

Issue 42 - 2013  
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# Treating Yourself

The alternative medicine journal

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good fight  
in Wisconsin**

**Patients fight  
to save their  
Medicine**

**A look at:  
TYEXPO 2013**

**Gifts from  
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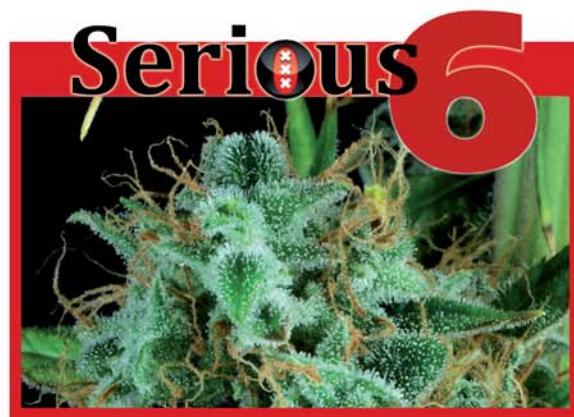
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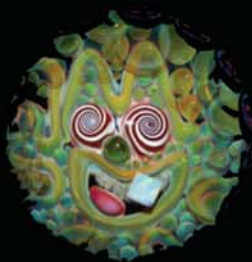
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Cover story on page 22



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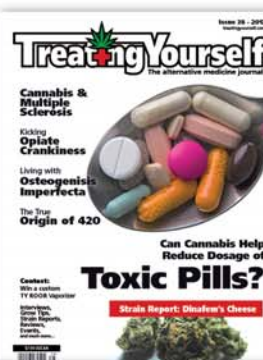


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# The summer of discontent

Tension is rising in the medical community as we face a major upheaval regarding the structure of the programme. Health Canada is taking away the growing licenses for both patients and designated growers. They plan to replace them with commercial grows which depends on strict criteria and they are currently in the process of accepting applications. Designated growers fear that they will not be classified as being commercial growers and patients will be left without their supply of medicine. Patients will be forced to purchase their medicine from licenced producers who will sell it at \$8.00 plus per gram. This is \$3.00 more than Health Canada is currently charging. The cost for many will be crippling and it looks like an excellent way of ending a programme that Health Canada has never showed support for. In addition to this, the variety of strains and quality will be compromised too.

So what can we do about this? The Coalition Against Repeal is fighting these destructive changes. John W. Conroy, QC, has been retained to lead this effort, armed with more than 1500 statements from patients clearly explaining that they cannot afford the inflated costs under the new programme. He will be filing a statement of claim in federal court in September followed by an injunction before the end of the year. Obviously, this case requires funding and donations would be gratefully received. To find out more information, go to <http://www.mmarcoalitionagainstrepeal.com>. Patient impact statements are also required. We have covered the details of this legal action in this issue of Treating Yourself to keep you informed. It's time we made our voices heard and not let these changes go through.

I would also like to express my respect for Matt Mernagh, who despite losing his court battle for patient's rights, put up a brave and noble fight. He is a role model for others and followed through instead of talking the talk without delivering. The cost on both a personal and financial level has been enormous and he should be congratulated for fighting the fight that others could have potentially benefitted from.

I hope that we can all band together and show a united front while facing such enormous changes to the Medical programme in Canada. If you can contribute in any way, please help support this work.

Take care and Peace,  
Marco Renda



- 25 BC Campaign
- 66 Cannasseurs Inc.  
**Contest:**
- 38 Herbal Aire Give Away  
**Contest:**
- 104 TYROOR Vape Kit
- 65 Dolce Vita Magazine
- 12 Glass Culture Magazine
- 39 Green House Seeds
- 64 Higher Society Glass
- 10 IvanArt
- 75 Karma Genetics
- 105 KDK Distributors
- 31 MedcannAccess
- 53 Medtainer
- 4 Michelle Rainey
- 31 MMA
- 17 MMAR Coalition
- 52 Mr.Nice Seedbank
- BCover** Nirvana
- IFC+3r** Not Just Marbles
- 24 NJM "Piper"
- 34 NJM Mike Gong
- 66 NJM Dave Strobel
- IRCover** Paradise Seeds
- 83 Prairie Medicinal Harvest Cup
- 89 ROOR
- 13 ROOR Seeds
- 65 Serious Seeds
- 66 THC Farmer
- 35 Trimpro
- 5 TYMM&HEXpo DVD
- 105 TY Sign up
- 6 TY Subscribe
- 106 Vape on the Lake
- 77 WeedWorld

#### Cartoons/ Illustrations

Ivan Art  
11,14, 18, 36, 44

Georgiatoots  
16, 23, 27, 30

# Treating Yourself



**Serious**

**Pg.54**



## Submission info

#### Ads

- Format:** JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)
- Ad sizes:**
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#### Note

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**CULTIVATION**  
**Sea of Green**  
p.44



**NEWS**



**Patients fight  
to save their  
medicine**  
p.14



**CHRONICLES**



**Blue Ridge Medical  
Cannabis Research  
Center  
RAIDED!**  
p.26



**REVIEW**



**The Persei**  
p.68



**EVENTS**



**TYEXPO  
2013**  
p.90

**CONTENT**



**Editorial**

7 Marco's Editorial



**News**

14 Patients Fight to Save Their Medicine

18 Fighting the Good Fight in Wisconsin

22 Gifts From Mother Nature



**Hemp Chronicles**

26 Blue Ridge Cannabis Research Center Raided

28 Free Will

32 "He" and ML



**Health**

36 Is Bull-dog Face the Next Modern Epidemic



**Strain Report**

40 Creme Caramel

42 Kush 'n' Cheese



**Cultivation**

44 Sea of Green

54 Serious Seeds



**Reviews**

68 Product: The Persei

72 Book: The Bandit of Kabul



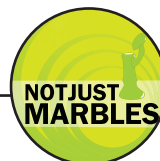
**Events**

76 The Bariloche Experience

78 Toronto GMM 2013

84 NJM Grand Opening

90 TY Expo 2013



**CONTESTS**



**TY-ROOR Contest: p.97**  
**Herbal Aire Give Away: p.21**

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# Patients Fight to Save Their Medicine

by the National Steering Committee  
of the MMAR Coalition Against Repeal  
[www.mmarcoalitionagainstrepeal.com](http://www.mmarcoalitionagainstrepeal.com)



**A**s most of us know, Health Canada has announced new regulations for medical cannabis, replacing the often criticized Medical Marijuana Access Regulations (MMAR). The new rules, called the Marijuana for Medical Purposes Regulations (MMPR), remove some of the bad features of the MMAR. For example, patients will not need an authorization from Health Canada in order to possess cannabis legally, and Health Canada will no longer be the only legal supplier of medical marijuana.

These improvements, however, are outweighed by the cancellation of Personal Use Production Licences (which authorize “personal cultivators”) and Designated Person Production Licences (which authorize “caregiver cultivators”). Under the MMPR, everyone approved by their “health care practitioner” will have to obtain their medicine through a “licensed producer (LP)”. According to Health Canada’s own estimates, the cost will increase drastically, making this medicine far too expensive for thousands of patients whose health and in some cases even lives depend upon it.

Health Canada predicts that the cost will go up from \$1.80 to \$5.00 per gram to \$8.80 (plus tax, shipping and handling), hence going up by nearly 400%. Roughly 60% of medical cannabis patients depend on PUPs or DPPLs for their medicine! The impact of shutting these down will be extensive and severe. In addition to the cost increase, patients are likely to be unable to obtain or keep unique and specialized strains developed over years that are often the only effective treatments for their condi-

tions. Furthermore, over 25,000 of the 30,000+ personal cultivators and designated producers have invested money and effort in cultivation facilities, equipment, nutrients and security. The cancellation of their licences will mean the total loss of this investment.

The MMAR Coalition against Repeal is fighting what we perceive as unconstitutional and destructive changes. The Coalition is raising funds and collecting evidence to support a constitutional challenge against the removal of PUPs and DPPL. The challenge will also attack the restriction (which also existed in the old MMAR) that allows only “dried marijuana” to be provided and used medically. John W. Conroy, QC, has been retained as lead counsel for the Coalition. John has acted in numerous cannabis and other drug cases, as well as a wide variety of criminal and prison law matters and test cases. He sits on the board of the International Society for the Reform of the Criminal Law, is an honorary board member of the Pivot Legal Society, and is counsel to VANDU (The Vancouver Area Network of Drug Users).

Mr. Conroy and his office have already contributed a significant amount of time and energy to this cause. Not only that, but Canadian medical cannabis patients have already sent in more than 1500 victim impact statements, and more are arriving every week. The evidence in these statements will be the foundation of the legal challenge. The statements show clearly that patients cannot afford the inflated costs; and have good reason to fear that under the proposed system, they will be unable to obtain the particular strains of medicine that work for them.



## The New Regulations in Detail

The main points of the new MMPR are as follows:

- **Health Canada will be responsible for issuing licences to the new “Licensed Producers (LP)”** subject to stringent security and quality and good production practices. HC will no longer have a producer controlled by them under section 56 of the Act.
- **An adult (18 years of age or older) who ordinarily resides in Canada, or a company that has its head office in Canada or operates a branch office in Canada and whose officers and directors are all adults, can apply to Health Canada for a licence to produce medical marijuana.** Licence holders must meet elaborate and expensive security, record keeping and other quality and production requirements, and Health Canada projects that only 51 Licensed Producer permits will be issued in the first two years. This is likely to make licences unattainable and unaffordable for small cultivators. If the MMPR allowed patients to continue producing for themselves and not for sale to the public, these elaborate requirements would be unnecessary.
- **PUPLs and DPPLs will expire on March 31st, 2014.**
- **In order to possess cannabis, patients will not need to have an Authorization to Possess (ATP) from Health Canada.** Therefore, patients will not need to wait for Health Canada to approve ATP applications. This is an improvement; the long waits for approval have been a serious problem ever since the MMAR were first created. Patients who hold current ATPs will be allowed to use them, instead of the new “medical document”, until March 31, 2015 for the sole purpose of becoming registered as a client of a licensed producer.
- **Unfortunately, the removal of Health Canada’s role will create other problems for some.** First, patients must have a “medical document” from a health care practitioner in order to obtain cannabis from a licensed producer (LP). In many parts of the country, these documents are very hard to get. In effect, Health Canada is handing over its “gate-keeper” function entirely to doctors – but without asking the doctors for agreement first. Most doctors and their professional organizations are quite unhappy about this. Second, the patients will no longer have a “medical marijuana card” or document from Health Canada. Instead, they will have the new “medical document” from their “health care practitioner”. There appears to be no standard format or content for this document. This will cause confusion and problems not only for some patients, but also for the police.
- **Medical cannabis is still limited to “dried marijuana”,** which disallows tinctures, juices, oils, creams, sprays, and so on. For many patients, these extracts provide better treatment and are more easily tolerated. This restriction has already been struck down by the courts in British Columbia.
- **Like the existing MMAR, the new MMPR do not provide any way for medical cannabis dispensaries or compassion clubs to operate legally.** These organizations have provided patients with safe and reliable products, as well as conscientious, ethical and reliable information. Their support for patients, designated growers and their caregivers has significantly improved the health and quality of life of thousands of Canadians. The federal government has ignored significant recommendations that this be the model for medical marijuana distribution.

Even though Health Canada failed to publish the MMPR on March 31, 2013 as originally promised, the ministry has maintained most of the dates that they previously proposed. New applications for ATPs, PUPLs and DPPLs will not be accepted after September 30, 2013. Existing ATPs, PUPLs and DPPLs will expire no later than March 31, 2014, regardless of the date on the document.

## Patients’ Constitutional Rights

Section 7 of the Canadian Charter of Rights and Freedoms protects the rights to life, liberty and the security of the person. Canadians may not be deprived of any of those rights, except in accordance with “the principles of fundamental justice” and subject only to such “reasonable limits” as are prescribed by law and are demonstrably justified in a free and democratic society (Section 1 of the Charter). Past court cases have found that Section 7 is violated if a patient with a serious illness which is relieved by marijuana is deprived of the right to use it as treatment or therapy, and that there is a constitutional right (protected by Section 7) to reasonable access to marijuana (R vs Parker, 2001). Although marijuana has been legal for medicinal use for over a decade, Canada never recognized it as a medicine. Nevertheless, we have

**a right to autonomy: the right to put into one’s body that which one believes is medically beneficial, as long as no harm is done.**

Certain aspects of Health Canada’s current marijuana regulations (the MMAR) were found to violate Section 7 and/or Section 1 in a number of cases. The limitation allowing production for no more than one person was found to be too restrictive, as was the limitation permitting no more than 3 licenses at one site. The government’s response was to allow one to produce for 2 people and to have up to 4 licenses at one site. Now it proposes to abolish the right to produce for oneself or another completely unless one is a “licensed producer (LP)”.



The legal questions now are whether the new regulations (MMAR) provide for reasonable access by patients; and whether the limitations upon such reasonable access are "reasonable limits" within the meaning of Section 1. The Coalition's position is that the shutdown of PUPLs and DPPLs creates an entirely unreasonable barrier's to access, i.e., an "unreasonable limit" per Section 1. The Coalition also considers the continued limitation to only "dried marihuana" to be an unreasonable limit, because many types of extractions are more medically effective and safer than smoked cannabis. In British Columbia, the R. vs Smith case has already struck down this aspect of the current MMAR. The Coalition intends to argue that this matter should apply to all of Canada by addressing the Federal bench.

## What Happens Next?

The MMAR Coalition against Repeal plans to file a statement of claim in Federal court before September 30, 2013. If a hearing date is not set before March 31, 2014, the Coalition will file an injunction before the end of 2013 requesting that the status quo remain in force regarding PUPLs and DPPLs, and that the limitation to "dried marihuana" be suspended, pending a court decision on the claim. The actual timeline may vary slightly. In short your licence will remain the same while court proceedings move forth if the judge agrees with the Coalitions position.

## How You Can Help

**Two things are urgently needed: financial support and patient impact statements.**

The total cost of the court challenge is estimated at \$200,000 to \$250,000. The majority of funds contributed so far have come from concerned citizens. Every donation, no matter how small, is valuable and important.

**Donations can be sent to the Coalition or to John Conroy;** please note that there are requirements from the Law Society of BC which must be followed. For full details about how to donate, visit the Coalition's web site at [www.mmarcoalitionagainstrepeal.com](http://www.mmarcoalitionagainstrepeal.com). In addition, donation boxes have been placed in many dispensaries and other selected locations across Canada.

**Patient impact statements are also necessary** and need be as detailed as possible. If you are a patient or caregiver who depends on a PUPL or DPPL, the new rules will severely affect you. You can help stop that from happening by sending an impact statement to the Coalition, or by submitting an impact statement at [www.johnconroy.com](http://www.johnconroy.com). An impact statement should stick to facts, and it should clearly say how the elimination of PUPLs or DPPLs will affect both your financial situation and your health. The impact on health is most important, because evidence of serious damage to the health of patients strongly supports a preventive injunction.

The success of this court challenge depends on all of us. Passionate commitment, tireless efforts, and overwhelming evidence needed. If we work together for victory, patients will enjoy the right to reasonable access to the medicine that they depend on for their health and well-being. Quality of life stands at the forefront of this historic challenge.



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## WE CAN HELP!

### MMAR PPL/DPL COALITION AGAINST REPEAL



HEALTH CANADA - MEDICAL MARIJUANA ACCESS PROGRAM REGULATIONS



Health  
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You may be aware that Health Canada is proposing the elimination of all Personal and Designated Production Licenses as of March 31, 2014. The Coalition believes that this will force sick and dying Canadians who legally use Cannabis as medication into a 400% increase in the cost. The Coalitions goal is to save these licenses. We intend to bring the Smith Extraction case into court as well.

The purpose of the Coalition is to:

- ✓ Prevent some or all of the new regulations from becoming the law.
- ✓ Maintain the status quo until reasonable access is assured for those patients having the right to access established by the Parker decision of the Ontario Court of Appeal in 2000 upholding the Canadian Constitution Charter of Rights and Freedoms, Section 7 right to fair and reasonable access.
- ✓ File a class action for damages if the MMAR Regulation repeal becomes law.



The Coalition under the guidance of veteran lawyer John W Conroy Q.C. will be filing our first legal action lawsuit called the "Statement of Claim" against Health Canada by no later than September 30, 2013. The second part of the legal action called the "Injunction" will be then filed by November 2013. The Injunction will maintain the status quo for all patients under the MMAR, until we get to trial. Dates for the trial will be announced when we have them. While the status quo is maintained it will be business as usual, with Health Canada unable to move the MMAR forward until ruling by trial.



We are told by the lawyers involved that we have an excellent case. Due to the nature of trial it will be costly to do it right. Here is where we need your assistance. It is expected to cost \$200,000+ to fund. We need your donations please. Every quarter/loonie/twoonie counts. In the last several months the Coalition has raised over \$30,000. We know we can win this, but we need your assistance. All donations go to John W Conroy in trust to be used in our battle against Health Canada. Look for the Coalition donation boxes at a club or garden store in your area or send your donations direct to Conroy & Co.



