal seizures a day, with loss of consciousness and violent muscle contractions, before she began smoking cannabis. She's been growing cannabis for her own illness for 38



...Gedde offers patients a bare-bones, do-it-yourself recipe using alcohol as a solvent. With this method, the alcohol eventually evaporates, leaving a rich sludge of activated cannabis oil. Heat is not necessary.

years. WAMM patients tell her that the cannabis oil made at the collective helps with pain and nausea. Many who try the oil report that its bitter taste is a far cry from candy.

“The way that I perceive our role in the delivery of medicine to individuals is to relieve their suffering,” she said. “While I’m not embracing the “suffer your medicine, children” mentality, I also think that medicine should look quite different from candy bars, and it is important to keep that distinction. One needs to be aware of what one is doing. This is medicine!”

Cannabis Rx For Beginners

Dr. Margaret Gedde is a physician-scientist with intensive training in conventional medicine and medical research, and degrees from Columbia and Stanford universities. She completed her residency in pathology and laboratory medicine at the University of Pennsylvania, and spent years in pharmaceutical development. Over time, she decided to leave conventional medicine to devote her time to helping patients find alternatives to pharmaceuticals. Her Denver, Colorado-based practice, Gedde Whole Health, specializes in cannabis medicine.

Not taught about whole plant therapy in medical school, Gedde began learning about cannabis medicine years later when speaking with her own patients. Talking to hundreds of patients every month, she learns first-hand about the value of the age-old therapy. She finds that cannabis is especially beneficial because people can grow it and use it in their homes, bringing incredible savings to an overly-burdened health care system.

People often come to her practice after trying a cookie or brownie offered by a friend.

“It is very common for people who have not used it for a long time, to come in saying that a friend gave them a cookie and they tried a little bit and it helped with their pain or spasms, and then they come to the clinic for a recommendation,” she said. “If someone with experience guides them, they’ll know to take just a little bit to start.”

Gedde shows clients four primary ways to get cannabis into the body: inhaling, edibles, sublingually or with topical preparations. Each method affects the body differently; each lasts for varying amounts of time. She feels that inhaling is a good way to try cannabis, but, rather than smoking, she recommends vaporizing because the medicine is delivered in vapor form with no burning. When a patient qualifies for a recommendation in Colorado, the application asks whether the patient is homebound. Homebound patients can assign a center to be their provider and an individual to be their caregiver. All of this is necessary to guarantee a legal supply. Many of the homebound patients, especially those who are novices, require help in getting started. While a rocky road might be in store for novices that eat too much, edible and sublingual methods are often preferred by those who take time to figure it out.

“When it’s eaten or swallowed, it goes more deeply into the body,” she said. “People get deeper body effects, so more relaxation, and more levels of pain relief, it seems.” Gedde offers two basic recipes to get started with a multifaceted medical cannabis regimen.

A basic herbal infusion into olive oil or cooking oil can be used with anything that is cooked, like eggs or spaghetti sauce, she said. A standard measurement would be one gram of cannabis for one tablespoon of oil. For a supply, this measurement is ½ ounce of cannabis for each cup of oil. Grind up the buds. Put them into a pan with the oil covering the ground product. Heat the oil at a low temperature to activate the medicine. Upon heating, THC-A (delta-9 tetrahydrocannabinolic acid) decarboxylates, releasing the main psychoactive cannabinoid in cannabis, THC (tetrahydrocannabinol).

“This is going to smell up the house,” she said. “You want to be careful not to burn it. You do not even want it to turn brown. This is all about getting the beneficial oil out of the plant. It should not take longer than 10 or 15 minutes.”

Cool the herbal infusion. When it is cool, strain the plant material out with cheese cloth and discard it.

The oil infusion can also be put into a dark brown medicine bottle and used with a dropper. It can be used in food or as a topical preparation. It does not need refrigeration.

eration. The liquid form can help with more precise measurement for baking, making candies, or for drops applied sublingually.

A basic oil extraction is another preparation that patients can use in many ways. At the height of the first Prohibition, when students of pharmacology learned to make tincture of cannabis, alcohol was the tricky ingredient to find. These days the gum in the works is the federal government's Prohibition on the harmless herb.

Colorado's Medical Marijuana law sets the parameters for infused product manufacturers to create extractions for sale at Medical Marijuana Centers. While these extractions are usually made with butane, dry ice or other more complicated methods, Gedde offers patients a bare-bones, do-it-yourself recipe using alcohol as a solvent. With this method, the alcohol eventually evaporates, leaving a rich sludge of activated cannabis oil. Heat is not necessary.

For those who do not enjoy or cannot tolerate alcohol, part of the art of making the extraction will be to ensure that the alcohol has evaporated.

To make the oil extraction, grind up cannabis bud and put it in a glass jar with 190-proof ethanol alcohol (Everclear). For a supply, the measurement is **one ounce cannabis to one pint of alcohol**. It is a critical safety precaution that the alcohol used to extract the cannabinoids out of the plant material can be ingested internally. Rubbing alcohol taken internally will kill you.

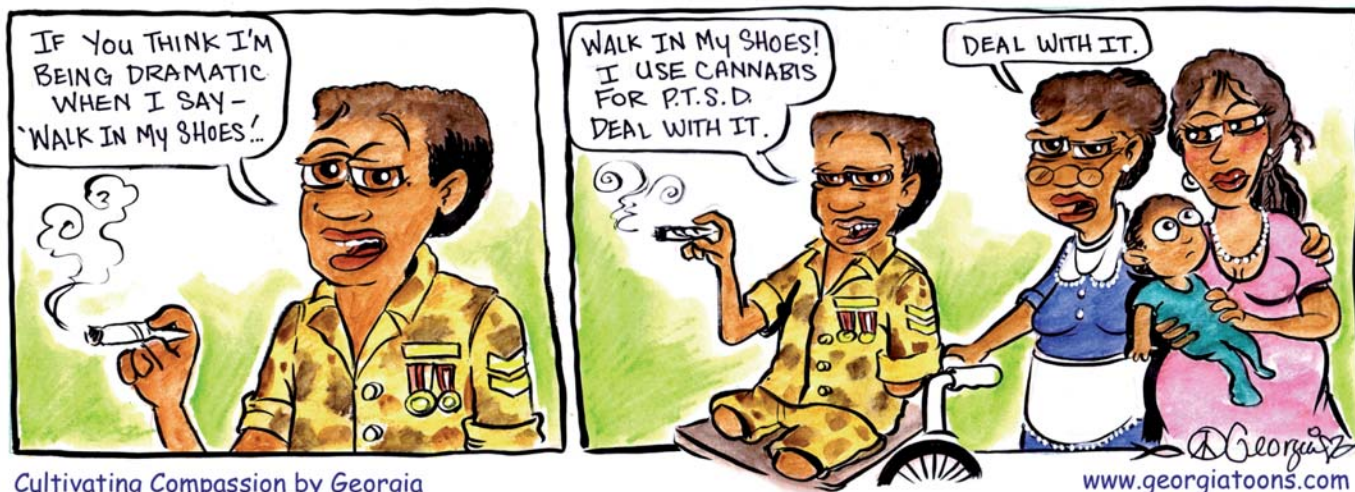
Put the extraction in the refrigerator to slow the evaporation of the alcohol. Stir it or invert the jar every day. To avoid bubbles or froth, do not shake the jar. After at least one week, take the mixture out of the refrigerator, and strain the plant material out. Let the liquid stand uncovered at room temperature while the alcohol evaporates and the extraction thickens. If you do not mind alcohol,

the tincture is ready to be used for sublingual medication. If you cannot tolerate alcohol, the tincture can be put in a double boiler and heated at a low temperature, as if melting chocolate, but not hot enough to boil, until all of the alcohol evaporates. The cannabis oil extraction can be used in drop form or in edibles.

For Gedde, the power of cannabis is a game changer. "Cannabis meets the definition of a safe, holistic, plant-based medicine, and that is the message that needs to get out," she said. "Doctors have many challenges in helping people get better because medications in use come with so many side effects. Patients continually report that cannabis helps them far more than pharmaceuticals they have used, without the side effects. Potentially, every physician could find use for cannabis in his or her practice, and so this is huge." 🍀



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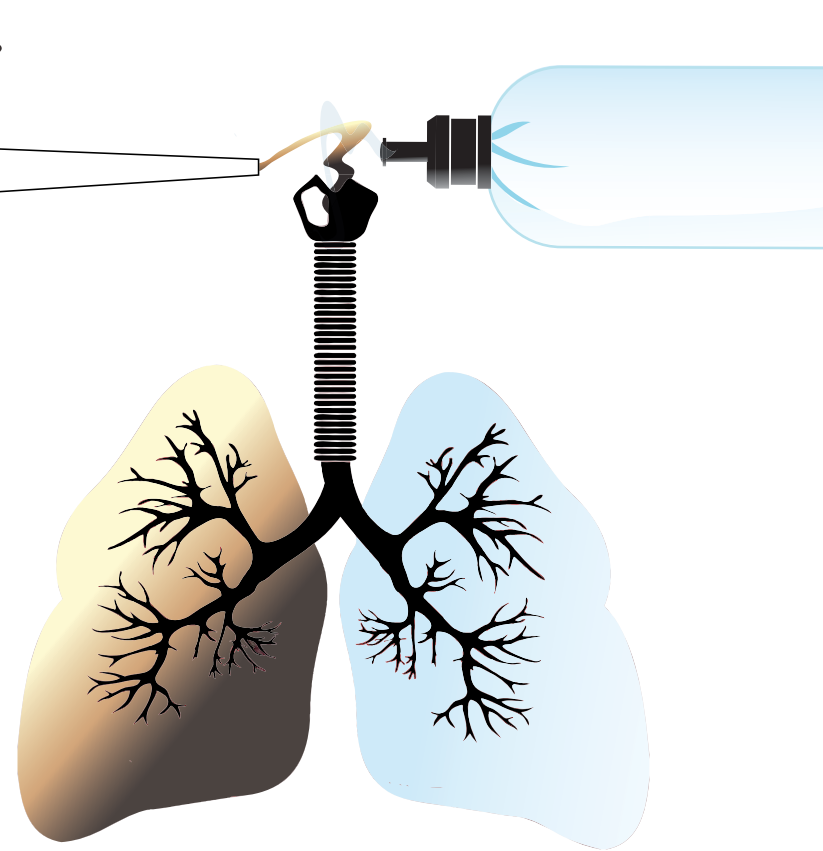
Are there benefits over combustion?

By William Eckhardt

Although vaporization is a relatively recent development for the delivery of cannabinoids the proliferation of vast numbers of devices in the market is nothing less than amazing. For the cannabis patient this is potentially a good thing but do they work? Is vaporizing better and if so how much better? What characteristics would I want in a vaporizer?

Luckily there have been studies that compare smoking cannabis to vaporizing cannabis. The Institute of Medicine created a report on cannabis as medicine in 1999. You may already know that they did find benefit in cannabis as medicine. They also found that there was a need to make this medicine safer as there are risks involved. They stated however that “except for the harms associated with smoking, the adverse effects are within the range of those tolerated for other medications”. So studies were designed to evaluate vaporization and comparing it to the combustion of cannabis during smoking.

Vaporization occurs when cannabis plant material is heated to somewhere around 180° - 200°C. Combustion occurs at 230°C or above. Toxins begin to occur at temperatures above 200°. The studies were done in hopes of finding a more medically sound way of delivering this therapeutic plant material. The method needed to be safe, reliable, and have a rapid onset. Oral methods fill the bill on the first count of safety. When we are treating nausea or vomiting with the oral method, oral tetrahydrocannabinol (THC) unfortunately fails. Oral THC is highly unreliable for onset timing and at best is quite slow. This is not what you want when treating nausea or vomiting. Vomiting also adds the confounding factor of dosing the patient who shortly after vomits. Do you dose again? Do you wait for the timing of next dose? Was some assimilated or none? Oral dosing does have one advantage and that is length of therapeutic benefit seems to be longer.



Not much of a benefit as with smoking or vaporizing you can just dose again when the benefit is gone.

The most studied vaporizer seems to be the Volcano. It is an electric vaporizer that has a chamber for the plant material which was heated to about 190° in some studies. The Volcano uses a blower to make the hot air flow through the material evaporating the resin of the trichomes that grow primarily on the female flowers of the cannabis plant and contain the highest level of THC. As stated there are many different vaporizers on the market so be aware that variations in temperature, plant material, THC content, method the device uses to heat with, ability to control temperature, ability to read the temperature, and changes in power to the device will all effect outcomes. A vaporizer of good quality will have a rapid onset of therapeutic levels, direct delivery of THC to the bloodstream and thereby the blood brain barrier, and easy titration of the dosage while not delivering toxins. The delivery of cannabinoids other than THC such as cannabidiol (CBD) and cannabinol (CBN) will likely have benefit as these cannabinoids therapeutic potential is unraveled.

What did the studies find as far as components of the vapor vs. the smoke? The Volcano delivered 36-61% of the THC in the sample which is quite similar to that of smoking. The risks involved in smoking the plant material are many, but carcinogenic polynuclear aromatic hydro-



carbons (PAH) are a major concern. PAHs are one of the nastier byproducts of combustion and putatively a major player in smoking related cancers. Now cannabis smoking has not been linked to causing cancer but there are increases in bronchitis and infections of the pulmonary system. The cannabinoids are not the likely culprit but rather the byproducts of combustion of the plant material¹. The output of the vaporizer is primarily cannabinoids with trace amounts of other chemicals such as caryophyllene, which is an aromatic terpene found in plants. The smoke contains five known PAHs and greater than 100 other chemical components. The studies I have seen demonstrate little in the way of measuring toxic gases other than carbon monoxide (CO). CO exhaled during vaporization is very little whereas smoking increased CO. The mean CO of -1.9p.p.m. for vaporization and a mean of 15.5p.p.m for smoking was seen in a study used differing amounts of THC in samples for patients in the study. Tars were shown to be reduced by at least 56%². Vaporization has also shown to increase plasma concentrations of THC over smoking cannabis³.

To conclude vaporization has the medical benefits without the byproducts of pyrolysis in smoke. The devices although more expensive than pipes and papers are durable and have other attributes that smoking does not have; such as being acceptable in places where smoking is not allowed. An attribute I find very important is a fixed temperature of about 190° or a variable temperature with

a digital read out (manufacturers of vaporizers that do not have read outs but are at a fixed temperature should state in writing that the temperature at the plant material is 190° + or - 5°). I do caution a person that having the ability to turn

your vaporizer above 200° is not a good idea, unless you will be using it for plant material other than cannabis that may require such. Another attribute would be the ability to mix or stir the plant material giving the vaporizer a higher efficiency in utilizing the available cannabinoids within the plant material. The user should be aware that vaporization does not eliminate stimulation of irritant receptors in our airways and therefore the patient may cough just as in smoking.

William Eckhardt is a science writer, lecturer and cannabis advocate. He can be contacted at **CB1CB2TY@COMCAST.NET**.

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Ken

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Treating Yourself Takes a look at

Georgiatoons.com

Laughing with Cannabis

By Derek Paul



Georgia and husband Norm



There is something to be learnt from Georgia Peschel; that determination and laughter is one of the most beautiful combinations. Her son Storm became legal to use cannabis at the age of 15 in Canada, because of his terminal bone disease and chronic pain. As any parent would agree, no matter what it is that makes your precious child feel better after being sick for so long... it's something worth a try. The reason why these cartoons come to life is the fact she uses personal experiences and real life situations. She then takes an emotional imprint and transfers them to paper. So taking into account the massive difference marijuana made in her son's life spawned the "Happy Hippie," a light-hearted comic strip with a comedic edge. It's so refreshing to see a mash up of mother and son. In my opinion in today's age that kind of comedic taste is lost to the wind.

"Cultivating compassion" is a way that Georgia could take the bull by the horns, a way to try to get people to see that judgment and stereotypes should no longer be accepted. Georgia wants us to see that there is always an educational path to take and that everyone should strive to learn and understand things that they don't already know. The love she has for this plant that gave back an immeasurable amount to her child is astounding and shows through "Cultivating Compassion."

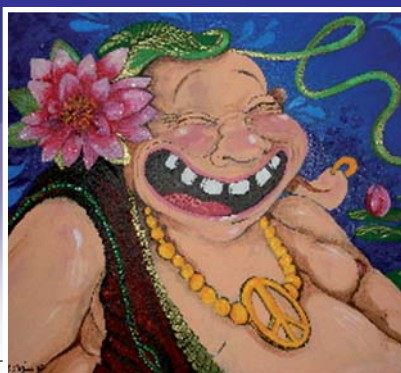
Georgia thanks God everyday for her family, as well as the medicine God gave her son. She reads the bible on a regular basis, and inspiration quickly follows. "Amen"

Is another cartoon in the works that gives us the lighter side of the Judeo-Christian belief. The first strip says it all; "God Makes No Mistakes" and a picture of a marijuana leaf ever so elegantly floats between the four words. This is a journey to a fantastic world with the "big man in the sky".

Continuing on this path, we can take a look at this other curious little fellow. As soon as you see this little guy, you just can't help but smile. His charming presence and cute exterior is a perfect fit for the name "Laughing Buddha". This Comic was created as a way to remind Georgia of "the brighter, better, more beautiful side of life". It's a creative way to look at Buddha in all his glory. She uses such quotes as "Teach Love. Save Lives. Change Minds." and "If you do only one thing today...Make someone SMILE." She then builds comic strips and comedic presence around the quotes. The Charming "Laughing Buddha" is one cartoon experience that will never be forgotten.

There is also another series she dabbles in: a cartoon about the woman behind the ink! "Georgia... on my mind" is a real life/real experience throw down. It has Georgia as herself, with her pets and (sorry men out there) a husband of twenty years. It will take you on a stroll through someone else's memory lane. You will see what the pets think, how Georgia acts and how her husband deals with it all! This comic is a way for Georgia to channel all of her other ideas and thoughts and to take a couple minutes to step back from marijuana activism.

From left: **Laughing Buddha - Storm and Georgia - Storm, IvanArt and Georgia**



“What I believe is you have to educate yourself. Once you start, I am convinced you will come to the conclusion that not only should Cannabis be legalized but it’s a sad sign that it is not being researched for the medicine that it is.”

Quote from Georgia Peschel

Now it didn't take too long until Georgia took her creative premise to a whole new level, by designing personal logos, custom cards, invitations, Custom cartoon pages and announcements of all kinds for people that wanted them. She always has something comedic to say and if not her, I bet the happy hippie or the Smiling, Laughing Buddha would have no problem speaking up. She is a

nonstop train that's headed for marijuana understanding; and hopes to make people believe in this beautiful plant and stand by it. She will be in it for the long haul and will give back whatever she can. There is not a doubt in my mind that Georgia is making a statement for the marijuana industry: Stay strong and educate. Oh and laugh a bit!

Quick Bio

There is an artist in everyone, but the one in Georgia wanted out. For as long as she could remember she had a passion for art. She won awards in elementary school as well as high school, and then continued to Sheridan College for classical animation. She eventually met the man of her dreams, got married and gave birth to her son Storm. Then her creative bug bit hard. So she painted a mural and ended up on City Line! She then found herself on television with Marilyn Dennis talking about her son's Bambi themed room she created. “I was on a new path,” said Georgia. Painting murals for kids and businesses came next! This resulted in a television show called Craftscapes with Sue Warden, where she mainly talked about kids and crafts. During that time she had an epiphany: “I like kids! They are such creative little beings.” After that sudden realization, she opened her own studio and taught children drawing, cartooning, clay crafts and more!

