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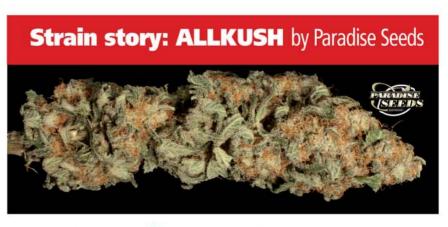
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Publisher/ Editor in Chief

Marco Renda weedmaster@treatingyourself.com

Art/Layout Designer

ivan@treatingvourself.com

Sales Representative

Jackie Wolfe

Text & photography Contributors Marco Renda, Ivan Art, Shantibaba, Mary Lou Smart, Georgia Peschel, Al Byrne, Derek Paul, Ryan Fink, Carl Hedberg, John Dvorak, Lexx, Johnny Hash, Mark Heinrich, Al Graham, Ed Delta9Labs, Davide Stallone, "Goyo" Fernandez

Cover Art



Submit your articles to: submit@treatingyourself.com

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Treating Lourself 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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REPEAL!!

Well, 2013 is here and so is my Health Canada MMAR exemption. But receiving the renewal is bittersweet because as of March 2014 we will be under a new program titled MMPR. This new program that Health Canada hopes to put into place will cost the patients at least 60% more that what Health Canada is currently charging and the cost could go higher. In addition to this, patients will only be allowed to receive 150 grams



per shipment. That means that most patients that consume more than that will have to pay additional shipping costs. Most patients I know are on a disability pension and can barely afford to pay the rent and put food on the table, never mind having to pay for their medical cannabis.

If you look into the distribution of Cannabis by Health Canada only 1% of those who have their exemption purchase their medical cannabis from the Governmental Agency. You may wonder why this is. Why should a patient pay the Canadian Government for medicine that the tax payers have already paid for? We are also only offered one strain by Health Canada to help us cope with our ailments. This means that only one strain is available to treat a vast range of ailments. If you went to your local pharmacy for these ailments, the list of recommended drugs would be endless. Patients who use cannabis as their medicine will tell you that what works for one person, may not necessarily be the best strain for someone else. Different strains also work better for certain ailments and the patient needs to work around their type of illness and experiment with strains. Health Canada does not offer this choice. It does not meet the patients' needs at all.

The new MMPR program will also eliminate patients grow permits as well as those of their caregiver. Health Canada is stating that they will have numerous commercial growers / distributors in place, but again, these commercial suppliers are only interested in their bottom line which is PROFIT\$. Health Canada really needs to educate themselves about this form of medicine and stop sabotaging patients and their health. March 31, 2013 is the date that the MMPR is scheduled to commence running concurrently with the MMAR.

Applications for licences, to consume and cultivate, will be applied for under the MMAR until October 31, 2013, after which time the applications for licencing will be applied for under the MMPR but the MMAR will still apply until March 31, 2014.

Thanks to fellow patient Jason Wilcox, a group has been founded called "MMAR PPL/DPLCoalition against Repeal". John Conroy, a prominent lawyer in BC, will handle this case against Health Canada on our behalf. The Coalition is in desperate need of financial help if we are going to be able to fight this in the courts. If you are able to help, please donate to the cause.

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Until next time, Take Care and Peace







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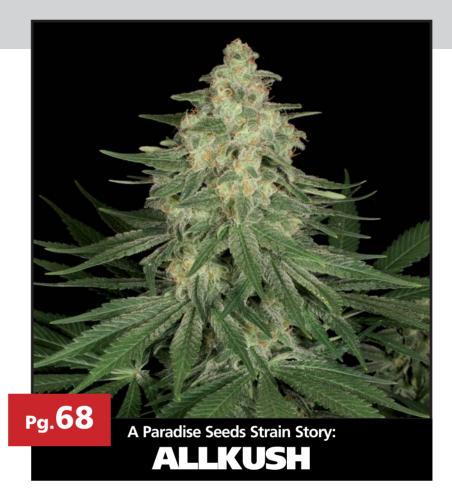
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Cartoons/ Illustrations

Ivan Art

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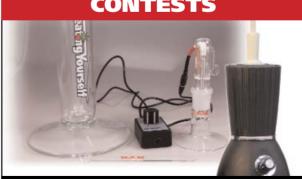
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A look at the irrationality of modern society in regards to cannabis consumption

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This is an open letter to my Ohio legislators!



have nowhere else to turn. I hope you hear my cries for help and I hope you stand up for me. Representative Bobby Hagan will be Re introducing the Ohio medical compassion act which I hope you will consider cosponsoring in January 2013.

It would merely allow Ohio's doctors and patients to decide whether or not medical cannabis could benefit them or not. It would allow the department of health to keep an eye on the program and make sure there were no abuses. Anyone that is in the program would be in a database so that you can keep track of this act of compassion. We also believe that it would save Ohio taxpayers millions of dollars by not arresting, incarcerating and prosecuting folks for making a choice using cannabis as medicine. we also believe that the Obama administration would not bother our program because there would not be storefronts or dispensaries selling the product.

Over 73% of Ohioans support the compassionate use of marijuana...I am not sure you are aware but our sister state of Michigan has a medical cannabis program. We believe that we should have the same rights as those folks just across our border.

Also Colorado and Washington just legalized marijuana for personal use.

My name is Tonya Davis and I'm your constituent. I am a mother, grandmother, sister, daughter. I could be your neighbor, friend, coworker. You have seen me at the Ohio Statehouse over the last decade in a suit rolling around in my wheelchair trying to bring your attention to alternative medication that is actually safer than aspirin. Yes I'm talking about medical cannabis and this has been my choice of medicine. For a long time you said to me to "bring in a doctor that supports this issue" I have! you have said "bring in the science that supports cannabis as medicine" I have.. You have said "get a Republican on board" WE



HAVE... we have jumped through the hoops that you have asked us to jump through.

We have a certified petition for the Ohio alternative treatment amendment that was certified by the SOS and the AG October of last year. We currently have house Bill 214 that is being ignored in the health committee because our speaker of the house refuses to give it a hearing. Now I'm asking you to save my life.

My whole life I have begged for help no one ever hears me. I will be heard this time because this is my life I'm fighting for and I'm going to die on my terms.

Our government knows that cannabis is a medicine and that it is a neuro protective and antioxidant. they have patents on it. I am literally fighting for my life and my independence as well as tryin to keep my cognitive thinking okay. By allowing me the same access as the 18 states plus Washington DC as well as the four patients that are currently allowed on federal level ...it is not harming anyone.

I deserve that same access even though I am in the state of Ohio. I should not have to go die like a wounded animal in the woods. (going to a state that does have medical cannabis laws) where I have no family and a support system.

I am not a drug addict, suffer from mental illness or have any type of criminal record.

I do have my Ohio doctors support , I have my pharmacist support... I have my out-of-state written recommendation from my cannabinoid specialist . I have lived in same place for the decade ive fought for this issue. Here is a video clip of me and my cannabinoid specialist

http://www.youtube.com/watch?v=gP5QOvkv77Y&feature=share

My neurologist came into my hospital room and told me a year ago that there was nothing that they can do for me anymore except keep me comfortable and treat symptoms. I have massive calcium deposits on my brain. I have pseudo-hypoparathyroidism which has completely disabled me and caused major medical problems such as crippling arthritis, diseased esophagus, hiatal hernia, inflamed bowel disease with adhesions wrapped around it, severe hypocalcemia.... very high phosphorous.. My blood pressure is all over the map. My heart rate is through the roof. All of this can be proven and backed up. Will you do the right thing and support compassion not corruption?

My future is bleak but I have an opportunity to change things and to protect what brain that is not damaged yet. and most importantly die on my terms.

Respectfully

Tonya Davis

I CHALLENGE YOU TO SEND THIS TO ALL YOUR COLLEAGUES IN WASHINGTON.

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"Judge others on your interactions with them not by stories being told". Or just ask them.

"I believe in the power of love, I believe in the impossible because love and faith will make all possible. Believe in the change you seek. I know no malice, no contempt. I AM one with God and my fellowman. So it shall be!







Medicines Abdication to a Cannabis Conspiracy

Al Byrne

for Patients Out of Time

It's true enough what the US federal wordsmiths of spin roll out about there being a conspiracy to make cannabis available to the sick in the United States. There is such a cabal of cannabis crusaders working to undermine the US governments role in determining what medicine(s) they can use, and when, and how. I know most of these people and let me assure you that they are serious about their goal. (1). I'm one of the conspirators.

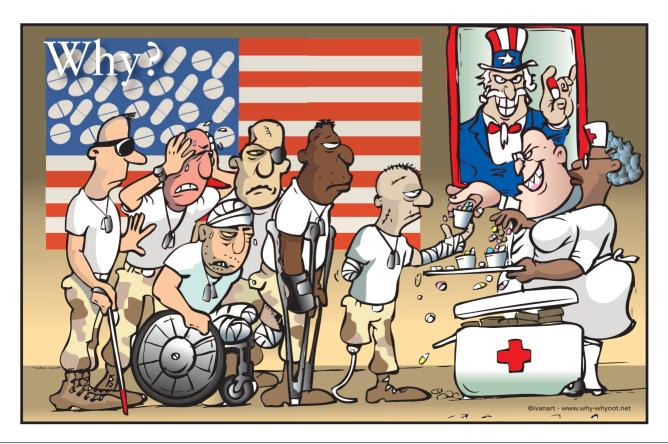
Some are half crazy about the wide reach of all governments into their lives, negative as they see it, like Libertarians and the Tea Party stalwarts. Many are politically active, seeing the election of selected politicians the key to a change in the rules of cannabis prohibition regardless of whether they sport a red or blue tie. 21 states their goal, believing just like their adversaries that medical decisions about cannabis are best made by non-medical professionals by opting for constitutional amendments instead of science. The Capitalists have moved into the cabal after surrounding the gathering with a multitude of products to infuse, to eat, to vaporize, to chew, to suck, to

rub, to inhale. Their money now challenges the federal governments' investment in a long running cannabis annihilation project defined by the knowing citizen as a failure.

Some, including me have gone to the courts and demanded a change to the prohibited scheduling of cannabis under the rubric of "The Coalition to Reschedule Cannabis." It took ten years for this Petition to move through the process, designed to delay and obfuscate a reasonable request. This Petition is part of the conspiracy to bring the ill and dying a better, non-toxic, method of restoring their endocannabinoid deficiency. I admit that.

Ten years of delay seems like another conspiracy at work I also admit. (2).

Patients are in the forefront of the plot to free the cannabis plant from its murderers. Some government accounts list "patients" as the real source of the fire that burns joints to relieve pain in other joints and sustains the blow-back of heat that 18 states and DC have brought to the Keepers of



...discoveries of cannabis receptors in all human organs; the endocannabinoid system; of marvelous healing compounds such as THC and CBD and their acids found in the plant; of the cancer killing; pain deadening; spasticity calming; anti-emetic properties and emotional peace cannabis may provide the ill.

Prohibition in the freest country on earth. Others will claim the patients' best friend, the nurse, with the leadership role in the rediscovery of the plant and its magic clinical ways with humans. It is the American Nurses Association (ANA), representing the most revered profession – nurses – that has charged all US nurses to become educated about the therapeutic, nutritional and clinical uses of cannabis.

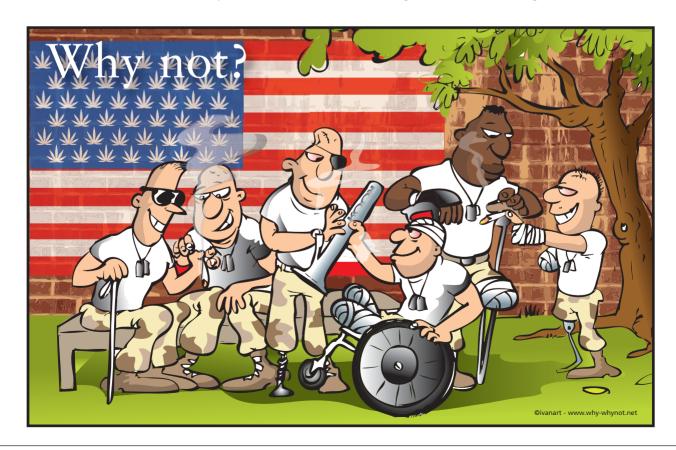
A series of accredited clinical cannabis conferences is part of the plot to undermine the cannabis cops. It's simple really. All you have to do is take the best cannabis researchers and clinicians from around the world, put them in a room and let them speak to their astonishing discoveries of cannabis receptors in all human organs; the endocannabinoid system; of marvelous healing compounds such as THC and CBD and their acids found in the plant; of the cancer killing; pain deadening; spasticity calming; anti-emetic properties and emotional peace cannabis may provide the ill. There's been seven of these historic forums each sanctioned by the ANA and the

American Medical Association (AMA) as worthy clinical courses meriting attendees coveted CME and CEU credits for professional development. MD's and RN's can find the same education on-line and so can you. (3).

I'm writing as a leader of the cannabis conspiracy to brag up my involvement in the plan to "overgrow the government." I think that honest therapeutic information about cannabis has been around now for at least 20 years, the time frame of the discovery of cannabis receptors becoming known.

What has happened within the US medical community over the two decades has been an abdication of responsibility concerning clinical cannabis use.

While I am pleased that the AMA has "accredited" Patients Out of Time's clinical cannabis forums for medical doctors to learn of the science that discredits the federal spin, the lack of AMA leadership in this controversy is alarming. As a start at this critique I offer the fact that





to my knowledge as I write in November 2012 no medical school or nursing school in the US offers a course on medicinal cannabis uses, it's nutritional value, its clinical potential and the interface between cannabis plant compounds and our endocannabinoid system.

Considering that all living creatures on earth, canines and sponges, birds and snakes share the common system of endocannabinoid production I used to wonder if some doc somewhere would notice. Then one did. His name is Petzel and he is the leader, a medical doctor, of the Veterans Health Administration. In July 2010 a Directive, VHA 2010-035, was issued under his signature that said clearly - cannabis is a medicine.

Now there is a federal conundrum. The largest health care system in the US, a federal agency run by medical professionals says cannabis is medicine, in writing. The drug czar, a cop, says cannabis is poison.

The news made the first page of the NY Times! All VA facilities began treating Vets that used cannabis legally under state law without a problem. Suicides dropped! (4).

Where are the VA doctors in this issue? Is it medicine or not? If it's medicine for Sgt. Black why isn't it medicine for Sgt. White?

Answer: Sgt. White lives in Virginia, Sgt. Black lives in Maine.

So where are the VA docs, why are they silent about practicing medical treatment protocols based on geography? "First do no harm" does not apply if you are an MD working for the US federal system? Why is the AMA mute? If it's medicine for a wounded Vet in Arizona why not in Idaho? Idaho Vets did not measure up? Idaho Vets don't hurt like guys from other states? Idaho Vets are like Nam Vets so let's screw them over like we did those guys?

Why is the media such shills for national indecency? Unethical medical practice is ok? Medicine is doled out based on where the Vet lives not the Vets wounds? This is not news? I know I'm an old guy in a new world but shit what happened? Where are all those young and old journalists that used to give a damn about the world they "report" about?

Why did the docs let cops and lawyers steal their work? When did we start issuing lawyers medical and nursing degrees? When did the law change about who gets to make medical judgments to folks with no knowledge, no license, only the ability to "make laws" and pretend they know what they do? Why does law enforcement sit at a table discussing what type of symptom cannabis can be used for as though some county sheriff is medically enlightened? Why not put drilling teeth into a Senator's job description?

As a member of the VFW I was told the VFW has at this point no position on some Vets getting cannabis to treat TBI, PTS, other wounds, pain, while other Vets are denied, prohibited from receiving the same medical protocol. As a member I could begin a resolution process to see if the VFW would actually speak up about such callous mistreatment of Veterans of foreign war. An estimated three year process. I reminded the VFW representative that while we spoke a Vet blew her head off, and would again and again every 80 minutes. I was told a supervisor would call to help me find another way for the VFW National Commander to reset the balls he left somewhere. That was twelve days ago. No call.

As a member of the American Legion I have written the Legion leadership multiple times requesting the organizations aid in seeking an end to this medical debauchery being practiced on wounded Vets. Never has any staffer ever answered up. They did send a request for dues though. The Legion might have a great baseball program for kids but when they grow up and become soldiers, make that wounded soldiers, the Legion has no program at all to insure equal medical treatment for those they claim to represent.

But dear readers do not be too concerned. Veterans Day is behind us for another year, your plastic yellow ribbon will survive the days to the next, the Virginia Governor an Army Vet will ignore the 800,000 Vets in his state that are denied cannabis a medicine. He wants to be the President you see. Many other governors will as well. Congresswomen, male Representatives and thousands of political staffers will find other more meaningful tasks than unethical Vet care to banter about like fiscal cliffs and hem lines and the demise of Twinkies, but not the death by own hand of the troop that died while you read my essay.

The AMA, the media, the VA, MD's – what about you? ☐

1-www.medicalcannabis.com 2-www.drugscience.org

3-www.medicalcannabis.com has a direct link to the University of California's School of Medicine, San Francisco and a series of on-line accredited courses on the nutritional, holistic, clinical uses of cannabis and the state of the art science concerning the Endocannabinoid System (ECS) found in all living creatures excepting insects.

4-Institute of the Study of Labor, Bonn Germany, February 2012. WSJ, Shea. (Medical cannabis states in the US report an overall 5% lower rate of suicide, the Bonn study was a range of 5-11% dependent on age group of the deceased).

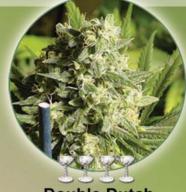


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Cultural Indifferences

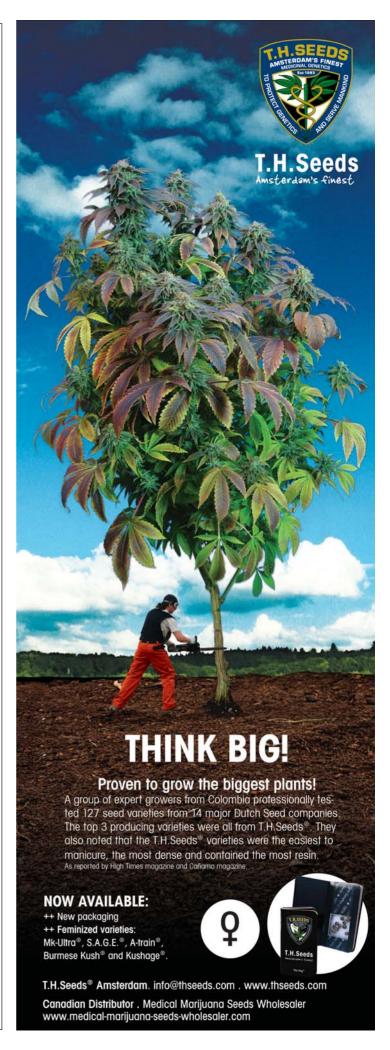
By Derek Paul

There will always be cultural indifferences within the Cannabis community, just like there are two sides to a coin. When flipped you will occasionally get one side; then maybe another. Certain people within our community need help from us to get back on track, so that we can promote health and safety as one unified force. Without looking so hypocritical... In the end we are all fighting for the same thing. To be able to get sick people their desired medications, without fear of prosecution or judgment.

I have had the opportunity and pleasure of spending time with some of the most influential people that have benefited our culture immensely, as well as some of the most manipulating, greedy and self centered folks who tend to poison everything the medical community has worked towards. Certain individuals seem like they are fueled, not by the idea of educating our brothers and sisters, but with the concept that money is the essence of existence. Let's face it though, there will always be people that do not respect the plant as a medicine. The important thing to focus on is what we, as a collective community, can do to help educate these people and to promote change in their values towards Cannabis.

There has to be a point where we all take a united stand, and preach the word to our own community that it should not be treated like a drug, but like a medicine. There are a number of media influences out there that keep our culture pushed back, a lot of movies that depict us as slow minded degenerates that only function when recently medicated. There are many avenues that the media has used; even something as beautiful as music can be harbored as another source of nutritionless garbage for our culture. Pioneers such as Bob Marley and the Beatles excluded of course. It just seems like a really skewed reality when we want the general public to take our culture seriously but we can't get over certain primitive self-destructive habits that send our legalization efforts back ten years.

We, as a culture, need to lead by example to illustrate to fellow Cannabis enthusiasts' that Cannabis is a medicine that can really help sick people. Preach the word over and over that it can be used to better ones quality of life when sick or in pain. This plant really can change the world for the better, and all I am trying to say is this, before you make your opinions open to the public eye, educate yourself and make sure you move our culture forward. Please don't set us back; there are a lot of sick people counting on a change. A change that we should be able to achieve, as long as we stay educated and enlightened.







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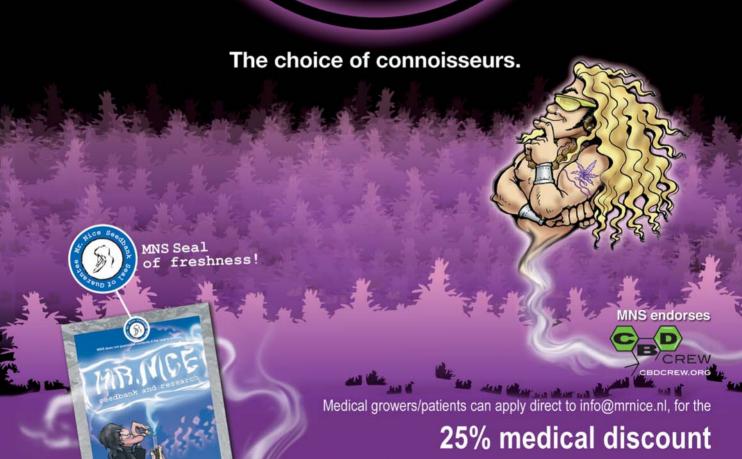
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uring the last USA presidential elections history was made. It had little to do with the candidates or political parties however it effects Democrats, Republicans and the Undecided, equally. It is even reverberating around the world like waves from a tsunami.

No one has ever legalised Marijuana in the history of the world! In Colorado (CO) and Washington State (WA), 2 states of the USA, people over the age of 21 years old can legally buy and use marijuana for recreational use without breaking State Law. Federal Law still disallows Cannabis use for both medical and recreational users. A similar ballot issue for Oregon did not pass. In Massachusetts, voters approved legalisation of Cannabis for medicinal reasons, now making it 17 states of the USA who allow medical marijuana. Arkansas rejected the medical use of mar-

ijuana and Montana tightened its regulations but continues to allow medical users.