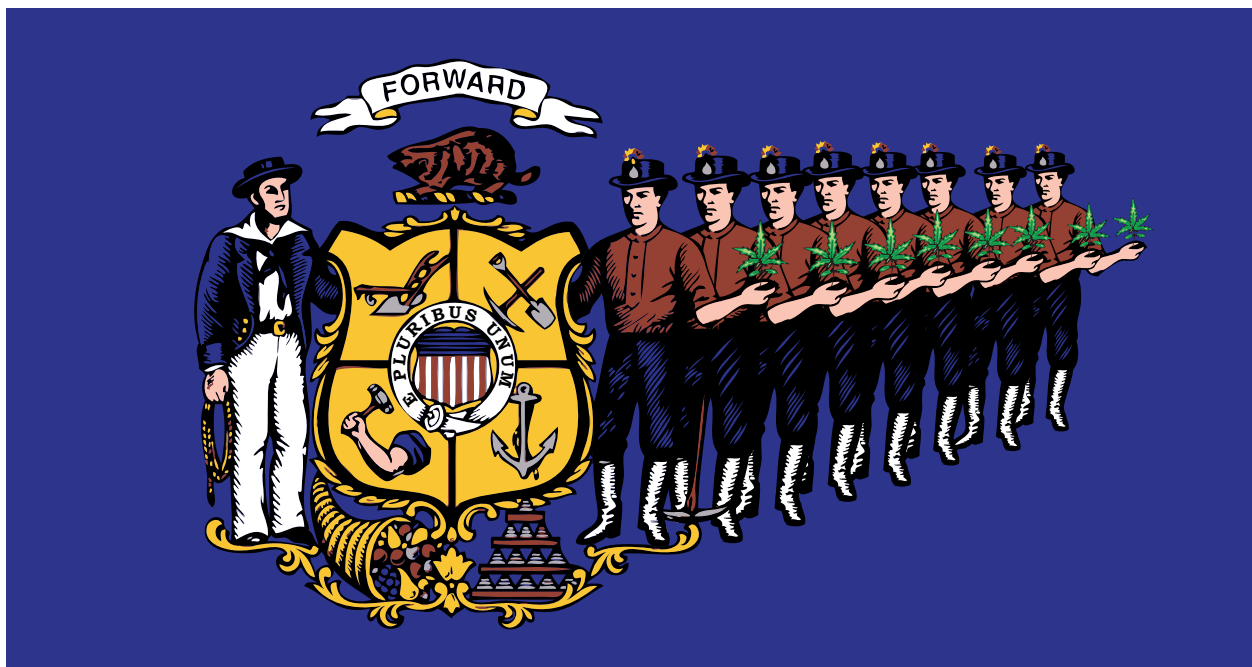
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## Fighting the Good Fight in Wisconsin:

As Legislators Push Anti-Reform Policy, Advocates Soldier On

By Mary Lou Smart

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[www.medicalcannabisart.com](http://www.medicalcannabisart.com)

**A**fter years on pain pills, Belinda Balk found cannabis. A 54-year-old mother of two with six grandchildren, she is a newcomer to marijuana. She had tried smoking marijuana in her teens and did not like it.

Over time, however, her medical issues were getting the best of her. A violent rape years ago had left her with recurrent painful memories and anxiety, which her doctors diagnosed as post-traumatic stress disorder (PTSD). Possibly as a result of the PTSD, she was diagnosed with fibromyalgia in the mid-1990s. Characterized by chronic and widespread muscle and connective tissue pain, fibromyalgia is often accompanied by sleeping disorders and fatigue. Sufferers of PTSD and fibromyalgia are also prone to depression.

To fight the pain and calm her fears, doctors prescribed a wide range of pills from Xanax to Demerol, hydrocodone and oxycodone. They came with worrisome side effects. More than once she forgot what she had taken and over-medicated.

"I would forget and then my mind was just out of sorts," she said. "People are in the hospital constantly for accidental overdoses. Now I find out that cannabis works and I didn't even have to take those drugs?"

Despite her setbacks, Balk was a hard-worker, a good provider and resourceful. Friendly and personable, she was a realtor for 17 years and before that a cosmetologist. She has managed a day care center and been a foster parent. To be able to function normally, hold down a job and care for her family, Balk tried to use medication sparingly.

A year ago, she was driving across town with her son when something triggered a panic attack. Shaking and perspiring, she pulled off the road. Rifling through her purse, she saw that she had no Xanax, a realization that caused her anxiety levels to spike. Her son reached his hand out and gave her a joint. "You need this more than I do," he said. Not long after trying the natural remedy, she felt better. Her breathing slowed. She became calm.





On hand to urge legislators to work for all Americans in Washington D.C. at the Americans for Safe Access National Medical Cannabis Unity Conference. Belinda Balk, center, is joined by physicians who support natural therapy and compassionate care, Dr. Paul Bregman and Dr. Karen Munkacy.

“With penalties of 3 ½ years in jail and a \$10,000 fine, a felony conviction on a second offense for even a small amount of marijuana is severe.”

Everything following this incident, her first experience with medical cannabis, has been part of a profound awakening. As far as the cannabis goes, she was amazed at the number of issues the plant resolved, including her reliance on pharmaceuticals. With a small amount of cannabis smoked in slight increments, she weaned herself off of all prescription medications. Imagine the relief that comes from titrating, measuring, doses easily, and feeling benefit within 20 seconds. No more worries of overdosing or toxic side effects!

For ongoing benefit, she does need ongoing therapy. Without medicating with cannabis for three days, the fear, anxiety and pain return.

“For me this is not using cannabis to feel good as in party time,” she said. “When I medicate with cannabis it lessens the pain and it helps me tremendously with symptoms of post-traumatic stress disorder. Narcotics do not take away pain; you don’t care about anything but you are still in pain. Cannabis does take away pain and the relief is immediate. Relief from the anxiety and fear felt with post-traumatic stress disorder is immediate.”

Her own personal experience has opened her eyes to the insanity of a prohibition against a natural therapy and she

wants to help others. Through advocacy, she is fighting a new type of anxiety, the fear of arrest. Compassionate to a fault, Balk now defends the poor, the elderly, the sick and the disadvantaged who face arrest for using a simple plant that provides natural therapy.

For Balk, the refusal of one legislator, the Republican state majority leader, to listen to constituents who depend on cannabis for medical reasons is what drove her to open a local chapter of Americans for Safe Access (ASA).

“After I met with my own senator, Senator Scott Fitzgerald, and he treated me like I was nothing, I went online to find organizations that are proactive and that is how I found ASA,” she said. “My parents who are in their 80s are proud of me for doing this. My sister who is an attorney is proud of me and so is my brother. My family has been very, very supportive.”

In January, ASA awarded Balk a scholarship to attend its National Medical Cannabis Unity Conference in Washington D.C. in February. Once there, she was impressed by what she saw.

“I was expecting a bunch of hippies sitting around,” she



Belinda Balk with Wisconsin Senator Fred Risser, center, and fellow advocate Dennis Brennan.

said. “Instead, we heard from doctors, nurses, attorneys and other business people from around the country and scientists from different countries. It was amazing to be there.”

After returning to Wisconsin, she was empowered and determined. In April, she opened up an ASA chapter in her hometown of Columbus. Within three months membership grew to more than 250.

There is work to be done. With approval for cannabis high — even 10 years ago a poll registered support for the plant in excess of 80 percent — and two state statutes recognizing medical cannabis use by the sick, legislators seem to be marching to the beat of a different drummer.

Recent legislation that will negatively impact many who rely on cannabis as medicine is a prime example.

A public hearing held in June by the Senate Committee on Economic Development and Local Government to discuss its version of the legislation, Senate Bill 150, was for show only. Legislators were unresponsive to constructive criticism. The bill’s clear intent is to prosecute cannabis users.

In reference to marijuana offenders, one of the bill’s sponsors, freshman Republican Senator Rick Gudex explained “they should get a greater punishment the second time around.”

Following passage of the anti-cannabis legislation, in any municipality that decides it makes sense to go after a person whose case has been dismissed by a local district attorney, a person previously convicted of misdemeanor possession of a joint, when caught a second time with even a seed, might be faced with being charged twice for the same offense. This time around, if the state district attorney dismisses the second offense, the new legislation allows it to be brought back to the local court to be prosecuted yet again.

Marijuana laws in Wisconsin are stringent. First-time



Like thousands of Americans, Tori LaChapelle is moving to a cannabis-friendly state to protect her family and her health.

offenses for a small amount carry misdemeanor charges with up to six months in jail and a \$1,000 fine. Second-time convictions are felonies with large penalties. District attorneys often throw out second offenses for small amounts, possibly because convictions result in felonies and huge costs not only to the individual charged but to families and communities. The perceived lack of follow through by district attorneys who rarely pursue small cannabis possession cases inspired the freshman senators to craft SB150, but in a state with strong support for cannabis reform many are scratching their heads and talking about double jeopardy and the U.S. Constitution’s Fifth Amendment protection against trying a person twice for the same crime.

With penalties of 3 ½ years in jail and a \$10,000 fine, a felony conviction on a second offense for even a small amount of marijuana is severe. Another freshman senator and sponsor, Republican Jeremy Theisfeldt said that the bill is a common sense idea, a fantastic way for municipalities to recoup the cost of local arrests. When asked by Senator Lena Taylor, a Democrat, if the two had tried instead to explore alternatives to criminalizing non-violent offenses, Theisfeldt appeared to not understand the consequences of his legislation. He said that SB150 was a revenue generator that would not lead to incarceration. In fact, not paying fines often leads to jail time. He said that the need for harsh penalties for small offenses was necessary as a way to penalize repeat offenders. Gudex joined in, asking, “If they cannot pay fines, where are they getting money to buy marijuana?”

When it comes to alcohol offenses, nobody is asking drunk drivers where they find the money to buy beer. Known for its breweries, the state has some of the most lenient drunk driving laws in the United States. In 2012, Wisconsin’s Department of Transportation reported that out of 28,213 OWI (Operating While Intoxicated) convictions the previous year, approximately 39 percent of those were repeat offenders. In the Badger State, a first-time drunk driving offense results in a traffic citation, not a criminal charge. Beer is big business in Wisconsin and the industry supports its legislators.



At SB 150's hearing, legislators barely reacted to pleas from advocates to show compassion. The room was packed with pro-cannabis advocates. Tori LaChapelle, a mother of four and a nurse, said that she also suffers with the chronic pain of fibromyalgia and cannot function with narcotics. Much like Balk, she spent 10 years trying all sorts of prescription pain pills before she found the natural healing power of cannabis. She spoke of being afraid of losing her children if caught with marijuana. Her testimony was obviously a difficult one to make, as she was frequently on the verge of tears. Legislators did not bother to comment.

LaChapelle has since made plans to move with her four children to Colorado, a state that has legalized cannabis. Colorado's Amendment 64 infers that marijuana use or possession alone will not result in a Child Protective Services investigation, the only U.S. state legislation that provides this assurance. In defense of her decision to leave Wisconsin, the mother and patient recently wrote a column in *LadyBud* magazine on the importance of putting family and health ahead of all other considerations when faced with governmental harassment and abuse. "I need access to safe and effective medicine in a way that does not jeopardize my freedom or my ability to provide for my children."

LaChapelle is not alone in packing up and moving to a cannabis-friendly state where she can raise her children without fear of losing custody. Also profiled in *Treating Yourself* magazine, mothers Erin Hildebrandt and Jacqueline Patterson are two medical cannabis patients who have joined many parents in making the same tough decision.

"I am not giving up on fighting for my home state," wrote LaChapelle. "I am choosing to fight without the oppressive cloud of fear hanging over my head. Once I secure employment and a family home in Colorado, I will be forming a delegation comprised of medical refugees to return to testify and lobby in my state."

A similar bill, AB 164, also allowing municipalities to prosecute marijuana cases that local district attorneys determine are not worth pursuing, was introduced into Wisconsin's Assembly. Both SB 150 and AB 164 made it through respective Republican-controlled houses with ease, guaranteeing that a punitive assault on cannabis users is on the way.

**"There are several advocacy groups in Wisconsin, and we are all coming from the same place," she said. "We all want safe and legal access to medical cannabis. I want it regulated so that I can walk into a dispensary and know what I am buying and know that it has been properly grown, that there are not pesticides on it and that it is safe for all patients." ■**

Long-time cannabis patient and advocate Gary Storck, co-founder of the Madison, Wisconsin NORML chapter and *Is My Medicine Legal Yet?*, shakes his head when he even thinks of state lawmakers cooking up new ways to criminalize marijuana.

"We had to speak at that hearing because the sick and the poor that use cannabis for their illnesses will be hurt by this legislation," he said.

Storck has suggested that instead of targeting people who are mostly young and lower-income it might be better to set civil rather than criminal offenses for small amounts of cannabis.

He is happy that Balk and others are joining the fight for compassionate care.

"She is enthusiastic and we need that," he said. "After fighting this ignorance for so long I've become a bit jaded."

Balk wants legislators to do their homework and realize that cannabis can help the sick.

"If they would just read the information that we've given them, study the statistics, they'd change their minds," she said. "We bring them information and they throw it to the sides of their desks. They don't want to educate themselves."

In a letter to the Beaver Dam Daily Citizen following the hearing, she elaborated, "When a representative or senator takes office, he or she is elected to serve us and speak in our stead. As a doctor is required to take continuing educational classes to stay up to date on new discoveries in medicine, our legislators need to do the same. With polls showing a majority of Americans supporting legalization of cannabis, and with 83 percent support for allowing medical marijuana, state legislators are increasingly realizing that the public supports marijuana policy reforms."

Lack of support from some Wisconsin legislators is a concern, but maybe only a temporary one as public sentiment, the will of the people, cannot be ignored by elected officials forever.

As a patient, Balk wants reform so that her state can adopt industry standards.



## Gifts from Mother Nature

By Dianna Donnelly  
"the couch activist"

**A**spirin, otherwise known as Acetylsalicylic Acid, is one of the most commonly ingested preventative medicines today and it came from the bark of the White Willow tree. In the time of Hippocrates, as far back as 400BC, patients were advised to chew on that bark to reduce fever, pain, and inflammation. In these our days of pre-packaged and ultra-sterile consumerism, few of us remember this fact, along with the fact that so many other commonly ingested medicines came from plants. In 1829 the compound in the bark called Salicin was used to develop Aspirin. And now its hard to find a person between the ages of 50 and 90 who isn't taking at least half a pill a day to prevent heart attack and stroke. We give credit to Bayer and a German chemist named Hoffman for this wonder ... yet we should be thanking Mother Nature herself.

This example is but the first of so many other examples of how today's medicines came from something that grew or grows out of the ground. Some people even choose to continue using medicine in its natural form when possible. Rather than making appointments to see M.D.'s, these people visit Naturopaths, Homeopaths, and Herbalists, among others. It's their choice really ... the jury is still out as to which keeps us healthier in the long run, and at times it is personal preference alone that decides.

So it follows, that it is possible for us to find medicine in even today's plants. Google Scholar would tell you that more than 150 new plant species were published in academic journals in 2012, though it's estimated to be far greater. With technology moving with mach speed momentum, it even follows that we could find medicine in an already commonly known plant or weed. That's excitin' if you ask me!!

This letter is about just such a plant. This plant has been around for more than 5000 years and has seen as many changes in societal popularity as a Hollywood starlet. Like most starlets, this plant too is misunderstood. This plant is like the White Willow tree in that it also has medicinal compounds coursing through its organic body; up to one hundred different compounds! In the days of old, the regular practice with most plants was to dry it, boil it or to burn it—not always in that order. Teas, tinctures, and infusions were made and used widely with success. And the beauty was that we all could be our own alchemists, be self-sufficient, grow our own medicinal plants and process them in our own kitchens.

It's curious to know that 'grassroot chemists' of today, who create their own medicine out of this plant, are faced with the same challenge Hoffman was faced with almost



two centuries earlier: How to get those miniscule molecules of medicine out of this plant, and into a safe, stable and easily-ingestible form of medicine.

Alas it took a compassionate and loving, Tilly hat-wearing Canadian from down East to do this for us with this plant. 'This' being the safe collection of these medicinal compounds into a concentrated form that results in a sort of oily medicine that kills pain, inflammation, and cancer... just to name a few. In this oily medicine are the many compounds I mentioned earlier, in varying degrees depending on what strain of this plant used to make it. Some people are even eating in salad, or juicing in juicers, the leaves of this plant!

This plant unfortunately has a legality issue that has kept it from being discovered as a safe medicine. Most developed countries including our own have programs allowing chronically ill and/or dying people to use this plant, some countries like our own even allow card-holders to grow this plant. At least we did allow it. That freedom has an expiry date on it now.


I have many questions that I ponder and want your perspectives on. Firstly, can we Canadians boast free choice, and not be provided with it? Can you ban something saying it's for public safety, yet allow other proven dangers like tobacco to be sold openly? The powers-that-be feel that for our safety, cardholders can no longer grow this plant. Meaning, they can no longer make their own medicine, because buying it from some large and approved grower will bankrupt all but a few of the "grassroots chemists" I mentioned earlier.