Over the years Georgia has painted in doctors' offices and businesses all throughout Toronto. As soon as she turned forty, she decided that she wanted to live out the path she envisioned for herself... always dreaming of being a cartoonist. For that reason Georgia is educating and making people laugh thru the beauty of her toons each and every day!

After a long journey with her son storm, they ended up writing his story it can be viewed at <http://www.georgiatoons.com/uploads/4/1/0/5/4105506/stormsstory.pdf>

Support Cannabis education and Georgia by getting a copy of her FIRST comic - *The Happy Hippie- Have faith!*

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Treating Yourself Takes a look at **Walking the Green Line with Don Schultz and Greenline Academy**

by Jim Leslie



Only 4 days after the Medical Marijuana Education seminar was held at the University of British Columbia (UBC) in Vancouver, presented by Greenline Academy, I was able to catch up in Kelowna, B.C. with Don Schultz, President of Greenline.

A Canadian citizen raised in Kelowna, Don worked for several years in the U.S. in a wide range of positions including airline transport pilot and real estate investment. With the crash of 2008 came a forced change in occupation for Don, as he had some experience in naturopathic healing and the use of herbs, getting into the legal medical marijuana business was a good fit.

Negotiating our way through Kelowna's Orchard Park Mall to the food court, where our interview was to take place, we spoke of all things cannabis. Don made reference to the elusive and aptly named "Ultra Strain" of the 1960's in Canada, apparently a strain cultivated by nameless scientists which could produce up to 10% cannabidiol (CBD)! Perhaps there is a Canadian version of the hit TV series "Strain Hunters" starring Arjan Roskam of the Greenhouse Seed Company, waiting to be made?

Colorado, where Don received his education and training in medical cannabis, seems pretty stoked on auto-flowering strains. In particular, the strain "Lavender" came up as a very popular strain produced in the legal commercial grow facility Don apprenticed in. This indica x sativa hybrid melds a wonderful background of cannabis from around the world with magnificent terpene production, and reportedly finishes with one big cola up the middle. Check out the pictures from that very facility, where Don got to produce some very effective, aromatic medicine.

Greenline Academy came into being in April of 2011 and

started the cross Canada seminar tour on all aspects of the patient-driven medical cannabis industry, with an impressive line-up of presenters which included Dr. Bob Melamede, professor of biology at the University of Colorado in Colorado Springs, CO. Readers of *Treating Yourself* will recognize Dr. Melamede from his appearance in the recent documentary film, "What If Cannabis Cured Cancer", as well as numerous other lectures and presentations immortalized on Youtube. Dr. Melamede explains the free-radical link to age related illness and the powerful antioxidant actions of cannabinoids from cannabis that protect against it. All are encouraged to check out Dr. Melamede's 2 hour presentation done for Greenline Academy on "The Physics of Life", available on their website off the homepage (www.greenlineacademy.com).

Respected defence lawyer and cannabis law expert, Don Skogstad, has presented on the legal issues surrounding medical cannabis, as well as how to successfully produce medical cannabis under Health Canada license, even in areas of Canada where police are not as accepting of this incredibly multifaceted, healing plant.

Under the current proposed regulation changes by Health Canada to the Marihuana Medical Access Regulations (MMAR) that will license multiple commercial production sites for cannabis growing at the expense of the Personal Production License and the Designated Person Production License holders, many patients, activists, dispensaries and compassion clubs fear a corporate end to their ability to grow and provide affordable cannabis medicine. With the health and safety of so many patients across Canada sustained by PPL's, DPPL's, and dispensaries/compassion clubs it is refreshing to see companies like Greenline Academy stand up for these important rights to produce and use cannabis medicine. As Don Schultz states unequivocally, there is a vital need for PPL's, DPPL's, and dispensaries/compassion clubs to be protected and included in Health Canada's new system.



After arriving in the food court, the following interview took place over fruit smoothies seated at a plastic table:

What brought you back to Canada and medical marijuana?

Don Schultz: Getting Greenline Academy established was what brought me back after the real estate crunch in the U.S. so I was looking at different opportunity and found a couple websites related to the medical marijuana industry. So I was looking at Oaksterdam, in Oakland, and they weren't certified by the state. And I also looked at another company called Greenway University in Colorado and I ended up finding out that they were state certified and went to them and went through all their programs, as far as the MBA, Medical Marijuana Business Administration and I graduated through that. I graduated from all their medicine making courses (making oils, salves, tinctures, and creams), and also as a Master Cultivator, receiving my Master Cultivators Certificate.

So after all that I decided it might work up here in Canada, so I came up here to look at the whole program, and I had my first seminar in Kelowna expecting maybe 25 to 30 people and ended up with 100. One seminar went to another one, and we did 6 seminars last year: Concordia University in Edmonton, went to University of Winnipeg in Manitoba, and then University of Victoria, UBC, and this summer I will be in Calgary, at the University of Calgary. So we are fortunate to be able to get into those facilities, but it's been a challenge from opening up a bank account all the way through to advertising, that whole part.

What have you found from travelling across the country and giving these seminars in regards to police response?

DS: Well, the police response, I've not had an issue with that, being totally, legally compliant and all that. I actually would like to see a lot more of them sit in just to learn about the industry, to see that we're the medical people, to do with medical marijuana, we're not the illegal people. And I'd like to see it move in the right direction.

So with seminars upcoming across the rest of Canada, towards the East, through the rest of 2012, what other projects or directions are you looking at going in, what's on the horizon for Greenline Academy after the seminars?

DS: Well we're probably trying to do 3 or 4 seminars by the end of September here, and then we're expanding out in the educational area, so we'll teach, a lot of botany to horticulture, medicine, all that sort of thing with Greenline Academy. We'd like to do it on the website.

So anyone could log in from around the world?

DS: Anywhere in the world, they could log into it and get educated on medical marijuana.

So what are your views on the changes Health Canada is talking about with their medical marijuana program, how does Greenline play into these changes and what's your view on it?

DS: As far as what? Production for commercial...

Yeah, they're trying to clean up the industry so to speak and they're trying to make room for commercial production of cannabis and I'm wondering what your view is on their proposed regulations.

DS: I don't mind commercial production but I do



think there needs to be a medium in there where the patients can get educated, so whether it's into strain selection or wherever, that extra education needs to be there for the patient so that they can evaluate it with their medical condition. Because a lot of doctors are not familiar with it so you need some people that are really specialized in that end.

Have you noticed a large contingent of doctors, are you able to perhaps identify them attending your seminars? Do they come up and talk to you after?

DS: Well they like their privacy I guess you could say, they don't tell anyone who they are or anything. We've had pharmacists come, doctors, nurses, many different kinds of people do come to the seminars. So it's great because everyone is getting educated.

Have you seen your numbers grow as the seminars proceed from last year?

DS: We see an influx of quite a bit from seminar to seminar, so from a year ago, yes, it's an increase. We've doubled in size as far as classrooms. So that's great news that it's getting out there.

Has there been any response generally to Greenline from patients in Canada currently who are looking for education, who's your number one caller when they are asking questions, who is coming to you guys for information right now?

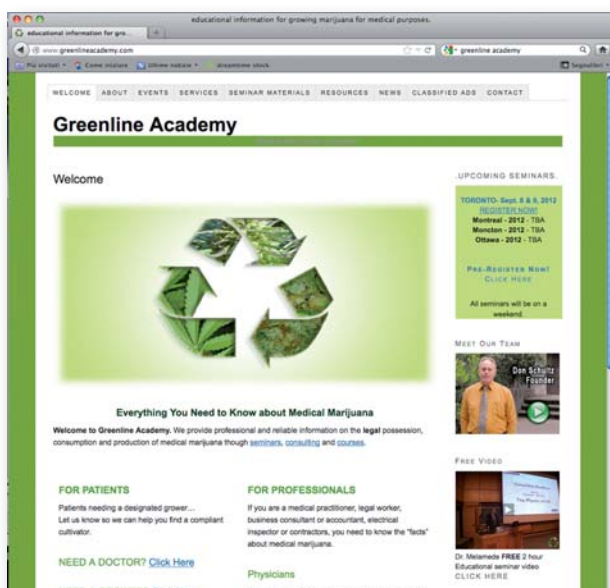
DS: We get a lot of people interested in being designated growers, I would say 40%, and probably another 40% are patients, and the other 20% are the other people in the industry.

Now specifically with designated growers and the personal production licenses, Health Canada has suggested they are going to eliminate them, phasing them out over the next couple years and in exchange for these large commercial production systems. Do you see a place in the future for the personal production and designated growers or is this something that should go fully commercial as Health Canada would like to see?

DS: I'd like to see the designated grower program stay, as far as patients growing their own medicine. If you want to look at it from the perspective of medicine, you know, if a patient has already been growing a certain strain of marijuana, I don't know if that commercial producer is going to be able to produce the same strain. So I think there is a conflict there.

Different genetics...

DS: Exactly, so if they've got some with a high percentage of CBD's is that commercial facility also going to have that. So that's where the controversy comes in.



From your background coming out of Colorado, which has moved ahead in the United States legalizing medical marijuana, they seem to be very successful at it, they seem to have a decent regulatory system in place. With the production of cannabis in Colorado are there a lot of sativa strains being grown?

DS: Oh yeah, they do have all those strains, they have the pure indicas, they've got the pure sativas, and the hybrids between them so, I guess for selection, uh your dispensary can talk to you about it. They try different strains and a patient can come back and try different strains so, that's where a dispensary comes in, you know, they can talk to the people at the counter and ask them certain questions, which is just more research and education.

It seems to me that patients titrating their own dosage is something that's foreign to our allopathic medicine, traditional doctors, but to have someone in between the patient and the doctor and grower to help bridge that gap with education and information is a very valid thing. It's something that should be entrenched and protected to make sure patients are aware, don't eat too much of this edible, or only use this as a topical, there are other options to smoking, strain selection. Are there going to be courses offered from Greenline that talk about this type of offering to patients, like could someone who starts a dispensary take a course on how to educate patients and how to deal with...

DS: Yeah, we call it bud-tending.

Bud-tending!

DS: We'll have courses, I've gone through all that in Colorado. I'm not from Colorado I'm from Kelowna, B.C.



Yeah, Canadian...

DS: Canadian. We'll have bud-tending courses, we'll have commercial grow-op courses where we'll teach you how to set up a commercial grow-op, we'll teach you how to set up a dispensary, so we've got all the numbers and figures it will take to set up a business.

I understand from looking on the website that you also supply complete paper packages for applications, if there's any concerns in regards to setting up a licensed grow, how to deal with municipal by-laws, zoning issues and so forth...

DS: All the ordinances, laws, regulations, the by-laws like you said in different places. You've got to be aware of that before you get into business. So we get into the business aspect of it as an industry.

What are your views, short term here, on the next 5 years, if you could look at what is happening now in Canada, what you've seen over the last year, if you had to predict where medical marijuana is going to go as an industry to, what do you see happening?

DS: It's really hard to predict, with the Conservative government, or if the NDP gets in, you know they have their different thoughts so I think there's going to be a bit of a stall, they'd like to probably do something in the next couple years but I think it will go into three or 4 years, or even longer, it is politics. But as long as we're doing the right thing, educating about the medicine, the laws, and the cultivation, that's our purpose.

So all things being equal, the law will catch up with the top quality education and science that is behind medical marijuana.

DS: Yeah, if you look at it from that point of view, as far as government and controlling the whole system

Can I just ask you to make one comparison between Colorado as it stands now, a state that is regulating legal medical marijuana, and what you're seeing in Canada right now? How far behind would Canada be in regards to this type of framework that they have, they seem like they're more organized and there's more acceptance from the state.

DS: Well, you can look at it two different pictures, Colorado does have it together with all their laws and everything but they have a lot of flaws in the system, as far as dispensaries and that there's too many of them on one street. You see 30 or 40 dispensaries on a block, I mean, there's no need for something like that. Canada, I think, has a great system because the medical marijuana system is federal government, whereas in Colorado it's the state. The federal government in the U.S., basically can come in and shut down anyone if they really wanted to. Here in Canada I like our system because it's run federally and that to me is the most positive part of it all.

Did you have any experience going through other states that have regulated medical marijuana? Have you spent any time in California, for instance, who also seems to be a big player right now?

DS: They're not legal, Colorado is the only legal state in the U.S. right now. California, you know as far as one patient I think you're allowed so many plants, 6 plants or something like that but dispensaries and all, they're starting to shut a lot of them down.

So in California, under a proposition (Prop. 215) that was voted in by the citizens in '96, there is sort of a patchwork quilt of regulation in the state as far as how to control it. You have the DEA coming in federally and shutting down dispensaries, yet when you look at Colorado you don't seem to have the same level of DEA action...

DS: They're very conservative compared to California.

It would seem to me for instance, in Colorado they have a production facility wired with cameras, dispensaries wired with cameras that all go back to the tax department. There's a lot of oversight, this doesn't seem to be the case in California, does that spur some of the federal crackdown do you think?

DS: That could have a lot to do with it, you know they're setting an example of what it should be like. So as far as Canada I would like to see some of it, as far as the cameras, I'm not sure we need it.

It might be a little heavy...

DS: Yeah, keep it easy and clean and...

Yeah, no need to over regulate. Canada is federally controlled, at least it's legal, that's been decided, now it's just a matter of looking at policy and seeing how best to suit the patients needs and the growers, and the dispensaries.

DS: In the states medical marijuana law was brought in by the basic state. Here in Canada it was brought in because there was the Parker case, so it wasn't Health Canada saying "Hey guess what, you can use this...", it was the Parker case that won and allowed medical marijuana to come into

the industry, so if you look at the two countries there's quite a bit of difference in that alone.

Yes, we actually have a federal legal system enforced by a court decision, which the federal government must abide by and they've been back to court many times in the last 10 or 12 years and we're still going to court over and over again.

DS: So we'll get down the rapids in a boat sooner or later, it's just a matter of getting everything straightened out before we get to the bottom and I think Health Canada is really doing a good job, I mean I wouldn't want to be in their position right now with all the controversy going on out there. But I think they are doing a good job they're getting the licenses out to patients in about 6 to 8 weeks. And that's what it's all about is the patient. So protecting the patients is the number 1 thing to consider in this industry.

Across Canada have you noticed over the last year that there's been maybe more doctors open to signing medical marijuana forms, is the education starting to take hold?

DS: It is expanding, doctors are getting educated, we've found that a lot more doctors are starting to sign off on patients. That's just part of the educational program.

Do you have any personal stories in regards to improving health with medical cannabis from the past or other people that you have known that you would want to share with the readers of Treating Yourself?

DS: Just all the patients I have worked with doing all these seminars across Canada. I've seen miracles as far as healing to do with cancer, talking to many multiple sclerosis patients it's incredible how it helps them, and as far as severe arthritis it works fantastic, you know, creams and that which are only legal in B.C. for patients to use right now. It's a fantastic medicine and you don't get high from it. I hope that that will grow throughout the country to allow topical, because to me it makes more sense to have other options like topicals than it does for smoking the medicine.

And you can target the area of the body specifically.

DS: And also not a lot of people know there are vaporizers you can use to take the carcinogens out of smoking the cannabis. Carcinogens are no good for you, there are vaporizers which heat the constituents up in the plant to a certain temperature where you just get the cannabinoids out of it.

And is that something you show in the seminars? Do you provide any demonstrations on vaporizers?

DS: We do have a demonstration on vaporizers, and that and our clinical herbalist goes over how to use therapeutic cannabis so we go over all those topics.

And just to recap, when it comes to personal production, designated production, and commercial production of medical cannabis, Greenline is of the opinion that they all have a place ideally in a regulated medical marijuana industry for the patients who can't afford to buy retail medical cannabis can produce their own, all the way up to big business because it's a large market that will have to be served. Do you see a place in this for the two licenses that Health Canada would like to cancel? Would it be a good idea to protect them?

DS: I do think that the designated grower license, I would like to see it stay in place, and who knows what's going to happen we'll find out when Health Canada comes out with something else.

Thanks very much for talking to me, Don.

DS: Thank you.

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Treating Yourself Takes a look at

PotCast

By Jeremy Norrie

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www.BoroLehr.com



There are a few podcasts on the internet that deal with the topic of marijuana. Each one has a different angle and set of hosts who make the show have a spin or style of some kind. One of my favorites is "The Potcast" with Adamacadocious and Manny Blunts, who have been gracious enough to have me on their show a few times now. It is both informative and fun with a wide variety of guests and things to talk about. They attend events and have various people from both the mainstream and marijuana industry. It is really a great show but to know just how great we really have to talk to the guys behind the show.

Thanks for taking the time to talk with us today.

MB: You're welcome

AI: Shazaam

What made you start "The Potcast"?

MB: It was a good way to combine 2 things i like: Smoking and audio.

AI: Well Manny And I worked for CBS radio in LA about a decade ago. We were the promotions team and would do most of the events for the talk radio station. Our conversations we had in the car were more entertaining then what was on the radio. We had spoke about this concept for many years and done trial shows at Manny's house and on the road. So when we were presented the opportunity to start a podcast we did the PotCast.

How have you made changes since the time it has began?

MB: The show is an entity of its own. It Demands us. It is always changing. We evolve with it.

There are so many other shows now, what makes yours different?

MB: Well we are more free form and about the community. Not so focused on the host behind the show.

AI: I feel that we are more cultured than others and have a natural chemistry because we are friends. There is no phoniness between us.

MB: We keep each other in balance.

AI: We don't focus solely on Politics and medicine but try to entertain while educate.

MB: We Meducate as we converse.. hahah

What have been some of the obstacles you have run into in the years you have been doing it?

MB: Personal differences, adding members to the team, locations...

AI: Finances, you know typical things. Just like anybody else. We are all human.

Highlights must happen, what have some of the best ones been?

AI: One of my personal favorite stand out shocking moments is when we had a hash champion, a cancer survivor, as a guest and he took a bong rip out of his neck!

MB: When we smoked out someone for his very first time. It was show #49. He had the luxury of choosing whatever he wanted. He had a great time.

We know there are all kinds of things that happen behind the scenes, anything you can tell our readers about?

AI: DABBING. lotsa dabbng.. I say "OK Ima roll a blunt" 30 times before the show. I run around like a frantic maniac.

MB: People always have suggestions about the technical aspects of the show and they don't realize its a one man team and a zero dollar budget. We run on Donation's.



Are there any plans for future shows or events you can let our readers in on?

Al: Always... Stayed tuned to our website to get filled in

How should people who want to be on or listen to "The Potcast" in the future to find your show and contact you?

www.pc420.com

[@thepotcastfacebook.com](https://www.facebook.com/thepotcastfacebook.com)

[hepotcastfacebook.com](https://www.facebook.com/hepotcastfacebook.com)

[stingystonerfacebook.com](https://www.facebook.com/stingystonerfacebook.com)

[adamillinstagram](https://www.instagram.com/adamillinstagram)

thepotcaststingystoner@gmail.com

Awesome getting a chance to talk with the guys from the potcast again. They do such a great job together and they really do have great chemistry. We recently spent some time working together in San Francisco at the High Times Cannabis Cup and these guys had a show going on for 2 days straight. It was fun the whole time especially when they did the dunk challenge. They definitely know how to have a good time but also keep it professional and handle their show with care. We both were part of the reason our booths took home awards and it was great to share that with such awesome guys. I hope they keep pumping up the scene and creating more and more stoners every day. Excellent work guys, I'm sure everyone will love it.

Thanks for reading, stay with us next time. Hope you are able to use this information to find out more about "The Potcast" and maybe check out a show or two. Maybe you have some down time at home or work and you can use this to find the show and fill your days with more cannabis related entertainment.