A poll found that 50% of Americans were in favour of Cannabis legalisation up from only 12% in 1969! Medical marijuana has even a greater support despite ongoing controversy over how recreational users sometimes masquerade as medical users.

Since the ballots passed were Referendums, the people have given a clear signal. The scent of change is in the air as a result of these historic votes. CO and WA have sent a message that arresting 835,000 people per year for marijuana offences is a waste of resources and a ridiculous infringement on individual's personal freedom. Prosecutors in both states have announced they are dropping cases effective immediately against people for



If you are reading this, then the world has survived another prediction by a sect of Mankind namely the Mayans! So I can only wish you all a very successful 2013 further!

cannabis possession. Within a few years it is predictable that Maine and Iowa will follow CO and WA, and within a few years it seems 12 or more states will do likewise!

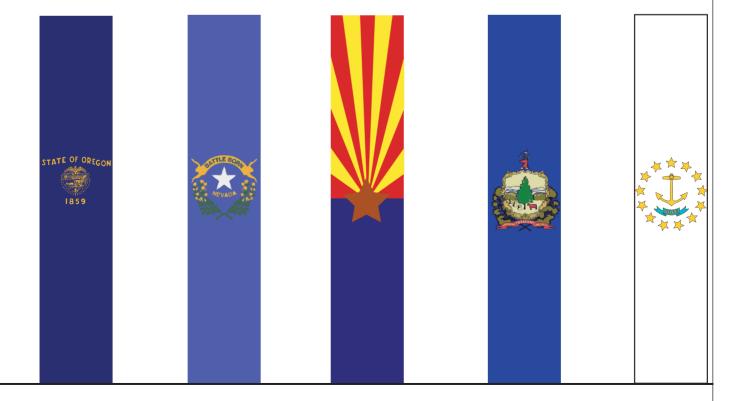
Motivation for legalisation in both CO and WA have been to raise significant tax revenue from the sales and growing of Cannabis, as well as to regulate the use for adults over the age of 21.

WA involves licensing regime to be controlled by the State Liquor Control Board for growers and sellers. The initiative I-502 bans sale to those people less than 21yr old and sets a 25% tax on both wholesale and retail sales. These taxes will be used to fund drug prevention, education, schools and health insurance. A legal limit on THC blood levels for driving has been set. It bans the growing for personal use or non medical use. The I-502 initiative

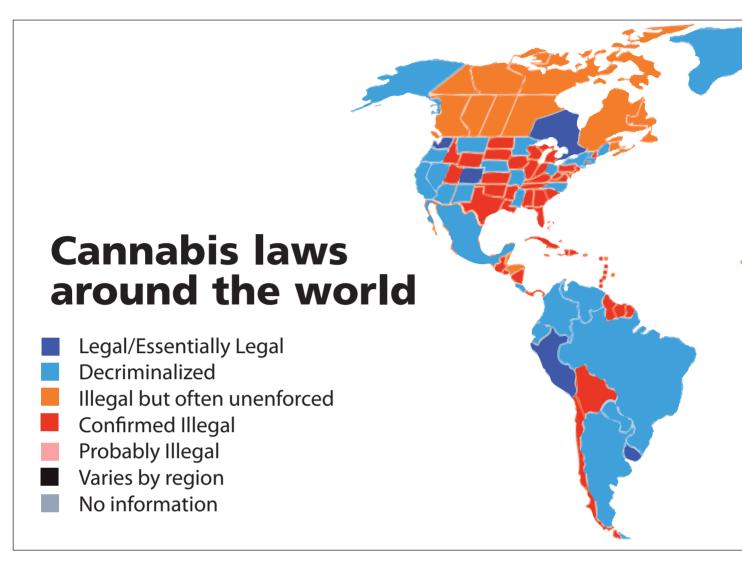
gained 55% of the voters support in the election.

CO Amendment 64 allows for personal growing for one's own use or to give away. Taxes of up to 15% will be on sales of cannabis and regulated by the Department of Revenue (State) by way of licensing. Estimates of many millions per year for direct taxes raised by sales of cannabis have been discussed by the Department of Revenue. Amendment 64 gained 53% of the voters support.

The Obama administration, according to the Huffington Post, has authorized 170 raids on medical dispensaries and issued more than 61 federal indictments. So it is clear that Federal and State law are not well aligned on this issue so far. There remains a disparity in the US legal system between State and Federal, no matter what anyone says.







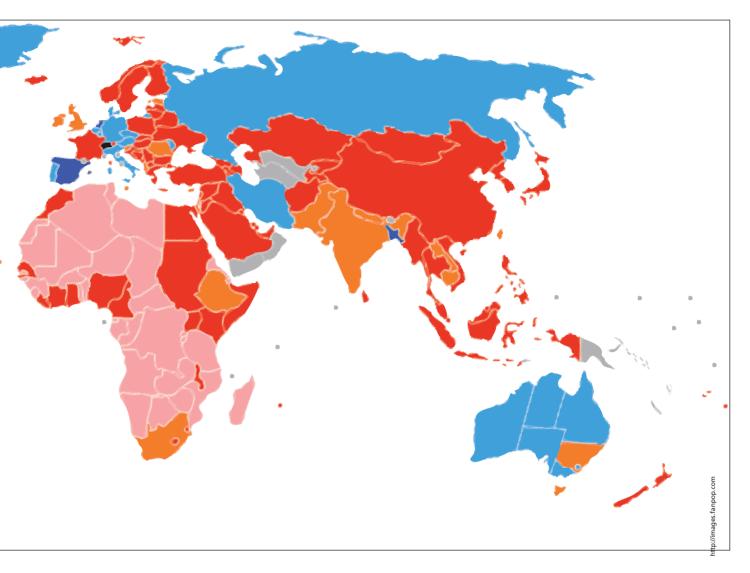
There has been no science that has shown any association between the amount of money governments spend on drug law enforcement and the rates of drugs use. The USA spends the most on the war on drugs and has one of the highest rates of drug use!

Whether marijuana's status as a legal or illegal drug influences how it is used remains unclear. Studies conducted in Holland, which have come the closest to full legalization of cannabis, and Portugal, which decriminalized possession of all drugs, so far do not show negative effects on either addiction rates or misuse by young people.

The Obama administration knows that racial minorities are disproportionately jailed for cannabis related crimes. The USA has about 5% of the world's population and about 25% of prisoners of the world! Almost 500 000 prisoners are drug related and each costs up to

60 000 dollars a year, making this one of the most ridiculously expensive projects by any government in the world!

In most corners of the world there seems to be a similar trend beginning and gaining momentum, first, that the war on drugs has failed the past 50 years and secondly that a shift towards legalisation is the only real practical solution. Countries in South America like Uruguay, Chile, Argentina and Brazil are fast drawing closer to decriminalisation and legalisation of Cannabis. Medical researchers are advancing forward in places like Israel, Czech Republic and Spain not to mention think tanks and committees are being set up in Australia, New Zealand, Canada and the UK and are appraising the questions of medical use and implementation of Cannabis as a medicine. The world is in motion on this issue just as CO and WA have displayed in the USA.



From a personal stand point I have been actively participating for legalisation of Cannabis most of my life. It is a plant in Mother Nature and only due to profit, or competition it was side lined for almost 80 years. It has a longer documented use in Man's world than most anything else as a fibre, seed crop and a medicine. So logic must prevail in the end as profit can only be taken until it is used up! Making sensible decisions is a legacy for our children so at least we can be part of a solution for them than anything else.

The domino effects are enormous and gaining momentum with epic proportion. It makes me feel very positive reading all that has been taking place recently to gain support to legalise Cannabis. Even with disparity between State and Federal Law, it seems the proverbial rock is gaining pace and growing in size as it rolls down the States of the USA.

Everyone who voted to create this historic event in CO and WA, I say, thank you! For all the sick people I see turning to Cannabis for relief and for all those victimless crimes committed by consenting adults that hurt no one, I say thank you once again CO and WS for leading the way to common sense!











To Win Over Legislators, Talk the Talk, Walk the Walk, and DPASS FOR SUCCESS

By Mary Lou Smart

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alvatore Sodaro might want to consider a career in law or public service after college. The University of Connecticut history major has a way with words. Sodaro, who suffers from Crohn's disease and the related chronic issue of arthritic pain in most joints, spoke at the final hearing a few months before Connecticut's Public Act 12-55, "An Act Concerning the Palliative Use of Marijuana" was signed into law by Governor Dannell Malloy. After more than 15 years of hearings, legislators finally said yes. While Sodaro was at the podium, long-time State Senator John A. Kissel remarked that until Sodaro and the other speakers at the 2012 legislative session spoke, he had been unconvinced. In his eyes, most of the advocates from earlier years, those who had taken time from work, driven hours for an unfamiliar task, and waited hours to speak were somehow "out in left field," not really suffering from any discernible illnesses, pursuing other agendas. Sodaro's presentation was well composed and believable, he said.

"I didn't expect that," Sodaro said later. "I would love to dispel the lazy stoner stereotype because it is so offensive and silly. Honestly, I wanted to tell him that nine days out of 10, maybe I also look like the fringe element he was referring to. I just dressed up on that day because I was going to speak with legislators."

Senator Kissel also told Sodaro, "If this alleviates your pain so that you can go on and do all of the other things in your life, then I'm completely in support of that."

Granted, the earlier advocates might have spoken too soon. Public opinion had shifted over the years. A March

2012 Quinnipiac University poll revealed that a whopping 68 percent of Connecticut citizens polled approve of medical cannabis.

Sodaro is a member of Students for Sensible Drug Policy (SSDP), a grassroots international organization that pushes for drug reform and an end to the Drug War. For Sodaro, the battle is personal. When testifying, he mentioned that he is tired of having to break the law to find the only remedy that relieves several of the conditions he faces on a daily basis. He does not want his parents to worry anymore about him risking arrest either.

SSDP members do not condone or condemn drug use. They believe that education is preferable to incarceration, and valuable when dealing with drug policy. Sodaro's experience with SSDP has contributed to his strong interest in activism. In his upcoming and final semester at the University of Connecticut he plans to teach a course about the history of youth activism that will delve into the role of education in dispelling the many myths that fuel the War on Drugs.

The pro-Drug War contingent, on the other hand, depends on the uneducated falling for the tall tale.

In Connecticut, during many years of testimony as medical cannabis bills bounced back and forth between the Senate and House, Senator Toni Boucher, a long-time opponent, became known for rambling, flat-earth filibusters. Certainly no fan of the House Bill 5389 that Sodaro championed, the Senator seemed to be channeling America's first Drug Czar, the crazed Harry J. Anslinger, with her ambi-



tious litany of horror stories that bore little, if any, resemblance to fact as it relates to medical cannabis. In 2012, for example, her anti-cannabis testimony stated that 80 percent of the state's foster children come from homes plagued with addiction, but omitted the detail that crack, oxy-contin, other toxic meds, or alcohol are most likely the demons causing the statistic, if it even exists.

Anslinger was also given to blurting unfounded proclamations such as "this marijuana causes white women to seek sexual relations with Negroes, entertainers, and any others," and "marijuana is an addictive drug which produces in its users insanity, criminality, and death."

Boucher boldly declared, "I have reams of data which speak to the unhealthy effects of marijuana on the heart, lungs, immune system and brain. Doctors tell me that it is particularly harmful for post-traumatic stress disorder. Going over that data with you could literally take me days."

In fact, United States Patent # 6,630,507 B1, owned by the United States of America as represented by the Department of Health and Human Services, entitled Cannabinoids as Antioxidants and Neuroprotectants documents the usefulness of cannabinoids in treating myriad oxidation-associated diseases, including inflammatory and autoimmune diseases, and as neuroprotectants, which could mean anything from stroke or head injury or Altzheimer's, Parkinson's or dementia. Numerous studies show that cannabis is beneficial in treating post-traumatic stress disorder, important considering that suicide rates among combat veterans are skyrocketing and the United States Department of Veterans

Affairs is embracing alternative therapies.

When testifying, Sodaro spoke about his primary conditions. Crohn's disease and arthritis involve inflammation, which cannabis has been proven to help. He struggles to maintain weight, and cannabis boosts his appetite. He suffers from arthritic pain and related stress headaches, and cannabis relieves both.

Overlooking the many serious side effects that the chronically ill face with prescription pain pills, Senator Boucher plowed on; "If, in fact, this is about helping the afflicted manage pain, there are many alternative drugs that would keep patients alert and functional as they look forward to recovery from a serious illness."

Sick people, cheer up and take your meds! Seriously, though, Crohn's disease is a chronic condition with no known cure.

"The way Toni Boucher describes it is that you just get so high that you forget you are in pain," he said. "That is her characterization of the way that cannabis works, and I think that that is an evil way to characterize the absence of suffering."

Sodaro was diagnosed with Crohn's at age 12, but he suffered with the condition for as long as he could remember. "Most people were not even aware of Crohn's back then," he said. "We're only getting our first television commercials now; you know what I mean?"

Crohn's is considered to be an autoimmune disease. The body's immune system goes after the gastrointestinal (GI)



"Thinking back on it now, that pot increased my standard of living, and so I guess it was medicinal use. There can be a fine line between recreational and medicinal, and at some point many of us realize that cannabis has the ability to improve the quality of our lives."

tract, resulting in inflammation. A type of inflammatory bowel disease, the condition causes abdominal pain, diarrhea, vomiting and weight loss. Malabsorption in the small intestine deprives the body of essential nutrients. Conditions stemming from Crohn's are many and include arthritis, fatigue, rashes, malnutrition and depression.

"I do not have the worst case that I've come across." said Sodaro. "I have never had to have a part of me surgically removed. On the other hand, Crohn's can be quite excruciating for anyone. This is no picnic."

In earlier years, Sodaro's doctors prescribed a regimen of dozens of pills daily, some of them opiates. As a student, he could not afford to be knocked out by multiple meds when he needed to concentrate and study. In high school, while his friends enjoyed drugs, marijuana and alcohol recreationally, he did not feel the need to partake. He never liked cigarettes either. After graduating from high school, he gave in to curiosity and smoked marijuana. He enjoyed it.

"In the parlance of our time, I just wanted to smoke pot, and I would classify that use as recreational," he said. "Thinking back on it now, that pot increased my standard of living, and so I guess it was medicinal use. There can be a fine line between recreational and medicinal, and at some point many of us realize that cannabis has the ability to improve the quality of our lives."

Now 21, he copes with the disease on a daily basis, and tries to avoid extreme flair-ups by maintaining a healthy

diet without junk food. He considers cannabis, which boosts his appetite, to be part of his healthy diet.

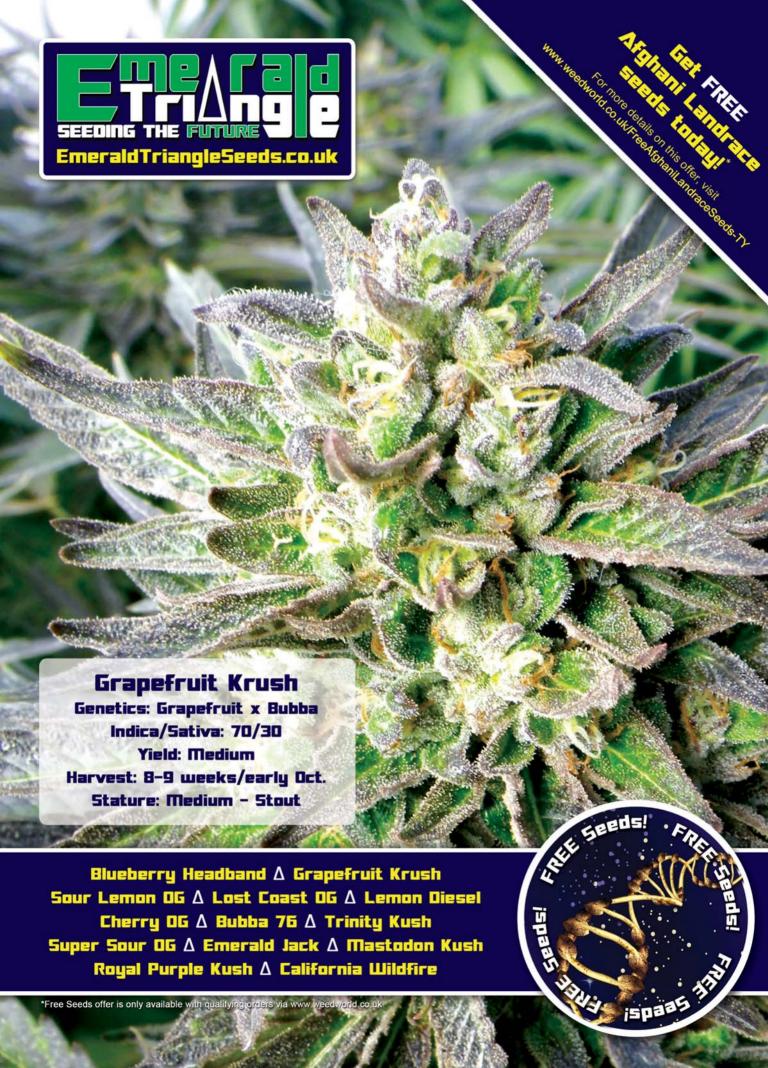
Numerous preclinical studies show that cannabinoid receptors exhibit reactions on the GI tract. Incorporating cannabis therapy with modulation of the endocannabinoid system to treat the tract has shown such promise that programs currently available in more than one-third of the states in the United States usually include Crohn's disease as a qualifying condition for a cannabis card.

"From my perspective, the cannabis obliterates the aches and pains, the acid reflux feeling, and the nausea," he said.

For delivery methods, Sodaro enjoys the immediate relief that comes with smoking. He also finds prepared or infused edibles to be extremely beneficial. Building blocks for cooking that he recommends include canna butter or canna oil, which he uses in place of peanut butter or cooking oil. He reports that Nutella, the chocolate hazelnut spread, mixed with cannabis makes a delicious treat in a s'mores-type preparation, wrapped in tin foil and cooked in the oven according to any standard s'mores recipe.

"It is up to each individual to experiment and obviously different strains of cannabis will respond differently in a wide range of preparations," he said. "Digestion is a fantastic means of using medical cannabis. It takes longer to onset than smoking, but it will last longer and hit harder. If you are looking for pain relief, and you have a good indica strain, edibles can be extremely beneficial."









By Ryan Fink

ast April, a decision came down from the Supreme Court of British Columbia that changed the MMAR to allow patients to extract cannabinoids from cannabis, or more plainly put, to make and possess extracts like pot butter, hash, tincture, and honey oil. Prior to this decision, patients with authorizations to possess cannabis (ATPs) from Health Canada who were, say, making medicinal cookies, were breaking a rather serious law - one carrying heavy penalties more traditionally associated with drugs like heroin and cocaine. But people who smoked or vaped their herb plain were fine. While this common-sense decision presently only affects people in B.C., it sets a precedent for future cases in all provinces, and will become binding if the BC Court of Appeal decides to uphold it.

This change in the law, like every other change that has shaped Canadian cannabis regulations to date, has been the result of a nugget of fate, a lot of hard work, and, of course - legal fees and the slow-time of the courthouse. The events of this occurrence center around a man named Owen Smith, a longtime employee of the former Cannabis Buyers' Club of Canada in Victoria (now called the Victoria Cannabis Buyer's Club, more on this change later). Here's the story of how he, with the help of friends, allies, and a damn fine lawyer, effected this change in the MMAR.

Owen has been involved with the medical movement in

BC for over 10 years now. He was studying humanities at Camosun College in Victoria back in 2001 when he first encountered Ted Smith (no relation) at one of the school's weekly Hempology 101 Club meetings. Hempology 101 is a Victoria-based nonprofit organization that coordinates student groups at various Canadian universities, promotes anti-prohibition rallies and conferences, and publishes a quarterly newsletter. Owen eventually became more involved with the group, using his design skills to make posters for all kinds of Hempology 101 events and then putting them up around town. Eventually, he approached Ted about learning how to bake medicine, wondering about the possibility of working for the Cannabis Buyers' Club of Canada, Ted's other project. But before this could happen, he wound up relocating to the Sunshine Coast to investigate a more rural lifestyle, and worked as a gardener and landscaper through the area. That is, until he returned to Victoria for a visit in 2008 and stopped by the CBC of C headquarters to say hi to his old friend.

As it turned out, the CBC of C was then in the market for a new baker, and Ted remembered what Owen had said to him years before. Sticky hands were soon shaken, and Owen began working for the club then and there, making leaf into everything from edibles like cookies and lozenges, to pills, massage oils, and salves of various concoction. He excelled, and poured his glad heart into every bite of medicine he made.



Above: Photo by Jimmy Nguyễn Hoàng Duy on International Medical Marijuana Day (Nov. 15) in 2009.

But one trick of operating a medical dispensary is where to house the kitchen, given most landlords' reluctance to rent commercial properties to businesses that openly break the law. In the CBC of C's youth, this wasn't so much an issue, as the volume of edibles sold was much less, and the product selection was much smaller. Back in the early 2000's, one baker working about 5 days a week at a casual (to put it mildly) pace was more than enough to meet the needs of the membership. This meant that the bakery could be easily contained and keep a low profile in a small apartment kitchen.

Then time passed and the membership grew, as did their appetite for topical and edible alternatives to smoke. The bakery became much busier, but because of the unfortunate legal status of medicinal cannabis, it was still being run from an apartment. And Owen was rocking it, cranking out cookies and such to meet the rising demand. This went well for some time, but eventually that little twist of fate came around, and everything changed.

As it happens, Owen moonlights as a DJ (some of you can see where this is going), spinning psychedelic dance beats at parties around the coast. Being an industrious fellow, he used to spend his work nights practicing sets for the weekend, and would then take these practice sessions to work so that he could review them while he baked. Anyone who really appreciates good electronic music will tell you that it sounds better with the volume at 11, and doing due duty

to the audiophiles who filled the local dance floors every weekend, Owen scrutinized his work at the proper level, thinking nothing of it since he worked during the afternoon. Apparently, one day a neighbor down the hall had enough of Owen's bass rocking the walls, and rather than knocking on the door to ask for quiet that Owen would have gladly given, he called the police.