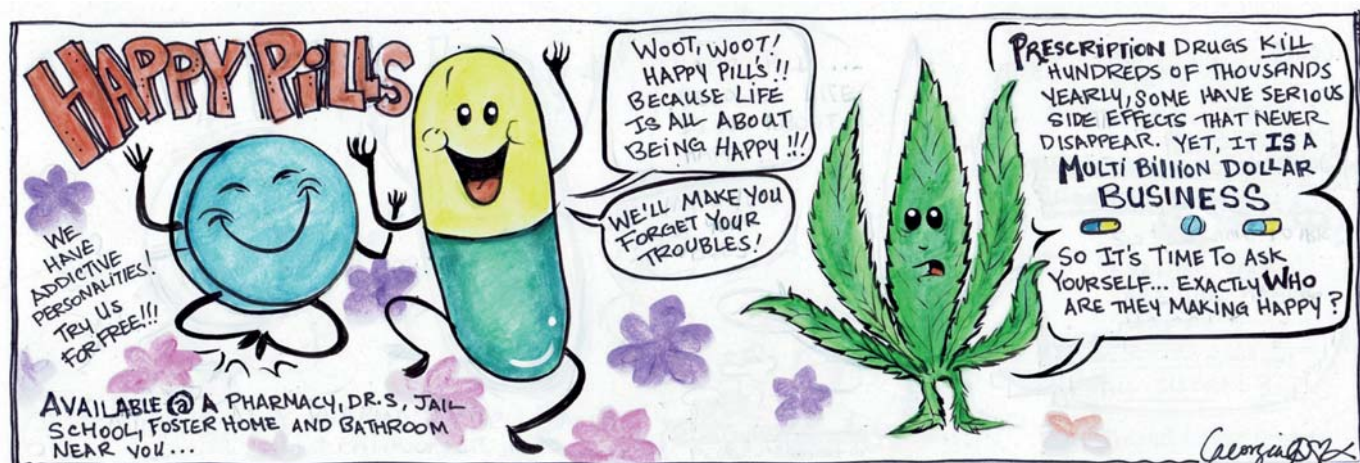
How long will it be before we're no longer allowed to make our own food? Will home-made chicken stock be banned because we can't be sure of the safety of those little bones? I make my own yogurt. How long before that

is banned because the bacteria could somehow go rogue and kill me? Kill me that is, before the tobacco can.... Cough cough. I remember having a mad case of poison ivy as a child. No calamine would cut it so my mom was told by a farmer she worked with, to boil this certain plant and dab my rash with that infusion. How much longer will this still be allowed? What about that 'bread and milk poutice' dad used to joke about? Could I someday be a criminal because I choose to use turkey-turds and rain water to treat my acne?

Basically what all of this says to me is that I should buy from someone else, what I can make myself. Are we sacrificing self-sufficiency for what is called a 'good economy'? So in other words, we Canadians are free as long as we don't do anything to jeopardize the income of those in the fields of ultra-sterile, pre-packaged consumerism.

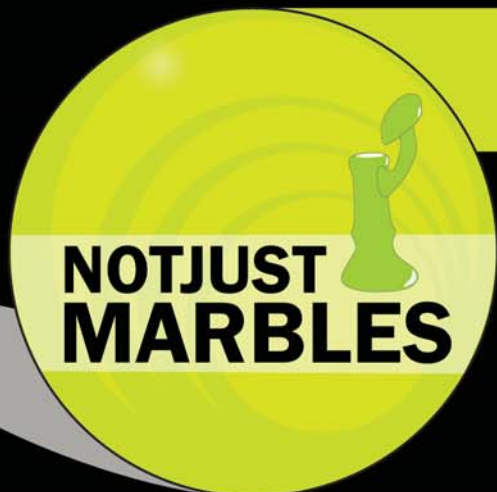
This plant is Cannabis. Can we all forget the stigma that surrounds this plant? This weed? Can you for a moment forget every picture you've ever seen of a person smoking this plant? Because that's not what this is about. This is about a plant that cures disease and diminishes symptoms and side effects rapidly and safely. It's just a plant like Chamomile and Echinacea, Eucalyptus and White Willow. And it has finally been made into an edible, highly-concentrated form of safe medicine that is saving and/or extending the lives of humans, canines, felines, and loved ones from all sorts of illnesses. And the best part is that we all can make it ourselves.

Finally I ask you this: If they found that rose petals lowered blood pressure, would roses be banned from all gardens? It's time stop the insanity, stop burying our loved ones, and stop allowing someone else to treat our ills. For more information and heart-wrenchingly elated testimonials of relief, clear scans, and all-out remissions, go to [cureyourowncancer.org](http://cureyourowncancer.org). 



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# **Sensible**



## **THE SENSIBLE BC CAMPAIGN IS FOR A BALLOT INITIATIVE REFERENDUM TO DECRIMINALIZE MARIJUANA AND REPEAL PROHIBITION.**

BC is the only province where citizens can write a law and collect signatures to force a provincial referendum.

Our law is called the *Sensible Policing Act*, and it will stop all BC police from searching or arresting anyone for marijuana possession.

The *Sensible Policing Act* also demands that the federal government repeal marijuana prohibition, so that provinces can create legal regulations for cultivation and sale.

If we can collect enough signatures this fall, then we can have a vote to pass the *Sensible Policing Act* in 2014.

*We are calling on all Canadians to join us with this campaign. A victory in BC will help our movement nationwide.*



**Dana Larsen,  
Sensible BC Director**

***This is our one best chance to win a victory and change the law!***

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for the campaign.  
Please contact us and  
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**tel: 604-343-4684**

**email: [volunteer@sensiblebc.ca](mailto:volunteer@sensiblebc.ca)**



# Blue Ridge Medical Cannabis Research Center Raided

By **Brodie Helsdon**  
Staff writer



Todd has been openly running a marijuana research operation out of his North Carolina home since 2011. He claims state government and local police benefitted from the tax stamps he purchases for his

plants and patients benefitted from his gift bags that included educational materials on cannabis and cannabis itself, as a medicine.

Up until July 11, 2013, Mr. Stimson operated the Blue Ridge Medical Cannabis Research Corp out of his home in North Carolina. He felt secure in operating his business for the last two years for two reasons; the state readily accepted his revenue from tax stamps and his business was sanctioned by the state because he secured a privilege license for the art of healing. Please note medical marijuana is not legal in North Carolina and Todd is a cannabis crusader for providing the education and resources to medical patients that otherwise would have to rely on the streets for purchase. They are a pillar of the medical cannabis movement within their community and their website even states that “Blue Ridge Medical Cannabis Research Corporation was founded on activist impulse. As a non-profit corporation with unprecedented focus. We will enlist Cannabis users for surveys, comments and research to help us.”

Todd and his home based business, Blue Ridge Medical Cannabis Research Corporation were raided in Operation “No Knock” on July 11th in what can only be described as a glorified gun show meant to destroy Todd’s stable family dynamic and business. About 50 officers swarmed Stimson’s residence, he said, and a SWAT team entered with AK-47s. Stimson said authorities told him he was putting his family in danger. It’s quite clear to everyone at TY and Stimson himself, that the only time his family was in danger, was when the SWAT team entered his home with rifles.



## Blue Ridge Medical Cannabis Research Corporation Mission Statement

Blue Ridge Medical Cannabis Research Corporation is a non-profit corporation whose mission is to provide high-quality research for the states and news-intense people who care for the research in advantages of Medical Cannabis in the care of all citizens. Our research will provide reports, statistics, and analysis based on research and surveys. From our research we encourage broad-ranging, civil discussion from many points of view. We are here to ease the worry and questions patients have about Medical Cannabis. We fulfill this mission by a commitment to:

- Striving to build the nation’s premier Medical Cannabis Research network.
- Understanding state Medical Cannabis laws and sharing this information with you.
- Educating patients about their legal rights to seek and use cannabis medicine.
- Educating doctors about their legal rights to recommend cannabis medicine.
- Instilling ethical practices as a corporate value.
- Encouraging all to share in our commitment.

Court documents reveal that the Fletcher Police Department had been investigating the Blue Ridge facility since Aug. 2011 and one person even claimed that he was selling to children. Stimson maintains that all of his work was being done for educational and scientific purposes and he was not out to interact or profit off of children. This is just another example of US law enforcement attempting to paint courageous citizens in a bad light to further strengthen the war on drugs.

Police seized dozens of marijuana plants and he was



“That’s wrong, when I’ve been paying the state, I’ve been paying the federal government, I’ve been paying the county and the police. So that’s four different people I’ve been paying and helping out.”



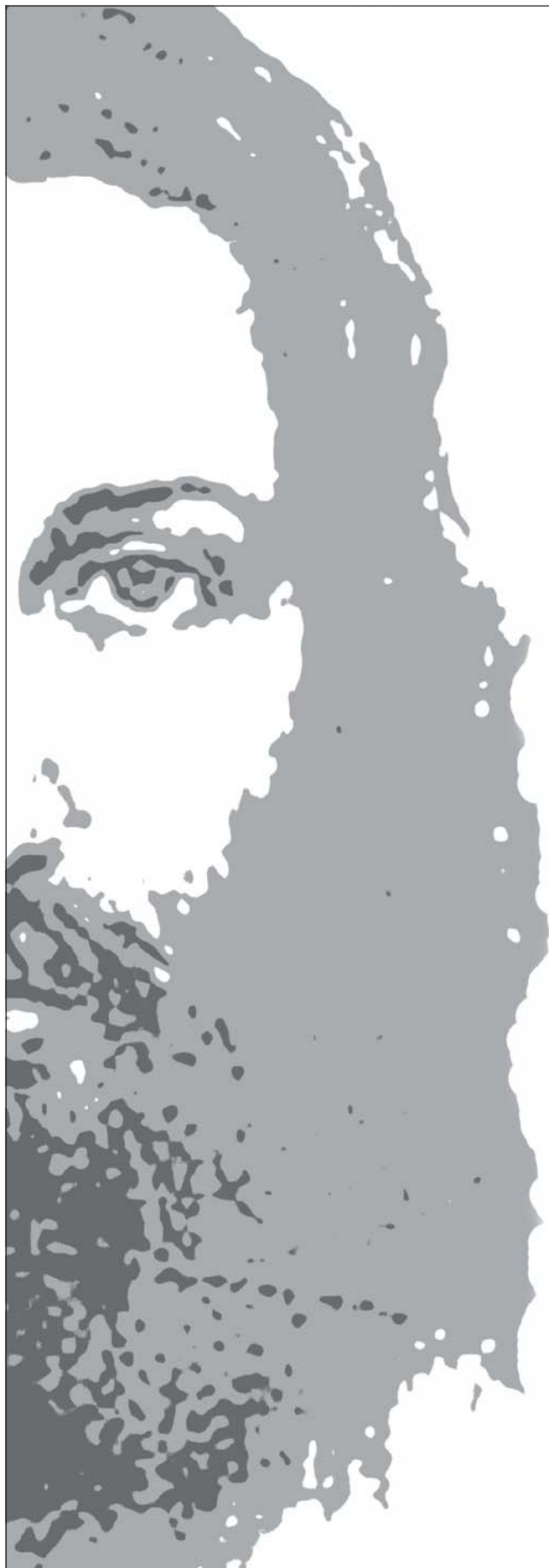
charged with manufacturing a controlled substance, felony marijuana possession, possession with intent to sell and deliver marijuana, possession of drug paraphernalia and maintaining a place for controlled substances. At this point, the police also refuse to acknowledge his license for art and healing or his tax stamps.

The N.C. Dept of Revenue's website states that buying tax stamps only fulfills an unauthorized tax obligation, it does not grant the taxpayer legal possession of a prohibited drug.

Stimson told the Asheville Citizen Times. “So why does the state tell you, in a way, ‘Yeah, it’s OK,’ but then want to send me away for five to 10 years?”

“That’s wrong, when I’ve been paying the state, I’ve been paying the federal government, I’ve been paying the county and the police. So that’s four different people I’ve been paying and helping out.”





# Free will

**Reverend R.J. Richer**

Essene Priest

I am an Essene priest, in my journey I have ran 5 kung fu studios as a district manager, after this episode I ran two more studios solo. I am a reiki master, qi gong, shiatsu therapist, as well a practitioner of light and sound yoga. During my journey I have always heard pot was a drug, I partially felt “hey maybe these guys we are suppose to trust, like government officials, my doctor, even teachers, they wouldn’t lie to us”!. Well I have to say my family background was one of vast experience, boot legging, drugs, you name it, it was there right in front of me. There were good times of course, but you start to develop a sense of truth and crap when you see it.

I finally see the crap, for what it is, marijuana is not a drug, it is an herb, a food, a healer, a sustainer in life whether we are human or animal. I received an audio interview from a friend, this interview was with the men who developed aids on purpose, purely for the aim of creating disease for money. For a while I thought , “this cant be, am I that naïve?”. Well I went to visit a friend in the city, downtown Toronto, he introduced me to Ryan. We began to chat about the aids interview I heard, Ryan just looked at me and said,”Come here. I will show you the actual document for the application and request for funds to develop it”. I couldn’t help but think one final time, this can’t be. Yep there it was right in front of me. An official



US document for the development aids. Elizabeth Taylor died a while back and left millions to the aids society, I guess they were right, they would make a lot of money.

A long time ago I was thinking about getting into a medical field of some kind, so I purchased an anatomy book. The only thing I was remotely interested in were endocrine glands. I read the info over, put the book down and knew inside, this is all the book offered of any value.

Recently I read info in the vitality magazine how, our food and medicines have been manipulated to cause disease in our glands. How sad we live in a society that promotes commercialism and destruction.

I really try to keep out of the lime light as much as possible, this allows me freedom to serve and help others. The government really owns everything, they are the largest crown corporation there is. There is no field we can be in without a license or permit of some kind. Freedom is really only of a personal state of mind.

During the day I work as a delivery driver, I deliver to everyone, businesses of all kinds. Upon constantly hearing of the destruction and alteration of our foods and medicines, I started to ask business owners, specifically food and health industries with products before consumption by the public, about what the government officials demand. One owner said "you do not want to know what the government tells us, I mean demands we put in our products, if we do not comply our license or permit is revoked".

Another customer stated that a type of arrowroot cookie which is all organic is not allowed into Canada, unless Canada can bring genetically modified foods into their country. Everything is just part of an agenda.

Just the other day a customer told me of a 21 year old girl who carried her cell phone in her bra. Not feeling well of course she went to the doctor to find out she had cancer, they opened her up and the cancer spread everywhere. The federal court in Quebec forced the government to admit, they have known microwaves to be dangerous since world war 2. Cancer is an epidemic, 1/2 people are expected to get cancer. Actually the cell phone is regarded as a weapon of destruction, due to microwaves.

All diseases we are getting as human beings is directly related to mother earth. Any system in the human body relates to an element. As an example our water is being polluted so we see more and more heart and circulatory issues. Of course with wifi and microwaves we have mental issues, nervous exhaustion, immune system issues, the list goes on.

The cures for everything are right in front of us and

always have been. The regular public is classed in schedule 1, which of course brings criminal issues with it.... But the fda, big pharma, they get to grow marijuana, experiment, create drugs, and of course more business under schedule 2 and 3. Talk about the dice being rigged before you make your bet.

My wife which I love so much, we have been married for 33 years, has rheumatoid arthritis. Her specialist has received a reward two years in a row, he goes to Hawaii, all expenses paid for his great work. When my wife sees him he says "We have to double your dosage". "Of course" she says – oh for sure, then comes home and takes less. In his office he has tons of supplements he takes for himself but never recommends them to his patient.

I have osteo, bone degeneration. My family doctor almost ran me out of her office when I asked to get help with a card to legally smoke marijuana. She seemed scared of losing her license more than anything else. Because marijuana has been illegal we have searched and found what has kept our diseases in check, but not yet cleaned up. It is a particular type of energy work. I will get back to this in a bit.

Marijuana I have realized can put a person back in balance, your weight, immune system, the brain, your blood, pain to peace, disease to health. I study a type of energy work that comes from a medicine-less hospital in china, they practise all day every day, right up until the disease is gone. What I found is this, why not start healthy with this work, then the journey for your mind and soul to merge can continue rather than be constantly aggravated with pain, bills and medicine. Most of my work has been with sick people, we can rarely ever get to a point where they can continue to grow internally in a joyful and blissful manner. You know..... that place in your heart and mind where you remember God in whatever name, no name. where life is joyful.

I dropped to the floor one day and could not get back up, my back was done. My journey on meds began. What happened is I had osteo arthritis since I was a kid and didn't know it. My testosterone was so low disease was natural. I was on 4-5 tylenol 4 a day while driving, my spine was curved and decayed. I was getting old fast due to the glands low in testosterone that kept me young. I used to fall asleep while driving, fall asleep at dinner.

Everything progressively got worse. For some reason I felt it was time to smoke pot. First my mind calmed to a point I could direct energy into my body easier. As time went on I went off of all medicine, the toughest was the testosterone, I was at a point where my body would not produce its own ever again, as long as I stayed on this drug. No thank you. I sent the lin institute an email for help, and they sent me some natural herbs which brought me back

into balance, no more drugs.

I said to my wife marijuana is so powerful it can balance the body at all times and keep us in a state of health. This alone allows us to move forward in growth in all areas, we once again become a positive part of society. The Fatherhood of God, and the brotherhood of man.

Cannabis oil is so wonderful I can't express my gratitude enough for this wonderful gift the creator has given us. All my grandparents died of cancer, and the cure was right before me, others kept it hidden. The time is here where it must be allowed to be what it is designed to be, an herb, a food, a medicine. Just the other day I read of a woman in china who is 125 years old and uses marijuana as an edible plant as a salad every day. My God the Essenes in the old days lived to 125, even 140, ever wonder why, they loved nature and everything about it. Now I know why, it's the marijuana plant and exercise that moves and creates life force.

I was taught that energy is all around in a pure form, to use at our disposal. Once you get in touch with this energy it moves according to thought and will power. For this energy to heal it must be directed in a gentle and loving manner. I was taught four commands for this energy which are really simple but powerful. They are in-out, open-close, gather-disperse, transform-change, the last set of commands the most important. If you think about this for a minute doesn't the marijuana and all its wonderful cannabinoids, do this for our body when it allows or prevents substances from entering the brain barrier or cells in the body.

My grandson recently received his confirmation at church, I have always felt the church has degraded to a point

where they don't even know what a true religion is. The priest stood before us all and said – in the days of old the anointing was powerful, today we are not lucky enough to have this anymore. My God, true religion is a religion where communion is between you and God, with no middle man. No man or system has that right to take your choice away.

Now we have news of how the anointing oil used by the Hebrews and early Christians and even before this was done with marijuana. As a priest I always questioned the information about anointing and the oil used. I knew the bible had been rewritten and manipulated, but this takes the cake. For one anointing it was roughly about 65 lbs of marijuana, mixed with other herbs. The idea of smoking it was not its only use, a method or vehicle of opening up ones soul was the purpose. The church, the government and officials of all types, took away my freedom of choice.