Next issue we will talk about more cannabis related news. If you enjoy these articles, follow me @Professor420 on Twitter for more personal stories & behind the scenes details & pictures from my articles, including things that

don't make it in the magazine, and get them as they happen live. We have a new website for high end art including functional glass, www.BoroLehr.com. Also don't forget to check out www.VapeontheGo.com to get the absolute best performing, most economical, portable, and re-chargeable essential oil vaporizer on the market. Take it easy, have fun, don't believe the hype! Find success and make it work for you. Good luck. ■



Ripper Quake Polm



Ripper Quake Polm



Ripper Quake Polm

Strain: Ripper Quake Polm
Breeder: Subcool
Grower: Greenjon
Judge: skunk-mad, miss knapper & greenjon
Date: July 11, 2012

1. Visual Appeal: 10 Visual appeal of the buds from 1-10 unappealing-excellent.

2. Visible Trichomes: 10 Visible trichome content from 1-10 none-totally covered.

3. Colors that are present in the trichome heads under magnification:

Clear 5% Cloudy 55% Amber 35% Dark 5%

4. Colors present in the buds and/or on a scale 1-9 light-dark:

Brown 5, Grey 6, White 7

5. Bud density: - Bud density from 1-10 airy-dense.

6. Aroma descriptors: scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.

Berry 5, Pepper 7, Fruit 9, Hash 9, Citrus 5

7. Aroma: 9+ Aroma from 1-10 repulsive-delightful.

8. Seed content: 0 Seed content from 0-10 none-fully seeded.

9. Weeks cured: 8+ If know the number of weeks your sample has been cured.

Comment - This is some of the nicest polm (dry sift hash) that we have had the pleasure to smoke. With dry sift hash you get one thing you don't get with bubble hash which is an amazing fruity smell. Very well pressed and the trim used was of top quality showing a nice amber trichome colour under the scope before being made.



1. Utensils: TY Roor , DaVinci vaporizer

2. Taste descriptors: Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence
Pepper 4, Fruit 9, Hash 7, Citrus 5, Spice 7

3. Taste: 9+ Impression of the taste from 1-10 unpleasant-delicious.

4. State of dryness: 5 1-10 wet-dry where 5 is ideal.

5. Smoke ability: 10 smoke ability of the sample from 1-10 harsh-smooth.

6. Smoke expansion: 3 smoke expansion in the lungs from 1-10 stable-explodes.

Smoke Test Comments: - This polm is very kind on the lungs but hits very hard with very thick clouds of super fruity hash infused smoke, this is by far the tastiest smoke we have had in a while, actually as mouth watering smoke, very Moorish. We used mainly the TY Roor to test this hash out and every hit was outstanding with immediate pain relief which is sometimes required. If you need to get pain under management fast then hash is the way to go very fast onset of effects, a very cerebral high but a high you could easily work on whilst keeping pain at bay. A very good all-round hash that hits the spot every time.

FOLLOW UP QUESTIONS

1. Dosage: - 2 bowls to reach desired effects.

2. Effect onset: 1 Rate of how quickly the effect hit from 1-10 immediate-major creeper.

3. Sativa influence: 45% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

4. Indica influence: 55% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

5. Potency: 9+ Rate the potency of the sample from 0-10 none-devastating.

6. Duration of effect: 2 hrs

7. Tolerance build up: 0 Rate of how quickly tolerance builds from 0-10 none-rapid.

8. Usability: - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up 6 Day/work 7 Evening/relax 7 Night/sleep 9

9. Overall satisfaction: 9 Rate your overall satisfaction from 1-10 poor-Holy Grail.

10. Ability and conditions: 9 Rate your overall ability to judge from 1-10 low-high.

11. Do you personally consider this strain a keeper for long term use? Yes

12. Effect: What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

- Ability to rest or sit still

P Anxiety relief

- Appetite

- Audio perception

- Humor perception

- Imagination/creativity

P Pain relief

- Paranoia relief

- Sex drive

- Sleep

- Speech process

- Taste perception

P Thought process

- Visual perception

Extended Medical Survey:

- ADD/ADHD

- Allergic rhinitis

- Amphetamine Dependence

- Anorexia

- Arthritis/Musculoskeletal pain

- Asthma/Cough

P Bipolar disorder

P Cancer/Chemotherapy

- Chronic fatigue

P Crohn's/IBS

- Depression

- Diarrhea

- Epilepsy

- Glaucoma

- Hepatitis

- High blood pressure/Racingpulse

P Insomnia

- Itching

P Migraine/vascular headache

- Muscle Spasm

- Muscular movement disorders

- Nausea

- Panic Attack

- Peripheral nerve pain

P Post traumatic Stress Disorder

- PreMenstrual Syndrome

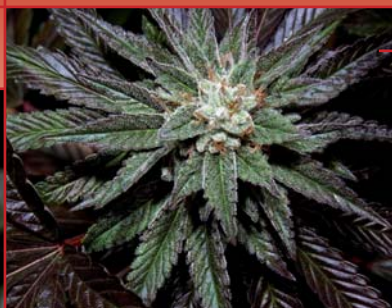
- Sedative/Opiate Dependence

- Schizophrenia

- Spasticity in Multiple Sclerosis

FINAL COMMENTS: - This hash was made from the sugar trim from subcool's jack the ripper and cheese quake sugar trim and the combination has created one amazing hash. Not only does this hash help pain management but it helped us with multiple ailments such as bi-polar and more importantly for me insomnia problems. This is a excellent way to use up your un-wanted sugar trim and this hash has really surprised me i thought bubble hash was the best for my insomnia but in testing this dry sift hash i have now found another way to medicate. All around this was a pleasure thank you sub-cool for the great genetics and greenjon for his superb polm making skills an outstanding way to medicate.





LA Confidential - DNA seedbank



STRAIN CATALOGUE

**BARNEYS FARM**

FEMINISED PACKS OF 5

8 Ball Kush	\$44,00
Acapulco Gold	\$50,00
Amnesia Lemon	\$56,00
Blue Cheese	\$50,00
Blue Mammoth Auto	\$44,00
Crimea Blue	\$40,00
Critical Kush	\$56,00
Dr Grinspoon	\$58,00
G -13 Haze	\$58,00
Honey B	\$48,00
L S D	\$56,00
Laughing Buddha	\$56,00
Malana Bomb Auto	\$44,00
Morning Glory	\$56,00
Night Shade	\$56,00
Phatt Fruity	\$42,00
Pineapple Chunk	\$50,00
Pineapple Express	\$40,00
Red Cherry Berry	\$42,00
Red Dragon	\$56,00
Sweet Tooth	\$56,00
Sweet Tooth Auto	\$44,00
Tangerine Dream	\$58,00
Top Dawg	\$44,00
Utopia	\$60,00
Vanilla Kush	\$54,00
Violator Kush	\$56,00

Peacemaker- FMS Seeds

**BC BUD DEPOT**

REGULAR PACKS OF 12

Black, The	\$75,00
Blue Berry	\$75,00
Burmese	\$60,00
God Bud	\$90,00
Mango	\$75,00
Pine Warp	\$75,00
Purple Buddha	\$60,00
Purps, The	\$90,00
Sweetgod	\$75,00
Sweettooth	\$75,00
Texada Timewarp	\$75,00

FEMINISED PACKS OF 12

Jack Herer	\$150,00
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BUDDHA SEEDS

FEMINISED PACKS OF 5

Pulsar	\$70,00
Quasar	\$70,00

FEMINISED AUTO PACKS OF 5

Deimos	\$60,00
Syrup	\$55,00
Red Dwarf	\$45,00
White Dwarf	\$60,00

Sensi Star - Paradise Seeds

**DELTA 9 LABS**

REGULAR PACKS OF 5

Brainstorm Haze	\$52,50
Brainstorm Haze G13	\$52,50
Cannasutra	\$45,00
F.O.G (Fruit of the Gods)	\$52,50
Merkabah	\$52,50
Simpson Kush	\$52,50
Southern Lights	\$52,50
Stargazer	\$45,00

**DINAFEM SEEDS**

FEMINIZED PACKS OF 5

Haze Automatic	\$40,00
Blue Fruit	\$53,00
Blue Hash	\$52,00
Blue Widow	\$48,00
California Hashplant	\$58,00
Cheese	\$42,00
Cloud # 9	\$36,00
Critical Jack	\$44,00
Critical+	\$54,00
Critical+ Automatic	\$48,00
Diesel	\$38,00
Fruit Automatic	\$36,00
Industrial Plant	\$58,00
Jack Automatic	\$56,00
Moby Dick	\$64,00
Moby Dick #2	\$56,00
Moby Hash	\$58,00
Power Kush	\$42,00
Roadrunner #2 Autom.	\$32,00
Roadrunner Automatic	\$28,00
Shark Attack	\$40,00
Sweet Deep Grapefruit	\$38,00
White Siberian	\$40,00
White Widow	\$48,00



FEMINIZED PACKS OF 6

Cataract Kush	\$90,00
60 Day Wonder Auto	\$83,00
C13 Haze	\$60,00
Cannadential	\$75,00
Chocolate Kush	\$105,00
Chocolope	\$90,00
Confidential Cheese	\$75,00
Connie Chung	\$83,00
Exodus Kush	\$105,00
Hashplant Haze	\$60,00
Holy Grail Kush	\$105,00
Kushberry	\$75,00
LA Confidential	\$90,00
LA Woman	\$90,00
Lemon Skunk	\$60,00
Martian Kush	\$105,00



Martian Mean Green	\$105,00
ReCon	\$83,00
Rocklock	\$60,00
Sharksbreath 09	\$60,00
Sleestack	\$90,00
Sour Cream	\$60,00
Sweet Haze	\$60,00
The OG #18	\$105,00

REGULAR PACKS OF 13

C13 Haze	\$90,00
Cannadential	\$105,00
Cannalope Haze	\$120,00
Cataract Kush	\$120,00
Connie Chung	\$120,00
Hashplant Haze	\$90,00
LA Confidential	\$135,00
Pure Afghan	\$50,00
Sour Cream	\$105,00
Sweet Haze	\$105,00

FINEST MEDICINAL SEEDS

FEMINIZED INDICA PACKS OF 5

Citrus Skunk	\$75,00
Medi Kush	\$75,00
Medifemss	\$75,00
Peace Maker	\$75,00
Skunk NL	\$75,00
White Rhino	\$75,00
White Widow	\$75,00

FEMINIZED SATIVA PACKS OF 5

Amnesia Haze	\$95,00
G13	\$95,00
NL 5 Haze	\$95,00

GREEN HOUSE SEED CO.

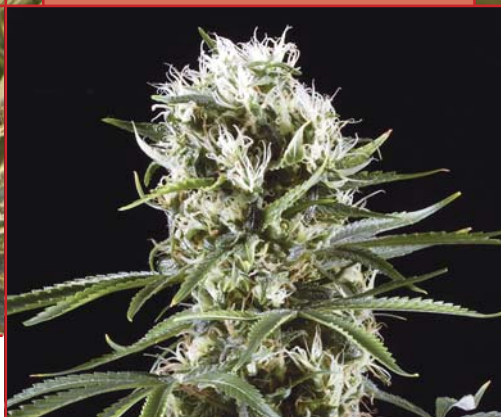
FEMINIZED PACKS OF 5

A.M.S.	\$35,00
Arjan's Haze #1	\$62,00
Arjan's Haze #2	\$62,00
Arjan's Haze #3	\$38,00
Arjan's Strawberry Haze	\$62,00
Arjan's Ultra Haze #1	\$62,00
Arjan's Ultra Haze #2	\$62,00
Auto Big Bang Auto	\$48,00
Auto Super Critical	\$60,00
Big Bang	\$30,00
Black and White MixF	\$48,00
Bubba Kush	\$52,00
Cheese	\$42,00
Chem Dog	\$48,00
Church, The	\$35,00
Dam Sour	\$52,00
Diamond Girl	\$68,00
El Nino	\$55,00
Exodus Cheese	\$48,00
Great White Shark	\$55,00



13 - Roor Citrus Smoothies

Super Lemon Haze - Greenhouse Seeds



Super Silver Haze - Mr. Nice

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Green-O-Matic	\$48,00
Hawaiian Snow	\$62,00
Himalayan Gold	\$48,00
Indica Mix E	\$48,00
Indica Mix F	\$48,00
Indica Mix G	\$48,00
Indica Mix H	\$548,00
Indica Mix I	\$548,00
Jack Herer	\$48,00
Kaia Kush	\$52,00
Kalashnikova	\$35,00
Kings Kush	\$48,00
K-Train	\$52,00
Ladyburn 1974	\$38,00
Lemon Skunk	\$38,00
Moby Dick	\$48,00
Neville's Haze	\$62,00
NL5 Haze	\$48,00
Pure Kush	\$42,00
Rasta Mix	\$48,00
Sativa Mix	\$52,00
Sativa/Indica Mix A	\$48,00
Sativa/Indica Mix B	\$48,00
Sativa/Indica Mix C	\$48,00
Sativa/Indica Mix D	\$48,00
Super Bud	\$35,00
Super Critical	\$48,00
Super Lemon Haze	\$68,00
Super Silver Haze	\$62,00
Thai	\$38,00
Train Wreck	\$48,00
White Rhino	\$55,00
White Widow	\$55,00

HORTILAB

REGULAR PACKS OF 10

Sour Amnesia	\$150,00
Sour Pink Grapefruit	\$135,00
Sour Star	\$135,00
Super Sour Skunk	\$90,00



MR NICE

REGULAR PACKS OF 15

Afghan Haze	\$102,00
Angel Breath	\$120,00
Angel Heart	\$102,00
Black Widow	\$102,00
Critical Haze	\$120,00
Critical Mass	\$102,00
Critical Skunk	\$86,00
Devil	\$86,00
Dreamtime	\$53,00
Early Queen	\$68,00
Early Skunk	\$86,00
Early Skunk Haze	\$170,00
G13 Skunk	\$86,00



La Nina	\$120,00
Mango Haze	\$240,00
Mango Widow	\$146,00
Master Kush Skunk	\$86,00
Medicine Man	\$120,00
Neville's Haze Mango	\$90,00
Neville's Skunk	\$240,00
NL 5 Haze	\$120,00
NL 5 (NHS)Haze/Afghan/Skunk	\$102,00
NL5 Afghan	\$86,00
NL5 Skunk	\$86,00
Nordle	\$86,00
Ortega	\$102,00
Shark Shock	\$86,00
Shit	\$53,00
Skunk Haze	\$60,00
Spice	\$86,00
Super Silver Haze	\$173,00
The Cure	\$102,00
Walkabout	\$55,00

NIRVANA

Feminized Packs of 5

AK-48	\$38,00
Aurora Indica	\$38,00
Auto Blue Mystic	\$38,00
Auto Jock Horror	\$46,00
Blackberry	\$45,00
BlackJack	\$45,00
Blue Mystic	\$38,00
Bubblelicious Auto	\$38,00
Chrystal	\$38,00
Ice	\$38,00
Jock Horror	\$46,00
Kaya Gold	\$38,00
Master Kush	\$38,00
Medusa	\$38,00
Northern Lights	\$38,00
Northern Lights Auto	\$46,00
Papaya	\$38,00
PPP	\$38,00
Raspberry Cough	\$45,00
Short Rider	\$36,00
Snow White	\$38,00
Super Skunk	\$38,00
Swiss Cheese	\$38,00
Venus	\$38,00
White Castle	\$38,00
White Rhino	\$38,00
White Widow	\$38,00
Wonder Women	\$38,00

REGULAR PACKS OF 10

Aurora Indica	\$30,00
Bubblelicious	\$30,00
Chrystal	\$30,00
Ice	\$30,00

Medusa	\$30,00
Mix Sativa	\$60,00
Papaya	\$30,00
PPP	\$40,00
Snow White	\$30,00

SPECIAL 25% OFF

Super Skunk	\$60,00
Swiss Miss	\$60,00
White Castle	\$30,00
White Rhino	\$30,00
White Widow	\$30,00



PARADISE

FEMINIZED PACKS OF 5

Acid	\$68,00
Allkush	\$68,00
Atomical Haze	\$60,00
Auto Acid	\$48,00
Auto Jack	\$48,00
Auto Wappa	\$48,00
Auto White Berry	\$48,00
Automaria	\$56,00
Automaria II	\$56,00
Belladonna	\$42,00
Delahaze	\$68,00
Dutch Dragon	\$56,00
Ice Cream	\$68,00
Jacky White	\$68,00
Lucid Bolt	\$68,00
Magic Bud	\$42,00
Nebula	\$68,00
Opium	\$68,00
Original Cheese	\$56,00
Original White Widow	\$68,00
Pandora Auto	\$56,00
Sensi Star	\$80,00
Sheherazade	\$68,00
Spoetnik #1	\$42,00
Sweet Purple	\$42,00
Vertigo Auto	\$56,00
Wappa	\$42,00
White Berry	\$68,00

FEMINIZED PACKS OF 3

Acid	\$44,00
Allkush	\$44,00
Atomical Haze	\$40,00
AutomariaAuto	\$44,00
Delahaze	\$40,00
Dutch Dragon	\$34,00
Jacky White	\$44,00
Lucid Bolt	\$44,00
Magic Bud	\$24,00
Nebula	\$44,00
Opium	\$44,00
Shehazade	\$32,00
Spoetnik #1	\$34,00
Wappa	\$24,00



RESERVA PRIVADA

FEMINIZED PACKS OF 6

Cole Train	\$75,00
Confidential Cheese	\$75,00
Kandy Kush	\$90,00
Kosher Kush	\$105,00
OG Kush	\$105,00
Purple Wreck	\$75,00
R.K.S.	\$60,00
Silver Bubble	\$60,00
Silver Kush	\$90,00
Sour Diesel	\$105,00
Sour Kush	\$105,00
Tora Bora	\$90,00

REGULAR PACKS OF 13

Kandy Kush	\$105,00
Tora Bora	\$120,00
x18 Pure Pakistani	\$76,00

Family Medical Center

Name _____
Address _____



Signature _____



Querkle - TGA



MK Ultrawreck - THSeeds



STRAIN CATALOGUE

REGULAR PACKS OF 6

818 Headband	\$104,00
Blackwater	\$104,00
Buddha Tahoe OG	\$104,00
Chem 4 OG	\$104,00
Chem Valley Kush	\$104,00
Corleone Kush	\$104,00
Deadhead OG	\$104,00
Julius Caesar	\$104,00
Larry OG	\$104,00
O'Giesel	\$104,00
Pre 98 Bubba Kush	\$104,00
Purple Chem	\$104,00
Purple Diesel	\$104,00
Tahoe OG	\$104,00

THSEEDS

REGULAR PACKS OF 5

A-Train	\$60,00
Burmese Kush	\$60,00
Kushage	\$60,00
MK ULTRA	\$72,00
S.A.G.E.	\$60,00
Sage n Sour	\$64,00
Wreckage	\$65,00

REGULAR PACKS OF 10

A-Train	\$102,00
Bubblegum	\$130,00
Burmese Kush	\$110,00
Chocolate Chunk	\$80,00
Da Purps	\$90,00
Darkstar	\$120,00
Heavy Duty Fruity	\$102,00
Kushage	\$102,00
Lambo	\$120,00
Mendocino Madness	\$60,00
MK-Ultra	\$140,00
PG-13	\$102,00
S.A.G.E.	\$102,00
Sage n Sour	\$120,00
Skunk XXX	\$30,00
Skunkage	\$44,00
The Hog	\$146,00
Wreckage	\$90,00
Zero-Gravity	\$102,00