At least this is what the police said at the time. Their actual report didn't mention the noise at all, citing smell as the cause of the complaint. This makes more sense, seeing that you'd pretty much have to be throttling a jet engine indoors for the police to respond to a residential noise complaint in the middle of the afternoon.

annabis





But for whatever reason, they came. Because Owen was not the resident tenant, they claimed to need to check the suite to be sure that everything was OK. Of course, everything was OK, but for a few incriminating items - mysterious jars of green oil and butter. What's more, the room was filled with the enticing aroma of ginger cookies baking, and there was a rolling tray on the kitchen table overflowing with about a half gram of the infamous herb. It must have smelled like the bust of the century. The details of the next few hours are many and tedious, needless to say that much was learned of police protocol in these kinds of situations, and Owen was left facing an uncertain future as he was released from custody at around 11:30 that night.

The resulting charges were for possession of THC for the purposes of trafficking, which is, as I mentioned earlier, a much more serious crime than possession of cannabis for the purposes of trafficking. It struck everyone involved how ridiculous this charge was, given that smoking is by far the least healthy, least efficient, and least effective method of consumption in most cases. The medical benefits of eating cannabis are much greater and longer lasting than those of the smoke, and smokable extracts like hash are more healthy because intake is minimized to the cannabinoids that are responsible for medicinal effects. What's more, the MMAR state that ATPs apply only to dried cannabis. Owen and his colleagues at the CBC of C took this as an opportunity to change the rules. Lawyer and anti-prohibitionist Kirk Tousaw was hired, and a constitutional challenge was launched.

The judge, Justice Robert Johnston of the BC Supreme Court, ordered that this challenge take place in a voir dire, or 'trial within a trial', that was scheduled over late winter and early spring of this year. The defence centered around the testimony of expert witness, Dr. David Pate, who argued the obvious point that it is largely the tri-

chomes on the surface of the plant that contain the medicine the patient is looking for, while the plant material itself has little medicinal value and is actually slightly harmful when smoked.

Justice Johnson cited 5 pages of evidence from Dr. Pate in his decision. The prosecution's expert witness was an employee of Health Canada named Dr. Abramovici whose testimony centered around the idea that edible cannabis and cannabis concentrates are more dangerous because they are more potent, and therefore more likely to cause the adverse side effect known to health officials as 'euphoria'. This might have been all good for the Crown, if Mr. Tousaw hadn't pointed out in his cross-examination that Dr. Abromovici's conclusions in his affidavit had been dictated to him by his manager at Health Canada, thereby ruining his credibility in front of the judge.

Intelligence and sensibility won the day, and on April 13th Justice Johnston ruled that the MMAR be changed to allow those with ATPs to produce and possess extractions in addition to simply dried cannabis. Owen and friends couldn't have improved on the judge's decision, it was exactly what they had fought for. However, after amending the MMAR, Justice Johnston concluded that Owen should still proceed to a jury trial regarding his possession and trafficking charges. Owen had hoped that these would be thrown out as well, but Justice Johnston had other plans. While he did not cite his reasons directly, we can speculate as to why he thought a jury trial should proceed.

First, he cited the fact that many members of the CBC of C don't have ATPs from Health Canada. Given how difficult, if not impossible, it is for most patients to get a doctor to actually sign the MMAR paperwork, Owen's defence had previously been hoping to cite the R v Mernaugh decision to this end, as the VCBC's mandate is to accept anyone who has been diagnosed with an incurable physical disability or disease, which is essentially the same as the criteria defined by Health Canada. Justice Taliano, who heard Mernaugh's case, eventually found the entire MMAR in violation of section 7 of the Canadian Charter of Rights and Freedoms. Unfortunately the appeal to this decision has still not been handed down, and so it didn't factor into Justice Johnston's ruling.

Secondly, he stated that, "In this case, I have found there has been a violation of liberty and security rights of the medical marijuana users protected by s. 7 [of the Charter of Rights and Freedoms], as well as Mr. Smith's liberty right. However, I find that society's interests in having the charges against Mr. Smith tried on their merits outweigh the violation of Mr. Smith's liberty right, at least sufficiently to deny him the judicial stay he seeks."

It's not exactly clear what was meant by this, but Owen and Mr. Tousaw hope it means that Justice Johnston, who

voiced his concern over the inadequacy of the MMAR throughout the hearings of the voir dire, believes that the jury trial will provide a valuable forum for more substantial precedents to be set. It seems unlikely that a jury comprised of thoughtful British Columbians, 75% of whom support legalization according to recent polls, would send a man to prison for making medicine and doing the community an invaluable service in the process, especially in light of how the voir dire went, and certainly in light of the results of R. v. Mernaugh. This jury trial is set to begin in February 2013, and the outcome is sure to be noteworthy.

Meanwhile, back at the club, it turned out that this voir dire marked the beginning of a series of radical transformations in the group's organization and daily operation. There was a great deal of media coverage surrounding Justice Johnston's decision, and this had two notable side-effects. The first was that the membership began to grow at an unprecedented rate, and sales of topical and edible products grew with it. Secondly and more importantly, mention was made of the CBC of C's respectable financial situation during the proceedings of the trial, which the police decided to bring to the attention of the Canada Revenue Agency, who promptly paid us a visit.

The story of how this visit went, and all the hard work that has gone into cooperating with the CRA, is another article in itself, but the result has been that Ted has sold the CBC of C to a new nonprofit organization, the Victoria Cannabis Buyers Club (VCBC) - owned by the membership and governed by a board of directors. The organization now charges and remits HST and payroll deductions. While this unfortunately means that members now need to pay higher than street prices for their medicine, business has continued steady growth, and all involved hope that the approximately \$25,000 in HST revenue being generated by the organization every month

will be enough to turn a few heads in the economy-minded Conservative government. All of this in spite of the VCBC's belief that HST should not be applied to medicinal cannabis products, a point that is currently being made in the courts by other organizations.

And so, with this forward motion in mind, Owen and his colleagues at the VCBC are looking to next February with optimism and excitement, taking the time until then to continue legitimating their business and preparing their case. Dr. Pate is expected to be Owen's expert witness again in the winter, and the club will have several members testify before the jury as to the medicinal value of the food and skin products that Owen was arrested for making.

Since the events of 2009, Owen has stopped baking and now works full-time at the VCBC headquarters as a medical distributor, researcher, journalist, activist, and media specialist, while other newer members of the team carry on in the kitchen. Also, his renown as a DJ continues to grow, and he just released a new album of original compositions under his moniker, Rize Ohm (shameless plug because he deserves it: RizeOhm.bandcamp.com). It seems like there's a bright future ahead of this law-changer.

And I believe the same can be said for the futures of all those involved in the medical cannabis movement - growers, distributors, and users alike. If Owen ever felt like Don Quixote - gearing up to tilt at giants looming in the distance - a thousand others in situations like his have felt the same. Now imagine a thousand such bedraggled knights, all charging the giants in unison, rushing the horizon to defend honour, truth, and freedom. Imagine their surprise when the narrowing distance reveals to them that the towering forms are but windmills - mindless machines, like certain ineffective bureaucracies. We are now approaching that horizon, that truth.







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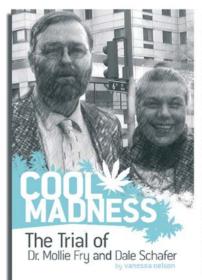
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COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor 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.

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.

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By Carl Hedberg

ometimes a single meeting can change your life. Such was the case for me when, in the early summer of 2005, I met with Dr. Lester Grinspoon.

For readers who may not be familiar with the work of this cannabis movement icon.

Dr. Grinspoon is the famed Harvard psychologist who wrote Marijuana Reconsidered, the very first prohibitionera text on the true medicinal nature of cannabis.

His book was published at the height of Nixon's escalation of two major US wars; Vietnam and the war on drugs. Originally intended to be a warning to stoners he saw protesting around Harvard Square, Dr. Grinspoon instead learned and reported the truth about this ancient herb—an act that cost him professionally as colleagues quickly distanced themselves from his 'pro-pot' findings.

In one sense cannabis is truly addictive because people who learn the ancient medicinal truth about it just can't shut up. Lester Grinspoon has spent his life in the field; and his appreciation and awe of the plant has only deepened over time. In 2007 he wrote:

It is a sad commentary on the state of modern medicine - and US drug policy -- that we still need "proof" of something that medicine has known for 5,000 years...If marijuana were a new discovery rather than a well-known sub-

stance carrying cultural and political baggage, it would be hailed as a wonder drug.

Lester didn't know my father personally, but they had been classmates at Harvard Medical School. When I called for an interview, he asked if I was Stephen's son.

Stephen E. Hedberg, MD.. Brilliant surgeon at Mass General Hospital in Boston. Heir apparent to his mentor Dr. Claude Welch, Chief of Surgery. Endoscopy pioneer. A Buckley conservative opposed to the war on drugs. Skeet shooter at The Country Club in Brookline, sporting the vest pin; If they take away our guns, how can we shoot liberals?

Dead at 54 from hepatitis contracted after cutting himself on a patient's shattered bone. At the time of his death, he was fighting a lonely battle against insurance giant Blue Cross Blue Shield and the Dukakis Administration in an effort to prove that the healthcare system was being manipulated for profits and threatening to wreck the doctor/patient relationship he cherished.

Being around the age my father was when he died, and looking just like him (minus six inches and 50+ pounds), I wasn't surprised Lester remarked on the resemblance as he invited me into his home office in Wellesley. We had a good chat about the advocacy possibilities for his pop-

"My doctor tells me I'm killing myself with too many pain meds...I've started taking a hit of weed along with Aleve or Excedrin. It seems to help..."

ular website, and as I was heading out, I confided that I was a lifelong headache sufferer.

"My doctor tells me I'm killing myself with too many pain meds...I've started taking a hit of weed along with Aleve or Excedrin. It seems to help..."

Lester chuckled, "Throw away the pain pills and learn how to make cannabis tincture!"

He had a call coming in so I thanked him and left; excited because I already knew how to make tincture! I had been a tiny-plot outdoor grower for years but never a heavy consumer, so after a few seasons I had a bunch of dried old buds from previous grows. I decided to try a simple extraction; bake the green material at about 280 degrees for a few minutes. Place in canning jar and fill with grain alcohol to cover plus 10 percent more. Agitate daily for ten days. Strain. Cannabis tincture.

To be sure, I didn't know I was making medicine, much less a remedy for migraines. I used it for feature film outings. I was married with children, and even though my wife didn't completely object to marijuana use, she was not about to let me blaze away in the parking lot of local theaters. A 40-drop dose before we left the house would kick in just as the movie got underway, and the effect would last through the credits and well beyond. She never knew, and probably attributed my euphoric responses to my love of big screen movies, and to the fact that as new parents we didn't get out much.

The first time I tried my concoction for a migraine, however, I wretched violently. I couldn't handle the alcohol content. With a gentle boil I reduced the 'menstrum' by more than half, and swapped the jar for a tinted dropper vial. The result was a stealthy, sexy, deep emerald green extract that was kick-ass at 15 drops. Green dragon tincture; ancient medicine.

I was hooked. I got online and it didn't take me long to discover that In 1839, Dr. William B. O'Shaughnessy, a British physician at the Medical College of Calcutta, published On the preparations of the Indian Hemp or Gunjah. Suddenly cannabis tincture was all the rage. Queen Victoria used it for relief of PMS. Her personal physician, J. R. Reynolds, studied cannabis himself and declared it "by far the most useful of drugs" in treating "painful maladies."



Dr. William Osler, founder of John Hopkins University and author of *Principles and Practices of Medicine*, noted that cannabis tincture is "the most satisfactory" treatment for migraines. That discovery pissed me off, and in 2009 I called a local paper to have them write a story about my offer to teach patients how to make their own tincture in the privacy of their own lives.

Instead of opening doors, they all slammed shut. Stoner neighbors fretted about having a noisy loose cannon in their midst, and Yankee friends and family, some closet tokers among them, were quick and brutal; Sit down. Shut up. Laws are made to be followed, not broken... If you don't like the law, work within the system to change it...

Until just recently, parental commitments moored me in the Great Prohibition state of New Hampshire, so I have dealt with this aggressive social shunning for years. Possibly the most telling example of the deeply entrenched insanity is that Yankee pot-parents, former progressives who still enjoy weed in the shadows, keep silent on the issue as uniformed DARE officers visit the schools and lie to their children about the dangers of pot. Some of those parents buy into the social contract so completely that when their children ask about their experience with marijuana, they dutifully lie, duck and dodge. Since everyone including local lawmen now knew what I was all about, I couldn't risk even a small grow. What little tincture I managed to acquire came from showing legal patients how to make their own (mostly down in Rhode Island, currently New England's freest state). While vaporizing also helps lighten up my headache days, I have recently developed tinnitus so I can't blaze at all. Needless to say, with my daughters now grown up and getting out, I'm heading for a free state where I can begin to more fully explore extracts and edibles.

Dr. Grinspoon has been a legend for decades. He's also a really nice and genuine guy with a deep passion for telling the world the medicinal truth about cannabis. I look forward to seeing him every year at Freedom Fest on the Boston Common. He always smiles and greets me warmly with the same words; My gosh, for a moment there I thought Dr. Hedberg had returned...

28ft.

By John BerfeloJohnb420@gmail.com



ivanart.net

My name is John Berfelo and this is my story...

June 23rd 2005, I awoke to sun rays piercing through my bedroom window it was 5:30am. I decided to head off to work early to get a start on a long and busy day. I was a glazier by trade, my official job title was an architectural metal mechanic / glass worker I installed windows and the aluminum frames in high rises and commercial buildings in Vancouver B.C.

I was the first one on the job that morning at 6 am, everyone started at 7am so I began by getting the job ready for the guys. I was going to work on the second floor deflection header, this was located at the top of the frame for the glass that would be installed later and it needed to be sealed with caulking on the inside, it was 28 feet above the ground floor.

I decided to use a scissor lift for the job so I would be able to reach it. We had a machine called a Genie 2000

lift and it had a 48*89 platform with a full 4 foot metal railing around the edge to ensure safety; there was also a 2 foot gate at the side of the lift to enter the platform.

I went to the Job Box and got all my equipment and loaded on to the lift. I was getting ready to head out with the machine and thought maybe I should back vinyl for top of the frame, this is a hard rubber seal for the windows so I also grab a few rolls of vinyl and throw them beside the gate to get in and

out, it was tied off because the latch was not working.

It was now roughly 6:15 am, I drove the scissor lift to the building and positioned it so I could work on the south east corner I had to reach the top of the second floor now being glazier it was always challenging and took a little finesse to get the job done. I loaded up the caulking gun and got to work. I started to walk backwards towards the end of the frame, I was running a nice caulking bead and if you are caulker you concentrate on the end of your caulking gun to ensure that perfect bead.

Now when I first loaded the lift I threw a few boxes of vinyl on the side near the gate and not remembering I tripped while I was walking backwards and fell back towards the gate which was not working properly, I still had the caulking gun in my right hand.

I only remember a few things after this. The caulking gun hitting the side of the railing and me trying to grab onto the gate with the other hand, stepping back with my right foot and nothing was there. I was falling, I then briefly remembering trying to get to my cell phone, and I could not turn my head I also remember someone holding my head then bright lights and commotion.

I had just fallen 28ft onto concrete and my life had changed forever!



The Lift I fell from





Above

3 K-wires were used along with a titanium mesh to supports my broken bones in my left elbow

Left

Synthes anterior cervical plate with four self-drilling, self-tapping screws between my C5-C7 vertebrae

This was the next 7 years of my life: my fight from the start to survive from my injuries, to overcome great obstacles and challenges from the extent of my injuries, to fighting Work-Safe B.C to have cannabis accepted for chronic pain and for acceptance of my injuries. I protested to try and draw awareness to how injured workers were and are being treated, forced onto Social assis-

tance, losing my house, living on the streets and helping educate the public and other injured workers on cannabis for pain control to being published and winning awards for my accomplishments and more. This is my story about one man's battle to overcome his pain with natural standardized cannabis.

I awoke in Royal Columbian hospital on the 24th of June. I was scared and confused and in intense pain, I was screaming and a nurse was sitting beside me, she said my name and automatically gave me something that put me back to sleep. I broke my neck (c 6 burst fracture) broke my teeth, fractured my skull, shattered my left elbow, broke my hip, torn ligaments and bone fractures in my foot and cartilage in my knee. My C4-C5 is also compressed. Anterior wedging between T12-L1, my L3-L4-L5 herniated discs slightly narrowed with early lipping. Last of the back is a L5-S1 disc herniation with right S1 nerve impingement. Lots of PAIN!.

I now have some major nerve damage in my lower back and neck. Because of the c-6 burst fracture (I have a Synthes anterior cervical plate with four self-drilling, self-



Where do you turn when the system fails you?

tapping screws between my C5-C7 vertebrae) my strength in my upper extremities has depleted. I now live in chronic pain. I was taking heavy prescription drugs, narcotics for pain, sleeping pills, muscle relaxers, anti-depressants and heart pills. At one point of my recovery, I was taking 32 pills a day to deal with all my issues. Cannabis became a major part of my life and recovery. It was the remedy I used to

help escape from the horror I was in.

I met Dr. Paul Hornby (Ph.D., Human Pathology) at a compassion club back in 2006, Paul made something he called Canna-Caps, converted THC in a capsule and the following 1 year I met a RN nurse and she had written a paper on amino acids and cannabinoids for depression. Taking this info and working together we were able to come up with a regimen to help me with my chronic pain, depression, anxiety, nausea and other condition related to my injuries.

Over the next few years I became a case study on natural cannabis for pain control, slowly weind myself off all the pharmaceutical drugs using this regimen and went on to have major back surgery and only used cannabis and amino acids for pain control before and after the surgery.

On May 20th 2008 at 12:30pm I walked into Eagle Ridge Hospital for a L3-L4 discectomy, I had just medicated (Medical Kush) I needed to prepare my CNS for surgery so I took 50 drops on tincture (10 mg THC per drop). This would be my only pain control other than the anes-



thesia for surgery. I felt the cold burning running up my arm as I was being turned upside down and the Doc walked into the room.

The anesthesia has worn off, it is 6pm I am being moved to the recovery room, I asked the nurse to please pass me my supplements, GABA, Tryptophan, Same-e, Cannacaps and cannabis tincture, cannabis cookies I took my supplements administered 30 drops of tincture and fell asleep. I woke up at 10pm and took 2 x 50 mg canna-caps (JKT-THC 50 mg CBD 2 mg)

I remember while recovering the next day a nurse came in and said you're the guy that just did major back surgery with only natural supplements, she wanted to know what I was taking and spent the time to write everything down, I had a great conversation with her about cannabis and my injuries and how I was able to live a better quality of life.

So what are Canna caps?, Canna-caps are standardized, quality controlled, activated natural product cannabis capsules. Standardization means that each cap contains the same dosage of a major active. In the case of cannacaps they are standardized to the dosage of 'IHC, which is by far the most abundant active in the capsules. So, each capsule contains the same amount of THC. Also known, is the amount of Cannabidiol (CBD) and Cannabinol (CBN) in each cap.

Benefit of Canna-caps: By Paul Hornby

Canna-caps offer a safe alternative to smoking cannabis. Many persons using canna caps find that their smoking decreases significantly. A few caps a day provides a feeling of general well being, whereas persons in chronic pain find best relief administering every four to six hours. Canna-caps can be designed to suit individual needs, taking advantage of the strain specificity of cannabis they are often provided in am:pm formulation for day and nighttime use, on canna-caps a person tends to eat good, sleep good and poop good, "we maintain that oral cannabis is the medicine of the future and that as an herbal medicine standardized, natural product cannabis will be a leader."

I became Dr Hornby's first published study on natural standardized cannabis. The article was published in the Cases Journal.

Standardized natural product cannabis in pain management and observations at a Canadian compassion society: a case report.

Hornby AP, Sharma M, Stegman B.

Abstract

An adult Caucasian male with excruciating pains following multiple traumas was monitored, daily, over one year while managing chronic pain by self-administering quantifiable amounts of natural cannabis. Tetrahydrocannabinol, Cannabidiol, and Cannabinol were all measured in tinctures, capsules, smoke-able product plus some baked goods, prior to their administration. By allowing standardization, the subject was able to develop a daily regimen of pain management that was resistant to a battery of most patent analgesics. http://www.ncbi.nlm.nih.gov/pubmed/19829975

Medical marijuana saved me from a life on pharmaceutical drugs...



Pain was a hard to deal with; doctors put me on what I would like to call the "Pain special" when dealing with severe trauma:

- **1.Pain killers, narcotics:** oxycontin, morphine, Percacets, Tylenol 3...
- **2.Anti-depressants:** Apo-Amitriptyline, Effexor, Venlafaxine, Ceperlex
- 3. Anxiety pills: Ativan, Xanax, Lexapro, Valium
- 4. Nerve Blockers: Gabapentin, Lyrica
- **5. Muscle relaxers:** novo-cyclobenzaprine, methocarbamol
- 6. Sleeping Pills: Immovane,
- **7. Blood pressure & antacid pills:** Pariet and antihypertensives





In 2011 I was asked to enter my strain, that I called Medikush, in the Treating Yourself Medical Cannabis Cup. I did and won 1st place for private grower and in 2012 with the same strain I won 2nd place in the same category.

This is how our current medical system deals with the seriously injured. I was taking heavy prescription drugs, narcotics for pain, sleeping pills, muscle relaxers, anti-depressants and heart pills; these medications caused a lot of confusion and disarray in my life.

While on the cocktail of prescription drugs I found that I was always chasing pain, forgetting almost everything, not being able to make decisions properly, emotionally I was a mess always crying and hating life. Pharmaceutical drugs contributed to a lot of problems from side effects that were not related to my injuries and made them worse, and only at times, made them better. Life was a roller coaster ride, up and down, sudden unanticipated stops and screaming pain!

I had to learn to deal with my chronic pain, muscle spasms, depression and more issues related to my fall.

Today I am free from pharmaceutical drugs and happy to be more in control of my pain levels because of standardized cannabis and natural supplements like GABA, Tyrosine, PS 100 just to name a few that I have found effective for my pain control.

I hope I will be able to help others understand how cannabis can help people that suffer from chronic Pain, neuropathic pain.