Truly marijuana is a key to bring all of us to a point of health, in all aspects physically, mentally, emotionally, energetically, and spiritually. One thing I know for sure the spirit of truth is sure, never ending and always there. Truth will always be as it is, just as the wonderful hemp plant is. The truth has always been in the back of mind watching the silly-ness, the lies and corruption. I remember reading in a scripture... no matter how powerful a group, individual, company, or how long the power lasts, it will eventually fade and fail if it is not based on what is right. Of course these are my own words, but you get it, all things must be based in truth and that which is good and all powerful.

God never imposes on our free will, ever, but of course man thinks it is quite ok. Thank you so much. Love and light to you all. ☸







# MEDCANNACCESS

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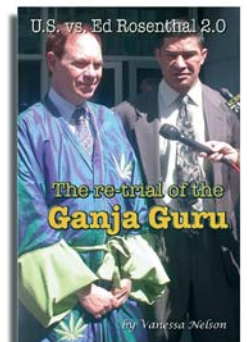


**COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer** is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical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

[www.MMAPUB.com](http://www.MMAPUB.com)

## BOOKS BY VANESSA NELSON

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



# "HE" and ML

**By Al Byrne**

COO and Co-founder  
Patients Out of Time  
1472 Fish Pond Rd.  
Howardsville, VA 24562  
434-263-4484

[www.medicalcannabis.com](http://www.medicalcannabis.com)  
[albyrne@hughes.net](mailto:albyrne@hughes.net)

**W**hen I think back, he was always in my life. My mom told me he was right with her when I was born and now that I'm closing in on my nineties, I'm surprised sometimes he moves as good as he does.

He spends all his time on the phone or answering emails from people from wherever around the world who to know all he knows about marijuana, which he insists on calling cannabis. He writes a bunch of stuff about cannabis for magazines, businesses, lawyers and all different sorts of people that I've never met but he tells me about them.

He writes about the people that think he and his work are a fraud. Medical marijuana is an excuse to legalize the stuff, is what he says they say.

He is not nice the way he calls them names, I mean I guess their names. Dinosaurs is what he says. He repeats himself a lot when he yells out loud as he is writing about them. He ads what he calls adjectives. Words in front of dinosaur like ignorant, mindless, stupid, paid to be a, but mostly #%%&\*ing.

When he types the words he is a bit nicer but he does use a tag line about people that say medical cannabis is a ruse,

which is like a joke without a laugh line. He writes how amazed he is that somebody would be so willing to display their ignorance in public. I heard him tell ML that even such a statement does not deter the dumb dinosaurs from doing the same thing all over again.

He types with two fingernails, one on each limb and I do the same. I'm real slow so please be patient. He and ML work for Patients Out of Time and have since the group first got together in 1995. I do too as often as I can. It's a pack of volunteers with different skills and I bring mine.

I think my best work is when I get people to smile. To give folks a good time is pretty easy for me and has been over the decades but in a long lifetime things happen and one day in Florida turned out to be very bad for me.

I was attacked, bruised, beaten and cut. Fortunately my son arrived and drove off the four of them but boy did I hurt. We all went to the hospital where the news was already bad but got worse.

I'm going to go on with this story because it's important to listen to the patient. ML always quotes a famous nurse who says "pain is what the patient says it is" so I'm writing that because I've listened while he and ML have talked to hundreds of media types and explained the patients point of view and now you get mine.





I'm in the hospital and I am in pain especially in my breast area, when the doc tells us that the wounds are treatable and will be fine but he has seen signs that I have breast cancer. I have always been nervous; I've even constantly rubbed my forearms to the point that there was always an open sore. I'm also jumpy around loud noises like fireworks. I'm telling you I was scared and nervous seemed all of a sudden to be how I felt.

It was a lumpectomy and I did well in recovery. Remember how people call our house about medical cannabis? It's because we tell good stories and Patients Out of Time records these stories that they call the testimony of cannabis patients.

My patient testimony was that as soon as we got home from the hospital I got a cracker with cannabis butter spread on it and it tasted good. In just a little while the pain seemed to fade, I got sleepy, laid down and he said I slept all night. In the morning, I got another cracker with cannabis butter along with a big breakfast. I was hungry.

The doctor said that I had healed well and fast. I've also had regular check-ups since and there is no sign of cancer. My son, he thinks he's a king so we call him Midas, and I along with my friend Cola get cannabis every day. All of us have much nicer, shinier hair, which the girl in me loves. I know I'm old but I move real well, whatever


pains I have are very tolerable and best yet my nervous rubbing is totally gone!

The cannabis treatment I'm getting is really not that new.

A friend of ours has a "cannabis museum" that is full of examples of all kinds of cannabis remedies for both humans and animals. Back when this stuff was being sold in grocery stores and called hemp products, in pharmacies that sold tinctures and big companies like Eli Lilly and Parke Davis were selling cannabis cigarettes. It was considered by all the doctors and veterinarians as really good for nervous stuff in humans, colic in horses, as corn plasters for feet and food for pigs and a lot of other things too.

I wanted you to know of my experience using a medicine that I eat and that tastes good. I've gone over a three years now with no cancer and my son and friends are healthy. I wish the best cannabis for your family and I'm sure that it will provide a smile.

So if you run into any of those guys he calls dinosaurs think about me.

Legacy, Golden Retriever,  
for Patients Out of Time  
[www.medicalcannabis.com](http://www.medicalcannabis.com) 

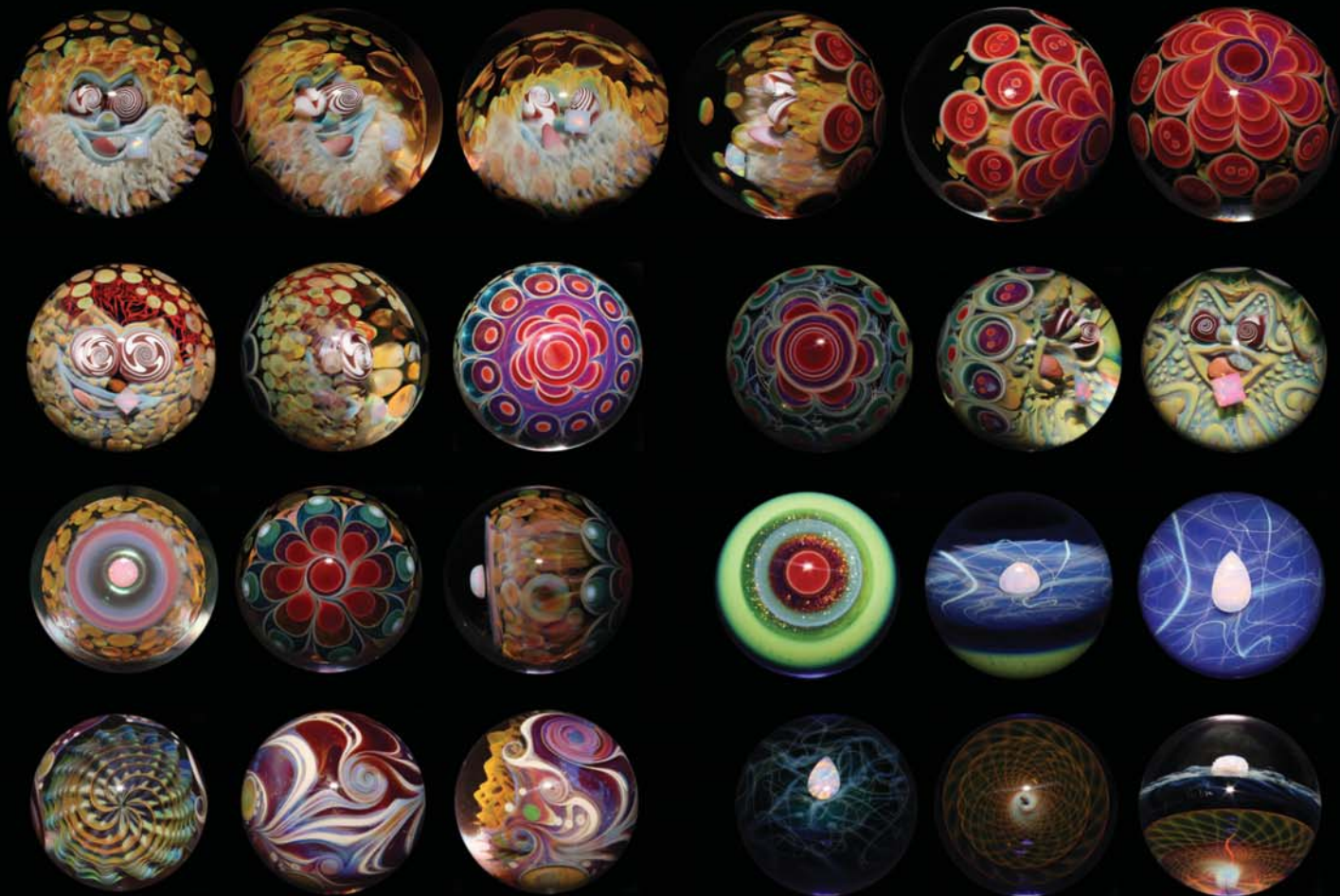


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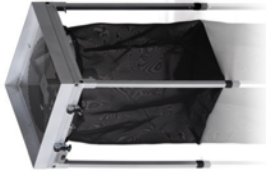
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UNRIVALLED INNOVATION

# Is Bulldog-Face the Next Modern Epidemic?

2 Doctors Say Unrecognized Airway/Breathing Issues are Prompting Facial Changes and a Host of Chronic Problems

---



ivanart.net

**What's it like to be an English bulldog?** More people are finding out, say integrated health specialists Dr. Michael Gelb and Dr. Howard Hindin.

"A bulldog's airway passages are quite restricted because of the shape of its face, and they are often especially vulnerable to illnesses such as cardiac disease and cancer," says Dr. Michael Gelb of The Gelb Center in New York ([www.gelbcenter.com](http://www.gelbcenter.com)), a holistic dentist known worldwide for pioneering integrative treatments.

Dr. Hindin of the Hindin Center for Whole Health Dentistry ([www.hindincenter.com](http://www.hindincenter.com)) partners with Dr. Gelb in a multidisciplinary approach to treating chronic disease affecting millions of Americans.

"Our faces are becoming more like a bulldog, with smaller mouths, bigger tongues, misaligned teeth and bigger necks – all of which changes the structures of our mouths and makes breathing significantly more difficult," Dr. Hindin says.

The doctors say that's creating a health crisis.



## They say these issues are often associated with Airway, Breathing and Sleep (ABSleep):

- **ADHD and other children's issues:** Ninety percent of our brains are developed by age 12. Obstructions and even increased effort in breathing cause children to have sleep disorders, and the effect is a range of related problems, from attention deficit hyperactivity disorder, to obesity and diabetes. The good news is that much of this is preventable – at 6, 18 and 30 months of age, doctors can predict children who are likely to develop behavioral and cognitive disorders due to poor breathing. Treatment is often complex and requires a team approach. Removal of tonsils and adenoids are among preventative measures, along with palatal expansion and myofunctional therapy. Additionally, early intervention can improve the shape of a child's face, lips and smile.
- **TMJ:** As our faces are becoming pushed in and our mouths are getting smaller there is increased pressure on the TMJ as well as increased muscle tension and clenching.
- **Sleep apnea:** People with sleep apnea can stop breathing hundreds of times each night. Each time this happens, the brain triggers the person to awaken, ever so slightly, in order to resume breathing. Up to 90 percent of people with obstructive sleep apnea have not been diagnosed, according to the American College of Physicians. Sleep apnea is just one of the disorders that can have serious lifelong consequences. But the causes are easily corrected. Children who snore loudly are twice as likely to have learning problems and are more likely to develop behavior problems and ADHD.
- **Chronic headaches:** Morning headache is one sign of obstructive sleep apnea. As the face is pushed in, nasal breathing is obstructed and mouth breathing results in a forward head posture. This puts a strain on the muscles and nerves at the base of the neck which increases headache.
- **Other sleep disorders:** You do not need to have apnea to have a sleep disorder that will interfere with performance and health. Snoring, restless leg syndrome and simple daytime drowsiness can be a signal that you are not getting the proper quantity and quality of restorative sleep. If you are suffering from chronic pain, inflammation, poor performance or behavior problems, consider looking into airway-breathing treatment.

---

### About Michael Gelb, D.D.S., M.S.

Dr. Michael Gelb is an innovator in airway, breathing, sleep, and painful TMJ disorders pioneering Airway Centric. He has studied early intervention for sleep disordered breathing (SDB) specializing in how it relates to fatigue, focus, pain and the effects all of these can have on family health. Dr. Gelb received his D.D.S. degree from Columbia University School of Dental and Oral Surgery and his M.S. degree from SUNY at Buffalo School of Dental Medicine. He is the former Director of the TMJ and Orofacial Pain Program at the NYU College of Dentistry and is currently Clinical Professor in the Department of Oral Medicine and Pathology at the NYU College of Dentistry. He is a co-inventor of the NORAD, or Nocturnal Oral Airway Dilator appliance that reduces snoring by positioning the patient's tongue and jaw so that airways stay open. He co-founded the Academy of Physiologic Medicine and Dentistry (APMD) and a non-profit to prevent the proliferation of chronic disease in the U.S. based on airway, sleep and breathing awareness, research and education.

### About Howard Hindin, D.D.S.

Dr. Howard Hindin is trained in all aspects of general dentistry. Since the 1990s, his practice has also focused on cosmetic dentistry, temporomandibular joint disorders and craniofacial pain. He is a graduate of New York University College of Dentistry. An acknowledged pioneer in the relationship between dental issues and whole body health, Dr. Hindin is President (2000-present) of the Foundation for the Advancement of Innovative Medicine (FAIM). He is also an active member of the American Academy of Pain Management, American Academy of Cranio Facial Pain, American Academy of Dental Sleep Medicine, Academy of General Dentistry, American Dental Association, International Academy of Oral Medicine and Toxicology, and the New York State Society of Acupuncture for Physicians and Dentists and is the co-founder of the American Association of Physiologic Medicine and Dentistry (AAPMD).

# Two More herbalAire Vaporizers given away this issue!

Each and every issue of TY Magazine, herbalAire and KDK Distributors will each donate a herbalAire Vaporizer to deserving med patients.

Thanks to all those who have responded to our contest. We have received many letters from eligible people around the world. Judging the entries is never easy, but we believe we have chosen two more winners who are truly deserving of a HerbalAire.

### Our latest winners are Mike and Matt

#### Mike, Florida USA

Mike is a veteran who will use the herbalAire to help manage his health.

#### Matt- Michigan, USA

Matt gives a lot to his local community and will benefit from using a herbalAire to medicate.



Mike



Matt

**Hello TY Members. I have got some great news!**

**Each and every issue I will be**

**Giving away 2 Herbal Aire Vaporizer to some needy medical patient!**

**The rules are very simple :**

- 1) You must be a member in good standing with TY or your local compassion club.
- 2) Financially impossible for you to purchase on your own
- 3) You must be 21 years of age or older
- 4) Legitimate Medicinal users only
- 5) Write or email a short 100 word story detailing why you should be a recipient
- 6) Provide a photo and any documentation necessary to support your request
- 7) If chosen you may have your photo and a short reason why you were selected printed

**Please note I expect a lot of inquiries so only the most in need please apply. Through Treating Yourself KDK Distributors and HerbalAire we wish you well !**

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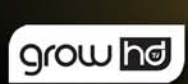
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Cream Caramel



Cream Caramel



Cream Caramel

**Strain:** Cream Caramel  
**Breeder:** Sweet Seeds  
**Grower:** Skunk-mad  
**Judge:** Skunk-mad, Miss Knapper,  
Collie Dr. Mon and Rosebud  
**Date:** July 25, 2013

- 1. Visual Appeal:** 9+ Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes:** 10 Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**  
Clear 35% Cloudy 55% Amber 10% Dark 0%
- 4. Colors present in the buds and/or on a scale 1-9 light-dark:**  
Green 7, Gold 3, White 7, Orange 5
- 5. Bud density:** 8.5 Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.  
Berry 4, Fruit 8, Cherry 5, Hash 4, Skunk 4, Citrus 5, Spice 2
- 7. Aroma:** 9+ 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** - Super compact, very nice structure covered all over with lovely glistening sticky trichomes. This strain was harvested slightly early, under the scope the trichomes were only 5-10% amber but the results are out of this world, nice dreadlock buds with a very nice frosty look. 10/10 for bag appeal.





- 1. Utensils:** TY ROOR, Herborizer, Volcano and Ascent, Headquater papers, Pure no flavored blunts,  
**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  
 Fruit 9, Hash 4, Skunk 4, Citrus 7, Spice 2  
**3. Taste:** 9+ Impression of the taste from 1-10 unpleasant-delicious.  
**4. State of dryness:** 5 1-10 wet-dry where 5 is ideal.  
**5. Smoke ability:** 9 smoke ability of the sample from 1-10 harsh-smooth.  
**6. Smoke expansion:** 1 smoke expansion in the lungs from 1-10 stable-explodes.  
**Smoke Test Comments:** -We tied the cream caramel in various methods but my favorite was a bong hit. You got instant pain relief with a super soaring high combined with the most mouthwatering strain I have come across, on the inhale you get a nice fruity hash taste but the true flavor comes out on the exhale where you get a beautiful taste of ripe blackberry's dipped in thick clotted cream. Absolutely divine not too harsh and the head high was not too much, all around a very pleasing smoke.