RESIN SEEDS

FEMINIZED PACKS OF 10

Cannatonic	\$170,00
FEMINIZED PACKS OF 5	
Cannatonic	\$85,00
Critical Haze	\$85,00
Sour P	\$85,00

ROOR SEEDS

REGULAR PACKS OF 10

S1-Nev OS	\$97,50
I1-Roor Ash	\$120,00
I2-Roor Bubba OG	\$135,00
I3-Roor Citrus Smoothies	\$180,00

SERIOUS SEEDS

FEMINIZED PACKS OF 6

AK47	\$120,00
Biddy Early	\$53,00
Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Warlock	\$75,00
White Russian	\$105,00
White Russian Auto	\$78,00

REGULAR PACKS OF 11

AK47	\$120,00
Biddy Early	\$53,00
Bubble Gum	\$105,00
Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Motavation	\$100,00
Warlock	\$75,00
White Russian	\$105,00

SOMA SEEDS

REGULAR PACKS OF 10

Amnesia Haze	\$285,00
Buddha's Sister	\$180,00
Hash Heaven	\$285,00
Kushadelic	\$150,00
Lavender	\$120,00
NYCD	\$195,00
Sogouda	\$220,00

FEMINIZEDV PACKS OF 10

Lavender	\$150,00
NYCD	\$210,00
Somantra	\$195,00



TGA SUBCOOL

REGULAR PACKS OF 10

3D Third Dimension	\$84,00
Agent Orange	\$84,00
Apollo-13	\$84,00
Cheese Quake	\$84,00
Chernobyl	\$84,00
Dairy Queen	\$84,00
Deep Purple	\$84,00
Jack The Ripper	\$84,00
JC2 "Jack's Cleaner"	\$84,00
Jilly Bean	\$84,00
Kaboom	\$84,00
Pandora's Box	\$84,00
Qleaner	\$84,00
Querkle	\$84,00
Space Bomb	\$84,00
Space Queen (Space Jill)	\$84,00
The Flav	\$84,00
The Void	\$84,00
Vortex	\$84,00



THE CALI CONNECTION

REGULAR PACKS OF 10

Blackwater	\$104,00
Chem 4	\$104,00
Chem 4 OG	\$104,00
Chem Valley Kush	\$104,00
Corleone Kush	\$104,00
Deadhead OG	\$104,00
Hazy OG	\$104,00
Jamaican D	\$104,00
Jamaican Me Crazy	\$104,00
Jamaican OG	\$104,00
Julius Cesar	\$104,00
Larry OG	\$104,00
O'Giesel	\$104,00
Original Sour Diesel	\$104,00
Purple Chem	\$104,00
Purple Diesel	\$104,00
Regulator Kush	\$104,00
Sour OG	\$104,00
Tahoe OG	\$104,00



Photo of seeds: www.stallonedavide.com

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starting at
\$34
Pack of 5 Feminized Auto
Flowering Seeds

Inventory blow out of leading seed banks

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Fem Auto 5 Pack	
Auto Easy Bud	\$33.00
Auto Royal	\$40.00
Amnesia Haze	\$48.00
Auto Quick One	\$36.00
Auto Royal Dwarf	\$31.00
Blue Mystic	\$36.00
Critical	\$42.00
Fruit Spirit	\$42.00
Ice	\$42.00
Indoor Mix	\$36.00
Northern Light	\$42.00
Outdoor Mix	\$36.00
Power Flower	\$42.00
Royal Cheese	\$42.00
Royal Moby	\$48.00
Shining Silver Haze	\$42.00
Skunk #1	\$36.00
Special Kush #1	\$16.00
Special Queen #1	\$17.00
White Widow	\$36.00

Reg 10 Pack	
Brainwarp	\$64.00
Jamaican Grape	\$64.00
Northern Flame	\$64.00

Reg 10 Pack	
Avalon	\$64.00
Blue Dynamite	\$64.00
Bonkers	\$64.00
Diablo	\$64.00
Dynamite	\$64.00
Grape Fruit Haze	\$64.00
Grape Fruit Kush	\$64.00
Grape God	\$64.00
Island Sweet Skunk	\$64.00
Medicine	\$64.00
Romulan	\$64.00
Romulan Diesel	\$64.00
Romulan Haze	\$64.00
Romulan Max	\$64.00
Romulan x Hashplant	\$64.00
Romulan x Time Warp	\$64.00
Timewarp	\$64.00
Grape Fruit Diesel Fem 5 Pack	\$41.60

Fem Auto 5 Pack	
Auto La Blanca	\$37.00
Afrodite	\$37.00
Auto Afrodite	\$37.00
Auto BCN Diesel	\$37.00
Auto Big Band	\$37.00
Auto Flash	\$37.00
Auto Gnome	\$37.00
Auto Mataro Blue	\$37.00
Auto Power Skunk	\$37.00
Auto Smile	\$37.00
Auto Special	\$37.00
Auto Thai Fantasy	\$37.00
Auto White Domina	\$37.00
Big Band	\$37.00
Citrus	\$37.00
Dr Jekyll	\$37.00
Classic Auto Mix	\$45.00
Flamenco Mix	\$45.00
Guerrilla Mix	\$45.00
Indica Auto Mix	\$45.00
Sativa Auto Mix	\$45.00
Sabor Mix	\$45.00
Kannabia Special	\$37.00
La Blanca	\$37.00
La Reina De Africa	\$37.00
Mataro Blue	\$37.00
Original Berry	\$37.00
Power Skunk	\$37.00
Queso	\$37.00
Smile	\$37.00
Thai Fanatsy	\$37.00
White Domina	\$37.00

Fem 6 Pack	
African Free	\$45.00
High Level	\$45.00
Jamaican Dream	\$68.00
Missing	\$64.00
Monster	\$45.00
Nexus	\$45.00
Papa's Candy	\$64.00
Pink Plant	\$64.00
Tnt Kush	\$64.00
Veneno	\$72.00

Fem 5 Pack	
Dutch Cheese	\$88.00
Mazar	\$88.00
Ortega Indica	\$55.00
Pamir Gold	\$53.00
Passion #1 (outdoor)	\$64.00
Power Plant	\$80.00
Purple #1	\$64.00
Skunk #11	\$55.00
Snow Bud	\$46.00
Strawberry Cough	\$110.00
Taiga	\$69.00
The Ultimate	\$93.00
Ultra Skunk	\$80.00

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The Crisis is Making People Think Laterally, Even Vertically for solutions



inlinethumb54.webshots.com

There is a lot of media in ones face at present to do with how things financially are crumbling around our institutions. The governments of various countries are facing bankruptcy, banks are with little good standing or integrity, and people are facing joblessness on a scale somewhat like the great depression of the 1930s. It is as if the lifelong premises that once set up the foundations of society are imploding and the dawning of a new era with new ways is evolving. We need destruction before we create a new; it is essential...but not always pleasant.

However out of the flames rises the phoenix, and there are some fantastic innovations that are coming about due to inner city living with a desire to increase self sufficiency. Vertical gardening is one such phenomenon. I have visited urban walls that have been converted from eye sores and depressing features of the urban landscape into eco art! With reticulating water drip systems and pocket planting in mass it is creating a huge and dominant plant feature where once stood concrete and starkness.



In Paris there are some innovators of this vertical gardening concept and it shows with a community based thinking and action, a little engineering ingenuity, and the will to look after things that grow up at staggered intervals and in great heights, anything is possible! It is all done with a drip system; capillary acting felt material and has a hydroponic basis to it. Due to planting species that survive with superficial root systems and that grow in nature on rock faces and in low soil areas, the maintenance is minimal and self evolving.

It does seem that this application of using vertical and private spaces



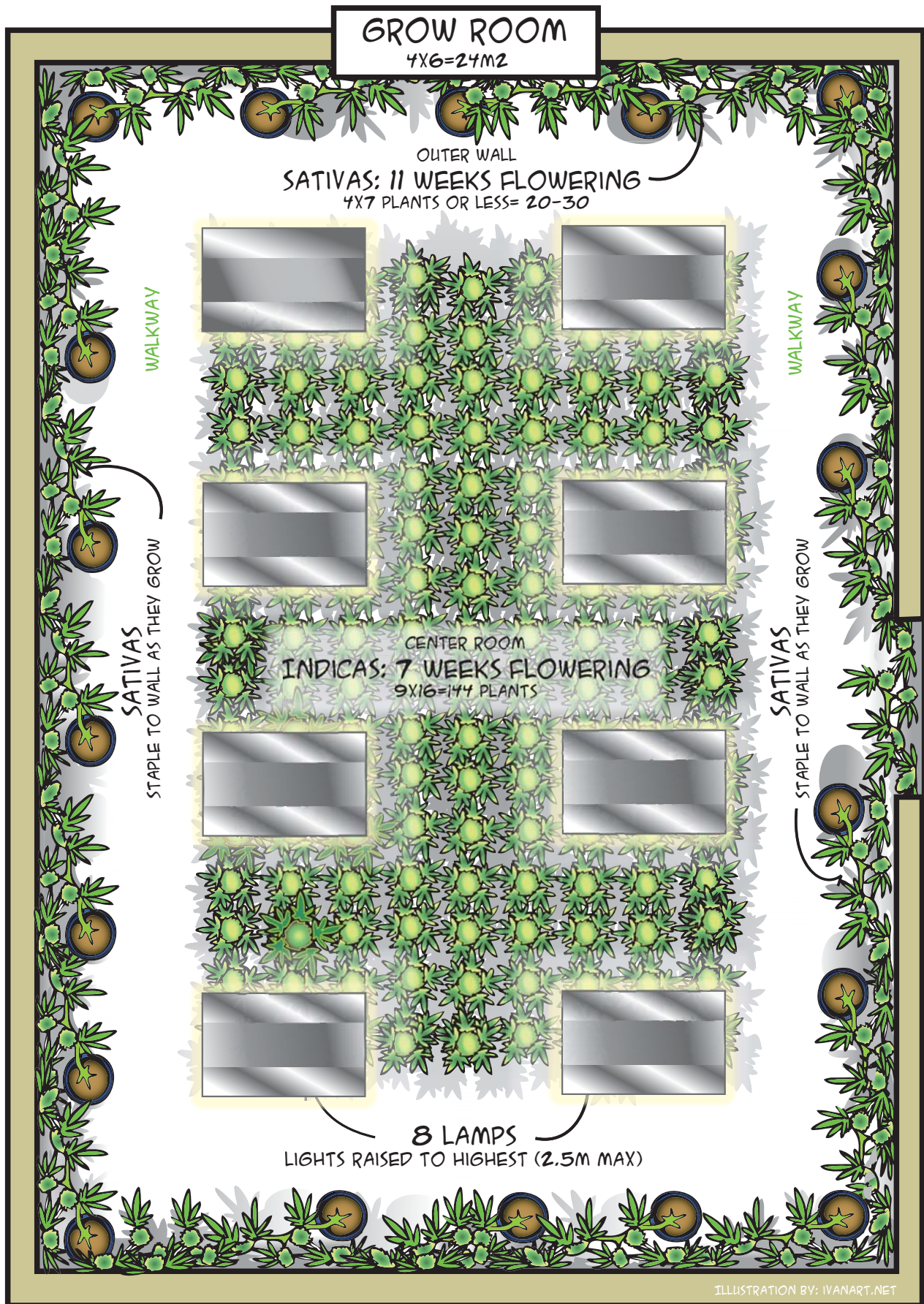
within buildings maybe an excellent place to grow a few plants outdoors in a hydroponic system. Since many people are without gardens in Europe and live mainly with a small terrace it maybe just the thing to think about if you are looking for a new way to use old spaces. Out of necessity grows innovation!

The next example of lateral thinking arising from a crisis in mind is the smart usage of old grow rooms to accommodate both indica and sativa based plants at the same time.

Basically a friend of mine asked me some advice about being able to grow in a small set up both indica and sativa based plants. He had an indica of 6-7 weeks and a sativa of 11 weeks, and asked how to harvest them and grow them together without having to move plants all the time.

What we did was to centralise the indica plants that flowered in 6-7 weeks to the centre of the room directly under the lamps; in this case 8 lamps. Indicas were set out at 16 per square meter and within the desired space directly under the lamps. Considering the sativa based plants grow large enough indoors in lower light or indirect light areas we began stapling the growing limbs of the sativas to the wall that was the perimeter of the room. By stapling i mean we located the growing branches between the open center area of the staple. We set the staple gun to only anchor well to the timber but leave a free gap of 2-3mm so the branch was undamaged but supported well and free to move a little within the size of the staple used. These plants were directly attached against the wall of the room and there was enough space for a person to walk between the indica and sativa areas to give water.

3.bp.blogspot.com





As planned in this flowering room all clones went in the same time, directly into flower and after the 3rd week there was again the need to staple up the branches of the sativas to keep things vertical and flat against the wall. Then as the indicas were finishing the sativas were going into bud.

We replaced the finished indicas without disturbing the walls of sativa budding plants. Then as the new indicas went into week 5 of flowering, the sativas had flourished into a camouflaged wall of tops. It was a sight to see all these flowering tops jutting out from a vertical wall all over the perimeter of the room, while seeing the main crop of indicas close to their second harvest!

Now my friend has readapted all his spaces to do this and says he not only increased his total yield weight by 50%, but has some of those long flowering flavoured sativas in his own stash year round, instead of only during the outdoor season. Needless to say he and his mates are using this technique in all their small rooms and there does not seem to be any crisis with them any longer.

The last example of thinking a little out of the box as well as for increasing yields and overcoming the crisis comes from a story about some greenhouses in Switzerland. The normal season for tomatoes and cucumbers begins in the greenhouses no earlier than April 20th and usually around first week of May...things are pretty much finished in August or September...and without heating the greenhouse it means things are quiet and non productive from Sep till April each year.



A group of fellow growers and I, decided to maximise things and attempt to elongate the growing season by adapting our knowledge of strains to continue the production and increase the workload for our crew. With some basic planning and knowing the plants we worked with very well in all types of growing conditions, we sat together around a table to try to adapt Cannabis to these greenhouses and maximise the sun and conditions we got for free with expenses of running a greenhouse in varying times of the year.

It meant we needed to go down around April 20th or that week, allow the clones to take root and then by 10th of May begin darkening the greenhouses, making the first crop harvestable by the end of June. We then cut and replanted on the same day, making harvest no.2 beginning from July 1st, rooting for 2 weeks and then darkening again. This then meant that the second harvest was completed by 10th of September again using a 7 week indica plant. Now at this point most were already very happy with the double

420magazine.com

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harvest using only darkening from the sun and the fast finishing strains.

However, not being totally satisfied the greenhouses were still not being made as efficient as they could be I had half the amount of sativa clones ready the day we finished cutting the second indica crop and had these all planted by the 15th of September.

Considering sativas go into flower at 12/12 or fewer hours light, it meant using the natural light regime of nature in September. Sativa plants grow quite quickly in their first 2 weeks of flowering and reach a good height for greenhouses in this time. We did set darkening to work on this crop but it could also work naturally being a strain that flowers close to the equator where the light is usually all year 12/12. The added advantage was sativas are less inclined to get damage from humidity and therefore were excellent candidates for the Christmas crop...as it was fondly known as. All we had to do was keep the heating levels at temperatures that the plants could work within so often night temperatures were 12C while day may not have gotten more than 22-24C at that time of the year. Supplemental heating was necessary but this meant the crop of greenhouse Sativas were harvested in January or even in one I recall the first week of Feb. Thus the efficiency of greenhouse growing and the yields with the low cost and no lighting costs, all make extremely good sense when the bills are continuing to come and the work is not as it once was.

Of course planning and timing of cloning is essential in larger operations but this is a factor that can be worked

out one time and implemented year after year. I might just add that within a year of this technique being a good working model there was very few greenhouses left in Ticino without a sophisticated automatic darkening system. The largest I was involved in was a hectare inside under automatic darkening and it opened at 7am daily closing at 7pm nightly so we worked with our crews within this time period to do all our daily work.

With the final crop being cut by end of January, we split a greenhouse into sections and heated an area to pre-grow clones with the aid of some artificial lighting to be ready for April. So where there was a 5 month non productive time to a greenhouse in Switzerland, it soon became common knowledge that if you had the right strains of Cannabis plants with some experience you could change things from dormant non productive times into year round work and in the process extra profits that were not even there before due to the traditional type of plants and vegetables that were worked with.

As things get seemingly desperate and all gloomy and doomy, it is attitude with good planning and a little innovation that will get people out of a hole. It means a lot of hard work and plants do not wait, they need the work done when the work is ready to be done, and it is not always easy. But if there is a desire to keep things in order or just to create work or pay extra bills there is always something you can tweak or make more efficient with smart planning and lateral thinking. So do not worry, be happy and the world will smile with you. ☒



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SEED2 AMSTERDAM



The standard of excellence that is Roor is now being brought into another arena, the seed market. With their new company Roor Seeds Amsterdam they hope to bring their high level of standards to the seed business. The model they have chosen is to collaborate with some of the best breeders in the world. As their main focus is on glass this puts the experts in charge of their already growing seed company.

Through years of friendship with Howard Marks and the **Mr Nice seed company**, it was only natural that they would be the first to collaborate on this new seed line.

Roor Seeds Amsterdam will also, in the coming year, release a special CBD strain developed for them by the **CBD Crew**, a breeders collective that is working on high CBD content strains.

Knowing that there are many new seed companies on the market today means that the new Roor Seed company needed to set itself apart from the beginning. The first thing that they've done is to adopt a collective model. This means that they will be working with many different breeders from all over the world. Their first two collaborations are with the CBD crew and with the Mr. Nice team. Be on the lookout for new collaborations in the future.

By collaborating with a diverse group of breeders Roor Seeds Amsterdam can offer their customers the most diverse line of seeds available. Pulling from a diverse group of breeders means that the eventual seeds on offer will have been produced from the widest possible gene pool. This means as a customer you will be able to choose from an incredibly diverse cross section of strains. This

will keep the company on the cutting edge of the seed business as they will consistently be able to refresh their lines.

In keeping with their minimalist house style the seed will be presented in one of the most elegant packing in the business. The seeds will be packaged in small glass vials that are medical grade and of the finest materials possible. This will keep the seeds perfectly sealed in a moisture-less environment ensuring the best possible germination rates. This glass vial will then be sealed in a metal container ensuring that the vial is well protected.

With the whole whats in a name story that is common in the seed business. Roor seeds Amsterdam has chosen to adopt a simple categorization process. The seeds will be divided into Indica and Sativa with a medical range coming later this year as well. The I line and the S line which are further divided into numbered subdivisions.

To begin with they will offer four different strains, the S1 and the I1, I2 and I3. The S1 is a cross of the Neville's haze and the Original Skunk. This strain is a massive yielder that does take a bit of time to ripen, up to twelve weeks, but is worth every minute. Its taste is reminiscent of the old school Sativa's but some of the fruitiness does come through from the Skunk aspect. This combination of old school flavors make for a very unique haze.

Next up are their Indica's, these three strains are all incredibly unique and cover a broad range of indica hybrids. The I1 is a 75% Indica and is from the Afghan side of the Indica family. It has a broad bushy leaf structure and thick heavy cola's covered in resin. Its been nicknamed the Ash, as a result of its Afghan heritage.

i1

The I1 is a 75% Indica and is from the Afghan side of the Indica family. It has a broad bushy leaf structure and thick heavy cola's covered in resin. Its been nicknamed the Ash, as a result of its Afghan heritage.



i2

the I2, this is a powerhouse of two amazing west coast strains, the OG Kush and the pre 98 Bubba Kush. This strain is nearly 100% Indica and packs on the yield as it was selected for production.

i3

The I3 is also one half OG Kush while its other half is the legendary west coast Grapefruit cut. This works out to one citrusy plant. The flavor is like lime lemonade and gets more and more citrusy as you smoke the joint. Be sure to have your place well filtered as this one will really stink your room out. It will also more then reward you with its huge yield. This one is a real winner.