Information on these supplements can be found in Issue 22 of Treating Yourself Magazine Pg 62-63 Why Amino Acids work

http://www.scribd.com/doc/32956626/Treating-Yourself-Magazine-22

Not only using this plant you need to learn how to grow your own medicine. It was also important to recovery. It gave me structure, it gave me life again, learning and watching this plant grow was therapeutic, I wanted to produce my own organic medicine and working with Dr. Hornby we were able to standardize mine and other medical grows, previous TY Issue 32 pg 82-84 Standardized Medical Cannabis Grows By Dr. Hornby and John Berfelo

http://treatingyourself.com/published-issues.php

Other articles recently published

Standardized Cannabis and Pain Management

by A. Paul Hornby, Ph.D

http://cdn.intechopen.com/pdfs/32438/InTech-Standardized_cannabis_and_pain_management.pdf

For the past 7 years I have studied extensively on the efficacy of cannabis and how it affects the central nervous system and helps me with all my conditions related to my 28ft fall. I want to tell the world how cannabis has saved me from a life of addiction on pharmaceutical drugs.

Today, as my Back-to-Work Program funded by WorkSafe B.C, I work as a Legal Medical Cannabis educator /advocate at a local hydroponic store in Surrey B.C;

Pacific Northwest Garden Supply

15374 103a ave Surrey B.C

and can be reached on Monday's and Friday's between 10am-2pm

I help educate the public to better understand the endocannabinoid system, CB1 and CB2 receptors; about the body's own THC anandamide (AEA) and how cannabis helps people like me suffering from chronic pain and other conditions.

Medical Cannabis and natural supplements have saved me from a life of pharmaceutical drugs and addiction, it can save you too!!

My fight has now lead me to the B.C Supreme court to have cannabis covered for seriously injured workers.

■



By Mary Lou Smart

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www.medicalcannabisart.com

rin Hildebrandt first looked to cannabis for therapeutic benefit when she was barfing day and night during her second pregnancy.

Morning sickness typically affects women during their first trimester of pregnancy, and those who suffer full-term are a rarity. The condition is serious, as a lack of nutrition and dehydration due to severe vomiting

can result in miscarriages. Hyperemesis gravidarum caused the hospitalization of Kate Middleton. There is no telling what the Duchess of Cambridge is doing to calm her upset stomach, but The Royals have been known to partake. Queen Victoria once revealed that she used cannabis to relieve the symptoms of morning sickness.

Hildebrandt, who was sick beginning two weeks after she became pregnant until two weeks before she gave birth, was so impressed by the therapeutic benefit of cannabis that she wrote an article about her experience in

Erin Hildebrandt and her youngest son Billy and the Hildebrandt family.

Mothering Magazine. "It was really rough with severe, unrelenting morning sickness that lasts all day and all night," she recalled. "Many women get morning sickness, but it is not debilitating; they can still keep food down and gain weight. For me, it was really hard to gain any weight."



Cannabis is not some sort of panacea, and it did not make all of my symptoms go away forever," she said. "Marijuana gave me back my life, because it made everything so much better.



At that time a friend advised that she try cannabis because by not being able to eat she was jeopardizing her baby's health. They smoked. She felt better. They ordered a pizza to celebrate.

More than 10 years ago, Hildebrandt, who is 42, was diagnosed with Crohn's disease, an autoimmune condition where the body's immune system attacks the gastrointestinal tract causing considerable abdominal pain and subsequent weight loss. Five-foot-seven, she had a tough time keeping her weight over 100 pounds. Doctors prescribed medication but nothing worked. Because she could not keep anything, including pills, down when she was having an episode, she often needed a shot for fast relief. "I spent years doped up and going from my bedroom to the bathroom to my doctor's office and to the hospital," she said. "I had my head stuck in the toilet half the time, and was in bed half the time. I could not be a real mom to my kids and it was really hard having toddlers running around while going through this."

When nothing else worked, she once again tried cannabis, and was once again pleased with the results.

"Marijuana helps by taking away the nausea, the vomiting, and the wasting away from not eating," she said. "It makes you want to eat."

She lived in Maryland at the time. She believes that advocacy is important, and testified before the state legislature in favor of a medical cannabis program.

"It is so important that folks know that there are so many different symptoms that can be helped with this simple herbal remedy," she said.

The Hildebrandts eventually moved to Oregon, a more cannabis-friendly state, because of her health condition. The Crohn's did not respond to conventional pharmaceuticals, and she and her husband wanted to be free of the fear of arrest. They didn't want to risk losing parental custody or having to pay fines for cannabis possession.

"If anyone asks me why I think marijuana is still illegal

after all these years, I draw a great big dollar sign," she said. "Cannabis is no more addictive than chocolate, and it's safer than most legal drugs on the market."

A purist, she prefers smoking and vaporizing to edibles. Prone to nausea, she has found that it is difficult to keep edibles down long enough for them to take effect. She is convinced that the anti-inflammatory properties of the plant help her the most, as the inflammation associated with Crohn's leads to scarring and intestinal blockage. She has been fortunate in that she has not had blockage requiring surgery, and credits that to cannabis therapy.

A great deal of scientific research documents the usefulness of cannabinoids in treating myriad oxidation-associated diseases, including inflammatory and autoimmune diseases such as Crohn's and multiple sclerosis.

When visiting her doctor a few years ago, she asked if there were other drugs on the market that she could recommend for help with the Crohn's.

"She said, "You know Erin, there are other drugs but the problem is that we'd be experimenting,"" Hildebrandt said. "Right now this is working really well for you. Stick with it because there is no drug that is safer or likely to be more effective for you."

A full-time wife and mom with five children ranging in age from 11 to 17, her days are non-stop and even include home schooling, and taking care of five cats and a rabbit. After years spent bedridden, she is happy to be healthy.

"Cannabis is not some sort of panacea, and it did not make all of my symptoms go away forever," she said. "Marijuana gave me back my life, because it made everything so much better. I can bake and decorate and play with my kids. I can help them with their studies. I can work within my boundaries, and still have a very full life doing all of the things that other moms do. It is really remarkable to feel the improvement in my health now that I am generally using this every day. Cannabis is incredibly good medicine."



By Johnny Hash

pon entering the Worlds Famous Cannabis Farmers Markets I am asked for my Cannabis recommendation and my Washington state Identification card. They look over my documentation to make sure I am qualified to enter and I am cheerfully sent through the door. I see pictures of Eddy Lepp, Roger Christie, Marc Emery, Chris Williams and more. There are Western Union Receipts pinned to their bulletin board showing contributions to inmates books that have been incarcerated for cannabis. I see a Doctor there answering questions for patients and talking to them about healthy choices and ways to treat themselves better. Everybody is cheerful and helpful. I see signature and voter petitions on the counters and a bevy of literature and information every person and patient should read. I am then met by a group of volunteers talking about changing cannabis law and freeing some local people that have been arrested. One of the volunteers sitting at the table is trying to collect signatures to help a loved one recently locked up for cannabis and threatened with a sentence of 10 or more years. I visit with them and learn that there are many people that have been locally let alone nationally affected by cannabis arrests and am saddened yet determined to join the battle in legalization and reform a little more informed than I was prior to my visit here.

Then I hit the lounge and WOW! I smell the most beautiful aroma I think I have ever encountered. If that is the Aroma of Tacoma they talk about when you mention a trip to Tacoma then all I can say is that must be one fine place to live and I am adding Tacoma to my list of favorite places! In the lounge they have a non medicated hang out

for care givers with magazines, refreshments, a lounge staff to help with refreshments and questions and a comfortable place to hang out with fresh popcorn popping and the aroma of brownies, cookies, fruits, cannabis and heaven wafting through mixed with laughter and music. I decide to get the true experience and decide not to just rush into the market but to hang in the lounge with some of the people and get their impressions of the market.

In the lounge there are about 40 people sitting, talking, laughing and enjoying each others company. There are two patients in wheel chairs that have volunteers from the market with them assisting them in making it around easily and making sure they are comfortable. There is a volunteer giving out magazines and making sure there are refreshments available. I talk to a young man who is sitting in the lounge who tells me he is waiting for his mom. He is 24 years old. He tells me his mother is a cancer survivor and that she almost died a year ago, at which time the doctors told him and his dad that his mother would not make it through the year and they needed to start making arrangements and preparing for her care. He said his mom was ghostly pale and down to 80 lbs, she had no appetite and she was in and out of consciousness. The doctors told the family there would be less then 3 months and that she was in the final stages. At this point we are both in tears and the others in the lounge are shaking their heads and aptly listening as well. He talks about all that they are going through and how his mom screams and writhes in pain. Then his cousin visits and she says that her aunt needs cannabis. Their father refuses and says it is against their moral beliefs and it is illegal. The cousin/niece tells them it



is legal in the state of Washington and that her oncologist can recommend or prescribe it for her. The son is sold however dad is not and they continued to battle over the issue for almost 2 weeks when the mom had to be rushed via ambulance back to the hospital. When the doctor talks to the son he speaks with him about

cannabis and the doctor tells him that his mother may have benefited from cannabis however now she is probably to far gone and they need to prepare for her death. She is sent home again with hospice in 3 days and told it will be less than a week.

He said at that time he called his cousin and she came rushing over with some Full Extract Cannabis Oil also known as FECO or Rick Simpson's Oil. Unknown to the father they begin to give her small doses in a teaspoon of baby food. Within weeks she is more coherent, she is eating and drinking and gaining color and weight the doctors can not explain the change. He says his dad moved out as he was so against the cannabis and he was left to care for his mother alone. He smiles and says that was 4 years ago. And then says my mom is coming right now. Look!



www.cannabisfarmersmarkets.com

SPOTLIGHT





I see this vibrant beautiful woman with a huge smile on her face with a big bag of goodies and three other people with her. I am introduced to Lynda and am enchanted by her. She is so full of life. She shows me a bag of teas, lotions, pain sprays, candies, cookies and so much more. I am amazed that some of these things are available and see I am going to learn a lot more than I bargained for today.

Lynda proceeds to tell me about a time when she could not afford medicine and her and her son were alone. Then she smiles and says that was until we found our REAL family!. All of these people here at the Cannabis Farmers Markets. Most of them will not take my money. Others make sure the medicine is affordable for patients like me. They care! They help us and we help others!

I am just dumbfounded and overjoyed and I haven't even made it out of the lounge and into the market yet. I am told many more stories none as touching but many more Cannabis success stories and stories of community involvement, compassion and strength all made possible because of this amazing market and the people involved.

I walk into the market and am immediately handed a free gift from the first vendor, he lets me choose a gift out of a box. I tell him it is OK I am just looking I am not planning on donating any money. He is smiling and tells me that it is a gift and that gifts come without strings attached. I chose a really cool wooden peace bracelet for my aunt.

I look over his table and see a few big jars of cannabis flowers. He tells me about them and I am amazed at the knowledge and care that he shows and it is evident that he cares about the patients and likes what he is doing. Across form him is the Raffle and I decide to go take a look. For \$2 a ticket or 3 for \$5 you can get a chance at winning one of three raffle baskets with the largest basket being with over \$420. How befitting right?

I am told all of the proceeds go to local causes, legalization efforts, patient in need and more for the community here.

There are 53 Vendors set up, music is playing and people are talking, laughing, sharing and having what looks like a good no what looks like a great time. The variety is unheard of. I see things I did not truly know existed.

Some of my favorite products were the Full Extract Cannabis Oil (FECO aka the Cure, Rick Simpson Oil and other names), medicated teas, infused bath products and medicated lotions and creams with non psycho active effects, the chemotherapy cure shampoo and conditioner to help with hair growth and pain, Tinctures, Medicated snow cones, Cannabis Capsules, Suppositories, Soup Bases, Tooth ache drops and dental floss and too many more to list here. Lets just suffice to say the variety and choices are the largest resource on the west coat. There is more to choose from here under one roof then any one collective would have to offer. I witnessed several collectives filling their orders for their collectives at the Cannabis Farmers Markets.

It is the largest and most organized resource of information, intelligent advocates, caring individuals, and medicine and resources available to patients, physicians, new comers to the community, the terminally ill, and everybody concerned I have encountered since starting my Cannabis research 17 years ago.

I have never seen so many strains of Cannabis, Starts, Seeds, Glass, Clothing, Foods, Capsules, Creams, Containers, Jewelry, Nutrients and other items. Most things you were able to try and discuss and even barter.

I asked a couple of vendors I encountered what they think of the market and how has the market affected their lives. The array of answers I got were different, yet the same. They were poignant and profound, they were funny and comical, they were sad and touching and they were downright amazing. I will share a few with you.

One of the vendors I met told me they had been with the





market since the very beginning, that they were one of the original 7 vendors at the first ever Cannabis Farmers Market in the world. Making history right beside Jeremy and Kitty Miller.

They told me that they were not able to pay their mortgage when they first started and were about to lose their home. They not only saved their home but were able to crawl out of debt and to take their lives back into their own control and were able to afford their own medication and bills. That they had met some of the most supportive and caring people of their lives there people that supported them and their life choices.

Another one of the vendors told me that they went from being on public assistance and losing their car to being able to not only pay their mortgage on time but being able to send both of their children to college and to donate money to local charities.

Another vendor told me they had been robbed at gun point when they were out delivering their excess medication to another patient and that they were hospitalized for 2 days and did not know if they were going to be able to continue to help the few people they cared for in addition to themselves. They told me this market provided them with a safe and comfortable place for them to do what Washington law specifically outlines they can do in regards to medical cannabis and patient exchange.

Another vendor told me that she used to sit in her home on anti depressants both of her children grown and gone and she found herself alone and in a fog since her husband died. At times even contemplating suicide. She was broke and felt alone. When a friend asked her to split a table at the market and paid for her half for her for the first time. She made organic baked goods with medicated butter and made enough to pay her friend back for her half and take \$500 home in reimbursement for her excess medicine. But better than that she took home a new sense of worth, a





SPOTLIGHT





sense of belonging and a hope for the future. She has gotten off of public assistance, and pays for her own Cobra medical insurance. No longer using any state or federal resources and so proud of it. She had something to look forward to and it changed her life forever. She said since them she has donated 350 hours to hospice, she has adopted two shelter dogs and donated \$1,000 to the Foster Grandparents program and volunteers as a foster grand parent for foster kids who need somebody to read to them or somebody to talk to, she has friends and purpose and a real zest for life.

I met a couple who are all laughs. They tell me before they started that they were both so obese and very ill. They were on a variety of medications all of them with their own side effects and problems. They were close to losing their home and both out of work. They decided to start a delivery service for their excess medicine and also were robbed at gun point making them wonder what to do. then they came to the market. They only deliver to other collectives pretty much now and have their other patients meet them at the market. They have collectively lost over 175lbs and looked great to me. They said they have found a family and a home in the market.

The stories are all different yet they all have one thing in common. They all say the Cannabis Farmers Markets was a changing point for them, a positive influence on their lives all the way around.

For some it is the only social event they have and they look forward to it with an eagerness every other week. It is a time when they can see family and friends. To give support and to get support. To laugh and make laugh to cry and be cried on. This is a Community that works! Farmers Markets have proven to be a source of community support, outreach and success for generations for all of our other farmed goods, foods, fibers, herbs and like. Why would Cannabis be any different? It has not only been proven to be medically beneficial and even necessary, it has been proven to be non dangerous and non life threatening with fewer side effects than peanuts! It is also these patients legal right. I say this should be the model for all states to effectively and safely offer their citizen that voted medical marijuana or cannabis legal a safe and effective way to what we have been doing for years with the Farmers Markets and Alternative Health Care Centers. Laughter has been proven to be good medicine. And happiness and community support are always beneficial, instead of taking so many antidepressants and feeling isolated and alone people can gather together support and educate each other and benefit the communities they reside in.

When I finally got to meet Jeremy I was completely overwhelmed by the way the market had empowered the local medical cannabis community and was excited to ask him a few brief questions.

Here's what he had to say

Illustration by Josh Boulet





How did you come up with the idea for a Cannabis Farmers Market?

A: The idea for the Cannabis Farmers Market came about because I was feeling like the way most patients were getting their medical cannabis in Washington was not

working for them or the farmers. I got to see this problem 1st hand as director of Sacred Plant Medicine, we were constantly having to tell farmers that we were unable to accept their medicine for a variety of different reasons, and patients often couldn't afford to visit a collective regularly to acquire medicine. So one weekend I visited the local farmers market and thought to myself wouldn't this be a great distribution model for medical cannabis the next day I woke up and could not get the idea out my mind and the Cannabis Farmers market was born.

What was the reaction from the local police?

A: When my attorney contacted the local police they told him that all cannabis collectives were illegal according to state and federal laws. Which seemed to be the default answer from law enforcement across the state when asked about collectives, so I didn't expect that we would have any real issues from them with about 25 collectives already operating locally. Thankfully I was right because we have connected our community in a way that has never been seen before and even if the market ever gets shut down they can never take away those connections.

What do you love the most about the market?

A: I love the way the market empowers the local cannabis community. For the patients it creates a social environment where they can interact with others in similar situations in a place other then a hospital or doctors waiting room and it gives them a free market environment to acquire medicine. For the farmer it connects them directly with the patients that will be consuming the medicine and it helps them financially when the mainstream economy is failing them. I constantly hear stories from farmers about how the market has saved them from being homeless or hungry and it alway makes me smile to know I was able to help them, help themselves all while giving patients safe access to medical cannabis.

Anything I forgot or you want to say to every-body?

A: I would just like to remind people that we would never be able to see an event like the Cannabis Farmers Market if someone hadn't come before us and helped push the limits of freedom so that we could be where we are today, thats why it's so important that we never forget to give thanks to those that have paved the way for us and continue to push as far as we can so those that those that come after us can enjoy freedoms we only dreamed of!

Treating Yourself looks at Drawing Strength from Georgia Toons





By John Dvorak

Hempologist

ne of the first things that drew me to the artistic and humanistic genius that is Georgia Peschel (aka Georgia Toons) was her positive attitude, mischievously ribald nature and unabashed devotion to the plant scientifically known as Cannabis Sativa. Sativa is the Latin word for useful, and Georgia usefully skewers modern day sensibilities with her piercing wit, sharp colors and pinpoint portrayals of characters representing ordinary people. Perhaps we should call her Georgia Sativa! Her drawings may seem straightforward, but they are replete with hidden messages including peace signs and other literal and figurative symbols of hope.

Georgia approaches the prohibition of cannabis with the watchful eye of a caring mother, the fervor of an ardent activist and the understanding of a patient. She sees cannabis prohibition for what it is: a cruel and unusual punishment against an entire class of society that chooses to medicate, meditate, philosophize, relax or just have fun with a "bit a dope." Dang if she doesn't have a great grasp of the issues and the biting wit that I do so enjoy! Couple this with her cute and funny characters and I knew I had to get to know this canna-prankster better, so I studied dozens of her toons on Facebook and her website.





Cannabis activists draw strength from Georgia's drawings. She draws about all aspects of cannabis including industrial hemp, which many overlook or disregard. Georgia sees cannabis prohibition as the kaleidoscopic issue that it is, drawing many unique, brightly colored images, each illustrating her delightfully offbeat yet poignant opinion. Short, concise comics are a great way to convey an important message. Nestled within an amusing or risqué toon, people may not realize that they are actually learning something important. As with many others, the more Georgia learned about the benefits of cannabis and how truly evil its prohibition is, the more determined she became to educate herself and others.

An equal opportunity proselytizer, Georgia's early toons bear witness to her spiritual side with guest appearances by some very heavy hitters. "Friends of the show" include fanciful drawings of the Laughing Buddha, Adam & Eve (& snake!), Noah, Jesus (wearing an absolutely divine hemp robe) and God himself. Far from being preachy, her underlying message is to have faith, give thanks and be compassionate. Georgia subtly incorporates an ancient symbol for Christianity, the ichthys or fish, into her message; emoticon style in e-mails and blog: <>< or drawing it to dot the "i" in her signature. And, not unlike a certain someone from Galilee whose miracle with but a few fish and loaves fed the multitudes, with just

SPOTLIGHT



a few brush strokes, Georgia's drawings become parabolic parables that nourish the intellect of thousands; fortifying the believers while nursing the skeptical towards the inevitable truth that is cannabis hemp. Now that's what I call a modern day miracle!



Laughing Buddha Bu Georgia

www.georgiatoons.com



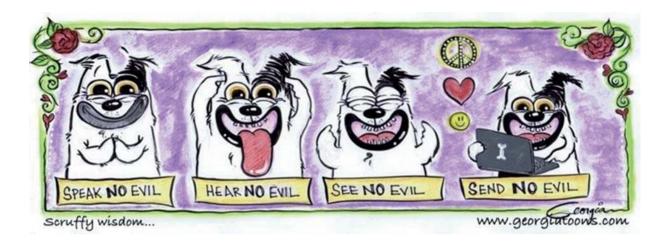
Cultivating Compassion By Georgia

www.georgiatoons.com

Georgia is very up front and open about her life and she holds no bars on her snarkily named stream of consciousness "Blah-Blah-Blog," a roiling river of emotion, laughs, information, photographs, toons (of course!) and incitement, as she asks her readers to educate themselves and others in order to erode the negative stigma associated with the "devil's lettuce." Her opinions are strong but her underlying love for others shines through in a multi-colored mélange of insightful concepts and guffaw inducing triple-entendres.

Georgia created Zen Kitty, a philosophizing feline that espouses equal parts wit and wisdom: "As we work the soil, till the sod, nurture peas in their pod, tread the land our ancestors trod, we should hardly think it odd that pot was also made by God." Speaking of animals, Georgia is always incorporating





A rising star in Georgia's cast of characters is the adorable black & white Scruffy, who was also featured on a contest winning card for Hallmark.

her pets into her toons. Sadly, one of the features of her toons, a small brown dog named Hunny, passed away in March 2011. Georgia's broken heart was evident in her blog, but her resolve was strong as she moved forward. She still includes drawings of her little cutie along, of course, with Hunny's wise and wise-cracking remarks. A rising star in Georgia's cast of characters is the adorable black & white Scruffy, who was also featured on a contest winning card for Hallmark.