### FOLLOW UP QUESTIONS

- 1. Dosage:** 2 bowls to reach desired effects.  
**2. Effect onset:** 2 Rate of how quickly the effect hit from 1-10 immediate-major creeper.  
**3. Sativa influence:** 35% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.  
**4. Indica influence:** 65% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.  
**5. Potency:** 8 Rate the potency of the sample from 0-10 none-devastating.  
**6. Duration of effect:** 2 hours  
**7. Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.  
**8. Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.  
 Morning/wake up 6 Day/work 9 Evening/relax 7 Night/sleep 6  
**9. Overall satisfaction:** 8+ Rate your overall satisfaction from 1-10 poor-Holy Grail.  
**10. Ability and conditions:** 8 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 | - Paranoia relief   |
| P Anxiety relief               | - Sex drive         |
| P Appetite                     | - Sleep             |
| - Audio perception             | - Speech process    |
| P Humor perception             | - Taste perception  |
| P Imagination/creativity       | P Thought process   |
| P Pain relief                  | - Visual perception |

### Extended Medical Survey:

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

**FINAL COMMENTS:** - This is one of the best strains we have come across in a very long time. It hit so many factors for me pain relief, appetite stimulation, help in easing anxiety and most importantly for me not setting a panic attack off which some strains can do! The structure, smell and taste were all on point and we found that you can smoke the caramel at anytime of the day, it is a superbly balanced strain that I am sure all who try her will like me will fall in love with this strain. Thank you Tommy of sweet seed's for bringing this strain into our life's and garden and a massive thank you to the breeders at sweet seed's for creating a top 5 strain of all time for our personal use! A top medicinal strain well done!





Kush 'n' Cheese



Kush 'n' Cheese



Kush 'n' Cheese

**Strain:** Kush n Cheese  
**Breeder:** DNA Genetics  
**Grower:** Skunk-mad  
**Judge:** Skunk-mad, Miss Knapper and Dani F (Dinafem)  
**Date:** June 6, 2013

- 1. Visual Appeal:** 9+ Visual appeal of the buds from 1-10 unappealing-excellent.
- 2. Visible Trichomes:** 10 Visible trichome content from 1-10 none-totally covered.
- 3. Colors that are present in the trichome heads under magnification:**  
Clear 15% Cloudy 45% Amber 35% Dark 5%
- 4. Colors present in the buds and/or on a scale 1-9 light-dark:**  
Brown 8, Black 7
- 5. Bud density:** - Bud density from 1-10 airy-dense.
- 6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence.  
Fruit 8, Hash 9, Skunk 3, Citrus 5
- 7. Aroma:** 9+ Aroma from 1-10 repulsive-delightful.
- 8. Seed content:** 0 Seed content from 0-10 none-fully seeded.
- 9. Weeks cured:** 4+ If know the number of weeks your sample has been cured.

**Comment -** By far some of the nicest hash "pollen" I have seen in a long time! Pressed very well with a beautiful sheen, reminiscent of a fine Nepalese hash! 10/10 for bag appeal.





**1. Utensils:** TY ROOR, Herborizer, Ver-Glow pipe

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

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

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

**5. Smoke ability:** 9+ smoke ability of the sample from 1-10 harsh-smooth.

**6. Smoke expansion:** 8-9 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** -I must say this hash was in a different league to what I was used to. It created some of the thickest dense smoke I have had the pleasure to smoke. The smoke produced was very stable and gave an instantaneous high. Very pleasurable on the lung's, the body and the mind.

### FOLLOW UP QUESTIONS

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

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

**3. Sativa influence:** 50% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.

**4. Indica influence:** 50% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.

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

**6. Duration of effect:** 2+ hours

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

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

Morning/wake up 5 Day/work 5 Evening/relax 8 Night/sleep 9

**9. Overall satisfaction:** 8+ Rate your overall satisfaction from 1-10 poor-Holy Grail.

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

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

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

P Ability to rest or sit still	- Paranoia relief
- Anxiety relief	- Sex drive
P Appetite	- Sleep
- Audio perception	- Speech process
- Humor perception	- Taste perception
P Imagination/creativity	P Thought process
P Pain relief	- Visual perception

### Extended Medical Survey:

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

**FINAL COMMENTS:** - Well what a great concentrate we have here! this was the first time smoking any one hash apart from my own for a good few years and it surprised me in so many way's. The main 3 were (1) insomnia- as it had the ability to totally knock you out (2)my panic attack's- which concentrated usually agitate due to how strong they can be but with this "pollen" it kept me very level headed and did actually stop a panic attack from turning really bad! (3)appetite stimulation-my appetite is not the best but when smoking this hash I could not stop eating so if you timed your medicating right to fit in with meal times say "20 minutes before" I could actually sit down with my family for a meal which I had not done in a long time. Thank you my good friend Danni for letting me test out your superb "pollen" hash, a great all around smoke made by a Spanish hash making master! Who could ask for more?





# Shantibaba's

## GROW tips



# Sea of Green

**A**s I grew into this job like the plants I grew with and still grow with, I find after 20+ years doing this work there is still one majestic aspect that hypnotises me. That is entering into a fully flowering greenhouse or large indoor facility where several cloned plants are being grown in a technique known as a Sea of Green (SOG): maximum growth and uniform height of a (cloned) plant that fits all possible growing area it is exposed to with a rapid crop turnaround.

I wish to dedicate this article to some aspects of a commercial farming principles absorbed into our rapidly expanding Cannabis industry...where these aspects are about to occur considering the growth spurt we are engaged in at present.

SOG initially was developed as an economic tool for maximising space to flower production per crop per year. Clone growers are well aware of this technique if they are well experienced with a particular strain. Since seed plants differ in many ways and the flower quality and quantity are not known on the first round of flowering, it pays to do a selection of a mother that responds well in a partic-

ular room with whatever style of growing is in action there. To play it really safe and keep alternatives open I would advise a grower to always keep the 2 or 3 best females alive and run them in quantity in the same room to be sure of all things as sometimes the seed mother selected may falsely respond well at first crop but not do it again when you count on it!

SOG is the same principle as a recipe for a chocolate cake. The principle and recipe with a cloned strain reaches a desired result usually related to the grams produced with a set price in mind if product reaches a standard quality. It means all different growers can take the same plant and grow more or less the same grams per square meter in the same time frame. The population needs X tonnes of tomatoes each season and if the production is on time and of an accepted quality standard based on quality of end product tests, a known market price is paid. The price fluctuates according to supply and demand and of course whether the product is seasonal or all year round in production. These are the basic principles of agro-economics.

Sea of Green has differences in methods but the generally accepted principle is based on commercial cropping like



# SOG



using cloned tomato plants on Rockwool slabs to maximise yield, continuous harvesting and logistics to running a farm with workers. Basically it uses all available growing area to produce a standardized plant by manipulating the pruning of a plant to secure a desired height and breadth of a grow. Maximum yield and quickness in turnaround of crops are the major aspects that motivated this technique. Perfect for small grow areas to largest greenhouses. SOG incorporates a recipe that if followed will increase the grams per m2 per light output.

So why did this become a growing method and how did it originate!

In the 8 years I served in Holland; probably one of the most commercially minded European countries outside of the USA, where the ends must be economically viable for the time and costs put into the project, I learnt a lot about the pot business. So seeing a grow room with 10 lamps, ventilators, tanks etc...as a set up cost of say 20K euros, and with a monthly set of expenses plus staff it is easy to see what sort of outcome you need to run it like a business...especially since risk factor was factored into the equation to redeem a profit and pay for all the investment

of the room. In Holland I learnt people were motivated by making good money for little usable space, minimum manual labour for the highest yields that could be achieved. Since the clone business was readily available people could dedicate their entire room to flowering directly and therefore increase the number of crops per year compared to those growers who need to pre grow the plants in the same room...instead of separating it into a mother /clone room, and a flower room. Actually it is practical economics for unregistered alternative employment initially brought about by coffee shop demands for different strains to keep on their menus. So one of the main constraints was to use a strain that responds well, flowers quickly and yields well as well as on a menu in a shop...making it predominantly a clone based operation.

Purely from an agricultural point of view it is always a successful harvest when a grow room is encompassed with healthy green full flowering strains of whatever is the crop with no patches of soil.

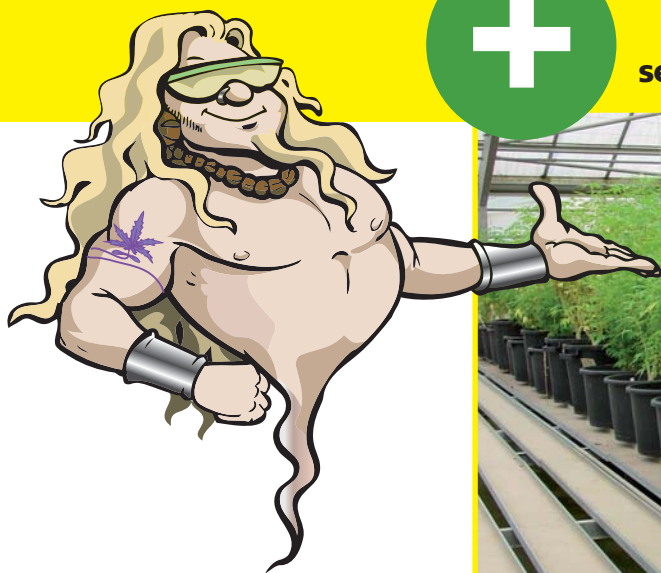
I have tried to list the advantages and disadvantages of SOG technique in the production of Cannabis. It is a guide and not specific to a particular grow method.





## Advantages of SOG

separate flower and mother/clone rooms:



1

In a flower room (12 hr dark, 12 hr light) it is possible to achieve **6-7 crops per year** depending upon the strain used. For fast flowering Indicas like Mr Nice Critical Mass harvest all crop on day 42-45...so 7-8 weeks you achieve a crop, or you stagger the room with plants being introduced every week so the work load is never a full crop at any one time.

2

Small plants are grown low in height directly from a rooted clone for **high yields, low biomass wastage**, and with a quick turnaround into new crop (especially when the incoming clones are in a pre-grow room for 2-7 days prior to entering the flowering room.

3

Usual SOG styles grow is **best suited to a single strain** making the grower hone his or her skills with a familiar plant, so by the 3rd crop all idiosyncrasies are known and it is like a recipe from then on.

4

SOG **maximises production and commercial value** of a small space or a large greenhouse.

5

Growing smaller plants means **easier and quicker processing** with little wasted bio mass.

6

SOG growers usually have a **mother/clone room, pre grow 18/6 room** where rooted clones can be potted up or put into larger cubes and pre grown before entering the perpetual 12/12 flowering room. This reduces risk in moving plants around and exposing growing areas to those who do not need to know.

7

SOG principles **suit large yielding fast flowering Indicas** in general but Sativas can fit into SOG if the grower pulls down and manipulates the plant into horizontal growth instead of vertical growth. It means more manual work initially but well worth to do and see one time.

8

**Suitable in most mediums and styles of growing** but responds very well to hydroponic, ebb n flow, Rockwool, and coca fibre mediums.

9

Growing with a known clone, time and time again **makes the grower a professional with that strain**, and most of the time you can make a plant that yields 500 grams per sq m first crop, go to 650 second crop and 750 3rd crop...reaching 1000grams per sq m after a few years of experience with the same plant. An example of this with a particular MNS cultivator of Critical Mass began at 550 g/m<sup>2</sup>, then went to 650g/m<sup>2</sup>, then bumped it up to 800 g/m<sup>2</sup> after a year and since buying a reverse osmosis machine and holding tanks with automated EC tanks now regularly gets 900-1000 g/m<sup>2</sup> every crop.





**10** SOG growers of a certain strain once competent with their plant and room become **reliable producers of a consistently good quality and large quantity product** that can be delivered every 8 -10 weeks making the product something a shop and clients/patients can count on for their use. It makes grannies hamburger into a dependable hamburger like a restaurant known for its certain speciality. This means a super market product potential.

**11** Spacing of plants depends upon the pot size used, and since SOG **promotes maximum flower production** the plants with a little pruning initially can be crowded next to each other without wasting space. We use 6 litre square pots and fit them 6x6 to a square meter so a total of 36 plants per square meter.

**12** Setting up a nylon netting approximately 50 cm higher than the plant means **no individual plant staking is necessary** and all flowers will find support as they gain height and weight without tedious and sometimes inaccessible work during the crop.

**13** The SOG grow rooms are usually all set to sensors and this **automatically regulates the air conditioning, ventilators, heaters, watering drip system etc...** So climate constraints set at daytime standards for the strain will always be consistent as well as the same different settings for night. This will allow the potential of the plant to shine through and maximise quantity and quality that inconsistent factors may not bring out in other spaces.

**14** **Same EC and PH is required** for all the plants in the grow room and means this factor can become a recipe and a known before you begin.

**15** Since air flow near the roots increases the health of a plant and disallows moulds to form, removing all lower limbs and only growing tops means a grower **maximises dense cola production and reduces his cleaning time** allowing a cut and replant turn around in a day (if the clones are ready ).

**16** If after the initial 2 weeks of flowering you see plants are at different heights then a **simple rearrangement of smaller together and larger together will be the only modification** needed to make a room uniform.



## Disdvantages of SOG

separate flower and mother/clone rooms:



- 1** Most growers enjoy **growing different types of plants** and SOG principles are best with only one strain in an entire room.
- 2** **SOG needs a lot more clones** compared to seed grows so the number of plants is much more in a SOG. More plants means risks in transporting plants and possible risks to legal limits of plants for authorized powers.
- 3** Maximum yield is a major motivation for SOG growers, which means those growers who wish to have a series of **different special plants with different needs in the same flowering room would not really be an alternative.**
- 4** In a SOG where the watering system is a reticulating system, **one infected plant can soon ruin or infect the entire rest of the crop...**the disadvantage of monoculture growing means if the strain is susceptible to a certain pest or condition or mould it may well cost an entire crop not a single plant.
- 5** All lower foliage needs to be cleaned away from plants to increase air flow and allow light to penetrate to the flowering sites, and this means **a lot of initial work.**
- 6** Commercial principle and **not for connoisseurs of cannabis who like variety** in their grow rooms.
- 7** **Suits Indica dominant plants rather than Sativas** due to flowering time, plant height and yield.
- 8** Concentrates on yield and number of crops per year which is **not always suitable for a user who likes a lot of variety of plants.**
- 9** If plants die off it can mean using other plants and **can cause a delay to the final date of flowering.**



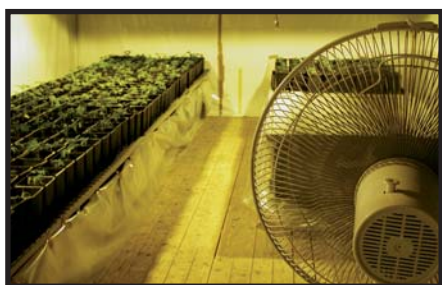
# The basics for a grow room


















## Special requirements for a SOG grow room

There are quite a few things and expenses in setting up a professional grow room to cater for SOG grows. The options are to begin simple and add to the room as the finances allow or go for gold directly by spending all the money needed to automate a grow space and take away as much human variables as possible. If a room is safe and able to run for 2 years without any real problems then I would suggest going for gold and spending the money to set up a state of the art automated room with most everything set on sensors and timers.

## The basic things that make up a grow room are



-  **Lights**
-  **Ventilation exhaust and incoming**
-  **Ventilation within the room under and above the plants.**
-  **CO2**
-  **Watering system or drip system with use of tanks**
-  **Reverse osmosis purifying holding water**
-  **Automatic feeding computer set to 3 food tanks N:P:K**
-  **Air conditioning**
-  **Cloning and mother room**
-  **Drying system once cleaned**
-  **Carbon filters and reduction in smell system for expelled air**
-  **Tables suited to pot sizes or ebb n flow**
-  **Heating**
-  **Pre-grow area for awaiting plants to change over as soon as ready plants are cut**
-  **Miscellaneous features including medium, cleaning products etc...**



## A working example of **Mr Nice Critical Mass** clone grown in a SOG technique:

We have each room set up to be automatic in all senses of climate. Tables are made on site to fit 6 plants wide and usually 60 or 70 plants long so lights are optimally used. Small walk ways stretch between the tables but the plants can grow into these spaces from two different tables, thus maximising all light exposed area. The tables allow air to flow under the plants and above so no moulds can get too comfortable in still spaces in our rooms.

We usually place all pots on the tables and fill them with a coco fibre medium. Then we bring in the clones from their pre-grow area and plant them directly into the pots. Once we fill up all pots we directly stack a dripper into the pot or two depending upon the pressure we have. Once all plants are tested for water coming from the drippers installed we soak the plants always running the water coming off the pots to waste since the potential problems of infecting an entire crop by using a recycled water system is too economically devastating for our growers. It means a little more food is used but not really a factor to worry about when running 1000s of plants in a grow room or flowering room.

Our new reverse osmosis machine is constantly on filling a holding tank that is attached to a feeding computer and 3 separate tanks of Grow, Flower and micro concentrates set to the desired EC for Mr Nice Critical Mass plant. The Ph adjustment comes after the food is mixed and then the automatic sprinkler system waters the plants for 3 to 5 minutes each hour or as set to the stage of the plant.

The climatic conditions are set for daytime temperatures and humidity with air-conditioning also linked in with sensors. This allows incoming air to increase or decrease in line with exhausted air as well as maintaining humidity and temperature to 28C and 50% at all times and irrespective of the climate outside. CO2 levels are also set to our sensor and maintained to varying levels depending upon day or night times. A backup generator is wired in to an emergency system to keep the room from cutting out if a power failure exists. Our lights are programmed to turn off every second light if temperatures exceed maximums set, and our exhaust ventilators and incoming ventilators are on 5 phase speed settings which can be automatically linked or manual over ride if it is necessary.







Our plants grow in consistent climatic conditions with good clean water and nutrient specifically catering for Mr Nice Critical Mass, EC 2.2-2.5 ,ph 6.0-6.2...thus flowering in 7 weeks to full potential.