The S1 is a cross of the Neville's haze and the Original Skunk. This strain is a massive yielder that does take a bit of time to ripen, up to twelve weeks, but is worth every minute.

s1



The next strain on offer is the I2, this is a powerhouse of two amazing west coast strains, the OG Kush and the pre 98 Bubba Kush. This strain is nearly 100% Indica and packs on the yield as it was selected for production. However this big yielder does not lose out when it comes to the taste side of the equation as it maintains the taste of the OG Kush, with its famous lemony zest. Its been nicknamed the Bubba OG and is usually finished around 57 days, or around 8 weeks. The I3 is also one half OG Kush while its other half is the legendary west coast Grapefruit cut. This works out to one citrusy plant. The flavor is like lime lemonade and gets more and more citrusy as you smoke the joint. Be sure to have your place well filtered as this one will really stink your room out. It will also more then reward you with its huge yield. This one is a real winner.

In the coming months I will be doing a test grow of some of their strains and will present the information in a photo diary with pictures of every step of the grow.

Working with their team of breeders I expect to see some amazing results. In the future their lines will evolve and coming in 2013 is the CBD strain that I mentioned. This strain will have little THC and will have between 8-10% CBD a true medical strain. It will be the first one of their M line of medical strains. Be on the lookout for my strain review and check out the Roor Store when you're in Amsterdam.

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NEW

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ROOR Nev 05

s1

Parents: Neville 's Haze
Original Skunk

Flowering: 11-12 weeks
Yield: medium - big

Statue: tall and airy



ROOR ASH

i1

Parents: AfghanHaze
AfghanSkunk

Flowering: 8-9 weeks
Yield: big

Statue: short and stocky



ROOR Bubba OG

i2

Parents: OG Kush
Bubba Kush

Flowering: 8-9 weeks
Yield: medium - big

Statue: short and stocky



ROOR Citrus Smoothie

i3

Parents: Grapefruit
OG Kush

Flowering: 8-9 weeks
Yield: medium

Statue: medium stocky



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s1

i1

i2

i3

+ m1
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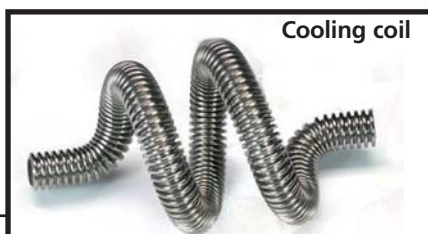


Acquisition of live cannabis seeds is illegal in the united states. Check your local laws before order. You must be 18 years or older.

Storz & Bickel's

Plenty Vaporizer

By Georgia Peschel



I have friends in high places.. no kidding.

On a recent visit to T.O. I shared that I was looking into purchasing a vaporizer, all I have ever tried was a volcano but wanted something preferably a bit smaller and more affordable - LUCKY ME! My friend Marco just so happened he needed someone to test and write about a new product - a vaporizer- and would I do it? I was thrilled and this would be fun! As with my blog I promise to tell the truth - that being said when he handed me the product my first opinion was "Waaaaaaa...?"

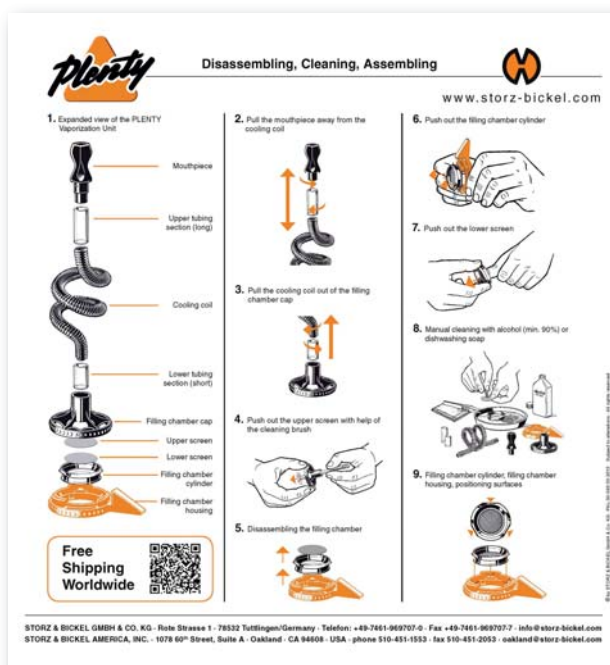
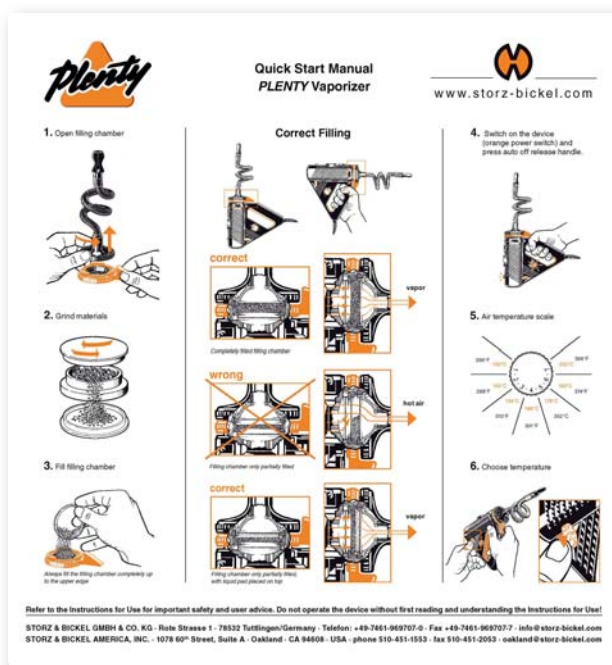
It is called the 'Plenty' and it is made by the same people who make the Volcano - Storz & Bickel- for that reason I admit I was excited - my son Storm has a Volcano and we love it. So I knew it was coming from a company that already produces a quality product.

Honestly, my very first opinion - a Vaporizer for a man. At first glance it looks like a tool - I'm not alone in this my husband was on it like honey when I showed him the box! That being said, I was still excited - I opened the box on the drive home and read the handy, dandy laminated quick start card! I thought this looks easy... I did READ the instructions. ALL of them - and decided I would try my Plenty on the 'Sage' setting when we got home.

Determined to do this right I put my bong away - I was strictly going to use this vaporizer while I test it for a least a week. So it's been a week and what do I think!? Love it! It is easy to use - I have arthritis in my hands and wrists and the chamber where you put your medicine is big, easy to hold twist and fill - just as easy to empty! It took a few tries to get it right - probably just to break in a new machine, but you just turn on the button, squeeze the handle to start the heater and when the light turns off it's ready to go! It is smaller than a volcano and I had it on my end table, coffee table and bathroom counter - not taking up hardly any space at all. It is also nice & light, the coil can get hot - but you have to be careful with any appliance you use and this one is no different. My son also helped me test it out and he was just as impressed - easier to travel with, would be great for a dorm, no bag, less noise and a little more discrete but all the wow of a full size Vaporizer! Both of us were sold on this little Plenty.

Beside the actual LOOK of it (would prefer black and purple) there was one other thing I was apparently "bitching" about, it did not sit up. It has to lie on it's side (tiny rubber bumpers) when heating up or not in use. I'm a woman and I want neat, LUCKY again for me I have a pretty handy dandy hubby! He disappeared with my Plenty only to emerge from the garage with

TY Product Review



this great little stand!!
Problem solved - IMO
 - if they included it in the kit - it would have been the icing on the cake! I'll have to send them the suggestion. It made a huge difference. Now it sits nicely on my desk in my studio presenting itself with pride!

The last thing - the price:

A Pently costs \$350. USD off the Direct site - it is a little expensive but I know several people who spent a couple of hundred \$\$ on other vaporizers and they are not as pleased after only a short while, so if you can I would say try to go the extra mile - you do get what you pay for, I'd also like to mention that they have all the parts available off the site as well which was nice to see- IF something happens I can easily get it fixed or replaced! I also think I used less medicine and will try to bake with the left over vaporized cannabis - I have had several people tell me they have great success with this. The Pently was plenty good for me!

The instruction book: I have to say I look forward to the day when we can purchase items for their intended use that come with Cannabis instructions. Let's face it - these companies know why we are buying their product - Is this part of the problem?

****I also want to bring something to others attention that was brought to mine at the last EXPO. If you use Cannabis in a vaporizer (ANY KIND) and it does not work then your warranty is null and void, BECAUSE you used it for an illegal substance.**

Which to me is complete bullshit. I look forward to the maker of any product that states it's intended use. ESPECIALLY if it is for Cannabis. I understand you have to be careful legally but it is just another form of hypocrisy - is it not? I for one am a bit tired of it. Cannabis is MY MEDICINE. A Vaporizer is my preferred method of medicating. ☑



The Da Vinci

portable vaporizer

By skunk-mad



Included with your DaVinci Vaporizer:

- 2 Oil Cans
- Cleaning Brush
- Battery Charger
- 1 Flexi-Straw
- Replacement screens
- Illustrated instructional manual
- Temperature Guide

As vaporizing has become more and more popular the rise in portable vaporizers has increased dramatically. This has seen some excellent units hit the market and some that are not so good, in this review I hope to cover one of the high end portable vaporizers "The DaVinci". Here is a little from the DaVinci's creators then onto testing this unit out.

The DaVinci Vaporizer is the world's most advanced, pocket-sized vaporization device. Burning herbs is easily the most primitive form of therapeutic inhalation, but thankfully for us the days of ancient man have passed. The vaporization process eliminates harmful carcinogens, smoke and tar known to cause disease, while still producing unbeatable potency and flavor.

The DaVinci fits in any pocket. Designed with portability in mind, the DaVinci's small form factor makes it convenient and discreet, to be enjoyed anywhere.

The DaVinci boasts digital temperature control, giving you a truly precise and accurate vaporization temperature. While other units may use inaccurate technology that defeat the purpose of temperature-sensitive vaporization, such as butane, the battery powered DaVinci lets you choose the exact degree in Celsius or Fahrenheit.

Say goodbye to butane and enjoy battery-powered vap-

ing. With it's 3 recharge internal lithium ion batteries, the DaVinci is the perfect on-the-go device. Just charge it up, pack it into your luggage, purse, backpack or gym bag and you're ready to head out and take it with you.

The adjustable temperature gives you flexibility for your medicating needs. With a heat up time of approximately a minute and a half, you'll be vaping in no time and thanks to a dual on/off switch, won't accidentally power your unit on in your pocket and run down your battery.

Worried about letting your DaVinci sit and drain the battery while it's not in use? Our 10 minute cut off switch will turn off the heating element after 10 minutes of inactivity and save your battery life.

Now to the testing of this great piece of kit. As the Davinci has a small storage compartment you can easily fill it with enough medication for 3-5 bowls, so I filled the storage compartment along with the bowl and set off on a small day trip. When we got to our destination I fired my Davinci up for my first bowl, the Davinci has 2 on/off switches which make's it virtually impossible to switch it on by mistake. There is a main on/off switch on the side of the machine with 3 more buttons on the front, a on/off switch for the heating element and a + & - for altering the temperature, a very simple but effective design. I find that vaporizing at around 365o work's best for me so I set the temperature to my desired temperature and pushed the



The DaVinci comes in 3 different colors



Pocket-sized

on button to kick in the heating element. The machine reached my desired temperature in 1.30 minutes which is very fast and from the 1 bowl I pre filled I got around 10 good vapor hits over 10 minutes and with 4 more bowls packed into the DaVinci storage compartment that's roughly an hour of constant vaping which is great from a full charge. If you are at home and the power run's out the DaVinci is capable of running of a power supply as well as charging up the unit


When I get a new piece of kit I like to give it a good test run not only by myself but by my family this time I gave the DaVinci to my wife to take shopping to see how she got on medicating in public and she loved the machine. She did the same as me took one full bowl and 4 more bowls in the storage compartment and she came home with half. She found the machine exactly what she needs when shopping as it gives off little smell and the design of the unit really caught my wife's eye, people that did see the device whilst she was out thought it was a radio which just goes to show how discrete this machine is.

This little machine really has helped my health conditions especially my chest as we all know vaporizing our medication is a much safer way to medicate so with this great piece of kit I know I can safely go out and more importantly stay medicated in a discrete safe manor. One thing that is excellent with this vaporizer is the temperature control which when vaporizing is very important as some

cannabinoids vaporize at different temperatures the at around 250o where as cbd needs a slightly higher temp to vaporize so a good temperature control is essential.

Another great feature of the DaVinci is that it can be used with the included oil cans to vaporize your essential oils such as lavender etc, so if you have had a session and need to get your room smelling nice fast this device is very capable of doing so. You just fill a oil can with your desired oil,s or grinds, replace the silicone lid and place in the DaVinci without the straw mouth piece attached, switch the unit on and set a nice low temperature job done. I assume with the oil cans iso and bho type oils could also be vaporized but I have not tested this out.

The only real downside was that as this unit is so small it can get very hot so you have to be careful where you hold it but once you get used to where to put you hand the problem is un-noticeable. Beside that issue this is a great portable vaporizer that ticked all the boxes required, it is fast, discrete and most importantly gets you medicated very fast and very safely. A great portable vaporizer that does exactly what it says's on the tin, that's not a pun it actually does come in a cool tin presentation box.

For more information or to get one of these great piece's visit www.davincivaporizer.com or www.karmaclassic.com 

Big Hitter Golf Pipes

By skunk-mad

When I look for a pipe, bong etc there are a few things I take into consideration, the most important being functionality and secondly how the piece look's. I know that look's should not come into it but when adding a piece to my collection I want a nice looking piece that will amaze my friends and that is what I have found with the Big Hitter Golf Pipe collection. These pieces are all one of a kind, so much attention to detail has been put into every piece and the toke of them is excellent very smooth and as the name suggest "big hitting".

When I heard the story of how these pipe's came to be I thought it was a great and worthy of sharing with you so here is a little for the Big Hitter Golf pipe creator Tom. The golf club pipe originated over 30 years ago in a small workshop in my basement. It was wintertime in Iowa. I was a golf professional who had very little to do during wintertime in Iowa. I had clients who knew I could assemble custom golf clubs. During the golf season in the Midwest, I operated a golf club repair shop, specializing in refinishing golf clubs. Many golf clubs would break or crack around the neck of the head.

One day I was looking at the wooden golf head component and realized that with just two small drilling operations, I could have a pipe. Wow, cool. I made about ten of these for my friends from these broken clubs. Everyone loved them. I know of three which are still in operation. I awoke one day in December 2010, thinking of those pipes. I lay in bed wondering if it could be done again. Wooden golf clubs have not been mass produced since the 80's. Where could I get enough material to make a business of this? I got online and searched for wooden golf club heads. I searched garage sales, golf pro shops, anywhere I might find these rare items. Bingo, I found a supplier who had left over golf heads in a storeroom. Boy, were they glad to see me. I tinkered for weeks on function, design and cost. Now, it's only a month later, and I have a finished, professional product. The only ones in existence, as far as I know, have all been hand crafted by me. The beauty of each pipe makes me proud. They are elegant and each is uniquely hand made from genuine USA persimmon wood.

After making the wooden pipes from genuine USA Persimmon wood, the idea crossed my mind about mak-



ing a metal version which is more contemporary with today's times, maybe even fill it with water and make the Big Hitter water pipe. I worked on design with a golf company to make the metal casting for me. After months of design work, we had it to a beautiful product. The pipe does not rust and can be cleaned quite easily, just like a glass water pipe. It will not break like a glass pipe can. The Big Hitter water pipe is cast from an aluminum alloy and produced in one of the factories which make some of the finest golf equipment in the world.

The Big Hitter line of golf club pipes is unique to the smoking industry. There is no comparable product on the market today. Truly one of a kind and very durable pieces.

The Big Hitter Golf company make 3 different pipes, a wooden pipe, a water pipe and the golf ball pipe, here is a little more information on each pipe.



The original Big Hitter wooden pipe.

This is the original Big Hitter Golf Pipe. It is hand made from genuine USA Persimmon wood as all top quality golf clubs were made of some thirty years ago. The face of the Pipe has brass screws and a brass club face insert. The Pipe comes with a brass bowl and brass lid hole. There is a rush hole at the toe end of the head. The plastic mouthpiece can be unscrewed. Each pipe is hand finished in a polyurethane sealant. They are truly a work of art and are quite unique.

TY Product Review



The Big Hitter water pipe

This Big Hitter Golf Club water pipe. It is made of a titanium/aluminium alloy, just as the new golf clubs are made of today. It will not rust

or break. The Pipe is casted in one of the leading golf club manufacturer's foundry. The Pipe comes with three attachable pieces, a glass bowl, a rubber funnel grommet, to hold the bowl and a plastic mouthpiece. The finish on the pipe is a gradient red and black. Simply, beautiful.



The Big Hitter golf ball pipe

This is the newest edition to the Big Hitter line-up, the Golf Ball Pipe©.

A solid companion to your big hitter, this

handy little piece is great for taking out on the course. A great hit is always in reach when you have your trusty Golf Ball Pipe close by.

Ball colour and manufacturer will vary, which adds to the uniqueness and allure of these handmade pipes.

I have been using the Big Hitter Water Pipe and the Golf ball pipe for several weeks' now and they perform very, very well. The golf ball pipe is just the right size for when we go on small visits to family and the Big Hitter has not been put down by anyone that has smoked from it, people just cannot get over how well made these pieces are and more importantly how well they hit the spot.

These have made one excellent addition to my collection and I personally think the creator has made something really special and unique. It just goes to show that a little bit of inspiration can lead to a wonderful creation.

If you would like more information on these great piece's please visit www.bighittergolfpipes.com who will be more than happy to help you out. ☺

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Keeping P.A.C.E. Everywhere

by Al Graham

P.A.C.E.

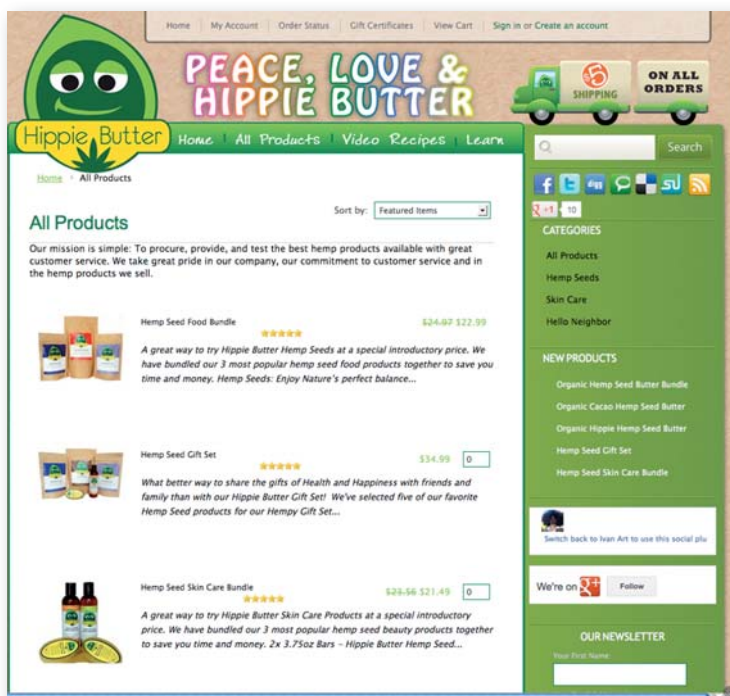
www.peopleadvocatingcannabiseducation.org

Over the last few months P.A.C.E. has expanded its location and coverage of our Cannabis Educational Series. In our last article I mentioned that P.A.C.E. had started showing this series in a third location and that number four was knocking on the door. Well they came knocking and I'm happy to say that our fourth location started up in June. We are very happy to have both Green Tree Eco Hydroponics of Roseneath and the Carpe Diem Cafe in Peterborough as people advocating cannabis education. It doesn't end there either as a group of advocates from Toronto have approached us about expanding what we do into that city. Not only are we working on growing our locations but we've also participated in a couple of 420 events and attended a court case for the cause.