What really floored me though was the story of why she became a canna-toonist and who Georgia draws on for strength. Georgia's son, Storm, was born with multiple synostosis syndrome, an extremely rare and painful condition that caused his young bones to fuse together. Storm cried in almost constant pain for years. Being so young, he could not tell his parents what was wrong and numerous doctor visits were fruitless. Storm's hearing impairment further complicated mat-

ters. The effect of the immense love for Storm and the infinite patience of Georgia and her husband, Norm, can not be overstated. After years of trial and error with many different approaches including the use of powerful and debilitating pharmaceuticals, Georgia began researching cannabis for its pain relief qualities. When Storm was 14, Georgia made the courageous decision to allow him to try cannabis and see if it helped. The results were immediate and stark! Storm's pain was reduced, although not eliminated, and his quality of life, and that of the entire family, vastly improved. By age 15, Health Canada had approved Storm's medicinal use of cannabis. He was a legal patient! Storm's school work improved and he became an honor student. Georgia rues the fact that she did not learn about cannabis earlier because she would have used it to help ease the pain of the love of her life. A major goal of hers is to inform other parents that, under the right circumstances, cannabis is good for minors.



SPOTLIGHT





Medicinal Cannabis Cartoons

While Georgia felt blessed to have found this safe, effective and natural remedy, she was compelled to let others know about the therapeutic properties of cannabis. Georgia's long time desire to draw coalesced serendipitously with her newfound love of all things cannabis, resulting in the creation of the Happy Hippie Comic Book, a quasiautobiographical collection of 99 cartoons inter-

spersed with interesting facts, quotes and website links. The Happy Hippie packs a potent punch as it points out the medicinal benefits of cannabis and pokes fun at the foibles of the naysayers.

The Happy Hippie gave way to Georgia's current canna-centric comic concept: Cultivating Compassion, a call to grow up, grow closer and, of course, grow cannabis. In addition to being a regular feature in Treating Yourself Magazine since June 2009, Georgia Toons is drawing fans to more and more

publications all the time, including ReLeaf Magazine, Nugs and Cannabis Digest. She also has legions of fans on Facebook.

I believe I struck up an online conversation with Georgia through one of her steadfast Facebook friends. I was soon inundating Georgia with ideas for cannabis hemp and prohibition related toons. I think we both



have a similarly sick & **Storm and the Happy Hippie** twisted sense of humor (great minds stink alike!). This resulted in our first collaboration: There's a fine line between being a "burner" and a "burnout." Georgia took my idea and added her own special touches to augment and enhance my concept. I was giddy with happiness when I saw this toon and I fervently hope that it is the first of many such cooperative efforts. I've got a lot of ideas but I can't draw a straight line with a ruler, so working with Georgia works for me. I'll share my ideas with any artist that is drawn into the fight against cannabis prohibition, so let me know if you're interested.





I was honored to be portrayed in a Georgia Toon illustrating that (egads!) Cannabis is a Gateway Drug. Actually, cannabis is proving to be a gateway AWAY from illegal drugs, pharmaceuticals, alcohol and tobacco. Cannabis is proving to be a gateway TOWARDS a happier, healthier lifestyle. If cannabis is a gateway to a better life for you, let other people know, including your doctors. Many doctors do not realize how beneficial cannabis can be and it is up to us to educate them because they are not being told the truth by their medical associations, the government or the pharmaceutical companies that stand to lose billions as the therapeutic use of cannabis becomes more widespread.

Having successfully used cannabis as a gateway to stop drinking, I appreciate how Georgia brings the differences between cannabis and alcohol use into sharp focus. She doesn't hold back showing how socially unacceptable and irresponsible drunks are, while also advising temperance and moderation even for the sacred herb.

I contracted with Georgia to draw a custom cartoon depicting the Cannabis Curriculum, my effort to increase the amount of research into all of the beneficial aspects of cannabis hemp while also documenting the devastating effects that its prohibition has on society. I had been thinking about doing something like this for several years and this was a great opportunity for me to have my charter turned into a permanent piece of graphic art. I assaulted Georgia's inbox with ideas, pictures and links to recordings of my Cannabis Curriculum presentations and Georgia peppered me with comments and questions seeking clarification. The end result is very special to me and something that I hope will stand as a tribute to my family, my activism and to Georgia.

Georgia Toons is a mainstay at Marco Renda's Treating Yourself Expo held each year in Toronto. Georgia has blogged about how much fun she has at these events and about all of the great "hemp friendly" people she meets there. Of course, none of this would be possible without the dedicated efforts of Marco, so Georgia and Norm reciprocated by building and delivering a beautiful "Weed Master" smoking chair to Marco. This exemplifies Georgia's caring nature and showcases the industrious streak running through the entire Peschel clan.



Georgia and Marco Renda

As I write this, I am sick with worry about Georgia. During the summer of 2010, she started mentioning in her blog that she was not feeling well. She was having headaches and had developed a very disconcerting facial twitch that prevented her from sharing her huge, kind smile with others. Tests, including MRIs, were performed, with no definite diagnosis. Still, Georgia kept an upbeat tenor. Even if she isn't feeling 100%, she believes it is a sin not to use her talent to continue to draw in order to inform and educate. Over the months her symptoms became worse. Additional tests finally identified a possible cause and surgery was performed in November 2012. Amazingly, only a few days after this major operation, Georgia wrote a wry blog entry titled "Fifteen Shards in Grey" which included a graphic photo of the metal staples in the back of her head. I am so heartened by her indomitable spirit. She has profoundly affected my outlook and thought processes. Georgia means so much to the entire cannabis community.

SPOTLIGHT



We draw strength from her drawings. Georgia draws strength from her friends, fans, furry-ones and of course, the dynamic duo: "Storm 'n Norman." She draws strength from within and from above. I can only hope that she draws on this article for her future endeavors: shining a bright light on the goodness that is cannabis hemp and the evil that stigmatizes this humble plant. The only thing left to say is:





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Nevil's Super Kush



Nevil's Super Kush



Nevil's Super Kush



Physical Test

Strain: Nevil's Super Kush

Breeder: Nevil

Grower: Smoking Moose
Judge: Brindabella
Date: October 20, 2012

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

2. Visible Trichomes: 9 *Visible trichome content from* 1-10 *none-totally covered.*

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

Clear 5% Cloudy 60% Amber 30% Dark 5%

4. Colors present in the buds *and/or on a scale 1-9 light-dark:* Gold, White, Purple

5. Bud density: 10 *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.

Earthy 5, Licorice 5, berry 6, Grape 4, Chocolate 3, Hash 8, Spice 7, Leather 4, Coffee 7

7. Aroma: 10 *Aroma from* 1-10 *repulsive-delightful.*

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

9. Weeks cured: 4 *If know the number of weeks your sample has been cured.*

Comment - The bud presents beautifully. It is fully cured and totally covered in trichomes, with great bud density. Even before opeing the bag the aromas were cloying at the nose. Strong, robust aroma that filled the room.





Smoke Test

- 1. Utensils: Joint using Venti rolling papers
- 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 Earthy 8, Licorice 5, berry 6, Pepper 3, Grape 6, Cedar 3, Chocolate 6, Hash 8, Skunk 8, leather 5 Spice 7, Leather 5, Nutmeg 2, Coffee 6
- **3. Taste:** 10 *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:** 9 *smoke ability of the sample from* 1-10 *harsh-smooth.*
- **6. Smoke expansion:** 10 *smoke expantion in the lungs from* 1-10 *stable-explodes.*

Smoke Test Comments: -

FOLLOW UP QUESTIONS

- **1. Dosage:** 1 to reach desired effects.
- **2. Effect onset:** 9 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence: 0 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- **4. Indica influence:** 10 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- **5. Potency:** 9.5 *Rate the potency of the sample from 0-10 none-devastating.*
- 6. Duration of effect: 2 hours
- **7. Tolerance build up:** 5 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 1 Day/work 1 Evening/relax 9 Night/sleep 9
- **9. Overall satisfaction:** 10 Rate your overall satisfaction from 1-10 poor-Holy Grail. **10.** Ability and conditions: 10 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 \mathbb{N} if you had a NEGATIVE effect

Visual perception

- Paranoia relief Ability to rest or sit still Anxiety relief Sex drive
- Р Sleep Appetite
- Speech process Audio perception Taste perception Humor perception Thought process Imagination/creativity
- Pain relief
- **Extended Medical Survey:**
 - ADD/ADHD Diarrhea Alleraic rhinitis **Amphetamine Dependence**
 - Anorexia Arthritis/Musculoskeletar pain
 - Asthma/Cough Bipolar disorder
 - Cancer/Chemotherapy Chronic fatique
 - Crohn's/IBS

- Depression
- **Epilepsy** Glaucoma
- Hepatitis High blood pressure/Racingpulse
- Insomnia
- Itching
- Migraine/vascular headache
- Muscle Spasm

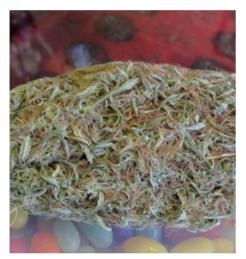
- Muscular movement disorders
- Nausea
- Panic Attack
- Peripheral nerve pain
- Post traumatic Stress Disorder
- **PreMenstrual Syndrome**
- Sedative/Opiate Dependence
- Schizophrenia
- Spasticity in Multiple Sclerosis

FINAL COMMENTS: - This is a terrific and very potent medical strain. Being so heavily covered in trichomes, it lends itself well to a strain suited to making Rick Simpson's Oil. It tastes great and simply has the best bag appeal. This is a keeper for sure





Rainbow Chunky



Rainbow Chunky



Rainbow Chunky



Physical Test

strain: Rainbow Chunky

Breeder: Gary Von Billen
Grower: Smokin Moose
Judge: Southern Sun
Date: October 16, 2012

1. Visual Appeal: 9 *Visual appeal of the buds from* 1-10 *unappealing-excellent.*

2. Visible Trichomes: 8 *Visible trichome content from* 1-10 *none-totally covered.*

3. Colors that are present in the trichome heads under magnification: Clear 15% Cloudy 55% Amber 20% Dark 10%

4. Colors present in the buds and/or on a scale 1-9 light-dark: Brown 4, Green 6, Gold 6, Grey 4, Red 5, Rust 4

5. Bud density: 9 *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.

Licorice 4, Floral 4, Mango 4, Blueberry 8, Melon 7, Pine 4, Menthol 3, Pineapple 4, Mint 7, Musk 8, Nutmeg 3

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

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

9. Weeks cured: 3 *If know the number of weeks your sample has been cured.*

Comment - I feel privileged to have been given this Rainbow Chunky bud to test. This bud was from a plant that was harvested at roughly 100 days. It has a very open bud structure and the smallest trichomes I have ever observed. It is elegant and dusted in trichomes, with red harirs from the dried pistils. The aroma just tingles the nose, and the aroma us quite different that what I am used to (ie. Kushy type strains).





Smoke Test

- 1. Utensils: Joint with Tally Ho papers
- **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 Licorice 4, Floral 8, Mango 4, Fruit 8, Melon 3, Menthol 4, Spice 9, Nutmeg 4, Vanilla 2
- **3. Taste:** 9 *Impression of the taste from* 1-10 *unpleasant-delicious.*
- **4. State of dryness: 8.5** 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:** 8 *smoke expantion in the lungs from* 1-10 *stable-explodes.*

Smoke Test Comments: - The bud crumbled easily onto the paper - no scissors necessary. The smoke is aromatic and smooth, and expands pleasantly in the lungs. On exhale I tasted fruity, almost mentholy, spicy undertones, maybe a hint of pine and mango too.

FOLLOW UP QUESTIONS

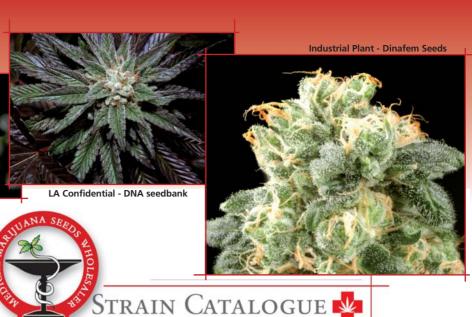
- **1. Dosage:** 4 to reach desired effects.
- **2. Effect onset:** 6 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- **3. Sativa influence:** 75 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- **4. Indica influence:** 25 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- **5. Potency:** 8 to 8.5 *Rate the potency of the sample from 0-10 none-devastating.*
- **6. Duration of effect:** 2 to 3 hours
- **7. Tolerance build up:** 1 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 9 Day/work 9 Evening/relax 5 Night/sleep 2
- **9. Overall satisfaction:** 8.5 *Rate your overall satisfaction from* 1-10 *poor-Holy Grail.*
- **10. Ability and conditions:** 4 *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
 - P Ability to rest or sit still N Paranoia relief
 Anxiety relief P Sex drive
 Appetite N Sleep
 N Audio perception P Speech process
 - N Audio perception P Speech process
 P Humor perception P Taste perception
 P Imagination/creativity P Thought process
 N Pain relief P Visual perception

Extended Medical Survey:

- P ADD/ADHD Depression Muscular movement disorders P Diarrhea Allergic rhinitis Nausea **Amphetamine Dependence** Epilepsy N Panic Attack Glaucoma Peripheral nerve pain Arthritis/Musculoskeletar pain Hepatitis **Post traumatic Stress Disorder** High blood pressure/Racingpulse PreMenstrual Syndrome Asthma/Cough N Sedative/Opiate Dependence Bipolar disorder Insomnia Cancer/Chemotherapy Itchina Schizophrenia
 - Chronic fatigue Migraine/vascular headache P Spasticity in Multiple Sclerosis
- Crohn's/IBS Muscle Spasm

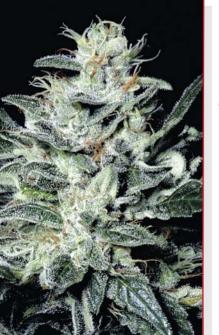
FINAL COMMENTS: - A gem amongst the rabble of Aussie commercial hydro, the RC tastes fantastic and is smooth on the draw. Great strain for getting the introspective or creative process flowing. This strain is great for parties and social gatherings as it prompts open and energetic conversations, Great strain for an anti-depressant to boot.







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Purps, The	\$90,00
Sweetgod	\$75,00
Sweetooth	\$75,00
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Syrup Red Dwarf

White Dwarf

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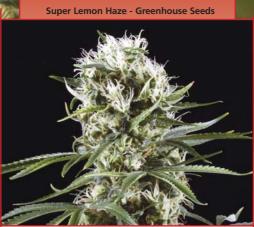


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Dam Sour	\$52,00
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13 - Roor Citrus Smoothis



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NIRVANA	
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Ice	\$38,00
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Delahaze	\$40,00
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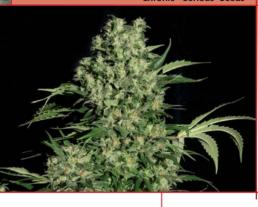




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Blackwater

Julius Caesar

Purple Diesel

Larry OG O'Giesel

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Cannatonic	\$170,00
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Chronic	\$105,00
Double Dutch	\$105,00
Kali Mist	\$120,00
Warlock	\$75,00
White Russian	\$105,00
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REGULAR PACKS OF 11	
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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



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Kaboom	\$84,00
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MK ULTRA	\$72,00
S.A.G.E.	\$60,00
Sage n Sour	\$64,00
Wreckage	\$65,00

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Burmese Kush	\$110,00
Chocolate Chunk	\$80,00
Da Purps	\$90.00
Darkstar	\$120,00
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Kushage	\$102.00
Lambo	\$120,00
Mendocino Madness	\$60,00
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PG-13	
S.A.G.E.	\$102,00
Sage n Sour	\$120,00
Skunk XXX	\$30,00
Skunkage	\$44,00
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Winners name will be announced in Treating Yourself issue # 41 Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full.

ALL INFORMATION WILL BE DESTROYED IMMEDIATELY AFTER A WINNER HAS BEEN PICKED AND CONTACTED

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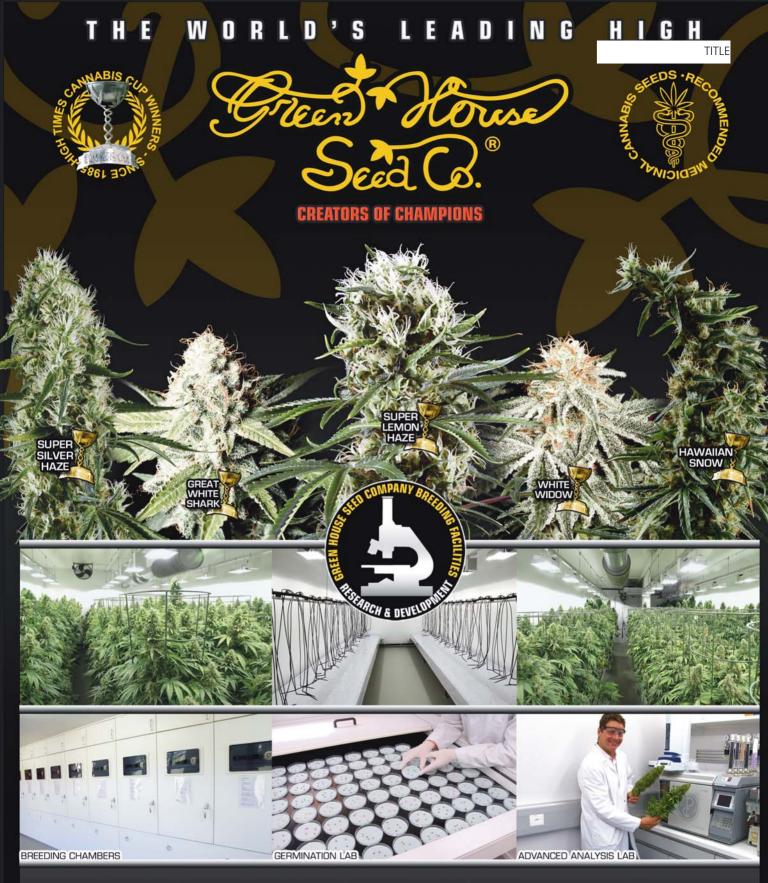






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AIIKUSh More than just Kush

Text & Photos: - G.B.I.

One of the new feminised strains from Paradise Seeds is named "Allkush". So nothing but Kush? Taken genetically literally, no - It's more than just Kush, because Allkush is a mostly indica strain with a quarter part of sativa, she was bred from an Afghani indica and a Southeast Asian mostly sativa strain. Allkush is Paradise Seeds' former strain Sheherazade, a long-established classic from the early days of Paradise.

A full body massage!

Sheherazade is the gorgeous heroine in the Arabian legend The Thousand and One Nights. Allkush, the former Shererazade strain, however needs considerably less time than 1001 days and nights to ripen, she manages to do so within 56-60 days of flowering, with an indoor harvest potential of up to 450 grams per sqm. Allkush plants are growing very compact, bushy and low, with little side branching an lots of big rounded, very hard top colas, making her perfect for sea-of-green cultivation. After the onset of flowering, the plants don't stretch very much any longer. Outdoors the Allkush strain reaches maturity around mid of October, being able to achieve a height of up to two metres and a yield of up to 400 grams per plant. Abundant amounts of resin and an average THC

content of 15-18% do effect a very strong high that naturally is mainly characterized by vast indica power, providing an intense deep warm body relaxing sensation that feels almost caressing, like having received a sensitive relaxing full body massage. Luc from Paradise Seeds describes this sensual aspect of Allkush as follows: "The effect starts in the lungs and sexual organs then rises throughout the other parts of the body rapidly until you feel completely at ease and cannot longer suppress a big grin on your face!" But this grin thanks to the sativa influence stays vivid, not becoming a freeze-dried grimace, the 25% sativa influence does provide enough head freshness, in addition to that strong body stone. According to Paradise Seeds, Allkush is an excellent medical strain as well. She has a very mouth coating, deep musky-sweet Kush aroma and flavour, typically Kush - a



"Good that my air exchange system does work so well..."

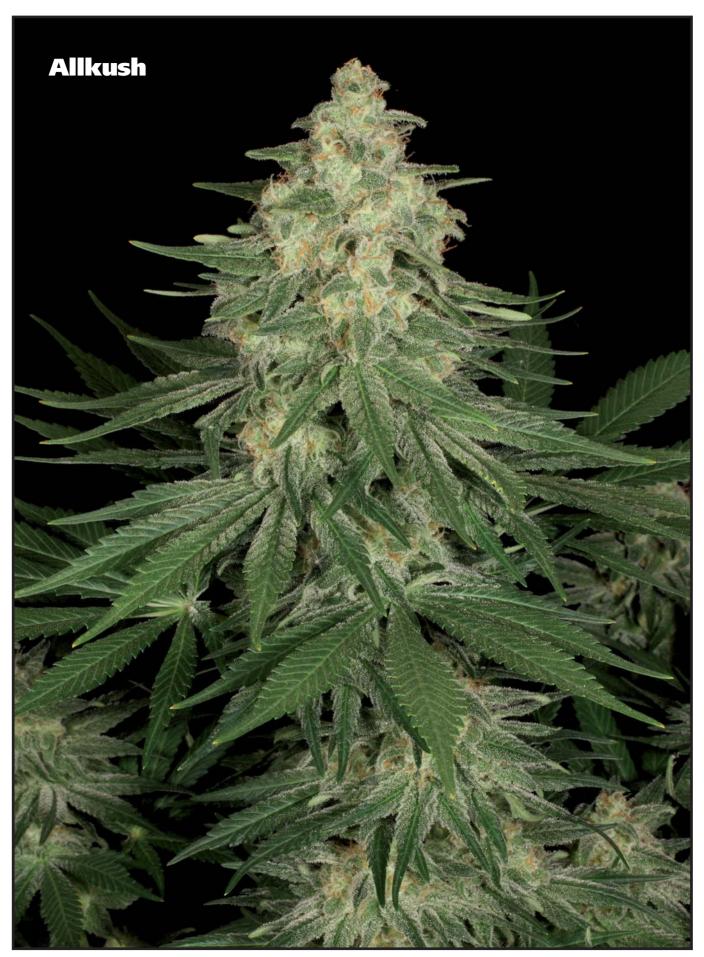
true delicacy for any Kush afficinado. Her extremely rich resin content makes her a great hashish production strain, she's "a queen for hash production", as Luc puts it.