When we began in a new country we had a lot of trial and error lessons. It cost us time, money and heart break as well as lots of hours working. We thought 500-600 g/m<sup>2</sup> would mean 2 crops pay off the room of 80 lamps, which was not far from wrong. The only thing is getting 350 or less meant we would be working this room for far longer to pay back the initial cost without any return. However as we reduced all the possible variables and honed our ways for this specific plant we went gradually from 350 to 550 g/m<sup>2</sup>, to 650-700 g/m<sup>2</sup> and then with some new machinery and all the gained knowledge along the way plus reverse osmosis system we are now consistently obtaining 900-1000 g/m<sup>2</sup> with Mr Nice Critical Mass clone.

Cannabis and learning how to grow on different mediums with different techniques taught most of us how to think like farmers. The knowledge we gained through hands on experi-

ences with a lot of patience thrown in has made us into professionals in a renegade industry until now. A business that is now moving into an industrial time. Trial and error is time consuming and costly when it is not on your side but with persistence it pays you back 100 fold!

One last thing to make mention why SOG maybe something seriously to consider. When a former Mexican Prime Minister endorses an ex-Microsoft partner (who wishes to corporately brand Cannabis in the USA) to endorse the release of a woman charged in Mexico for trafficking 5.5kg and she is released with the help of mainstream media including CNN, one should surely consider this maybe a big step towards normalisation. This was an industry in waiting, but it seems 2013 the waiting is finished! 🍀







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The story of

# Serious

By Thomas  
from Serious Seed



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**Serious 6** is the first new strain developed by Simon, the breeder and owner of Serious Seeds, in the last 10 years. This strain was developed mixing genetics from Canada with Sativa-landraces from Africa through a time consuming process of selection and cross-breeding.

The goal of this long selection process was to create an early-finishing Sativa type of plant which is very mold-resistant and will finish outdoors in the dutch humid and cold climate at the end of September. In Holland this is an important date, because after that time strong rains and winds start, which will cause bud-rot in most varieties. With this plant we think we have reached that goal; in Holland the majority of the plants can be harvested at the end of September. Outdoors in Spain this will be much earlier, we estimate that most plants will be ready to harvest at the 15th of September or maybe even earlier!









# Serious 6

We introduced Serious 6 for the first time at the Cannabis Cup in Amsterdam in November 2009 and she was greeted with much respect and love from the cannabis community, everybody wanted to get their hands on the seeds of this new strain.

We planned on releasing the seeds after that Cannabis Cup, but the final indoor test for the variety was not good enough for Simon. He let a batch of indoor-plants flower







# Serious 6









# Serious 6

for much longer than recommended (more than 3 weeks longer) and two of those plants showed one or two single male-bananas. This is a natural reaction of a sinsemilla plant at the end of her life-cycle when she feels threatened that she will die without producing seeds. Although most cannabis plants will do this, because it's a survival mechanism which has proven to be successful during the evolution of the cannabis plant, Simon said he will not release a plant that shows even the slightest hermaphroditic traits.

So we had to go back to the beginning and started to select for a different parent combination again.

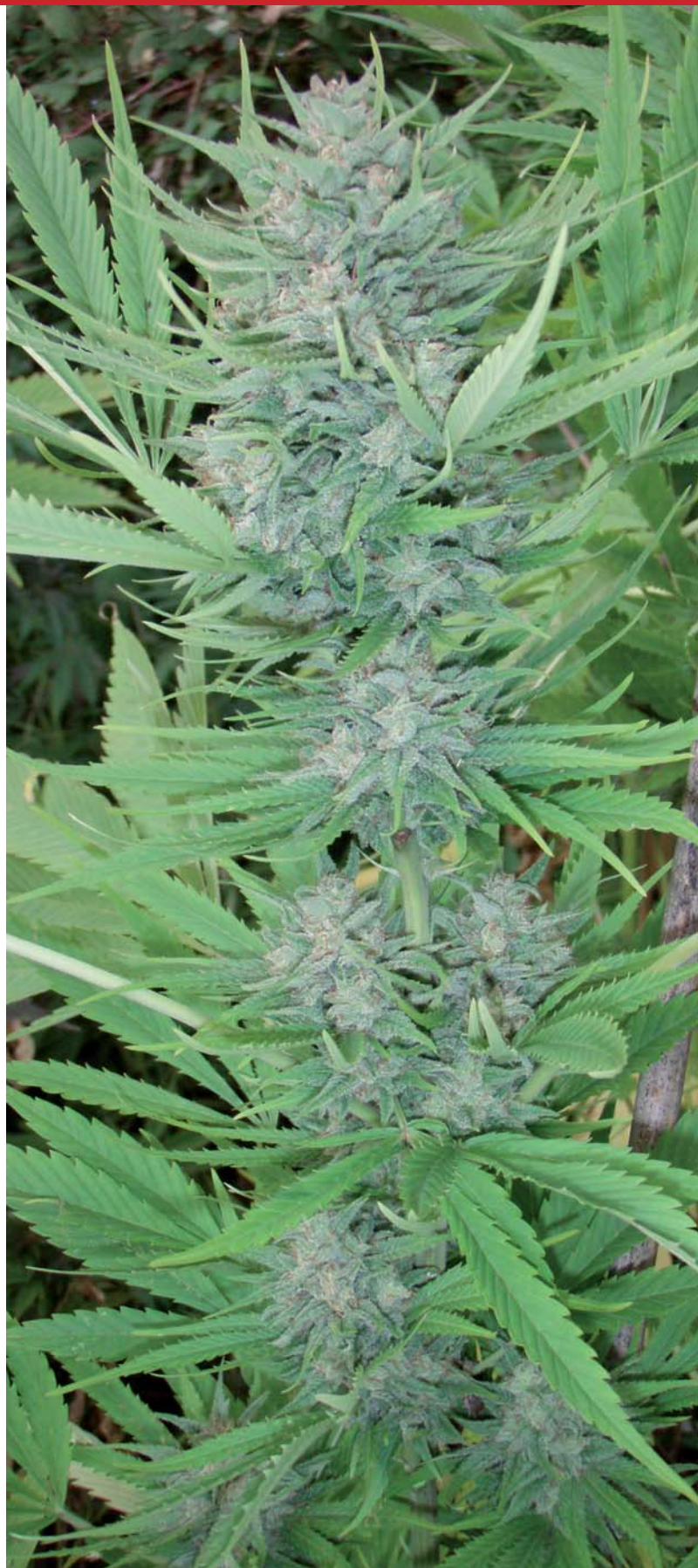
Outdoor plants can only be tested once every year; during the summer season. Every summer for the last couple of years we have tested new parent combinations of the Serious 6, and therefore it took us so many years to create the plant that Simon desired.

Finally after great results this summer, we feel this unique strain is ready to be released.

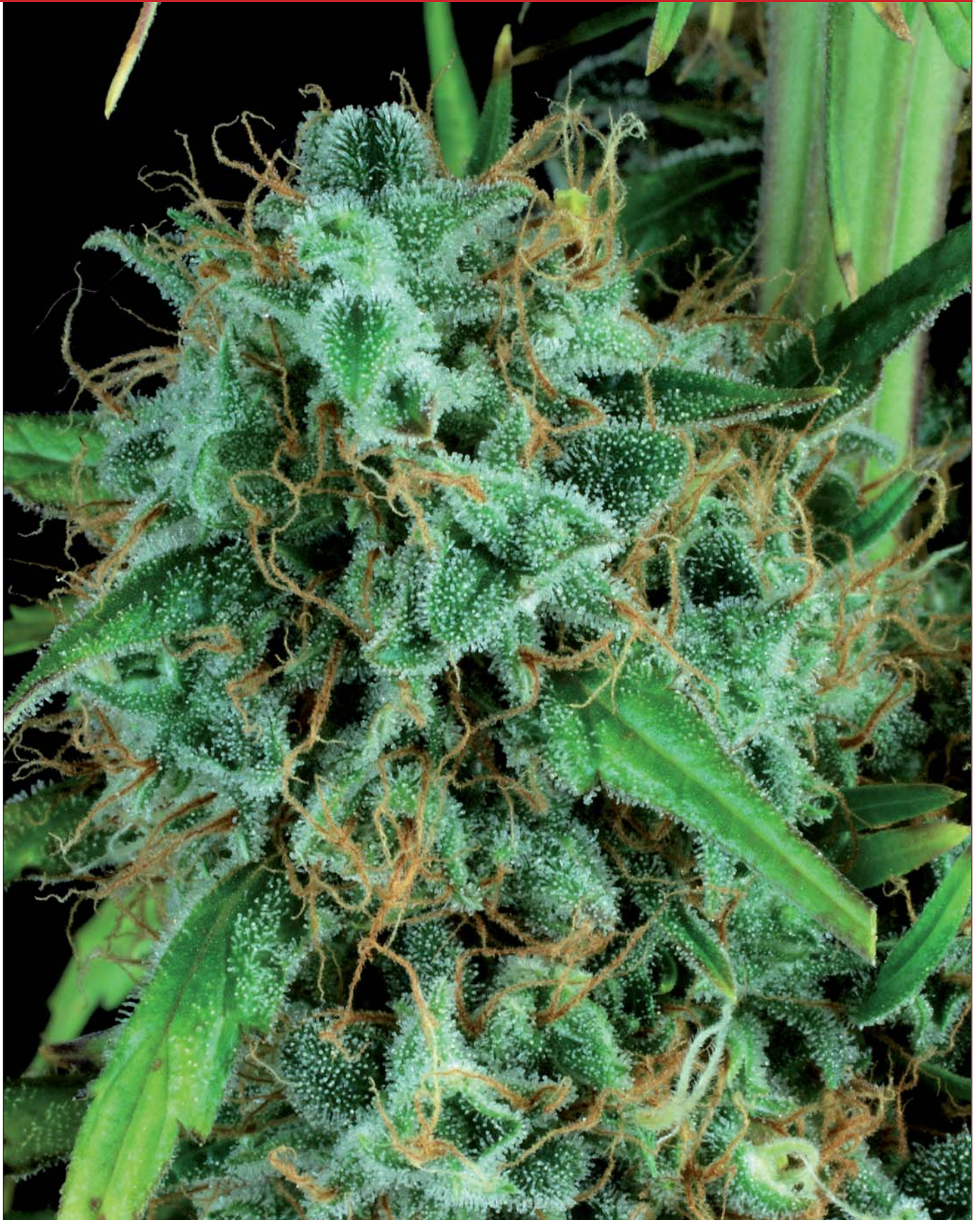
Outdoors she grows tall and slender like a true Sativa, with one main stem with side buds, not the christmas tree-shaped plants which is more Indica-like. Despite the dutch outdoor climate the buds will grow few small leaves and build a particularly thick layer of crystals, compared to other outdoor plants. Approximately half of the plants will show strikingly beautiful pink pistils, which can be seen in the fotos next to this text. The pink pistils are only noticeable on the living plant, once the flowers ripen the pink hairs will turn to a normal brownish colour. At the end of the flowering cycle these pink colors are substituted by purple colors of the calyxes and leaves.

The Serious 6 is a very beautiful plant to have in the garden which is certainly one of the positive characteristics for growers. We have noticed how much visitors loved the Serious 6 test plants from the looks alone, making remarks like:

**"Hey man, I want to grow this awesome plant in my garden!"**










# Serious 6

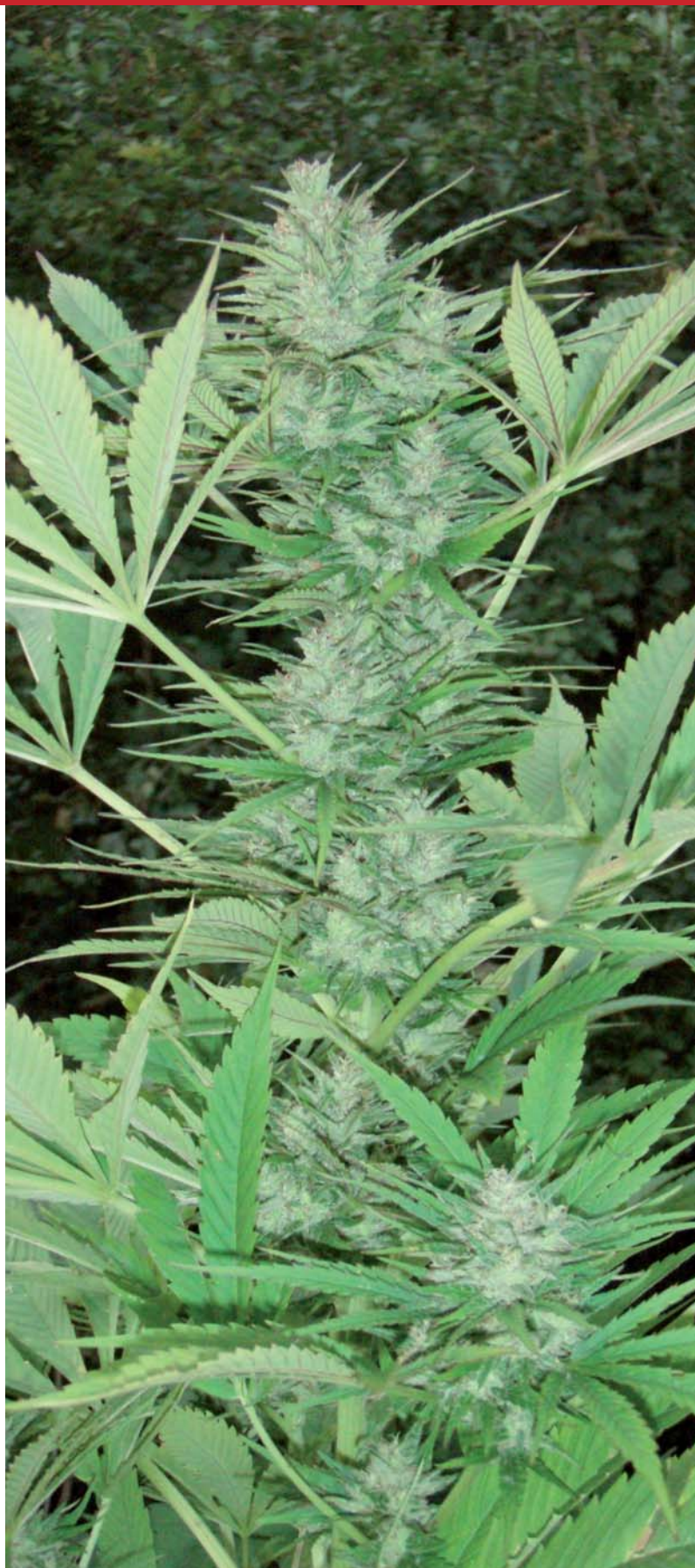
The Serious 6 is an almost pure Sativa with a short flowering time (about 8 to 9 weeks indoors) which gives amazing results indoors. She will fill up and produce dense long buds glistening with trichomes, spreading a very aromatic fragrance. The aroma of Serious 6 is a new combination of odours which cannot be compared to other cannabis varieties. She has a smell and taste that is different and new, and seems to be built up in layers; citric, anise, spicy are only a few of the recognizable aromas.

Her effect is a cristal clear head-high, once you smoke her you will get creative and active and you will want to do something creative like painting, writing or playing some music. The Serious 6 packs a load of THC! At the Spannabis 2013 on Friday the 15th of February 2013 an indoor grown bud of Serious 6 was tested at the Cannalaboratory at the fair with 17% THC. That was the highest measured THC-content of ALL strains tested that day at the fair!

People in Spain are lucky enough to be able to grow seeds of strong plants like AK-47, Bubble Gum, Chronic, White Russian or even Kali Mist outdoors, because in this climate they will finish without getting bud-rot. Growing the Serious 6 outside next to them, may have the advantage that the Serious 6 is ready to smoke while you wait for the other plants to finish flowering.

Right after its official market-release in May 2013, an indoor-bud of Serious 6 was entered into the Highlife Cup, a dutch cannabis-cup organized by the dutch Highlife magazine. It was entered in the Bio-weed category, which had a total of 21 entries competing for the crown. Although there were also some heavy-hitting kushes in this category, the judges appreciated the uplifting and clear high of the Serious 6 and its extraordinary fine taste and awarded it with the second place trophy.

All in all this plant is perfectly suited for outdoor grows in a wide range of climates or for indoor growers who like a quick finishing sativa. Serious 6 offers a very nice alternative to the wave of hard-hitting, couchlock Kush-strains that dominate the market today. 