Reaching out

While P.A.C.E. is reaching out to people through these new businesses, the online communications program Skype has the power to bring people together when they have common causes. Here at P.A.C.E. we have been working hard to bring people that want to help to educate people to those who would like to hear from them. Skype has allowed us to do that. Our recent interviews have been very informative and very educational.

Over the last few months we've talked with several people such as Brad Irwin, the owner of Hippy Butter, a hemp products company based out of Texas. He explained the legalities around it in his country and how he deals with these issues. We talked about the nutrient value of hemp products whether it was hemp seed, flour or oil. From there we learned that Brad does process some of his products himself while other items come from here in Canada. We've also been able to talk with people that are in the movement. This would include people like Amy Brown from C.A.L.M. a compassion center from Toronto. Amy



talked to us about what she does at C.A.L.M. as well as her activism. She informed everyone on how to get registered at a compassion center and what all is involved from filling out the paperwork; to how the doctor office is contacted for verification purposes. When it came to her activism the one thing that I found very interesting and heart warming was when she told us about how she worked with people and businesses to bring gifts (gloves, hats, food and cannabis) to some of the homeless people on the streets in the city.

We have also had a chance to talk with Georgia Peshel of Georgiatoons. While you can always find Georgia's cartoons in TY she also informed us that her cartoons are being shown in about nine different magazines around the world. The characters featured in them are dear to her heart while some of them are people or situations that she may have been in. She has been seen carrying a book to keep notes and comments from people for ideas for her cartoons so you never know you may recognize the situation she has drawn.



Peterborough 420

The 5th annual gathering of the Peterborough 420 rally came and went as the first four did, quietly and without an incident. This year everyone once again gathered at Victoria Park at the north end of the downtown. It's a large park with a giant hill on one side with a three lane one way street on the other. Organizing this event once again Blazin Wrinklz and his partner MaryJane Ganja Girl, a couple like many of us, people who want to educate the uneducated and educated.

Each year these two have picked out a stretch that borders the road and allows pedestrians to walk up to the booths to check things out. This year the P.A.C.E. booth was manned by Jen and Sharon, both residents of this city. These two ladies have worked shows several times with TY within the greater Toronto area and are well educated on what they speak on. The two of them reported that the crowd was mixed at times with it leaning towards the younger side. Whether it's a young or older crowd, it doesn't matter as all age demographics can use the education. P.A.C.E. and Blazin Wrinklz Enterprises weren't the only booths attending as members from the NORML's Womens Alliance and iheartfreedom.ca were also in attendance.

It takes business and people to join together to make these events happen. A big thank you goes out to the Intergalactic Trading Company, iheartfreedom.ca, Collett Human Services all of Peterborough as well as P.A.C.E., GTA Seedbank, NORML and NORML Womens Alliance for being do'ers and not watchers.

JaCanadian

While many people around the world celebrated the 420 some supporters of P.A.C.E. and of our community decided to go to the land that people call the home of cannabis, the land of the 420 also known as Jamaica. This small group of advocates, now known as JaCanadian's, chose to spend some time in this land but also spent time with the people that live there. This group has asked me not to include their names as they don't seek to gain from it but would like to share it with everyone, hoping that others in the cannabis community would do the same.

While at the resort they were able to spend some time with the locals who worked there as well with the visitors. While many may take this as a holiday the group reported back that they were quite busy educating the tourists along the beach. Many were surprised at how open the JaCanadian people were and how much knowledge they knew. They were told several times that they were needed back home and while the JaCanadians couldn't go back to where these people lived, they were invited to join our mailing list to learn what we do.

The group reported back that they made some good friends with those who worked at the resort such as Lorretta the housekeeper, Rastman a grounds keepers, Ricardo and Tully from the bar as well as Marlon the bell hop.

But the one thing that they reported to me was what they did the night of the 420. After celebrating on the beach



with the other tourists the group headed back to their room to do what they came here for. They all gathered in a room with several bags, not travel bags but bags of items that they had purchased for the children. For several hours the small group stuffed bags full of paper, pens, erasers, markers and many other items that children could use. Back in North America people are doing without but this group wanted to give back something to the people who were hosting them.

The next day the group jumped into a cab and away they went. Their cab driver took them towards a magical place called Mayfield Falls. This magnificent falls was located deep in the forest along the top of one of the mountain roads that they travelled. One of the group described the route to this place as an “unassumed road” that she would see back home.

While the road was iffy the people that they met along the road were not. The group stopped several times to talk to young mothers or grandmothers along the way to talk to them about what they were doing. After explaining the bag full of items for the children not one mother or grandmother turned down the group’s offer of assistance. The group actually apologised for not being able to do more but knew something was better than nothing. Many of the children were so excited with the gifts and promised them that they would give mom or Grama some quiet time while they played or made crafts. When I talked with this small group of JaCanadian’s they told me that their hearts grew with joy as they did this. They said “seeing the happy faces on the children and receiving the hugs and kisses from them with be something that we’ll never forget”.

Global Marijuana March

On the first weekend of May the cannabis community from around the world joins together to protest the world’s cannabis laws. Once again P.A.C.E. attended the Global Marijuana March in the City of Toronto.

This year things were different, there was no stage, there were no vendors, there was a new shorter route approved and there no was permit issued for this event. But did any of these things change the overall message? No, none of this really changed a thing.

The crowd, while smaller was still over 20,000 strong. People still gathered at Queens Park, the parade still hit the news and people still vended. There was still a 420 celebration at Queens Park and I’m sure everyone had a great time.

One interesting comment that I heard was that the EMS was bored with nothing to do; can the same thing be said about other forms of legal drugs?

Mernaugh

In early May a few P.A.C.E. participants headed to Toronto to attend and hear the Ontario Superior Court appeals case involving Matt Mernaugh. This case is about an ill Canadian who cannot access the Health Canada medical marijuana program because he cannot find a doctor to sign his paperwork.

This all happened a few years ago when Matt was arrested for growing cannabis. During his trial he was able to prove his medical necessity as well as prove that he couldn’t get a doctor to sign his application. Matt and his lawyer Paul Lewin didn’t stop there as they also proved that there are many Canadians fighting for the right to use cannabis medication over pharmaceuticals.

When Matt and Paul first won this case the people of the country didn’t realize what the outcome was until they were told that the judge had given them government 90 days to change our cannabis laws or it would become legal for all. The government fought that and won a “stay” (put the judge’s decision on hold) until a higher court could hear this appeal.

As of this writing we are still waiting on the decision from this panel of three Judges. Will cannabis be legal? Will either side take this case to the Supreme Court of Canada if they lose, or will the losing party end the run here? Will cannabis be legal for all or will there be a remedy put into place to solve this problem? A problem that one judge described as never ending and fully expects to see more cases like this unless the medical marijuana program in Canada is fixed. Will the “fixed” program look like the one that Health Canada is trying to implement after losing the original case? Does the government know that it may lose thus all the more reason to change the existing program? Will there be easier access to this program for patients? According to our rights we the people have a choice of our medication. Unfortunately a choice that some like Matt is now exercising through the courts while it should just be automatic.

Draw

During the spring of 2012 P.A.C.E. joined up with Treating Yourself Magazine to put together a prize that we could raffle off and bring exposure to the Treating Yourself Expo. The TY Grab Bag came equipped with many prizes including a custom made P.A.C.E. Calendar featuring many pictures of two award winning strains from the TY Medical Marijuana Cup, a TY embroidered carrying bag, an autographed copy of TY Issue 1, Hemp soap and four educational DVD's. This included the 2010 and 2011 TY Expo DVD sets that totals nine discs as well two other information filled DVD's in The Union and What if Cannabis Cured Cancer. But the educational package doesn't end there as they also won two weekend passes to this years Expo. At this time P.A.C.E. would like say "thank you" to all who participated in this draw and to Marco Renda of Treating Yourself for donating part of this prize package.

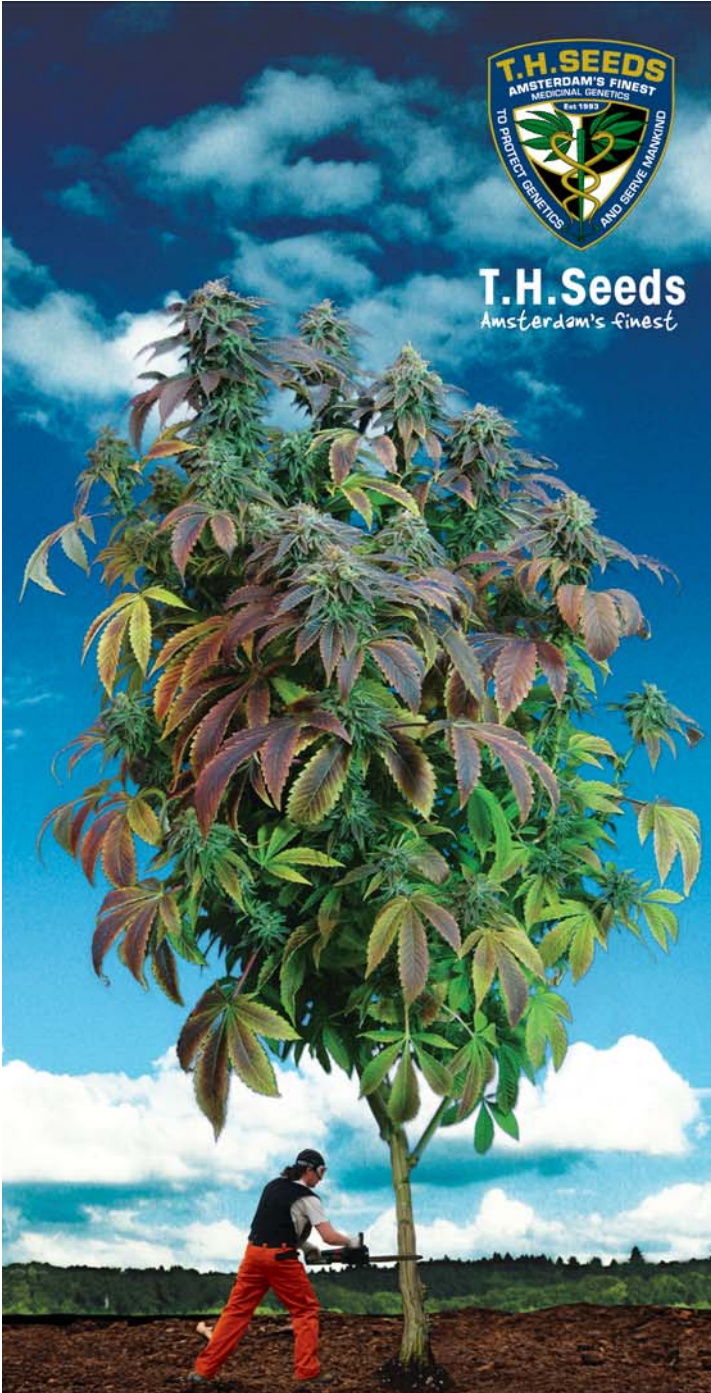
I am happy to announce that our draw winner was Debra Hunter of Ayr Ontario. When we called Debra she was ecstatic upon hearing the news that she had won. When I asked her where she had purchased her ticket from she told me that she had bought it at the TY booth while attending the Toronto National Home and Garden Show in March.

She wrote us to say "Received the package and was overjoyed with all the prizes and can't wait till tomorrow. We will be there first thing when the doors open. I have taken a picture with my prize and will send it once it's downloaded. Once again thanks to P.A.C.E and all the hard work you guys put into helping people like me get what they need. Bless all of you. "

We're sure Debra will enjoy her educational package and will start to become people advocating cannabis education.

The proceeds from this draw have gone towards furthering the education that P.A.C.E. is doing. This money has purchased a couple of projector screens for the two original locations where we hold our Cannabis Education Series. For two years these locations have been kind enough to allow us to educate people at their business free of charge so we are going to install these screens as a way to return the kindness and to improve the experience for those who attend.

Next Stop..... Where there will be many people advocating cannabis education, the 3rd Annual Treating Yourself Expo 📺



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Treating Yourself Expo

3rd annual

Toronto, Canada  May 25-27, 2012



A Family Affair

by Al Graham

P.A.C.E.

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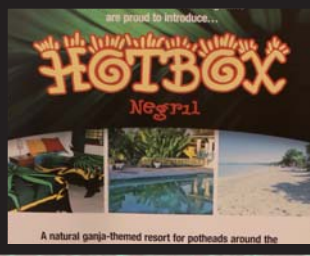
I can remember a time when there was a song, a very popular song performed by a group known as Sly and the Family Stone. The song back then was called “It’s a Family Affair” and to me and many others this would be the best way to describe the 3rd Annual Treating Yourself Expo.

The TY Expo, which is held each year at the handicap friendly Metro Toronto Convention Center gives the cannabis community a time and location for all of us to join together and make a statement. A statement, that says that we are part of a large community family that isn’t going away.

The Expo brought people together from all across Canada, the United States and many countries from Europe. It also allows many advocates to join together and discuss what the cannabis scene is achieving in their area of the world.

While there are many people that believe cannabis is a menace to society this could possibly all change if they visited the TY Expo as thousands of others did. They would quickly learn that this family is one that is built on love and one that is a community that isn’t going anywhere. They would also quickly learn that everything about cannabis is legal and can be sold to the general public, except the plant itself.

Part of that old hit also says “One child grows up to be, somebody that just loves to learn, and another child grows up to be, somebody you’d just love to burn” perfectly describes our cannabis community. We have many people that are seeking to learn the truth about cannabis and people that want to pass their knowledge onto others. But we also have those who love to just consume all day and allow others to do the leg work, which makes some advocates say that these people are part of the problem. But no matter what, we are all family.





TYFLAME OFF

TreatingYourself Expo Glass-Blowing Competition 2012

This demonstration/competition "helps to promote the culture because the glass industry is still in its infancy here in Canada."

While the cannabis plant maybe illegal for some people in our society this Expo allowed everyone a chance to see what is really legal about it. Those who came in the door were able to see over 100 vendors selling everything that could be made from or made to consume the plant. There was the hemp interactive booth that featured how people would make hemp clothing with the proper machinery or how they made them with knitting needles like that big wool sweater Granma made you but with hemp. You could see the many food products that are made for cannabis such as Advance Nutrients or Green Planet. There was even Homegrown Hydroponics the large retail chain in attendance.

The Glass

While I haven't mentioned the glass yet I can tell you it was something that you had to see. The amount of glass products that were on display was out of this world. Not only the amount of it but the artistic designs were leaving many people speechless. When you arrived to the show the first thing you would see was a massive booth for the makers of **Pure Glass**. This booth had lots of product and

some of the latest hip hop music going as it came equipped with a DJ spinning the tunes. A short distance from them were the **RX and PUFF** booths; both having a large display of their glass products on hand. Once again RooR was back and they didn't disappoint anyone either as they had some fantastic glass products available for people to purchase. The one pipe that got them the most attention was their Ray Gun. This pipe, which was shaped like a futuristic space gun, even came equipped with gasses that changed colour when you touched it. These coloured gas waves could also be seen moving within it while it sat untouched in its special compartment. The list of these companies could go on for a while but the one glass booth that seemed to change things as we know it was **1 of a Kind Glass**.

If you think glass is just plain old glass that is shaped into a tube so someone can just consume cannabis then you've got it all wrong. The glass at 1 of a Kind is just that, one of a kind. The glass products at this booth are different than anything else that you would see at any glass shop. While most pipes can at times be pretty commercial look-



ing the glass at this location was really out of this world. When you stopped by their booth you would find pipes that looked like aliens to the finest piece of art that you'd want to put on display at an art gallery, never mind to be used to make one feel better. You could find yourself from a Friday the 13th Jason mask pipe to something that looked like it was created to be worn by a character at a bar in a Star Trek movie. There were even pipes that looked like little creatures that you would see in sci-fi movies whether it was a Disney production or one that wasn't as popular. All you have to do is allow your imagination to wander and it was there.

While there was plenty of glass around the really hot glass was at the glass blowing contest. This year for the first time the TY Expo brought in three glass blowing teams from North America to compete in the first ever **TY Flame Off**. During Friday and Saturday these nine guys put together one of the hottest competitions in glass blowing. With a very long table set up the teams worked together amongst themselves to come up with some of the craziest designs. Through-out the weekend people were able to sit

in an area in front of them and watch how the guys created their art. Many people could be seen discussing with their friends trying to figure out what these guys were creating and couldn't wait until seeing the finished product on display. Marco Renda the Editor and Publisher of Treating Yourself says that this demonstration/competition "helps to promote the culture because the glass industry is still in its infancy here in Canada."

Watching these guys was quite the thing. If your eyes could take staring into the torch flame or if you just took quick glances you would have seen the large flames and extremely red hot glass being twisted into shape. The heat that these competitors would feel not only here but also back home must be intense. Getting close to them allowed a good look at the concentration and effort that is required to create these works of art.

Once these guys were all done their work attracted piles of people to their display. The final products ended up being a miniature CN Tower with a figure climbing it created by Team 3. Team 2 made something that looked like





a vase but had some multi legged creature attached to it. The winners of this contest went to Team 1 who created themselves quite the pipe. Their piece looked like a robot creature from outer space that came with two fighting flamingo's that looked like they were up to the job.

Assistance

Glass wasn't the only thing that was at this Expo as there were many other things to check out while you were here. If you were looking for advice on cannabis medication the Expo offered you many compassion centers that you could talk to such as **MedCannAccess, C.A.L.M.** (Cannabis as Living Medicine) to the Toronto Compassion Center. You could also talk with the people at **CAMCD** who are a group of compassion centers from across Canada who have joined together to help set guidelines for the patients and doctors. The Toronto area compassion centers weren't alone as the **Northern Ontario Compassion Center, The London Compassion Club, The Cannabinoid Society and many others** were all present. There was no shortage of centers that you could have talked to while you were here.

Speaking of assistance many medicinal people were happy to see the **Vapour Lounge** back once again this year. The lounge doesn't allow just anyone to enter it as medicinal need must be proven before getting in. Once inside the lounge the patients found vaporizers such as the **Volcano and the Herbal Aire** awaiting them. For those who enjoy a bong they would find the **VerDamper and the Roor Bong Vaporizers** set up and ready to go. When you can spend hundreds and even over a thousand dollars for some vaporizers it's nice that people can try them here while also being able to medicate at the show.