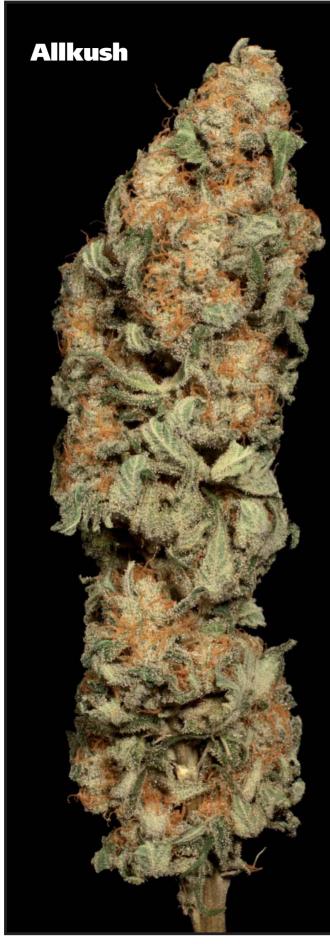
The Doc, a die-hard Kush fan, couldn't withstand this highly alluring Kush strain profile and germinated three feminised Allkush seeds from a five piece package. As usual he also grew some other strains along with Allkush and therefore had to restrict the number of seeds to be sown. One week after all the three seeds had successfully sprouted, The Doc reported: "They all have the same size and are about 3 cm tall", and one week later: "One can easily recognise their indica-dominant nature, with broad

leaves. They are about 5 cm tall now, three internodes have emerged meanwhile."

After two weeks of growth under two TLC 150 lights, the three Allkush plants were transplanted to 11 litre pots and, together with the other strains, placed into the actual grow room which was equipped with two Plantastar 600 W HPS lamps. The Doc: "The plants' volume has doubled, and also side branching has started to develop. One of the plants has slightly twisted leaves, but I suppose that this will sort itself out in time (it did, indeed). The plants are having five internodes now, growing very stout, compact and strong, the main stem is about to lig-







Genetics

Allkush (75% indica, 25% sativa)

Vegetative growth here

31 days after germination Flowering here: 60 days, in general 56-60 days

Medium

Plagron Standard Mix with 5% expanded clay and horn chippings, 11 litre pots

рΗ

6.0-6.5

EC

Vegetative stage: 1.2–1.6 mS Flowering: 1.6-2.0 mS

Lighting

First two weeks of growth: 2x TLC 150 lights After two weeks of growth: 2x Osram Plantastar

600 W HPS

Flowering: 2x GIB Lighting 600 W HPS + 1x 400 W

Osram Son T plus

Temperature

24-30°C (day) 20-22°C (night)

Air humidity

Vegetative stage: 40–60% Flowering: max. 50%

Watering

By hand

Fertilisation

HeSi Blühkomplex, HeSi Phosphor Plus from the 4th week of flowering

Additives/stimulants

Nitrozyme, HeSi SuperVit and Wurzelkomplex, Enzyme

Height

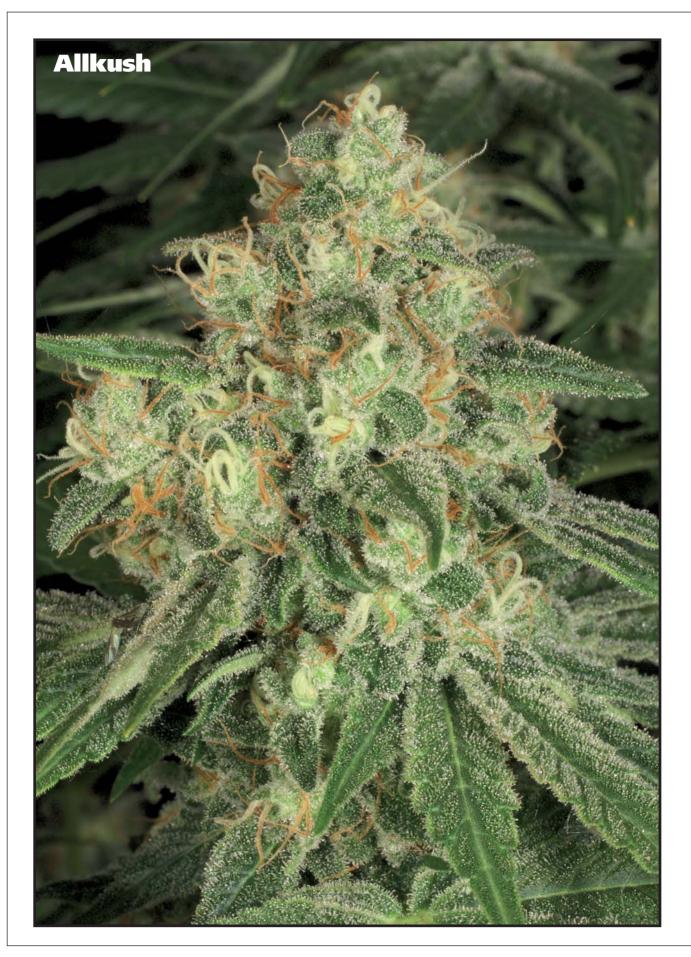
65, 75 and 85 cm

Yield

330 g





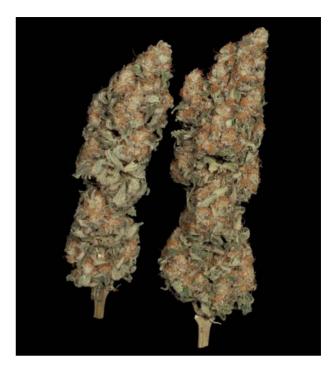


nify already. Growth seemed to be slow in the beginning, but that impression was falsely suggested by that very stout growth pattern I think. Anyway, growth has undoubtfully taken up pace now."

Four and a half weeks after germination, after 31 days, The Doc induced flowering by reducing the daily light period from 18 to 12 hours. The three Allkush plants at that point of time had reached a height of about 30 cm, with an amazing number of 15 internodes resulting in extremely compact and bushy plants, laden with dense branches. The blooming quickly took over, and very early already, the first female preflowers became visible that shortly after passed into true full flowers. Two weeks after flower induction, The Doc already saw nice little flower "roses" on top of the branches that became larger and larger in the following weeks, increasingly being coated with resin glands.

Height growth noticeably continued in the first five weeks of flowering, however, to a different degree, the three plants measured about 55, 65 and 75 cm after five weeks of flowering, but still were extremely compact and bushy, exhibiting numerous thick roundish top buds on the main stem and branches. The Doc was quite excited about the immense resin gland development the Allkush plants were showing, he supposed that their resin coat would be far above average and spectacular in the end. The plants' smell already was highly sweet and spicy, very penetrating so that The Doc said to himself "Good that my air exchange system does work so well..." After 42 days of flowering, he reported: "She is a plant that produces dense hard nuggets with tons of resin. One can instantly smell that she's a Kush dominant strain. I think that in the next two weeks of flowering, a lot of things are yet to happen with their already stunning buds. As the upper big shade leaves took away too much light, shading the lower leaves and buds, I took some of these off so that also the lower branches and buds can receive enough light to form proper thick buds." One week later, The Doc kept on enthusing about Allkush: "The buds are still becoming harder and harder, being frosted with abundant white resin layers. Their aroma is seductively sweet and musky, heavily kushy, a true enjoyment. Flower stigmas for the most part have turned brown, so I think there's still one week to go till harvest."

After 56 days of flowering, The Doc noted down "The end of flowering is definitely going on. In one or two days I will harvest the first one, and the other two or three days later." And then, on the 60th flowering day, all the three Allkush plants had been harvested. By the way, there wasn't any male flower on the three feminised Allkush plants. The Doc: "Harvest was quite a sticky affair, cutting off and manicuring such a large amount of fat super resinous buds. They are incredibly stinky, giving off a true Kush odour."



Indica hammer fastened the Doc to his couch

In the end, the three plants had arrived at heights of about 65, 75 and 85 cm, having preserved their pure indica growth pattern - thick, fat and compact - until the very end. After The Doc had slowly dried those fat rock-hard nuggets, as usual effecting a slight fermentation during the drying process, he weighed them and was stunned by the proud outcome of 330 grams which left him highly satisfied of course. And about the Allkush high - "Wow superb!", to say it with one word from The Doc, the Allkush buds did deliver a first-class indica hammer with a tremendous body stone effect that lasted for a very long while, a totally dazed Doc felt like fastened to his couch at first, but after a while, the slight sativa up-high effect in the head, as described by Luc, also took place, keeping a deeply relaxed Doc from falling asleep and enabling him to finally grab that glass of water from the table and drink it! Nevertheless he feels Allkush is to be recommended for being smoked in the evening time rather ("it could serve very well as an effective soporific", he said) during daytime it would probably sedate the user too much, at least if he has to perform heavy physical work or intense intellectual work.

So The Doc put both thumbs up for the Allkush strain, he was totally taken by this Kush strain that, indeed, also did provide a lot of resinous leaf material for making hashish. As for costs - Allkush is a medium-priced variety, five and ten regular seeds respectively cost $27 \in /50 \in$, the feminised version is available in units of three (32 \in), five (50 \in) and ten seeds (90 \in).

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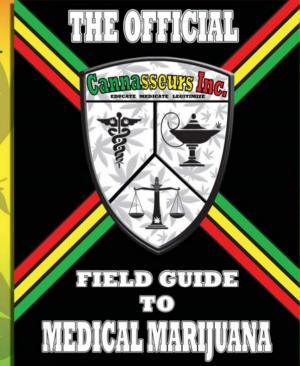


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Parents Neville 's Haze

Original Skunk

Flowering Yield

11-12 weeks medium - big

Statue tall and airy

ROOR ASH

Parents: Afghani laze

Afghan/Skunk

8-9 weeks Flowering:

Yield: biq

Statue: short and stocky

ROOR Bubba OG

Parents:

OG Kushi **Buhba Kush**

Flowering: Yield:

8-9 weeks medium - big

Statue: short and stocky

ROOR Citrus Smoothle

Parents:

Grapefruit OG Kush

Flowering:

8-9 weeks

Yield:

medium

Statue: medium stocky

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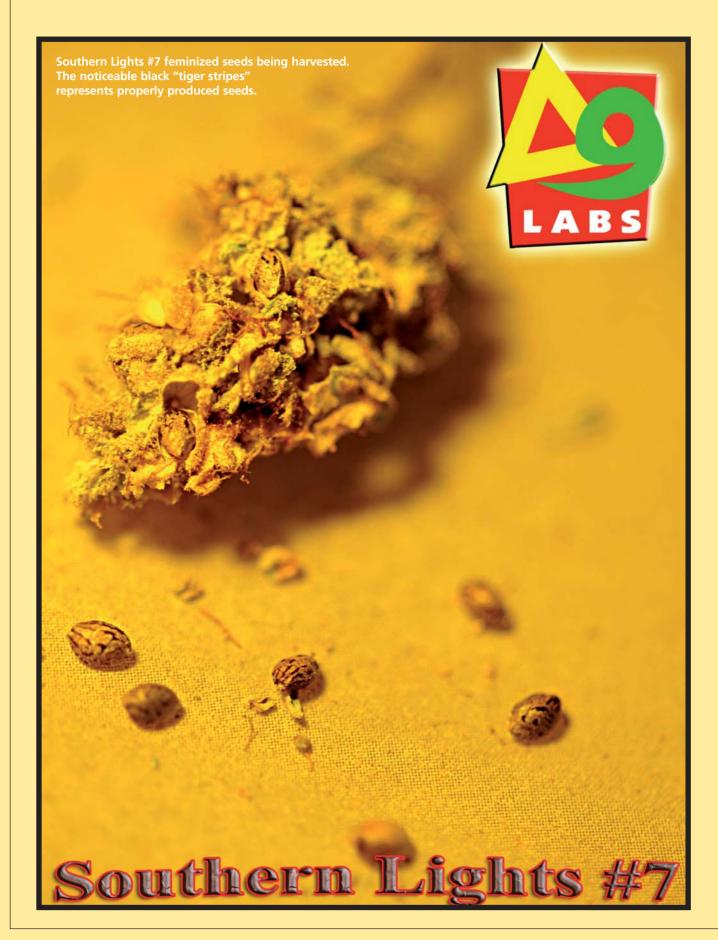
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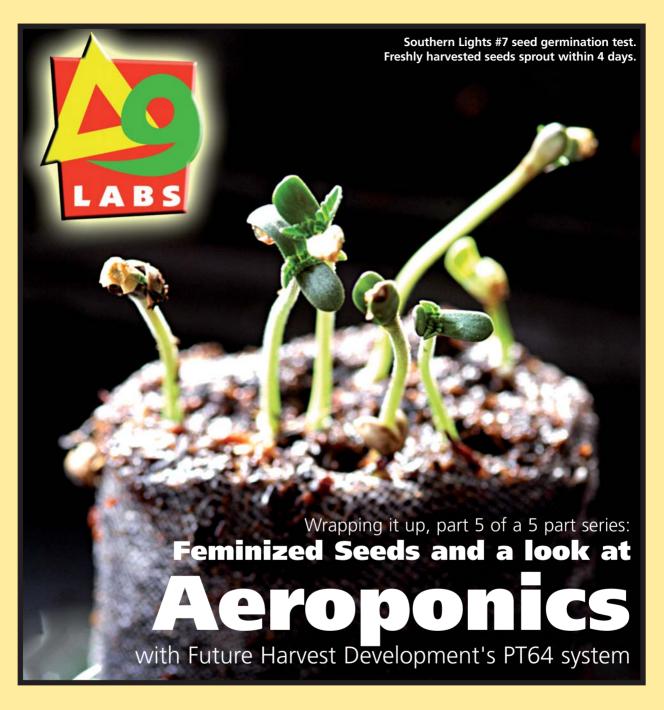
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Greetings Everyone,

In this issue I will wrap up Delta-9 Labs, Southern Lights #7 feminized seeds that we have been featuring as you see them harvested and fully developed with robust tiger stripes as we like to call them. These are the black striped lines that eventually wipe off although it is a sign of a perfect seed right out of a seed pod. We will also take a peak at progress with Future Harvest Developments PT64 system thriving now at 6 weeks in bloom. For those of you that not been following the series from the start, no worries as I will be writing a final overview and summary of the past 6 months. This will include the completion of the

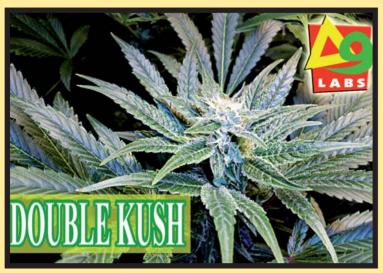
Double Kush and Super Star being featured in the FHD aeroponics system.

We allowed the Southern Lights #7 to bloom for a complete 11 weeks to assure that the seeds that you see completed properly. They are all hand selected and inspected before heading on to further drying racks, where they will eventually become inspected several more times before being stored and then packaged for market.

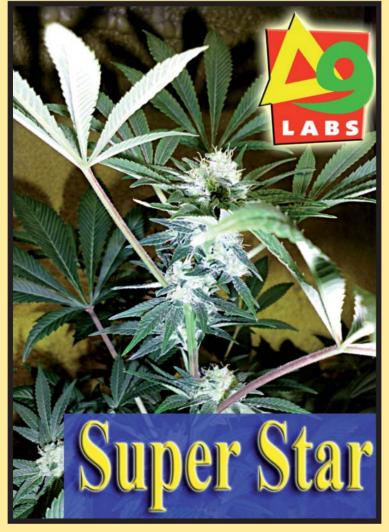
We are frequently testing germination success rates and the seed sprouts that you see in the photo are a quick seed







Double Kush in the Future Harvest Development PT64 Aeroponics System. The plant is at 6 weeks in bloom.



Super Star in the Future Harvest Development PT64 Aeroponics System. The plant is at 6 weeks in bloom.

sprout test from freshly harvested Southern Lights #7 feminized seeds only 2 days after they were picked from the buds. We experienced a 100% germination success rate within 3 days using a peat pellet that was kept in a propagator at 29 degrees Celsius. I always discourage people from using any other germination method and to handle the sprout more than is necessary. For anything other than a test we always use one peat pellet per seed. Once the seed sprouts it is immediately transferred to an awaiting container that will take its journey even further.

Plants that have a proper root zone will eventually be able to help produce large and heavy buds. I prefer to let the plants grow out for about 4-8 weeks before putting into flowering for bud production.

As we take a look now at the FHD system in progress at 6 weeks in bloom. The Double Kush and Super Star are still lush green and continue to thrive. As you can see from the photo, the root mass is tremendous and quite healthy. A strong root mass creates the potential for large heavy flowering tops.

The Ph is monitored between 5.5 to 5.75 and the EC is at 2.4 entering the 6th week of the flowering cycle as I mentioned it's higher fluctuation since the last issue from about 2.2 when they were at 4 weeks bloom. The reason for this again is that unlike soil as a medium, with aeroponics the plants need different amounts of micro and macro nutrients and this needs to be monitored and maintained. You need to give them what they need and when they need it. The trichome production and bud formation are where we would expect the plants to be performing at 6 weeks into flowering, however with the aeroponics method is producing slightly harder buds about a week sooner and appears to be about a week faster with more THC production.

I am looking forward to the overall summary of the 5 part series in the next issue including the Double Kush and Super Star harvest. Hopefully we will be able to enjoy the fruits of our labor with you at the upcoming TY Expo in May with cured buds!

Until next time, stay well & keep it real!



Induction Lighting

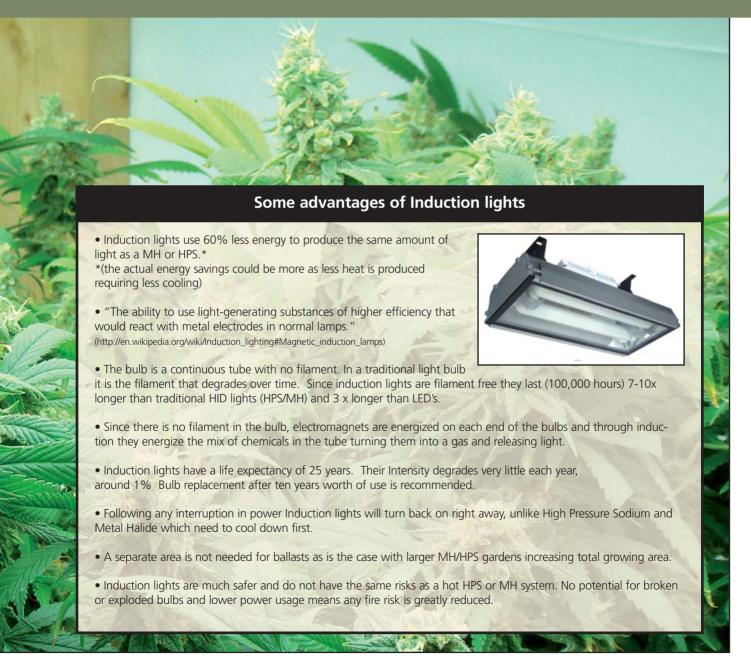


s a medical user and avid gardener of cannabis for over ten years I have learned a lot about growing great medicine from various forums online, books, magazines and fellow gardeners. Over this time we have seen a lot of hype in the horticulture products market. In some cases the hype is well deserved and in others clever marketing has fooled some into buying into failed technologies, etc. that don't always give the yields and quality we expect. In short they do not live up to the hype. Having said that I am not here to create hype, I am here to share the knowledge I have gained after using a technology successfully for years. Producing my own medicine is an important

aspect of my life and keeping me moving and as such I would not compromise on anything that did not meet my high standards. To put it bluntly, if I was not impressed I would have sent my first induction light back and not thought about it again. I would also not be here today writing about them.

Induction Lights at first glance appear to be big fluorescent bulbs but there are some major differences between the two technologies that make Induction lights much more intense, durable and much more appropriate from growing.

Here are some of them:







Although Induction Lights are a new thing to growers and the mass market, the principles for induction lighting have been around since the 1890's and the times of Nikola Tesla. To make a long story short, starting in the 60's, large companies started coming out with different types of induction lighting and since then many improvements have been made along the way. My introduction to the lights was through the Utility Industry. One of the places I grew up in replaced their street lights with this technology and I was given one to try as a grow light not long after.

I have been a legal medical user for more than ten years now and during this time have seen a few lighting technologies that were supposed to revolutionize the growing industry and tried some myself. To say the least, I have always been a bit skeptical of new technologies before they have been tried by us, the serious growers who care about things like consistency, yield, and overall quality of product.

Prior to encountering Induction Lighting, I was given a giant 100Watt compact fluorescent bulb. I was told it would replace the 400Watt MH I had been using for many years without any issues. I trusted that advice and I went ahead and replaced my light. After a month or more of testing, it turned out to be the worst mistake I could have made. With a lack of heat and intensity, clones I had transplanted ended up stunted, they simply stopped growing and grew no extra roots. Before I had a chance to realize what was happening, I was running out of options and decided to put the healthiest ones into flower. In the end I kept the little sticks of bud (a few grams each) and hung them in my prep area for years as a reminder of what can happen when you just throw all your eggs in one basket like that. It taught me that I needed to test any new system or technology thoroughly and apart from the system I rely on to produce my meds. With this thought in mind, when approached to test

Induction lighting about four years ago, I set up a completely different 4x5 room to accommodate the test. For my test, I was using a light meant for the utility industry, specifically something known as a "tunnel light" meant to be put in underpasses and tunnels but weatherproof The thing that immediately struck me nonetheless. about the light is how well it was designed to cross over into the greenhouse or indoor gardening industry. It basically took many of the concerns that we as growers have and either got rid of them all together or mitigated their impact in a big way. Although it seemed cumbersome to work with being a bit large and a little heavy, that would only matter for setting up. Given that they are pretty much a panel of light I knew that I wouldn't be moving plants around much, so their bulkiness was ok with me. Especially if it meant far less shadows due to light being produced from a panel rather than a hot spot of light as you get with a traditional HID light.

Veg test no. 1 Plant 1 200Watt Induction and on right 400 Watt MIH





My first veg test went incredibly well. So well in fact, that I had trouble believing my eyes. I decided that it was time to really give this thing a shot. I found four clones that were virtually the same size. As can been seen in the pictures the plants were labeled with numbers 1-4. Plants 1 &2 were placed in the test room with a 200w Induction Light. Plants 3&4 were placed under my 400W MH. I took pictures daily of their progress. As can be seen by

the pictures provided, the plants under the Induction Light become noticeably bushier in one week. After three or four weeks the differences between the plants were quite obvious. The induction light at half the wattage was producing plants with 2x more foliage. It was clear that the extra light coming from all angles made a big difference in plant growth through the vegetative cycle of the plant.