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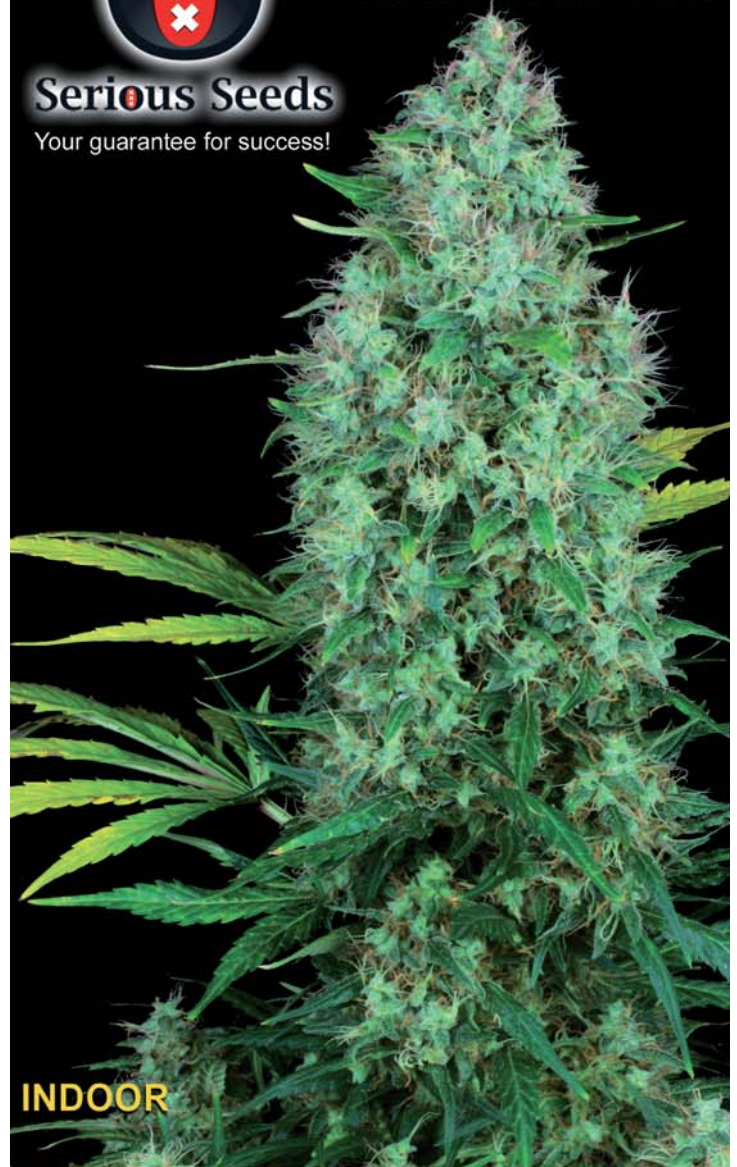
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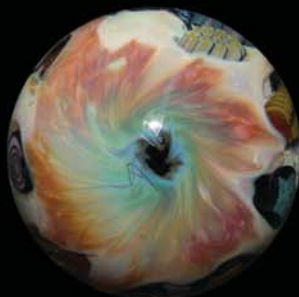
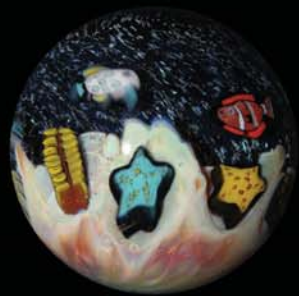




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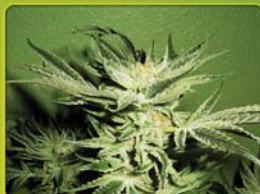
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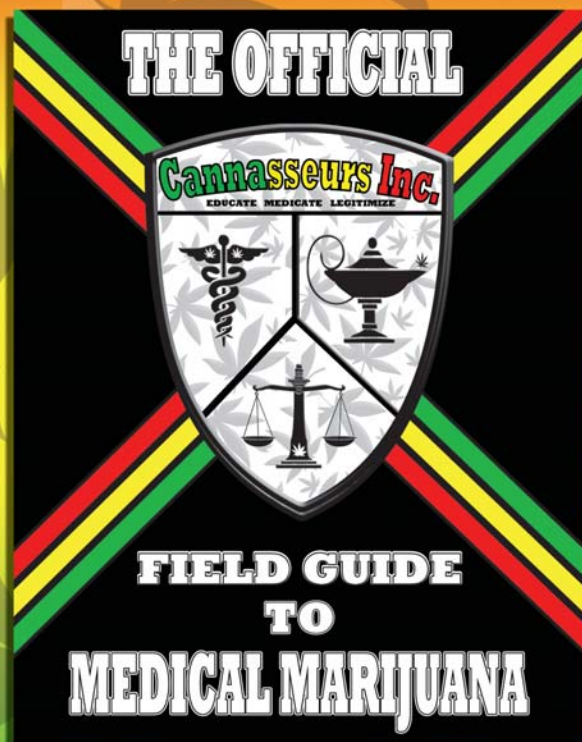


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# The Persei

By Skunk-mad



**A**fter making a huge impact on the essential oil and concentrate market with the Persei now it is time to turn the best essential oil vaporizer into the ultimate vaporizing tool. If you have not heard about the Persei it was featured in issue#35 of Treating Yourself and since its publication it has gone on to dominate the concentrate market. When I get a very good performing device I like to do my research into how it became to be and when I started looking into the Persei's creator THC Scientific or Gary Bay as I have better come to know him I found out some very pleasing things.

Firstly I did not know that Gary and his crew at Utopia Planitia Technologies were the first company in the industry to bring the essential oil vaporizer to market which in turn has brought 30+ company's trying to duplicate what Gary has done. This has done one major thing it has filled the market with cheap knock off's which is not good for us the buyers! But don't worry, if you have brought one of these knock off vaporizer pens and you are not happy then Gary, and Utopia Planitia Technologies have your back with a trade in plan that can get you sorted out.

I'm always looking for a bargain but sometimes the old saying "You only get what you pay for" ring's true espe-

cially when dealing with a medical grade device. So if you have bought a cheap version of the Persei or Omicron vaporizer's and you feel ripped off then for a small fee Utopia Planitia Technologies will take your old inferior vapor pen and trade it in for either a Persei or Omicron the device you wished you had brought in the 1st place. To me this is great customer service and that is another thing I'm very impressed with. When you first get a new device it can be hard to get it working right, So Gary took 45 minutes out of his time to have a Skype chat with me to get me and the Persei firing on all cylinders, I'm not saying that every customer will get a personal call but you will get an outstanding customer service that will be happy to deal with any request you have and in a timely fashion.

The creator of the Persei Gary, his whole crew at Utopia Planitia Technologies have gone all out to make the Persei the only handheld portable vaporizing tool you will ever need to buy! In the standard configuration the Persei could only do the concentrates like bho, iso, wax and so on, basically anything that can be thrown in (depending on the cartridge), but what do you do when like me you run out of concentrates? Until now the only answer was to put it on the shelf thankfully that is no longer the case, so let's take a look at the attachment's and I'll cover each one in more detail.



# TY Product Review

“ for a small fee Utopia Planitia Technologies will take your old inferior vapor pen and trade it in for either a Persei or Omicron ”



## The Hammer

This is a great attachment it is basically a torch less, flameless, no butane required lighter. You just load your ti-nail, dome or skillet with the best bho ( Or Your favorite concentrate ) you can find and touch the hammer head to it. This totally is a safer way to dab those concentrates and you wont get 3rd degree burns in the process. The Hammer will also light your bowls filled with bud/flower with no problem but must be run on the 7.4v configuration. The Hammer attachment can hit temps of 1200° (F) in around 45-60 seconds so very, very hot and the 1200° (F) Hammer is the heating element for the next attachment “The Bender “. Included with the Hammer kit is the Hammer top which a switch is on/off head compared to the traditional top which is a hold on/off.



## The Bubbler

So you have your Persei loaded up with the best concentrates you can find but it is still a little rough on the old throat, that is no longer a problem grab yourself “The Bubbler” specifically designed for the Persei and hand-made in the USA. The Bubbler has been designed to sit your Persei in to give your concentrates that extra filtration through the water bubbler giving you a nice crisp hit every single time. If you don’t feel like concentrates that’s not a problem as the bubbler take’s any 14-14.5mm bowl or ti-nail which you can load up with your favorite medication, take the Persei with the hammer head and fire up your bowl. Being a mini bubbler the hit is so smooth and a great addition to any glass collection. This has become my wife’s daily use piece as she love’s bong hit’s but having a bad chest she cannot take the big rip’s so the bubbler is just enough for her. A great well made piece that will be used in the skunk-mad house for many years.





## The Bender

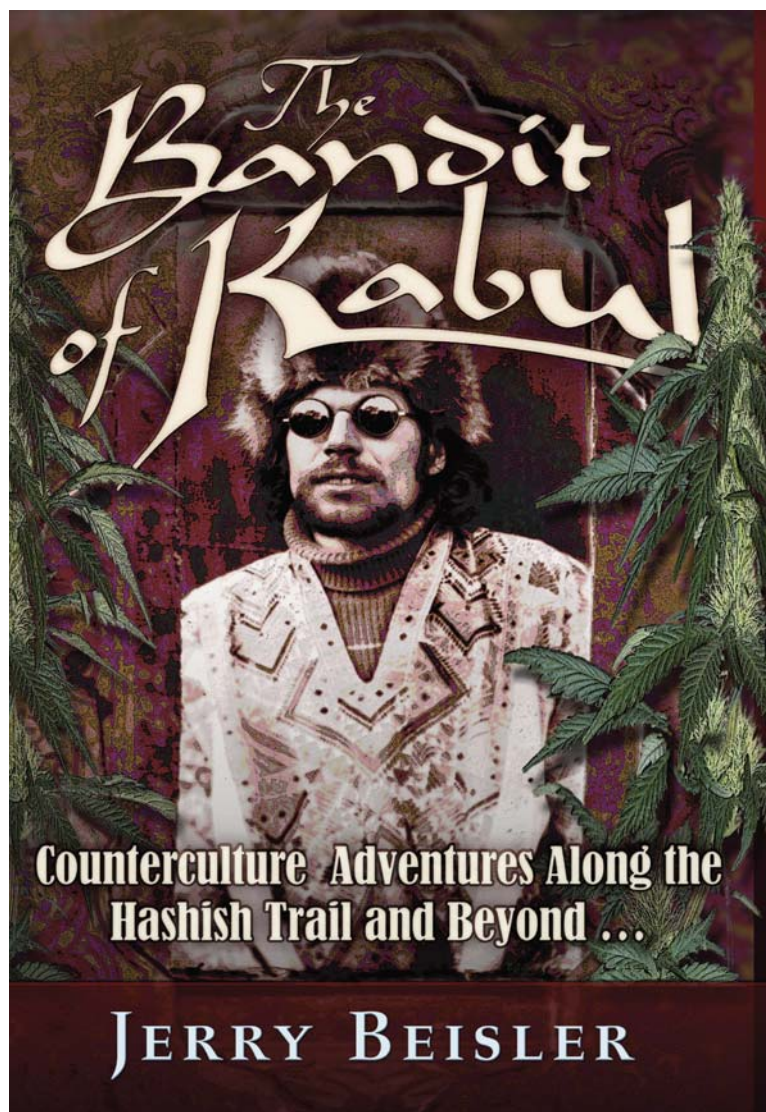
This is the first all glass portable herb vaporizer and I must say I love it! Now I can use my Persei all the time as I only get concentrate's 3-4 times a year but bud/flower's are always at hand. As I'm quitting tobacco smoking vaporizing has become a lot more prevalent in my life plus it is a much safer way to vaporize the essential ingredient's that make us well as opposed to burning or the combustion of our medication which I'm pleased to say I did not encounter with the "bender". As the heating element is controlled by a hold on/off button YOU are in control of the heating up of the herb so a little experimenting is required when you first get it. If you leave your finger on the button for too long you will combust your herb which is something we don't want when vaporizing. As I said a little trial and error is needed but I found after 2-3 bowl's I had it dialed in and producing some very nice vapor clouds, some of the best I have seen for a portable vaporizer with a great full taste. Some vaporizer's do not give of the true taste of the herb but the Bender give's you the full flavor maybe that has something to do with it being all glass?. We have been using the bender for herb for around a month now with very little that I can complain about this is a great addition to the Persei family. The only thing I did find is that if you grind up your med's too fine and pull very hard some may come through the glass mouth piece, what I found best was to keep my herb quite chunky say a 1/2 turn in a grinder and I also found that inhaling a little slower also helped. If you do decide to do a fine grind I would suggest Organic cotton to be inserted inside the mouth piece and you will not inhale anything but vapor.

## The Hercules cartridge

The final stage in cartridge development is here and it is called the Hercules, this is the bad boy of all cartridges on the market. The Hercules is a very well designed piece of the kit and I have not come across anything like it, this thing will vaporize anything you put in there making it the most versatile cartridge out there. You can get two different versions of the Hercules cartridge, one that is designed just for vaporizing your herbs the other is designed to basically vaporize anything you put in there. We have been trying out the oil and herb Hercules cartridge which is designed very well. You take off the mouth piece and there is a oil can for your concentrates, you take that out and that is where you find your herb chamber. What we loved about it was that we could load it up with bud in our case Choclope kush then we dropped the oil can filled with Mago's iso oil letting me vaporize both at the same time producing some of the thickest vapor I have ever seen. You can immediately see that this cartridge is made to last made from all Medical Grade material. As anyone knows that owns a cartridge based vaporizer you have to replace the cartridges every so often depending on how much you use them. Typically from a normal cartridge I get 400-800 rip's which is not bad. Now with the Hercules it can be easily disassembled after heavy use, dropped in an iso bath or alternative cleaning product, cleaned then put back together leaving you with fully cleaned, like new ready to go again cartridge. The Hercules if treated well will give you a good 12 months use which if like me you use it daily is a great addition and the final evolution of the cartridge system.



As you can see some very interesting products are hitting the market if you would like any information please contact delta9vapes at [www.delta9vapes.com](http://www.delta9vapes.com) who will be more than happy to help you out. 📞



Miles Davis. Bob Dylan. Jerry Garcia. David Crosby. Dennis Hopper. The Dalai Lama. Celebrities and even more intriguing unknowns dot this narrative of 1970s high-jinks set in Asia and America. Emblematic of the time and place, this grand tour of "political exiles" is born during a star-crossed fledgling recording project.



For a few short years in the late '60s and early '70s, before the Drug War was officially declared, the new global counter-culture found a taste of paradise in the mysterious Far East. Thousands of young American and European travelers passed through the storied byways of India, Pakistan, Nepal, Afghanistan and Southeast Asia. Most had a few adventures, got high, and went home with souvenirs in their backpacks.



Of those who stayed and penetrated those ancient cultures more deeply, many became victims of the dangerous world of drug smuggling, their own excess, or just plain bad luck. A few eventually returned home with their minds and bodies intact, and no nightmare memories of ghastly Asian prison stays. One of those was Jerry Beisler.



## Working Class Hero

By LEXX

“ Youthful folly has success, provided truth is sought and character is fostered ”

*The Oracle*



**The Bandit of Kabul**  
Counter Culture Adventures Along the Hashish Trail and Beyond ...

In the 1970s, modern high-tech warfare had not yet reached Afghanistan. The country was still dominated by tribal rivalries contested in violent buzkachi matches, whose champions were trained to endure the whip.

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Jerry Beisler is the author of books of poetry: *Hawaiian Life* and *The Pink Dolphins*, *St. Elvis* and *Missionary Thought* and *Mother Asia* and *Cousin California*. He has also published political commentary, travel articles, historical research papers, film reviews and short stories. Jerry produced *The Cutting Edge* at BETV in Berkeley from 1999 to 2006. He was born in Chicago and raised in Gary, Indiana. He attended Indiana University, Mexico City College and San Francisco State University. Beisler has produced hundreds of studio and live music recordings. He promoted shows in many musical genres: The Yellow Jackets, Fleetwood Mac, Crosby, Stills and Nash, Los Lobos, Rodney Crowell, Howlin' Wolf, Mike Bloomfield and The lytals. He currently resides in the San Francisco Bay area

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In my travels across the North American continent from Canada to Central America, I quickly learned that once you have tasted the fruit of the "traveler's knowledge", it is very hard to stop going back for more. I met many who have sojourned further in search of culture, spirituality and adventure; in search of that sacred knowledge and the consciousness evolved. Traveling along ancient paths, worn by many centuries of feet that have tread it before you, gives an understanding of being in those historical times and catapulting one forward in time mentally as well.

This is about one of the people who undoubtedly went where very few have

tread, a fact obvious from his written words and photos. These are places that have been explored before but by a very, very few. Those words and photos also give a total immersion experience that offers one a chance to be there, in that place and that time to where magic happens... to experience wonders!

The Viet Nam War forced me to the Underground Railroad and I moved to Toronto, Canada. Soon I met new Canadian friends who ventured to Nepal and returned with Nepalese Temple Balls. Other Canadian friends became Afghanistan adventurers and brought back some really sweet, dark brown, slabs of hand pressed hash. There were tales from the returning Canadians, of a young American who lived in the wilds, rode with the real horsemen of the plains, and was somewhat responsible for the magic bowlfuls of inspiration.

For years it seemed to me I was always just one person away from that same mid 20's American now out of Asia. Conversations began emanating from various parts of Northern California putting the



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name "Jerry" to that guy. Jerry seemed to be a hippie shaman in blue jeans, because no one described his car, jewelry, or any adornment that stood out. It seemed he was always doing benefits, hanging out backstage toking with the band, or right there in the recording studio actually producing the music. The teller of the tale would usually describe a cassette of a rare studio, star-studded track, or "All Access" laminate, a spontaneous and generous Jerry had gifted to them.