Activism

If you don't need assistance with getting a license but would rather assist people to help educate others then there was plenty of that here. Marco likes to make sure that the activist and or advocate in us also gets heard. With this in mind each year he sets up an **Activism Alley** where these groups can get together to promote themselves and what they have been doing. This would include the **NORML Woman's Alliance** with **Kelly Coulter** and **Loretta Clark** along with **Paul Lewin** and **Kevin Benson** from **NORML Canada**. The group lead by former law enforcement known as **L.E.A.P or Law Enforcement Against Prohibition** were also present. Former enforcement personal now advocates against prohibition **William Vandergraaf** and **Alison Myrden** were two of the people present. The advocates from British Columbia were also present as the **Free Marc Emery group, POT-TV** and **Jacob Hunter of Whyprohibition** all had booths for the show. While some people look at activism as people going out to rallies or getting involved in a local group this year's activism brought in some political tones to it. Back this year once again was **Dana Larsen** and **Nicole Sequin** of

eNDProhibition but new this year was **Daven Valentin of the Young Liberals**. These two grassroots groups work with the mainstream political parties in order to help them shape their policies. While the countries cannabis policy is not what we prefer it's great to know that these two groups are present to get feedback from the people. Once they compile everyone's ideas and thoughts they'll be able to take them back to their respective parties. Since the Expo has come and gone I have now received an inquiry from the **Young Green's** as they look forward to joining these other grassroots political parties at next year's Expo.

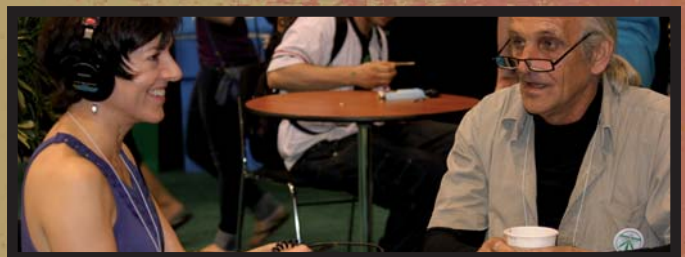
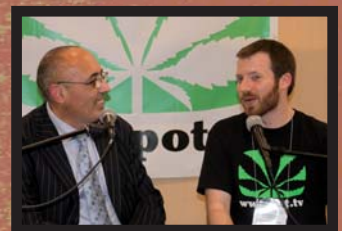
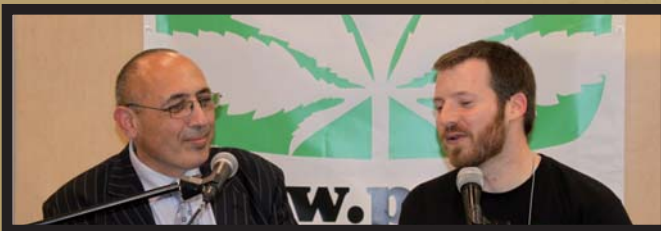
Retail Vending

Besides glass what else was available at the TY Expo. That's easy, everything to do with cannabis. If you needed some swanky bag to carry your latest bong or pipe in you could have found one at places such as **Flight Distribution, Kushh or Kustom Culture**. Then there were the people over at **KDK Distributing** that had everything from a pipe that lights in the wind to the latest oil vaporizer. On Sunday I stopped by the **Head2Head Shop** from Regina, Saskatchewan and struck up a conversation with its founder, **Tim Selinski**. Tim was telling me that he was sold out of everything and the only things he had left was a few business cards and flyers.

If you were looking for the latest strains of cannabis seeds to hit the market then this would be the place to get them. The companies that were present were almost endless. The big named guys such as **Arjan, Olaf and Franco from Greenhouse** were present as was **Simon from Serious Seeds**. Located near these two was their buddy from **Paradise Seeds, Luke** who was just around the corner from **Royal Queen Seeds**. The people from **Medical Marijuana Seed Wholesale** were also present as were **Medicinal Cannabis Genetics**. This was the first time MCG had a booth at the Expo but not the first time we have seen them. The first two years saw this company going home with five medicinal cup awards so it is good to see that they have now gotten their product available for other medical consumers.

If you are into art **Georgiatoons**, one of TY's cartoonist was present as well was **Noah's Herbaria**. While Georgia creates her cartoons through her creative tools and imagination, Imran creates his from dead cannabis plants and leaves. Not only were his art pieces created from cannabis plants but the plants were created by those who many loved on the TY forums, **Swampy and Tank**.

If you found walking around the Expo hard on your back or feet, or maybe you have a hard time being up for long periods of time, the first thing you may think of is "I need a massage". It just happens that you could receive a massage at the show because for the second year in a row the people from **The Massage Lady** were present. While massaging may not connect directly to cannabis it does con-



nect to the sick and injured. Massage is an alternative medical route, like cannabis, and this booth is something that show goers don't expect but do appreciate.

Social Media

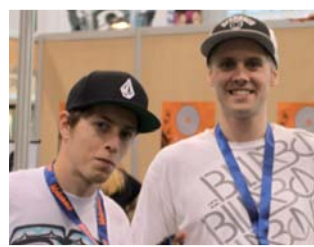
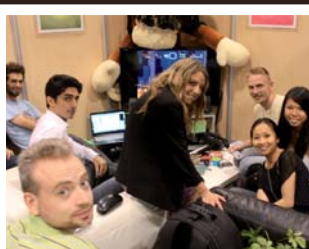
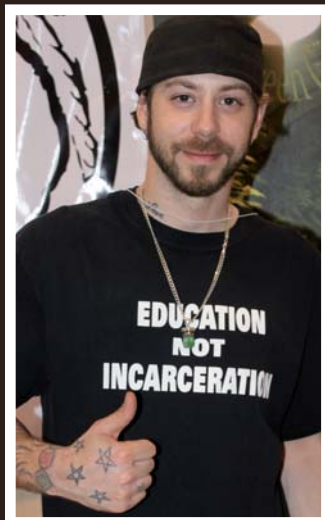
This year more than ever the use of Social Media was present. **Jeremiah Vandermeer** of Pot-TV was present as was **Mik Mann and Matt Mernaugh**. These guys and others kept the Expo live streaming the whole time that they were present. At their booth you could see them doing interviews with many of the advocates that were present or you'd spot them walking around with their laptop showing everyone online what was happening. There were many times where they were spotted either in the Vapour Lounge or outside in the smoking area as they got the message out to those who couldn't attend. Besides live streaming the Twitterverse was put into action as

many of the people attending the show were sending out messages to their followers as they informed them of this weekend long event. Cell phones were everywhere and people could be heard phoning friends or seen text messaging people.

It didn't end there because as each day passed and people went home or back to their rooms, many of them would start to post their pictures on Facebook. These pictures would spread from one friend to the next as the word spread across the internet as to what was happening in Toronto. The events production crew got into the act as well as they were busy posting highlights on YouTube when each day ended.

Speakers

Besides walking around and seeing what the vendors have



Thanks Marco and
the TY Staff
all
Much Love from
the Prairies!
Tim. S and Ryan. M

See



Call



Wardell
Clyde
Landon

I passed for
now view
and even took

10



for sale or seeing the latest bong being created, you could also take in a talk from some of the speakers in our family. This would include **Dr. William Courtney** and his wife **Kristen** who flew in from California with their two young children. While the doctor talked about the plants medicinal values Kristen talked to everyone about her experiences with using raw juiced cannabis.

The ladies from the NORML Womens Alliance also spoke to those in attendance. One at a time each of them got up and talked about their situation and how prohibition has affected their lives and their family's lives. This is a group of dedicated ladies who are fighting to repeal cannabis prohibition as the ladies did before them when alcohol was prohibited. **Jody Emery** got up and spoke with this group as well as on her own. During her talk she spoke about her husband, Marc Emery, and his ongoing situation in the US jail system.

Also speaking on this weekend was **BC lawyer John Conroy** who spoke about the laws around cannabis and the new mandatory minimums. Mr. Conroy made sure to point out that as a defence attorney that it's not in his best economic interests to fight against these laws, as it is his job to defend people against laws. But he knows that these laws do not work so he speaks out. Also speaking was **Dr Darryl Hudson** who spoke about the molecular biology and the genetics of cannabis. Back for a third year was **Dr. Paul Hornby** who discussed the plant and certain components that people are just learning about today.

This year the Expo did not have any music as it has had in the past. While there were some issues with loud music I think **Julia Rose** might be onto something. She was here to talk about Peter McWilliams, an advocate who passed away while fighting for his rights for cannabis, but it just happens that she brought along a guitar and did an acoustic set that many people stopped and enjoyed. While it could be heard outside the stage it wasn't so loud that the vendors couldn't talk to the people at their booths.

The one thing that many people did comment about was the new set up of the stage area. In the past the stage could not be seen from the vending area but this year the organizers lowered the walls to about thirty inches which allowed for people who were walking by to catch a look as to what is happening on stage. This not only got them to look but it also brought them into the seating. When it came to the awards show at the end of the event these



lowered walls allowed many people to watch it as they wouldn't have fit into the lecture area to catch it.

The past two years the **VIP dinners** at the Expo have changed and this year was no different. Instead of going for a boat cruise or eating at the Conference Center, this year we went to the Amsterdam Brewery. When people arrived after the show closed on the Friday and Saturday, purchasers of the VIP tickets were treated to a dinner that included a variety of Asian noodles, chicken and Italian pasta dishes, salads as well as American burgers, crab and salmon cakes. Before dinner and while you were busy eating these items servers were constantly coming around and offering small snack foods such as brochette or small beef or chicken pieces cooked up on a stick. If you arrived early you could go to a station that had plenty of fruit and vegetables prepared for people to munch on.

Summary

The Expo was enjoyed by the many people that came and went throughout the three days of the event. While many people took physical things home with them everyone who attended went home better educated on the value of cannabis. The attendance this year appears to be way up from previous years as the aisles have never been so busy in the first two Expo's. When you watch the Highlights of Day One at the Expo you will hear Marco say *"this is a viable industry where the government is potentially losing millions if not billions of dollars in tax revenue"*. Unfortunately the government seems to be content with allowing organized crime to receive this money instead of the taxpayers of our country.


For a lot of the volunteers it was a time to meet some acquaintances from the years before. Many of our international friends now recognize and greet us like regular friends and just like family.

When things ended many of us said our good-byes and said that we'd see each other all again next year. Many of us will go home with memories of this event such as young **Zack Prentice**. For years now Zack has been studying the strains that Greenhouse Seeds offer and who has only read about **Franco, Arjan and Olaf** in the magazines or online. For him to actually meet them and work with them at this Expo was something that he'd never dreamed off and something he'll never forget. For others like **Amy Anderson of Green Tree Hydroponics**, who had only planned on being at the Expo for a few hours but ended up staying for all three days. She went on to tell me that the Expo allowed her to make all kinds of connections and ideas on how to make her business grow. For **Debra Hunter** a person who hadn't planned on attending and only did after winning the tickets in a draw said to us "I would like to thank you and the people involved for one of the best times I've ever had. My son, friend and I went to the Expo today and were amazed and very impressed

Marco says “this is a viable industry where the government is potentially losing millions if not billions of dollars in tax revenue”

by the Expo. We sat for a while and listened to speakers and visited every booth there. We loved the glass blowing and purchased several pieces. Came home with the knowledge and resources I need. Spoke to several people about getting help and thanks to the people at P.A.C.E. and Treating Yourself Magazine I have the resources to go forward. We had so much fun meeting and talking to so many people that were so positive that you got high just from that. Once again I would like to thank you for the wonderful day, next year I will plan on spending the weekend.”

All weekend long we saw advocates and just regular people hugging each other or people giving greeting and good bye kisses. We saw many people like Debra that came with members of her family. We also saw babies being pushed by mom or dad all throughout the weekend. In the end it proves that Sly and his family were correct when they sang “its a family affair, its a family affair”.

As Marco says **“See you all Next Year!!!!!!”** 



TY CUP WINNERS

Private Grower Cup

1st Urban Grower / Blue Cheese

2nd JB / MediKush

3rd Imran / Mullaway's Right

Compassion Club Cup

1st Rocky Mountain / Chocolope

2nd Northern Ontario Compassion Club/ Cheese

3rd Vancouver Island Compassion Society/ Warlock

Seed Company Indica Cup

1st Kannabia / Mataro Blue

2nd Kannabia / Kannabia Special

3rd House of the Great Gardener / Haoma

Seed Company Sativa Cup

1st Paradise Seeds / Atomical Haze

2nd Medical Seeds / Organic Ygriega

3rd BC Buddept / Sweet Island Skunk

Functional Glass Cup

1st Korey Cotnam

2nd RooR

3rd Goolen

Flame Off

1st Brandon Martin , Big Z ,Burton

2nd Chris Carlson , Pakoh , Marcell

3rd Chad G , J.O.P. , Kurt B

The complete list of strains that entered the 2012 TY Cup

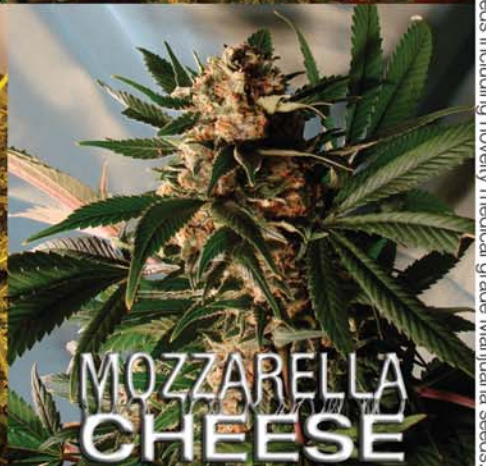
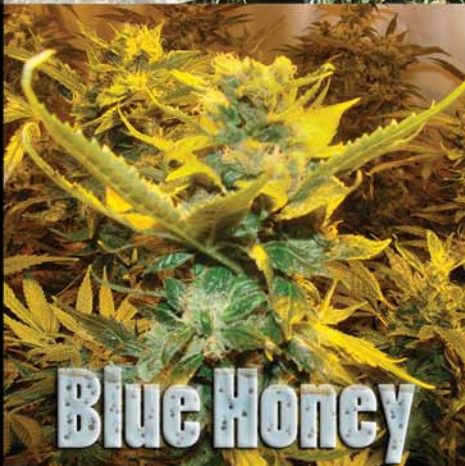
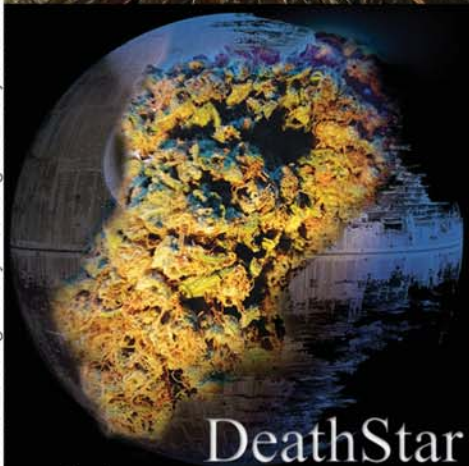
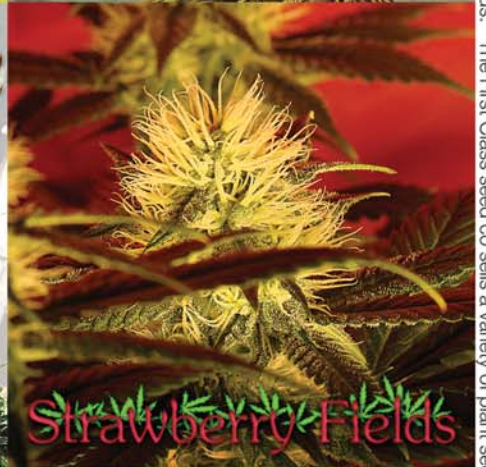
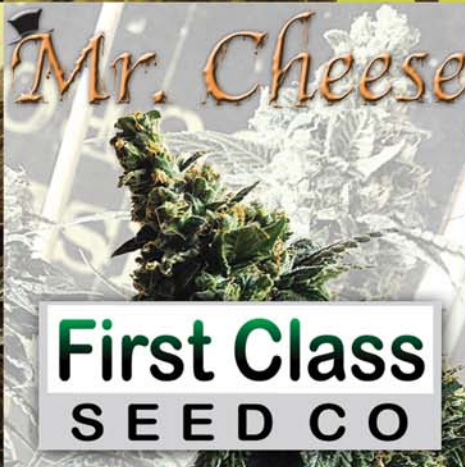
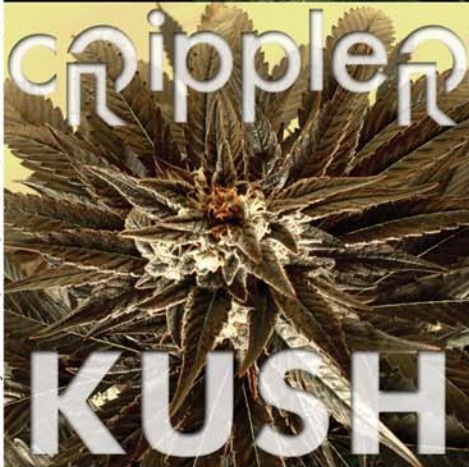
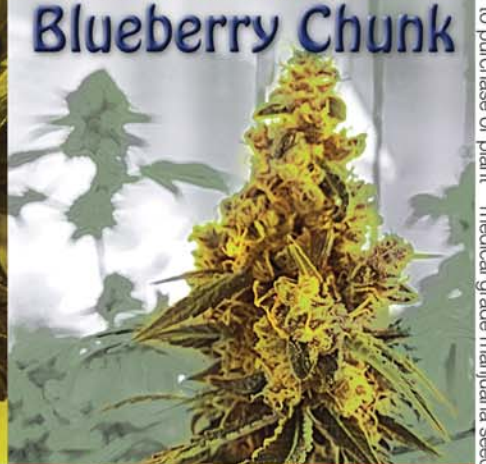
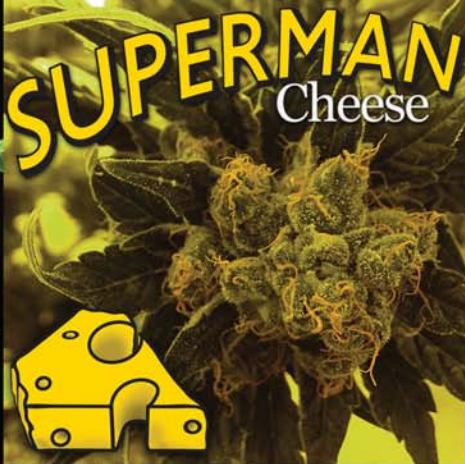
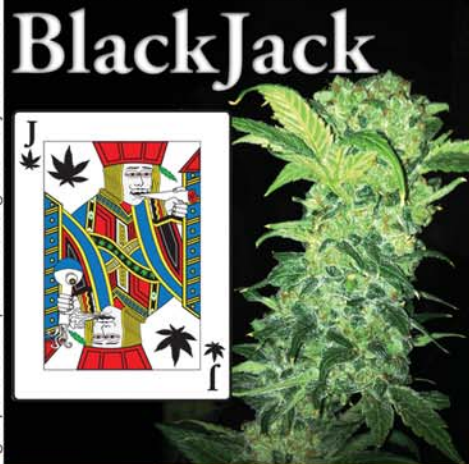
BAG DESCRIPTION: ENTRY: CATEGORY: ENTRANT:

Black Blue/ Cheese / Private Grower / Urban Grower
 Black Cross/ Jack / Private Grower / Indoor Garden Solutions
 Black Spade/ Grape Escape / Compassion Club / MedCann Access
 Black Ying Yang/ Cheese / Compassion Club / Northern Ontario C.C.
 Black Batman (on Yellow)/ Purple Kush / Compassion Club / MedCann Access
 Blue Grape /Chemo / Private Grower / Humber Valley Seeds
 Blue Devil /Lemon Skunk / Compassion Club / UKB
 Clear Warlock / Compassion Club / Van. Island C.S.
 Eight Ball (on White)/ Starfish / Private Grower / Indoor Garden Solutions
 Gold Skull (on Black)/ Cherry Slyder x Tom Hills Deep Chunk / Private Grower / Pothead Pete & Sabrina
 Green /Chemdog / Private Grower / Indoor Garden Solutions
 Green Alien/ Mullaway's Right / Private Grower / Imran
 Green \$\$\$\$ /God Bud (BCBD) / Private Grower / Dr. Jay
 Green Leaf /Grape x / Private Grower /Indoor Garden Solutions
 Green Playboy/ Bubba Kush / Private Grower / Urban Grower
 Orange B-Ball /SECRET VARIETY / Compassion Club / UKB
 Red 4:20 /Critical Lights / Compassion Club / Section 56
 Red Hearts/ S10/ Private Grower /Indoor Garden Solutions
 Red Superman (on Blue)/ Medi Kush / Private Grower / JB
 "STAY HIGH" Bomb (on Red) /Blue Cheese / Compassion Club / iMedikate
 Purple Trucker Girls/ Chocolope / Compassion Club / Rocky Mountain



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Global Marijuana March

by Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org



Every year, just like clockwork, the first weekend of May is when the cannabis community from around the world join together to protest the cannabis laws.