Veg test no. 2 Plant 1 and 2 under 200Watt Induction light and 3 and four under 400 Watt Metal Halide







2nd Veg test
Above
plant 1 200 Wtt Induction
Plant 2 400 Watt Metal Halide

Right
Week 4 of 2nd veg test.
Plant 1 and 2 under
200 Watt Induction.

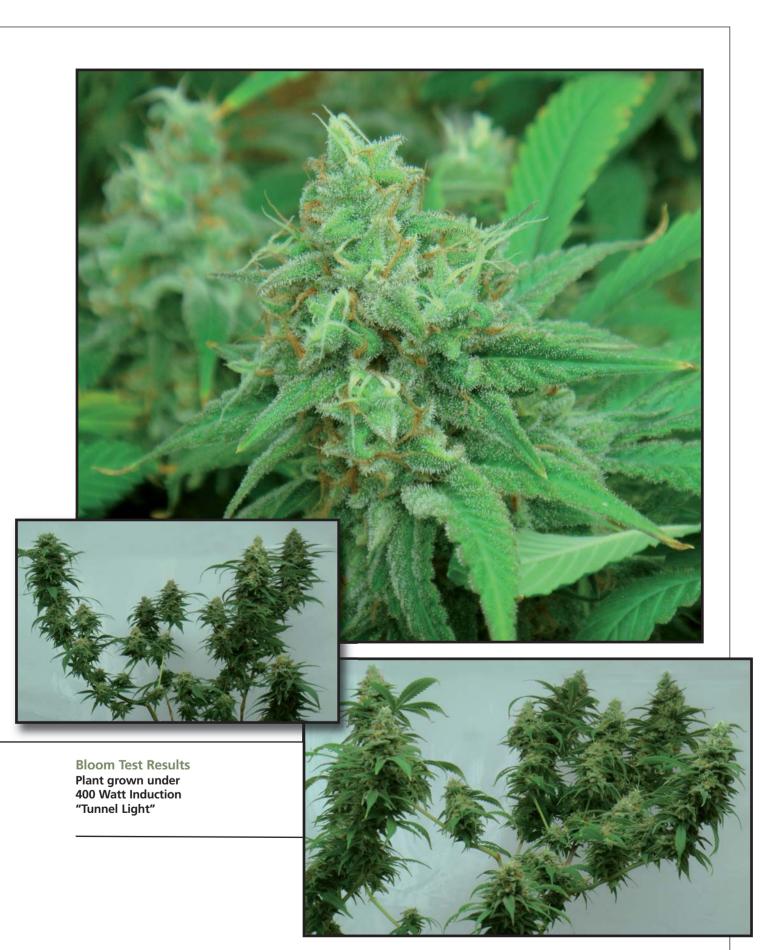
Plant 3 and 4 under 400 Watt Metal Halide



So vegetative growth was much better but that represents a small but important part of what we do. What really matters and where we use a lot more light is during flowering. Obviously, that is where my tests took me as I had to make sure it bloomed as well or better than the HID's I was using before replacing them with this technology that was very new and virtually unknown to growers.

Of course this is also the first thing people ask; "It's a great veg light...But does it bloom? Now, keep in mind, my original testing was done with lights that were 30%

less intense than what I currently use as they were not designed specifically for horticulture. Just to make it clear, YES even those lights do wonders in flower. In fact, I have had better yields since switching my entire setup to induction lights. It has now been that way for around 4 years. The great thing about the lights I am currently using is that they are more intense. So if I even had a hint that my plants could use a little extra light intensity before (which to be clear, I was happy with the old ones), any such hint is completely gone now that I am using a light made specifically for the professional horticulture industry, resulting in a 30% increase in intensity.





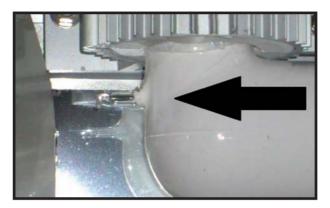
Let's examine these lights in a little more detail:

Temperature: These lights provide an appropriate amount of heat for what a plant needs to be healthy. If you are venting based on the fresh air needs of your plants then it is likely that will be enough to take care of the heat that is produced by these lights. Through experience I have learned that for a 4'x5' grow, a 1000W HPS HID in a cool tube with the ballast placed outside of the grow area is comparable to a 400 Watt Induction Light with the ballast attached. The height of the room can also be reduced as you can grow within a few inches of your plant canopy, getting as close to an inch or two away from the light without your plants being damaged. In fact, with budding plants, I have often checked on my plants only to find that a newer strain I am testing has stretched unexpectedly into the light with little damage at all over the hours I had missed it.

Intensity: Induction lights designed for horticulture are on par with a 600W HID system when it comes to lumen output. The difference between the two is the surface area that the light is being produced from is much greater than that bright spot of light you get from an HID light. With a bright spot of light you get many more shadows. Induction lights on the other hand can be better related to a panel of light where the light is coming from a much larger surface area and thus able to come from all angles and penetrate the canopy of leaves much better. The effect, far less shadows and plants are wrapped in a more consistent amount of light. Light also penetrates the canopy much easier this way. This intensity comparison does not hold true for all induction lighting. Many of the lights on the market today belong to the lower intensity group of lights that were designed for people and lighting indoor and outdoor areas, not growing plants. Although they will work, they will not yield as well or penetrate as deeply into the plant canopy.

Spectrum: You can get Induction lights in a variety of spectrums but the ones I have been using produce full spectrum light. That means your plants get all colours of light and uses what it needs. If you limit the spectrum with a filter or go with a coloured light you are limiting the range of light your plant is getting. Why not provide the plants with a buffet of light and let them decide what to use. They will be healthier and you will see their true colour instead of a blue or orange tinted version allowing you to better determine the health of your plants. Lights that are coloured and not around 5000K can be considered to be limited in their spectrum.

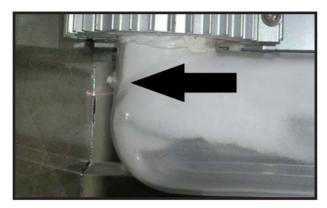
Total Amount of Light: Since the total surface area of the bulb is much greater than a 600W bulb you end up with more light, giving off around the same amount of light as a 1000W.



Small glass filling tube located at each end of the induction light tube.

Mounting Options: This is another area where not all lights are equal. When looking for an Induction Light, you may want to consider that some can be mounted from the side and others are simply not designed for that purpose. Many of the lights I have seen out there since I have been using them are flimsy, and/or not designed for the horticultural industry. I was also surprised that very few of the others, if any, could be side mounted to a wall.

Durability: These lights rate very high when it comes to durability when you get the ones that are meant to be durable. Lights that have been designed to be around a garden will have certain main features to look for. They are enclosed with glass so that the components and bulb are covered. The glass is important for two main reasons. Cleaning is much easier with one surface of glass rather than trying to clean the bulb, reflector, and parts inside. Although they are made from much heavier glass than a fluorescent, the bulbs have small nibs on them that remain from the vacuum system used to fill them. The ONLY issues I have seen with these lights have come from people removing the glass from them in an attempt to get more light out of it as there seems to be a misconception that adding glass will reduce light intensity in some circles. My answer to this misconception is that the lights meant for industrial applications were tested with a frosted plastic filter. This only reduced their intensity by approx 5%. Thus, a transparent piece of tempered glass only helps to direct the light downwards and focus its footprint a little better with very little light loss, if any. If you remove the glass you are also exposing the bulb, electromagnets, and other components to the elements. Let's face it, you want to be able to spray your plants down if needed and not have to worry about getting your light wet as it could reduce the lifespan of the light components dramatically. Keeping your light clean is important as you will lose intensity if your glass gets dirty so you want a light that is easy to clean and will be durable enough for you to clean. As stated, the bulbs are a much



Filling tube broken off. Notice how the pressure change has blown the coating off the inside of the tube

heavier glass than is normally used in lighting but they are still glass and those two tubes that are used during the process of pumping the gases into the bulb stick out a little. These tubes can get caught on a rag or bumped while being cleaned and you have just ruined a pretty expensive bulb. The warranty will not cover that obviously.

Humidity: When there are less heat issues you have less humidity. There are a few reasons for this, for one, warmer air holds more water and the other is that HID systems tend to evaporate more water. As a result in smaller systems not controlled by AC you will notice that plants need less water and nutrient levels will have to be increased accordingly.

Cooling: For small scale gardens air flow is often enough to keep things cool, for larger grows one or more air conditioners is common. This equipment can get very expensive and running it is not cheap either. Induction lights use less power and produce much less heat than comparable 1000W systems. This means your cooling capacity drops meaning you can reduce your cooling equipment costs dramatically at around 50% less. Gardens are cheaper to set up and use less power when they are operating so in some cases these lights can pay for themselves right away by not having to invest in more air conditioners up front.

Retrofitting current setups:

If you get the Induction Lights designed properly for horticulture you will end up with an effective footprint of about four feet by three feet. It has been my experience that the suggestions in the industry of a 400W induction being a good replacement for a 1000W are misleading. On a 2000W 4x8 table, due to the footprint of the light, you would have to add an additional light to cover the area in the middle that the Induction lights are unable to properly cover or move the plants daily to make sure they each get enough light. That third light adds more to your

yield and you end up getting much better results. The good thing about the Induction lights is that if you are willing to use 2000W on a 4x8 table normally and you want to maximize your yields even more, you can use 4, 400W induction lights as their lower heat allows you to add much more light. You would be saving 400W of electricity and getting much higher yields with more consistent light distribution. Room height can be lowered as the lights are able to get much closer to the plants and give off less heat. This can often allow for one room to be stacked on another.

What to watch out for:

Lights not designed to be in damp locations. A good light will say that it is and will be covered with glass. You have to wonder about lights designed without a glass cover if the ones that are specifically say not to remove it.

When I initially got into Induction lighting I was using lights that were meant for street lighting or "tunnels". These lights were the most appropriate of the styles I had to choose from. I just finished a tour of Hydro stores in central Ontario. Many of the lights I saw were either under designed for the serious grower lacking adequate durability and intensity or repurposed industrial lights. Most of them were intended as alternatives to HID's in warehouses and have been repurposed as grow lights with either an attempt to create an appropriate hood, or simply sold as is as a "high bay" light.

If you try one of the repurposed lights, be ready for 30% less light intensity. Given the fact that these lights start out 30% more intense and that there is around 1% decrease in light intensity per year, after 25 years, if your light is still working, it will likely be more intense than some of the ones being sold as "grow lights" right out of the box. The repurposed lights are not all that durable. Some, such as the "high bay" light I mentioned (something you would see in a typical big box store for lighting) dent extremely easily as well as bend and warp if not handled gently (not something you want to be working around when literally bumping into it could cause it to dent). The others are simply under designed with less intense bulbs, no glass and a flimsy reflector.

Buyer Beware: They always say beware of imitation products, a phrase that could not be more true when it comes to choosing quality Induction Lighting. A high quality light is sure to last longer and be much easier to look after than one that has been under designed or is less intense than it could be.

Tip: Although these lights can be side mounted, they should be kept horizontal. If they are put up on one end at an angle greater than 20 degrees for more than an hour or so then they should be left horizontally for at least 24 hours prior to use.



Method Seven Glasses

By Lexx





fter 30 years of working under HID lights, especially High Pressure Sodium's, my eyes have gotten a bit beaten up from them. They constantly have given me headaches, not to mention the blurry vision for a about an hour after working long hours under them. This is what happens working under them, coming out of a room full of them their overwhelming brightness makes it hard to adjust to lower light levels, blurring everything not bathed in this bright light. I am sure some of my own vision loss is directly attributable to my working so many decades under these lights.

Technology has always found the problems, the needs and in this case answering them with a solution that is pretty cool!

The Solution: Method Seven glasses.

These glasses are a Real solution to a long-standing problem accomplished with style and flair.

Nicest frame style, most comfortable fit and best of all, these glasses really, truly, absolutely stunningly, work!!!!!

For an old Hippie like myself, the eyestrain is gone, the tiredness and headaches, Gone!

For the first time to see the True colors of everything I am working with under the HPS lights is amazing. This dominance of yellow and orange bands of color being completely equalized makes working under them a pleasure. With decades of working under these HPS lights without any help beyond sometimes wearing sunglasses, these are truly, truly appreciated. The shifting of colors, and strobing is gone; it is now like working under a whole bunch of very bright incandescent light bulbs.

These frames being Italian have two of the most important features I look for in glasses, the arms go past the frames when they close, so the arms never scratch the lenses when they are closed. These frames also wrap around so that light has a hard time coming in from the side. Now add they are made of Zeiss glass, thus giving a superior clarity and Real, true color correction. AAA+++

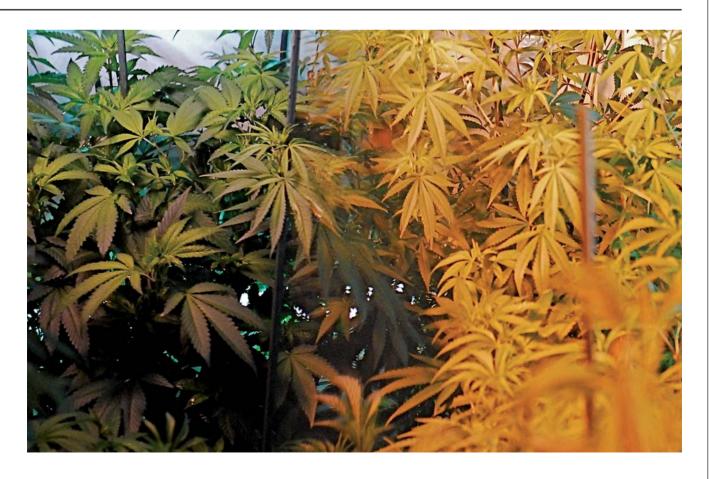
When working with high value plants this enables you to catch every pest, and see every plant problem much quicker, as even the slightest shift in color, or a leaf changing its texture is now noticed immediately.

Wish I had found these glasses 30 years ago as my eyes have suffered for all these decades.*

TY Book Review



High Times was right to call them one of the Best Cultivation Products Ever!



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International Flame Off

Ben Burton as MC & Marcel Braun as FlameOFF Coordinator Team "Glasscraft" USA: Jp Toro, Dellene Peralta, Chris Carlson Team "Liquid Chrome" Canada: Jared Toner (White Flame), Patrick Stratis and Team Captain Korey Cotnam Team "JUNDE" Japan: DISK, Junichi Kojima (Rose Roads), Yoshinori Kondo



Not Just Marbles Artists:

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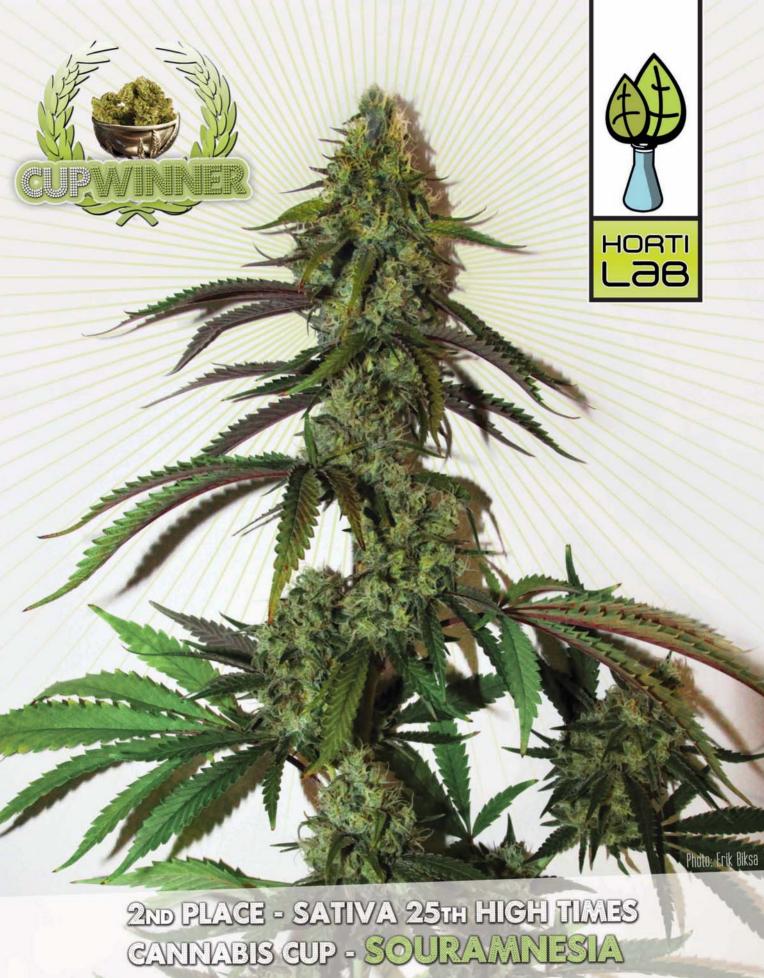












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ocated in the heart of California, the Santa Cruz region is extremely cannabis centric. Santa Cruz County is home to ideal weather conditions for marijuana cultivation and the cannabis hub for the western United States. Which is why once a year we hold the Santa Cruz Cup for Medicinal Cannabis to enjoy, discuss, and celebrate the best medicine on the west coast.

Judging is performed by representatives elected from Medical Cannabis Collectives throughout the county. What makes the Santa Cruz Cup for Medicinal Cannabis and the California Canna Cup (CaliCup) different from other cannabis contests is its fair and anonymous evaluation of all of the characteristics or marijuana. You cant truly judge cannabis in a matter of minutes. Instead of forcing the judges to rush through (50+) entries in one day, all of the evaluations are completed before the event. Thus ensuring a thorough grade not solely reliant on looks and aroma.

Entries are given point values based on:

Appearance – Trim, Bouquet, Bag Appeal, & Cure

Aroma – Overall & Aromatic Bouquet

Effect – Overall, Indica v.s. Sativa Characteristics, & Duration

Smoke - Expansive & Burn

Flavor – Overall & Flavonoid Bouquet

The winners:

Santa Cruz Best OVERALL 2012 CHOCOLOPE by canna cruz

Best Santa Cruz Indoor Indica 2012 STARGATE by anam cara

Best Santa Cruz Indoor Sativa 2012 LYBERTI AFWRECK by lyberti farm

Best Santa Cruz Outdoor Indica 2012 NUKEN by sean

Best Santa Cruz Outdoor Sativa 2012 AMNESIA HAZE by surf city delivery

Best Santa Cruz Edible 2012RON BURGUNDY INDICA BAR by hasheys chocolate

Best Santa Cruz Concentrate 2012GODS GIFT HONEYCOMB by green acres

All the entries were superb! For more info, check out www.santacruzcup.com







By Al Graham P.A.C.E.

www.pace-online.ca

ate November is a time of year where many people work at making sure that their homes are prepared for the upcoming cold winter months, that is unless you're like Ted Smith.

For **Ted** he chose to go on an East Coast Tour with his book Hempology 101. His plan was to cover the Atlantic provinces and a couple of places in Ontario before heading back home for Christmas. Ted has always seemed to be attracted to Universities for some reason. I bet it has to do with a couple of them starting up their own Hempology group to keep the message going. The other great thing about going to these locations is it allows him to reach out to an age group that needs to get more involved with our political process. After all they are the next wave of post-education cannabis advocates.

Ted kicked things off in the Nova Scotia where he visited and spoke to about 25 people at Dalhousie University. To do this Ted also brought in guest speakers such as John Perry of the Green Party and Debbie Shultz -Griffen, a spokesperson and co-founder of MUMM (Martimers United for Medical Marijuana) to join him. I'm sure Debbie would have spoken about the benefits of cannabis not only for patients but also for everyone else. With the Green Party having a policy that supports the legalization of cannabis you know John had lots to say on the subject. From there Ted moved onto Mount Allison University located near Sackville, Nova Scotia where he was able to reach out to approximately 60 people. Joining Ted for on this evening was Marcel Gignac from the Medical Cannabis Patients Alliance of Canada and Jes James who is involved with the Halifax Compassion Club.

Next on Teds journey was his stop in Ottawa where he

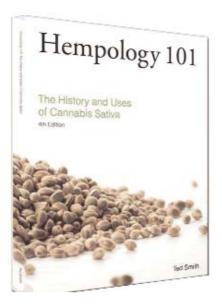
brought his tour to the local library. While he didn't have a room at the Ottawa University to speak he did get Ottawa University Law Professor Eugene Oscapella to join the discussion. Also joining them were Russell Barth, one of Canada's leading published cannabis letter writers and Adam Greenblatt of the Montreal Medical Cannabis Access Society.

Toronto Seminar

While I couldn't attend the previous events I was able to attend the one Ted held in Toronto at the Downsview Library. On this night Ted had arranged five speakers for the evening's discussion that would involve not only his book but also patients, vapor lounge start up information, how to run a compassion center to being involved in almost everything. In order to do this Ted arranged for his partner Gayle Quinn, Ben Reaburn from Vapor Social, Neeve of C.A.L.M. and the Publisher of Treating Yourself Magazine Marco Renda to speak about their situations and how they got started.

While Ted was setting things up I joined Marco for a walk to his car. Upon arriving he asked me to help him bring in a large bin full of TY bags that he brought for all the people who would be attending. These TY Hemp Carrying Bags contained the latest issue of TY and Glass Culture Magazines as well as the just released DVD from the 2012 TY Expo. Once we got inside we added in the latest issue of Cannabis Digest, which Ted supplied and we began to hand them out.

After a quick apology for some confusion about the location and for being a bit late, Ted got things started by talking a bit about the history behind his book and why he was doing the tour. Otherwise he kept the introduction brief and then introduced his first speaker Gayle Quinn.





Patients

Gayle took a seat in a chair near the front of the room. From there she started to tell us that she first used cannabis at the age of thirteen. For her though this wasn't for recreational use like most teens of that age, but for Gayle, it was to control the pain and discomfort of becoming a woman. She talked about how she had to teach herself everything about herbs and how she had planted some seeds in her back yard. She also shared the joys of getting her first harvest off. Her self taught education continued as she purchased cannabis cook books to learn how to bake medibles that contained cannabis in them as she preferred eating over smoking. She also learned how to make her own suave and creams to help deal with infections that she has had her whole life.