For the fourteenth time the Global Marijuana March was held in Toronto but this year things were different. This year there was no stage, there were no vendors, no speakers and there was no permit issued for this event other than for the parade. But even it was for a new shorter route, but did any of these things change the overall message? No, none of this really changed a thing.

The crowd, while smaller was still over 20,000 strong. People still gathered at Queens Park, the parade still hit the news and people still vended. There was still a 420 celebration at Queens Park and everyone had a great time. So while there was no Freedom Festival happening things were still very festive for the thousands who attended.

With no stage or musicians playing what did the people do while attending this event? Many of them sat on the ground and talked with their friends while some played hacky sack. You could find small areas where people got together and played music whether it was a small group playing some reggae or a couple of guys beating on some bongos. When it came to vending some just laid their wares on a blanket or towed it around in a cooler. For us





we handed out our brochures and TY Expo flyers which we would have done if we had a booth anyways.

Midway through the day a flat bed truck pulled up on the street beside the park. Many of us looked at it and noticed it looked like a stage and even had musical instruments sitting on it. After a short wait many that were standing there weren't disappointed at what they were about to see and hear as The Killin Time Band appeared on this mobile stage. Brad, the bands lead singer and the guys took to their seats and proceeded to fire up some great cannabis tunes.

As they played the area around them and the park in general really started to fill up. This I believe started to put a big smile on the event organizers knowing that they could not properly advertise or promote it in anyway but the people still came to have a say on our cannabis laws. With the park filling up the event organizers were still trying to have the parade to start at the new time with this new route but many others were talking about staying true to tradition, which meant leaving at 2pm and following the old route. Part of the problem with the new route was that it had no ending point as the people were going to be asked to disperse when they got to a certain area. Meanwhile the old route would bring people back to Queens Park.

After some discussion with the organizers and the police it was decided that the new route did not make much since safety wise as it would allow 20,000 people to just be let loose with no control. Because of this everyone ended up agreeing with the crowd and the parade ended up following the old route.

When the parade started up we made our way along as we have been doing for some time with our parade leader, Jody Emery. She was joined by the ladies from NORML Womens Alliance of Canada who came prepared. This was evident as they were arrived all dressed up in retro clothing and even had the old car back from the 1930's,


the days of alcohol prohibition. They were then followed by a crowd of people and two trucks, one carrying the Killin Time band and the other featuring a DJ with some cranking dance tunes. Some vendors brought their cars along as they handed out some of their items to those along the parade route.

With the music blaring and the crowds cheering the downtown buildings were echoing with the sounds of a festival and the sounds that people were standing together to bring this war on cannabis to an end. It didn't matter that you were young or if you were old but what does matter was that ever age category was present at this march. Mothers were there with their young ones and young ones were there with their Granma and Grandpa's. The route this year was attended by many onlookers and sight seers. Along several stretches people could be seen taking pictures and video of the marchers.

After eleven years of doing this it makes one wonder if we are even being heard? I ask this because if our government hears and removes the long census form from our lives, after only a hundred complaints, then it makes you wonder how come thousands are still getting together yearly to protest our cannabis laws. To many this sounds like selective hearing.

One interesting comment I heard was that the EMS stationed at the event were bored with nothing to do. This leads one to ask can the same thing be said about other forms of legal drugs. Time and time again the cannabis community has proven that we can pack 50,000 people into a small area for 10hrs with no acts of violence. We also did it in 2003 with Sarstock when a half million people filled the old Downsview Airport to catch the Rolling Stones and AC/DC. When this event happened there was a limited alcohol supply but cannabis was being smoked openly and freely with no major problems.

When the day was over the volunteers started to make their rounds and ask those in attendance to please clean up the mess. This was something that many people started to do but it was something that needed to happen. After the 2011 march we were present to see the mess and we weren't alone as the TV news crews spotted it and it became the nightly news. I spotted a guy by the name of Jack who was going around from group to group asking them to fill his bag of garbage from their circle. Not one person from those groups complained as handfuls of trash was placed into his bag.

One thing that this day proved is, they can take away our permit but they couldn't take away our message or the day. See you all again next year, same time, same place. 

PAGE 

Clockwise

NORML Womens Alliance
Scott and Jeff with TY banner
Parade
Sam the colorful "bong tender"
Popular hacky sack
Matt Mernaugh
Sign "prohibition Hurts families"
Women ending Prohibition



My Rant

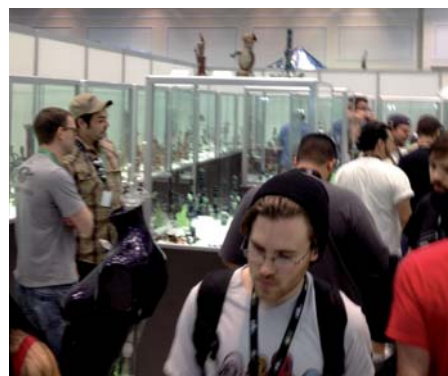
Stoners: The real backbone of the cannabis industry

By Jeremy Norrie

www.TreatingYourself.com

www.VapeontheGo.com

www.BoroLehr.com



This article is a little different than most of my others, mostly because I have a bone to pick. There has been a few things going on for a while that I really have come to dislike, and the time has come to say something about it. If you have been in the cannabis industry you might already know about it, there are a number of people who feel the same way I do. It is not often I encounter someone who feels differently when they really sit down and think about it. By now I am sure you are wondering what I am getting at, and I'll tell you its a simple problem. Everyone in the marijuana industry has lost sight of who really makes it possible, and its not only the people on the production side, in fact it is quite the opposite.

We often hear about how important our growers are and how much marijuana does for their communities. It is true and for them the industry is providing and they are enjoying the fruits of their labour. They often talk about how much harder they have it, and the great deal of risk they take in order to provide the best marijuana they can for people all over, especially here in California. It is true they do risk a great deal and their life is very hard to a degree but they complain year after year about how much less they get for their harvests, and how it is becoming more and more competitive even with the laws as they are. The result of this is often varied but it can consist of efforts to make it less appealing to newcomers, or perhaps voting against legalization, running people out of town or ruining relationships both personal and business,

there are a variety of possible ways people can go with these obstacles but the general idea is to keep it quiet and to do what they can to prevent others from entering into the trade in any way they can, while still maintaining the best prices. They think this is somehow the BEST way to maintain their profits and stay functional in the cannabis industry. It has led to the loss of various legendary genetics and countless people being arrested, and in the mean time all their worst fears continue to happen despite their overwhelming efforts to ruin cannabis for everyone but themselves. Maybe the problem is partly a lack of actual love for marijuana, because a huge majority of successful growers that I have met seem to be in the business mainly for the money, it is their means to an end and what provides for their actual passions and/or their families etc. They usually only have complaints about financial difficulties related to their marijuana business rather than problems trying to make new strains, breeding issues, even taste and flavour, it can be basically anything related to the passion of the growing of marijuana culture. This idea has permeated into various parts of the cannabis industry, and in my opinion does more harm than good. Personally I think this is not the way we should be handling these problems.

The reality is, that all the while these growers have been enjoying maximum profits they did little to nothing to further expand the culture of cannabis and thus preventing the industry from thriving the way a normal business would. By not doing anything at all for your customers



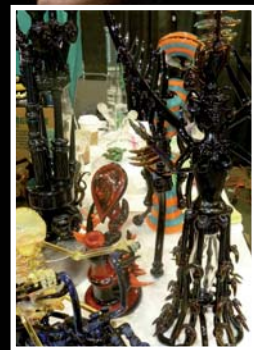
for the last twenty years, they have missed the concept of expanding their market and growing their business. The idea that the growers and the people on the inside are what make the industry thrive is actually a false premise. The reality is that the people who are paying the absolute most for their cannabis day in and day out at the retail end are the real ones keeping all of the people in the cannabis industry alive. Every stoner who buys a gram for about \$20 is keeping food in your children's mouths, cloths on your back and a roof over your head, and sadly no one does anything to show them any appreciation. Too few people do anything to let the stoners who are on the bottom floor see inside a little more, or to promote the culture that goes along with cannabis, the thing that has crept into every sport and every form of entertainment and art known to man. The people who grow pot are not the only ones missing the boat, this is true for other industries as well.

There are so many we can talk about, and some are lesser guilty than others. Let's be honest, we all know the NBA doesn't test for marijuana for a reason, and there are NFL and MLB players that have been caught enjoying the plant. The more obvious worlds of video gaming and extreme sports, like skateboarding and surfing, have always seemed to be known for having pot smoking athletes but no one really talks too much about it during any of those events. In fact in the UFC more fighters have tested positive for marijuana than anything else, some are even known for their love of the herb, yet not many

attempts to bring attention to these facts have been made in fact they try to hide it every chance they get. Surprisingly the world of glass blowing is exceptionally guilty of marketing to essentially only the head shop owners and basically doing little to nothing at all for the kids buying pipes at retail prices. There have been a few people trying to take notice as of late, but it is still overwhelmingly true.

When I was young, I saved up money to buy myself an awesome pipe at retail price because I thought it was beautiful and the better pipe I had the more elite stoner I felt like. I did it a few times, and I always went in to the shop and looked real hard, but I also always paid retail price. There was seemingly never any promotion as to why I should buy a nice pipe, they basically all worked the same, my inspiration can when I saw a friend with one and I thought it was awesome and wanted one of my own that was unique to me and my style. People like us partly make their lives possible from the head shop to the glassblower, but no one ever did anything for us, not to promote what they do or to even bring any kind of knowledge about it, nothing to make it have more value or to increase interest. The entire scene is very secretive, but with the internet it is all being exposed and now there is nothing they can do to stop it.

They do all come out from their hiding places once in a while to get together for these huge trade shows. It is a wonderful thing, it truly is, but honestly it is the wrong



audience. The shows are the closest thing to any kind of promotion of marijuana culture and products, but they are wholesale only shows. Meaning that they are marketed to store owners only, so if you are just a regular member of the public you are not allowed to come in. Granted I totally understand the need for this, but they take it to a crazy level of performance and I think the things they do are meant for the public who are paying the retail prices for these products.

At the two biggest glass shows in Las Vegas there are always great "Flame Off" competitions or demonstrations, and it is incredibly impressive but really the people who would most appreciate the glass blowers involved are not invited to the show, and more importantly there is no show for those people who would mostly appreciate something like a "Flame Off". The people who go to the shops and will pay sometimes double or triple the wholesale price for a piece by one of these amazing artists are not allowed into these shows, and therefore has virtually no event that is for them. There are some promotional events that do a good job, for example this magazine "Treating Yourself" has done three very successful Treating Yourself Expos with the world's largest Vapour Lounge, also a Flame Off Glass Blowing Competition and a Medical Marijuana Cup that are all open to the public in Toronto Canada, and of course The High Times Cannabis Cup events are the current best in the USA and Amsterdam but really there is not enough retail events that educate people about the culture and expose people to our way of life and what it means to be a cannabis user who is at the top of their craft, whatever it may be.

The basic way to increase your fan base is to do things to promote your product to your potential audience, and mostly to an audience that is not currently already hooked into your product or brand. These shows that do exist are basically marketed to people who are already big fans of cannabis, when really these people are already the most likely people to go to an event with little to no promotion. The real trick is to attempt to bring in people who are not already going to attend the event with their friends, and inspire these new people to give it a try. The next part of the plan is to give them a great show, make sure you deliver on the fun times because many people will not give it a second chance. Show people just how far cannabis can go, and just how incredible the products and art that go along with it are, and we will give more and more people jobs and opportunity in the cannabis industry. Other industries have done it, the UFC came back from being banned on PPV to now being one of the biggest sporting events around, same can be said for the extreme sports

industry and many others, even all the traditional sports started small. The art world has been transformed by street art and there are so many other examples that it is just the obvious answer.

Legalize it and we will advertise it. Overgrow the government. We can start with the aspects of our culture that are already legal, get after it.

Thanks for reading, stay with us next time. Hope this article was helpful for you, and maybe you will be inspired to start expanding the social culture of cannabis. Try to look for events in your area and get out there. Spread the love of cannabis and try to find something related that you can support. Next issue we will talk about more cannabis related news. If you enjoy these articles, follow me @Professor420 on Twitter for more personal stories & behind the scenes details & pictures from my articles, including things that don't make it in the magazine, and get them as they happen live. We have a new website for high end art including functional glass, www.BoroLehr.com. Also don't forget to check out www.VapeontheGo.com to get the absolute best performing, most economical, portable, and re-chargeable essential oil vaporizer on the market. Take it easy, have fun, don't believe the hype! Find success and make it work for you. Good luck. 🍀



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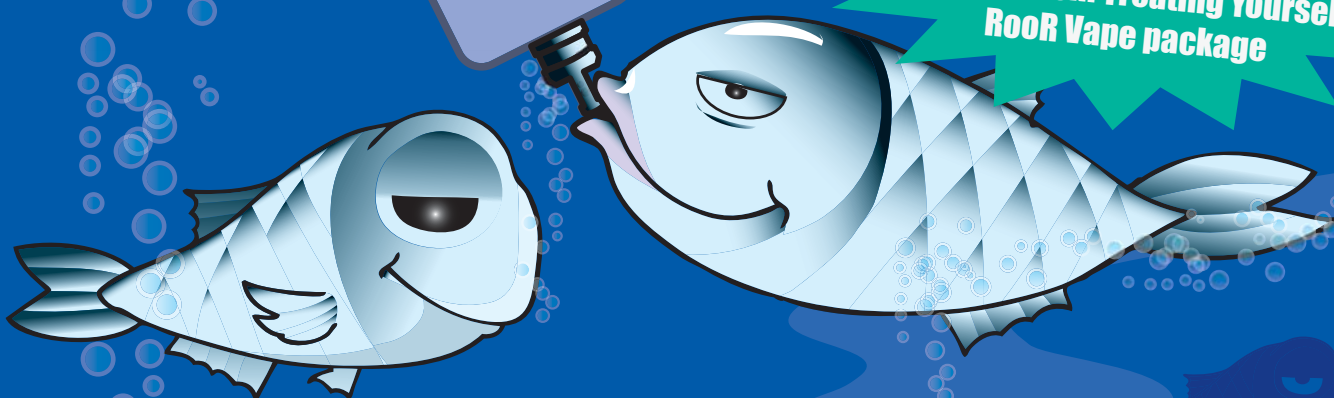
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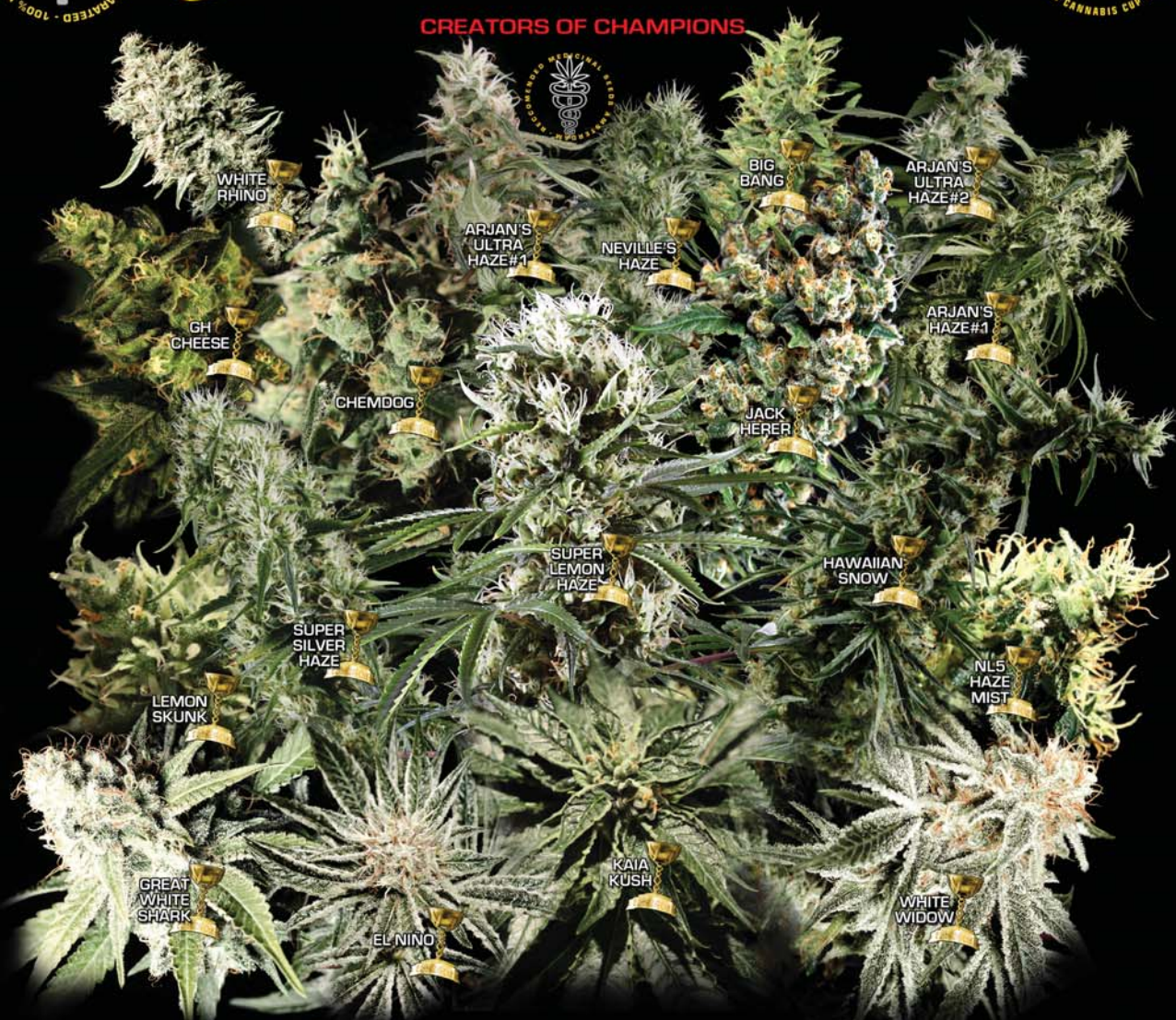
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