Gayle also suffered from digestive disorders and fat allergies. At one point she had to deal with mercury poisoning which she says through off her immune system which led to many of her health problems. She had to take control of the food she ate so she learned about eating and growing different garden herbs. She would use these in her pancakes mix or were made into an olive oil for baking. She believes that switching to her home grown toxin free herbs saved her life as she was given only six years to live at one point.

Not only was her health bad but she even found herself homeless and on the street. As time went on things changed for Gayle as she was able to spend some time with her dad and after finding the Cannabis Buyers Club (CBC). The setting and the good karma that she felt while at the CBC has now turned into a way of life for her. She continues to be actively involved with the club and looks forward to the challenges ahead.

Beginnings of Hempology 101

When Gayle was finished Ted Smith took the floor where he touched on many things, from the science behind cannabis to where things are today with the buyers club and Hempology 101. He shared with us some of his knowledge on cannabiniods and how our own bodies produce a similar chemical called endocannabinoids. Ted touched on how they can be consumed through smoking, eating and the topical applications to help relax nerves or to help out with inflammation as cannabis has anti-inflammatory benefits.

Ted moved on from the science of cannabis to the history of Hempology 101. He shared the stories of gathering around at the campus at 4:20 every day and how the school had banned smoking. This caused quite the issue as Ted got arrested, which actually increased the attendance at the next 420 gathering where over 320 students showed up for the daily ritual. The daily gatherings then lead to a "reeferendum" where the student body actually voted in an exception for the Hempology group so they could continue. Ted also told us that the Hempology group in Alberta is working with the Alberta Health Services to change their description of cannabis within their literature.

Ted closed things up with a review of the CBC and the Owen Smith (no relation to Ted) situation. He told everyone how the case developed and what had transpired. If you're not aware of Owen's case he was the CBC's baker who got arrested. When the trial ended cannabis derivatives were made legal for MMAR licensed people in British Columbia but Owen still had to stand trial for helping sick people get better. Ted compared this to mak-



ing maple syrup illegal even though it comes from legal trees. When it came to the CBC's other case, the one to deal with taxes, Ted told us that things look resolved and he will be required to pay \$150,000 in HST for a six month period with more to come. When I asked him how the government can collect taxes on something that they consider illegal he replied that the government wants to collect taxes on all money legal or otherwise. He said these troubles started when the police complained to the Canada Revenue Services after CBC had beaten them in part one of the Owen Smith case.

Starting a Vapor Lounge

Up next was **Ben Reaburn**, one of the owners at Vapor Social. Ben came to talk to those in attendance about setting up a Vapor Lounge, or a Medical Marijuana Consumption Facility as the City of Toronto likes to call them.

Ben told us that he wasn't always a cannabis consumer or an advocate until coming to Toronto as an adult. Ben was into music and got to know a lot of people within the city. From there he got to know some of the many nice people within the cannabis movement which opened his eyes to see some positive interacting experiences. Being he wasn't a smoker the item that got him involved was the introduction of the vapourizer which has no smoke.

With these two enjoyable things, experiences and vaporizers he chose to join in with some people to start up a Vapor Lounge. In the beginning there were many things

for them to consider. Did they want it to be flashy? Did they want to be loud and out in the public or have a location that was quiet and made people feel as if they were in their own living room? Where should it be located and what kind of neighbourhood are also big things that he said they worked at before picking their location.

Once the location is chosen
Ben shared his thoughts on
how to make your
business
acceptable
in your location. He suggested that when you set one
of these places up that you
should approach the businesses that are in the area. He says
that you should talk to the

other businesses about what your goals are and that your there to be part of the community and not be a hindrance to it. Let them know that you're interested in being active in your business community by joining the local BIA and by getting involved in other ways. Basically make this new style of business feel like it is part of a normal society.

Ben also touched on some of the rules that have to be implemented such as no tobacco or alcohol products, minimum age requirements and no soliciting or the selling of cannabis would be allowed.

Once you have moved into your location he suggested that you create some kind of entertainment for your business. This could be anything from comedy to acoustic music to complete bands. Do you want to have snack foods or prepare meals? In the end whatever you do one should create a lounge that allows people to come and socialize and become part of the main stream. Once you do these things they will go a long way in making your business feel like what it should be, a legal business.

Setting up a Compassion Center

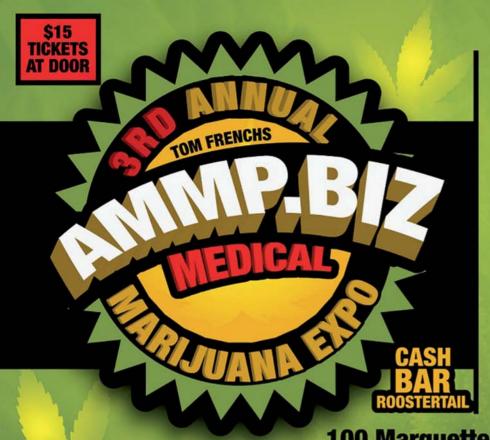
When it came time to talk about compassion centers this job went to **Neeve** who runs Cannabis As Living Medicine also known as C.A.L.M.. Neeve got things going by talking about how C.A.L.M. had gone fourteen years trouble free until the two raids that happened over a year ago. He didn't have too much to say about these raids as they are still before the courts but he seemed pretty confident that things will work out for them.

Neeve talked about their importance to those who are sick and ill and cannot grow or provide for themselves. He



Canada has over thirty different compassion clubs presently operating in this country and eight of





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them have joined together to form a larger support group. This group is to not only there to help educate the public but to also add regulation and a common precise way in how centers are to run as a legal business. This group is known as The Canadian Association of Medical Cannabis Dispensaries (CAMCD), which according to their website is "a not-for-profit corporation, has been established with the mandate to promote a regulated community-based approach to medical cannabis access and to support medical cannabis dispensaries to provide the highest quality of patient care."

From there we learned that these centers are set up like any other businesses as they require workers, suppliers and customers in order to operate. They have come full circle from being located in areas that are low priority unseen locations to places that are now visible through signage and on the main streets. Some have even taken to moving into commercial medical buildings so that the patient can go from their doctor's right to the center, much in the way people go from the doctors to the pharmacy.

From there Neeve took a lot of questions from the people who attended. They wanted to know how to set up growers, start their own center and what it takes to set up and run the Global Marijuana March, something that Neeve and C.A.L.M. started a dozen years ago.

Multiple Cannabis Businesses

The final speaker of the night was the Publisher and Editor of Treating Yourself Magazine **Marco Renda**. Marco welcomed everyone and thanked them for coming. He started off by telling us a bit about his history and how he started consuming cannabis at the age of twelve. He

another and before he knew it he ended up in rehab. From there he told us the drug that helped him with his problems was the cannabis

also told us that one thing led to

plant which he called his gate out drug and not his gateway drug as it is so often called.

Probably due to his past troubles and his use of medical cannabis he no

longer takes any other pharmaceuticals while he deals with his medical problems that include IBS, GERD, Arthritis and other conditions. This brought him to how he was involved in the now famous Hitzig case, one of the cases that

turned medical cannabis into an option for so many and is still used today to fight medical cannabis cases before the courts. Like most other legal cannabis users he is no different as he to waits long periods for his license to arrive and has found it a constant battle almost since day one. He shared stories of Health Canada calling up his doctors and having them apply pressure on them to reduce his prescription and wondered, if they can do that, what stops them from calling up your pharmacy or your doctor to have them reduce your pills.

Marco talked how Treating Yourself got started and how at one time it was just a website which allowed med patients to get together and share their experiences and medicine. Unfortunately for him this led to an appearance before the courts as they didn't like his sharing and caring generosity. He faced trafficking charges even though most of his customers never paid for the cannabis that they received. He reminded everyone that we need to know our rights and even suggested that you get a human rights advocate as a friend in order for people to get better educated. This is something that he has used several times throughout his travels. Such as when he goes to Europe and has had to use these skills to help him get out of a bind. He fully believes that all medical cannabis patients should be allowed to travel with their medication from one legal country to another such as they do with some countries in Europe.

He touched on how to bring cannabis into the main stream which is something that the TY Expo has done. He shared stories of advocates from the age of 18 to over 70 years of age volunteering at public events such as the Toronto National Women's Show and the National Home and Garden Show, both being the largest of their kind in North America. Being able to get into these shows has allowed TY to reach out to people who may never learn a thing about cannabis. A big thank you goes out to the people who spend days at these shows spreading cannabis knowledge and TY to the unsuspecting show attendees.

Once TY was up and off the ground he took his businesses further and further. It has gotten to the point where he has built what some would call an empire or a fantastic cannabis business model. The little website that started things is now two cannabis related magazines, a vapor lounge, a glass shop and the only cannabis expo in all of Canada. This doesn't include his joint adventures such as working with a European company to develop cannabis with higher CBD counts in order to improve the plants overall medical effectiveness. This government approved lab was going about doing its officially approved work when one day in walked the local authorities who arrested all the people involved. While this is wrong he did let us know that the work will continue once the lawsuit against the police is settled

When it came to opening up the Vape on the Lake vapor lounge Marco told us that like Ben he searched for a long time to find the proper location. He wanted to make sure that it was accessible for all patients and to do so he had to find one that had excellent wheel chair access. He also got other items for the handicapped such as movable chairs and tables along with wide open space for them to be moved around in. It didn't stop there as he had two large washrooms built with large doors for easy access and toilet stalls that had grab bars in them. He told us he had to fight off the lies and accusations by the local community but after working with his neighbours and the businesses around him he now says he has the support in writing from over fifteen places. Marco also mentioned that he has the support of the local Conservative MP. He gets this support because he proved to them and others that vapor lounges can improve an area that was once used by people that some call undesirables.

Vape on the Lake isn't a business that has big cannabis leaf on its front window. Instead it shows fish swimming around under the sea with vapor bags in their months. This has led some unsuspecting shoppers to enter the lounge believing it was a fish store.

Marco says his reward for doing what he does will come later in life. For now it's all about the patients and seeing the happy smiles on their face. For him getting the education out there to the educated and uneducated is important and believes that science is on our side.

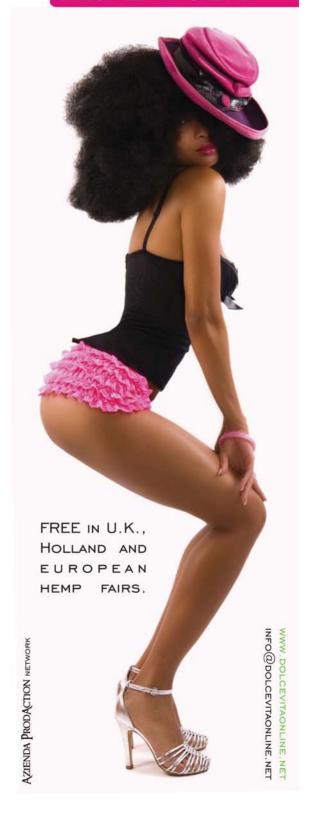
In the end

When the day was over and I had arrived back home I emailed Ted and asked him if he could share an experience from his tour. He wrote to say "The highlight was an 8 minute live interview on CTV evening news that was played all across the east coast." He went on to say that "everyone we met was wonderful and we wish we could have stayed for much longer everywhere we went. This is such a beautiful country." As far as to how he thought things went, he wrote to tell me "It was a dream come true. Being able to strike out across the country to establish Hempology 101 clubs and build a national coalition of student clubs has been my goal for 17 years. Though it was a struggle trying to organize so many conventions, in such a short time, in some places I had never even been to, we successfully planted the seeds of Hempology 101 into the minds of many people. It will be wonderful to see how the group grows."

Something tells me that Teds planting of the Hempology seeds will grow into advocates that will spread their knowledge onto others. These seeds, I know will keep the cannabis/hemp message alive and growing for many years to come.



THE NEW ALTERNATIVE LIFESTYLE MAGAZINE





Vape on the Lake:

A night of Celebration





Clockwise:

Shane enjoying the music Mob Barley and the Railers Pothead Pete dabbing with the old man 420Deb and RooR vapor bong Shane, Allie and James dancing Marco Renda enjoying himself

By Al Graham P.A.C.E.

www.pace-online.ca

A happy time amongst family is when a new born is brought into the world. For many that new born could be anything from a new baby to possibly a new pet. For the family at Treating Yourself they brought their new born business into this world just over a year ago.

The Vape on the Lake Vapor Lounge was created to allow patients and others that chose to medicate with a natural plant to do so in a comfortable friendly setting. After lots of searching Marco was able to find a location in Toronto's west end, an area where the other lounges haven't gone.

Most of the Vapour Lounges in Toronto can be found in and around the city's downtown but for Marco he wanted a location that wasn't there, a location that would allow people to get to without having to go into the heart of the city.

It's been just over a year since the search ended and Vape on the Lake took up its spot along Lakeshore Boulevard in Etobicoke. During the last year Vape on the Lake has turned many heads including the local city councillor who has an office across the street. While some lounges in the city appear quietly this wasn't the case with Vape on the Lake as the councillor made some noise at city hall. This noise started the city's Vapour Lounge Review that they have been working on for some time.

In early November Vape on the Lake celebrated its first anniversary of being in business and in order to celebrate Marco and the staff invited several people to their party. While the invites and the replies were busily flying around on the cyber highway, Marco's staff was also busy planning the events for the big night.

First off there would need to be some food arranged. Being that our medication can make one hungry lots of snacking foods were put on order. This would include not only the regular munchie food consisting of potato chips and Doritos's but there was also different kinds of dipping breads, vegetable and fruit trays, assorted cheese and crackers as well as other foods that people could enjoy.

Then they had to arrange some entertainment for the night. For this they turned to Mob Barley and the Railers, a band that loves to play the reggae music of none other than Bob Marley. This band sang out the tunes all night long which gave the place the feeling that one might have had if they visited the Caribbean island of Jamaica. While the band was playing some of the guests and Marco's staff took to the dance floor as they became engulfed in the atmosphere and the vibe of the moment.

Throughout the night people such as Jim, Allie and Marie made an appearance as well as Pete and Sabby who made



the trek down from the town that sounds like weed. Also coming from out of town was Storm, a fine young man that has had to fight through so much in his young life. Many of the people who stopped to talk to him asked him about his mother Georgia Toons who had just gone through a medical procedure. Clayton also a northerner stopped by to celebrate but he didn't come alone or bring a date. This time he brought along a couple of his newest puppies that everyone fell in love with. I'm not sure if they all went home with Clayton or not but those little guys certainly were cute. Daphne our green girlfriend and one of the first persons involved in the original TY release also stopped in to exchange pleasantries and to see how things were going. While she was present she talked about all the great products that she is producing with hemp yarn. She also told me she would be back at next years Expo doing the same thing.

Also making a trek to Toronto was Marco's good friend Kelly Kriston of KDK Distributing located in Calgary. Kelly stopped in to help out with the celebrations and to wish his best friend a happy birthday. The next day Kelly was on a plane and heading to the Cannabis Cup in Amsterdam for the last time.

There were many people throughout the night that stopped in to say not only happy anniversary but also happy birthday to Marco. This was a double celebration

day as Marco was also celebrating his 53rd birthday during this occasion. All night long you could hear people greeting Marco as they came into the shop. Some of them were bringing little bags of goodies while others brought along hugs and greetings of many more birthdays to come.

There were many people present that I knew and there were also many I didn't. From what I could see though it appears that some of them were into the glass culture scene as quite a few of them had some pretty nice looking pipes. Talking about nice pipes, Fourtwenty Deb took advantage of the situation and ordered herself her favourite piece of glass for the evening, the Roor Vapor Bong. Deb works the Vapor Lounge at the TY Expo where she demonstrates how to use this fine piece of glass so she took this opportunity to use one for the evening. When the night became late and it was time for the band to close things down, several cheers of "another song" broke out from the people sitting around the tables and on the dance floor. Although the band was done for the evening the celebration continued well into the night. As things wrapped up and the people headed home after having a great time, it left you wondering why we don't see more places like this.

A big thank you goes out to Marco's staff for organizing this night of celebration.





Like so many of the British bands of the early '60s, the Hollies rode to fame and fortune on the back of often insipid covers of classic American rhythm and blues tunes.

Their songs were immediately embraced in Britain and Australia because the prevailing racist programming of radio stations prevented the originals being heard by local audiences. That in itself is a great pity.

In the case of Manchester's Hollies, it was the Coasters' Ain't That Just Like Me and Searchin', Maurice Williams and the Zodiacs' Stay and Doris Troy's Just One Look which provided the band's initial vehicles into the vinyl charts.

But they quickly discovered there were more lucrative rides to the top, at least in a monetary sense.

"We did do one or two R & B numbers like that, and our version of Stay was our highest chart thing," founder member Bobby Elliot readily recalls, on the eve of the band's 50th anniversary tour of Australia and New Zealand.

"After 1964, we were writing our own songs," he says, "and of course, we'd written the B sides to our first three singles. Then we had We're Through, which was the first top five hit that we'd written ourselves."

Over the years, the Hollies have chalked up a significant number of hits and a sprinkling of genuine classics. People won't be forgetting Bus Stop, On a Carousel, He Ain't Heavy He's My Brother, Long Cool Woman in a Black Dress or The Air That I Breathe in the near future.

The civil rights-themed power ballad He Ain't Heavy was particularly in the band's mind at the time of our interview as Hollies' members Bobby Elliot and Tony Hicks had been working on a Live Aid-like project, the remaking of their classic ballad for The Hillsborough 96.

The concept was to raise money for the legal costs of the people of Liverpool's fighting fund which Elliot observed:"...then hopefully, there will be justice and peace of mind for the families of Hillsborough 96."

96 Liverpoolians died and 766 were injured in a catastrophic human crush on April 15 1989 "due to the failure of police control," according to an official inquiry. The crush took place during an FA Cup semi-final match between Liverpool and Nottingham Forest Football Clubs in Liverpool. It was the worst stadium-related disaster in British history. Amid much denial and buck-passing from the powers that be.

Elliot has embraced the fund raising project with considerable passion and commitment. On the last day of October, he was up early to catch the early train to London to meet up with fellow Hollies' member Tony Hicks and the band's manager at a studio in suburban Cheswick.

They were led into the control room by Dylan Chambers (brother of producer Guy) to be welcomed by acclaimed chef Heston Blumenthal to join with a group of singers including soccer legend Kenny Dalglish, Alan Hansen, Peter Reid and John Bishop in providing new vocals to the chestnut ballad. Paloma Faith, Mel C, Rebecca Ferguson, Mick Jones of The Clash and Gerry Marsden had already contributed vocal parts and Robbie Williams was set to add his two cent's worth in a couple of days.

"The atmosphere was relaxed and friendly," Elliot asserts, "and everybody was taking part and giving their support to the people of Liverpool."

For the veteran drummer, there was one disappointment in



the re-deployment of He Ain't Heavy. "I was disappointed to hear that Oasis drummer Chris Sharlock had played drums on the track. He flatteringly copied my original drum part as time was short. I felt it needed the Bobby Elliot touch.... but then of course I would think that!"

Guy Chambers welcomed the opportunity to be involved with the Hillsborough project. "I am deeply honoured to be asked to produce this record for the 96. If it can help to raise money to support the families' legal battle so that they finally get their time in court then our job will be done.

"I spent my teenage years in Liverpool and feel a deep affection for both its musical heritage and the unique solidarity of its people."

The Hollies evolved in the early '60s from a duo formed by Allan Clarke and Graham Nash, who had been best friends at primary school. They first called the new outfit The Hollies for a December 1962 show at the Oasis Club in Manchester. "We called ourselves The Hollies after Buddy and Christmas," Nash would later attest.

The original drummer Don Rathbone was replaced by Bobby Elliot in 1963, recruited by Tony Hicks from his previous band the Dolphins.

The Hollies' US breakthrough came in 1966 with Bus Stop, a catchy tune penned by Graham Gouldman who would ultimately be a founding member of 10cc.

The band's persuasive harmonies were often supported by unusual instrumentation. Carrie Anne, for example, is widely proclaimed to have been the first hit single to feature genuine steel drums.

The amiable Bobby Elliot conducted this interview from his long time home - "an old farmhouse up in the hills. I'm

about 30 miles north of Manchester up near the Lancashire/Yorkshire border. It's about seven miles from a town called Burnley where I was born.''

The big smoke was never especially alluring to Elliot. "All the other guys from the early days of making it to what we'll call the big time, all moved down to the London area. But I never really took to that," he says.

"When we went out on tour, I'd like to come back home to see my mother and my mates and go down to the local to play pool. It was a great stabilizer for me. The early days were pretty frantic but I always made time to get home."

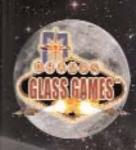
Elliot is clearly proud of the Hollies' achievements over the past half century. "It's important to us that we present our songs in the best possible light and with all of the original harmonies intact. We want our fans to come along and enjoy our songs like they did when they were first released.

"Some bands find it hard to maintain the quality of their earlier performances, but that's always been super important to us. Why do it unless you're going to do it properly? That's always been our belief in the Hollies."

Along with the Stones and the Searchers, the Hollies are among the few British bands to stick together for the long haul (albeit with some personnel changes) and make it to the 50 year mark, no small achievement.

"After the Oz/New Zealand tour, we're headed back to the UK for a Spring tour. There's going to be various things throughout the year to celebrate our 50th anniversary. We've already done Germany and Scandanavia," he says.

"We don't work as frantically as we used to do but we tend to pick what tours look like being the most enjoyable and hopefully it works out that way."



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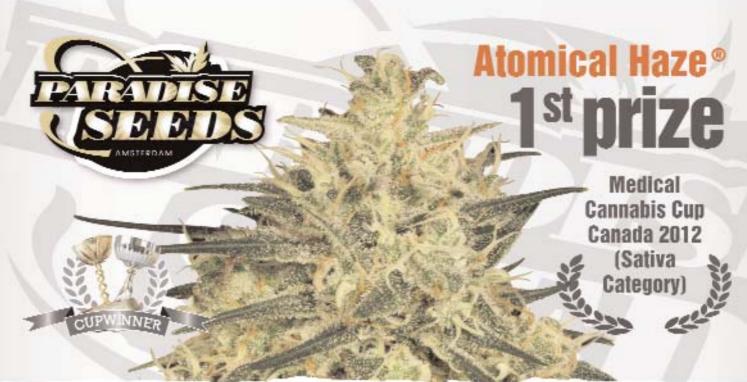
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