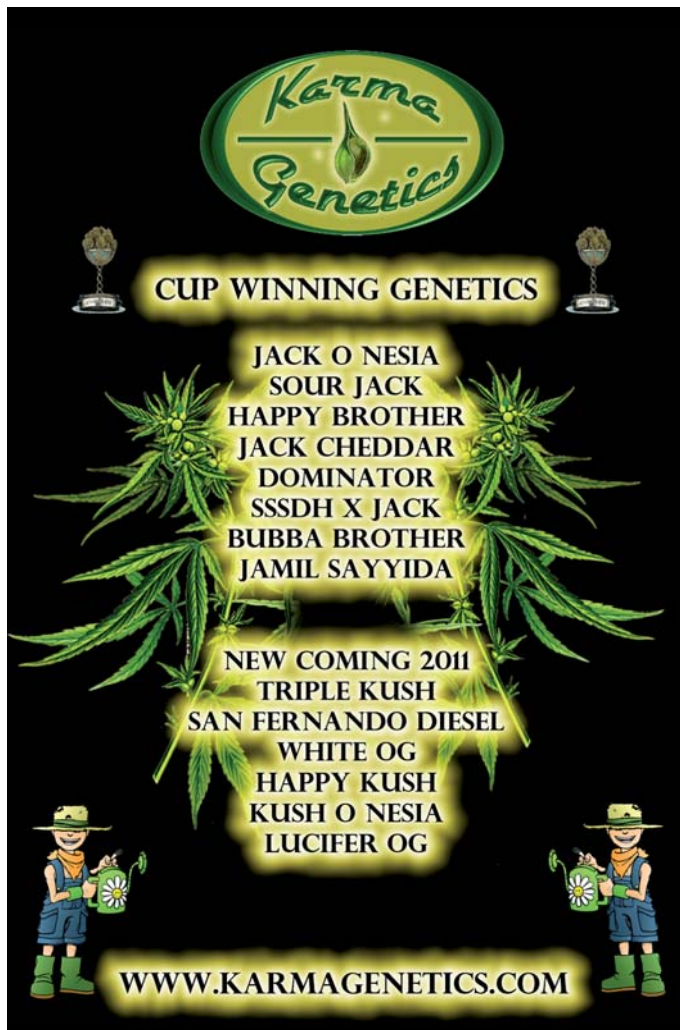
## *eye of a Poet, ear of a Producer and the DIRTY HANDS OF A GROWER*

Major compliments also came from lucky tokers enjoying odd colors, sweet bouquets, and unique flavors. Because the Remedy Jerry created was produced from foreign seeds resulting in unique strains. People wore T-Shirts commemorating his own annual harvest and they became prized collectibles. It was said he gave seeds that upgraded the plants in the area that he referred to as the Emerald

Triangle. It was his positive counter-reference to the infamous, heroin area through which he traveled in Asia, known as the Golden Triangle.

So even though, over all the years I have gotten to know some of the kindest, innovative souls on this planet, I still did not know who Jerry was until I read a couple of articles in Treating Yourself magazine, that led me to his book "The Bandit of Kabul" and his three books of poetry, that takes the reader to some rare earth where only the bold have gone.

We finally met at one of the early, major Hempfests. Our hearts are still devoted to the counter culture, and the pure philanthropic nature of that earlier generation of hippies. They worked to find solutions without perpetuating anything that caused harm, while giving without measure, or expecting anything of great material value in return. As the late, great, icon of peace and multi-talent performer John Lennon said, "A Working Class Hero is something to be" 



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# The Bariloche Experience

By Mike Bifari

**E**verybody knows at this stage that something big is going on in South America concerning cannabis.

We were invited to give several conferences about the cannabis history in the main South Region University of Comahue in the heart of the Patagonia, we spent around a week with a full agenda that included two conferences and radio shows as well as a huge party in the middle of the mountain with the so loved cannabis contest, called the “cup” of the “revolution” because it was held May 25th the Revolution Day (National Independence Day) Also another conference was held on the main city south auditorium; this is something unusual for most of the Patagonia region where there are many cannabis consumers, but not all out of the closet yet, so we were a witness to this slow but continued rise in cannabis consciousness.

After appearing on a few media shows in the city of Bariloche, we were committed to judge the best cannabis samples of the cup, which was a pleasure job to do. My good friend Lupo from Pure Sativa, also the big local champion Chirri Willy was there to help, as well as Matias Faray from the ACO, a cannabis organization, we all had the difficult task to choose the best bud in this part of the world. The OCB (Organization Cannabica Bariloche) is a group of young people who love the cannabis plant as well as marijuana, they took good care of us, we are grateful and happy to know that the cannabis and growers movement is also more than alive in the south.

Everything ended with a huge party of around 180 guests in a location surrounded by snow mountains, everything was perfect, the party, the people, the food (very special), the music, the weed, the vaporizations and the spectacular landscape. And of course the winners of the contest were so happy. The incredible prizes included several cannabis seeds and a snow jacket made completely out of hemp, a gift from the people of Pure Sativa from the UK. We ended exhausted but satisfied with our job and we had new friends as well as a new organization in our network to use as a tool to fight the war on drugs. To fight this ridiculous situation, of treating us as criminals, just for using a plant, many of our brothers have to deal with horrible situations with the police just because of failed drug policies. Instead, we are now introducing the first steps of harm reduction and human rights. 🇦🇷





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**Yield: Medium**

**Harvest: 8-9 weeks/early Oct.**

**Stature: Medium - Stout**

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# Toronto GMM 2013:

## Renegade Version

By Al Graham

P.A.C.E.

[www.pace-online.ca](http://www.pace-online.ca)

For several years now the City of Toronto has held some of the largest Global Marijuana Marches around the world. For those in the Toronto area, this worldwide event usually happens every year on the first weekend of May at Queens Park but this year things were different.

When I first started to attend this march there were vendors and a large stage for bands and speakers to perform on. Over the years a few small stages were added to allow the event speakers to have their own location to speak. As well, as a smaller music stage was put into place.

This all changed a couple of years ago when the City of Toronto stopped issuing permits for groups to use the park. At the time, people were told that the city wanted to redo the parks lawn but all we have noticed is that some wood chips have been placed around the trees but no new sod has been laid or grown since.

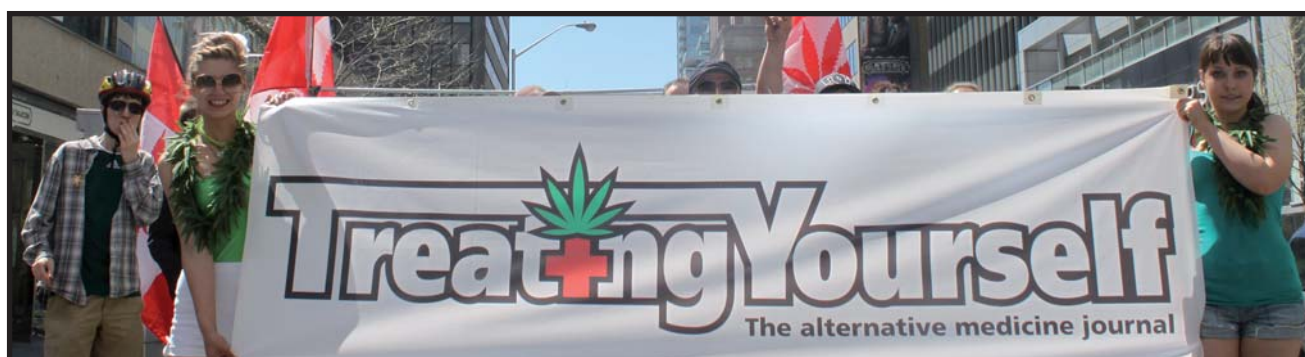
For the last few years, members of the Toronto cannabis community have waited until the last minute to find out what was happening with the march. Would there be vendors, will there be bands and would there even be a march? Even worse for some, would the march be moved to another weekend? With this year being no different and leaving people wondering what was happening, people were getting a bit confused. Then you add in the traditionalists who wanted the parade happen on the original day with most of the world and something was about to give.

Reports circulating at that time indicated that the group organizing the day were trying to obtain a two day event permit for the original Global Marijuana March date but because the police were using the park for remembering their fallen officers the next day, this request had been turned down. When they requested a permit for the following weekend they couldn't get it either as there was





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already one issued for a bike rally. With only eight days left to go before the rally, a splinter group formed by Chris and Erin Goodwin, Matt Mernagh and Matt Oliver of the Toronto Hash Mob decided as traditionalists that the march must happen on the first Saturday in May, while the original organizers had decided to go with the second Saturday in hopes of receiving a last minute approval on a two day event permit.

The musical band Queen had a song called “The Show Must Go On” and that’s exactly what happened, twice. For the first time ever, the city with the largest GMM in Canada was now the city with two global marches, one held by the renegade group and one by the original founders of the Toronto march.

With a busy schedule ahead of us; Fourtweenty Deb, Dianne and I decided to make our way to the city to attend the renegade version as we already had plans for the following weekend. When we arrived at the park we could see a few small groups had formed but what caught our attention was the Toronto Hash Mob making their way into the park. They had the music blaring from the back of the pickup truck while Matt Mernagh addressed those on the street with his loud speaker.

When the group arrived the music was turned down, people gathered around and Matt addressed the small crowd before him. He reminded everyone that this weekend was the traditional weekend for the GMM and that he appreciated everyone for coming out. He also reminded people that this is how the original GMM got started and to not be deterred by the crowd size, which some report at a few hundred to a couple thousand unlike the fifty thousand who have attended in the past. During his time he reminded everyone that he was also asking for the provincial government to release a 98 day report that was conducted on cannabis’ effects on 20 women in Toronto, Canada back in 1972. The results of this study have never been released to this day.

Throughout the day, people came and sat down under a shade tree and listened to the music or the speeches that came from the truck parked on the corner. While many of them spent the day consuming their cannabis and talking with people, others took the time to educate those who walked through the park. While there were no clowns or amusements, people could be seen playing hacky sack or getting involved in activities happening in the park. At one point people gathered around an area where one could light up their bong with a magnifying glass; thus making them solar powered. You could also get a chance to talk to the people following along on Live Stream as Matt Oliver streamed live the whole day. This included everything from talking to people as he went around the park and streaming live from the parade.



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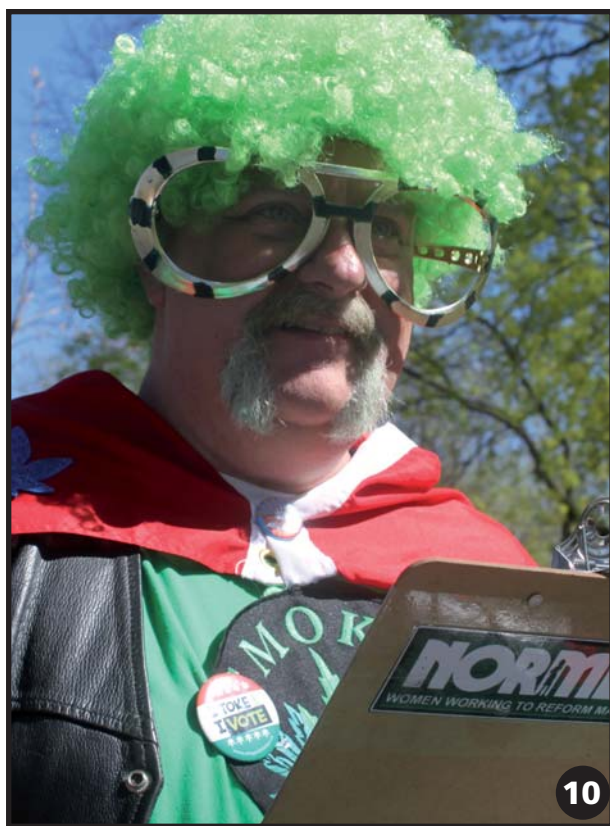


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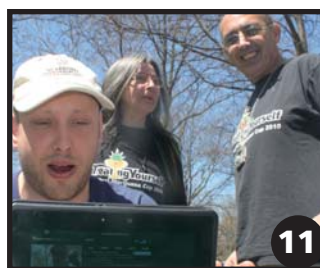




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When it came to the march, it got started at its mid afternoon time as it always has. People gathered at the corner beside the cenotaph and when we got going we followed the regular route down Yonge Street. As we made our way along, the parade marshals kept everyone in the proper lane and out of the way of traffic. Groups such as the Normal Woman Alliance of Canada and Dads 4 Marijuana were seen carrying their banners. The Treating Yourself Magazine banner was also in attendance and was carried by P.A.C.E volunteers Ali and Kelsey along the parade route. Shortly after we were on our way, the Toronto Police Force came along on their bicycles and joined us in order to help keep the marchers safe. With the music blaring and Matt yelling out sayings for the crowd to chant, we made our way around the city's downtown which included its regular stop out in front of Vapor Central and The Toronto Hemp Company. All along the route people could be seen taking videos and pictures of us as we made our way back to Queens Park. Even with the much smaller turn out the media was still present. Throughout the day you could see interviews being conducted with Matt Mernagh and TY Publisher and Editor Marco Renda by representatives of the Toronto Star and other news outlets. Meanwhile during the parade, City TV video cameras were spotted filming the crowd and doing interviews along the route.

When we arrived back to the park, we continued with what we were doing before we left; listening to music,



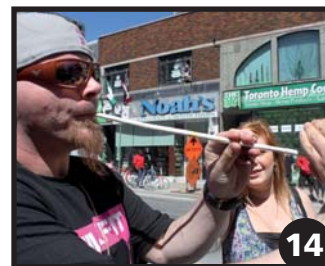
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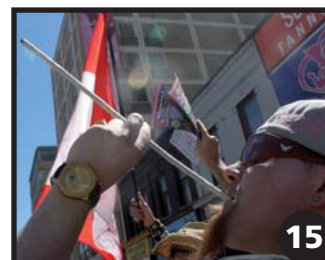
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- 1- Parade crowd
- 2- Ali and Kelsey marching with TY banner
- 3- Blazin Wrinklz shirt and flag send a message
- 4- A solar powered flame lights the bong
- 5- Chris the pot poet talks to the media
- 6- Jennifer's sign says it all
- 7- Parade crowd
- 8- An advocate holds a sign asking for 1972 report on cannabis and women
- 9- Matt addresses the gathering as Matt Oliver live streams the event with Chris Goodwin
- 10- Skully signs the NWAC petition
- 11- Matt Oliver Livestreams the event while fourtventy Deb and Marco watch on
- 12- Terry Parker, Canda's first marijuana exemptee, looks over a TY Expo poster
- 13- Shane with some TY Magazines
- 14,15- Lighting the parade joint
- 16- Parade crowd
- 17- Matt Mernagh and the ladies of TMZ
- 18- Parade watchers get their camera's out
- 19- Mom and Dads 4 Marijuana International was in attendance

conversing with friends and educating those who walked by. Before leaving, Matt announced to everyone that he would like to see them all get involved in cleaning up any mess that may have been made in the park. While the renegade version of the GMM was nowhere near the size of the yearly GMM, it was the same size or larger than the original event and as we know, it grew to be the largest on the globe. 📷





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# NOT JUST MARBLES

# GRAND OPENING

By Al Graham

P.A.C.E.

[www.pace-online.ca](http://www.pace-online.ca)

**M**any people have asked if Treating Yourself and Glass Culture Magazine Publisher and Editor, Marco Renda has lost his marbles. It even got to the point where it was mentioned in one of his editorials in Glass Culture Magazine and to answer the question, no he hasn't. But what he has found is, Not Just Marbles, Toronto's newest Glass Art Gallery.

Over the years, Marco has become friends with many of the artists in the glass blowing industry and while people may think of glass blowers as people who create bongos and pipes, Marco has seen much more. On the first of June, he opened his newest store in Toronto, Canada at 2979 Lakeshore Boulevard West below the Treating Yourself Gift Shop and Vape on the Lake vapor lounge.

When you enter the location you will be taken down a wide section of stairs that opens up into a large room with finished hardwood floors and lots of glass cabinets. For those who take a long time to make decisions or just can't decide on what piece of glass art they may be interested in, they could take some time thinking it over on one of the leather couches, sitting on the show room floor. Hanging on the walls in one corner is some of the









**Vortex Marble**

by Raven

fine art drawings that were created by Josh Boulet aka the Green Reefer and Cultivating Compassion by Georgia Toons, both artists are featured in *Treating Yourself Magazine*. Josh's black and white hand drawn pictures were created while he attended the TY Expo, which highlighted the happenings of those events, while the art from Georgia Toons are special pieces that she has given to Marco over time.

Not Just Marbles carries the work of many well known artists from around the globe such as Yoshinori Kondo and Tomomi Handa, who are from Japan. They also carry the work of Daniel Benway and John Kobuki who live in the United States. Other artists include Kevin O'Grady, Kenan Tiemeyer, John Bridges, Robin Moore, Jerry Kelly, Raven, and Tim Keyzers.

Some of the marbles that were on display were sets created by more than one artist. This would include the ones done by Junichi Kojima, Josh Sable and John Kobuki. These guys have gotten together a few times to create collaborations that sell internationally for thousands of dollars. Gateson Recko who is from New Mexico has put a collection together that many would say is out of this world. While I was present during this open house, I kept finding myself coming back to his collection of The Universe Marbles. The detail and the planets that were floating around within each marble is something to behold. Almost every glass blower has themes or an idea behind their pieces while some just do what comes to mind. With these art pieces you'll find everything from a vortex that looks like there is no end to it, to underwater scenes that are filled with coral rock, to turtles and even



**Warrior**

by Coyle & ETR

fish appearing to swim around. If you want a marble with a cannabis bud in it, then NJM is the location to find it, as it has one available. Once you have a marble, you'll need one of the nice wooden stands to place it on so that you can put your piece of glass art on display for your guests to see.

The store is called Not Just Marbles for a reason as it also has some hot looking pipes and bongs on display. See the glass art of Kurt B, Brandon Martin, Dale Sommers and many other artists. Its artists like these and many others that help to expand the way that cannabis users can consume their medication. Some of these guys create great pieces that can sit on ones living room table or fire place mantel as a center piece and one would believe these came from a gallery far away. If having a piece of glass art sitting on a table isn't what you're interested in then maybe you'd like one that could be worn, such as one of the custom made smoke-able glass masks that are on display.

Along with being able to purchase glass pipes and bongs from the big artists or smaller and maybe lesser known ones, you can always find yourself some custom glass created by Martin and his crew at ROOR in Germany. These guys have been a big supporter of the glass industry and it's good to see them located in a place that helps and assists the smaller guy. One bong that was on display would light up with static when you touched it. Then when you moved your finger around the static light followed it. Along with all of these bongs, pipes, and marbles you could also find yourself some fancy pendants among the many different dabbing trays and tools.



## Glass Artists featured @ Not Just Marbles Glass Art Gallery

Rodney Andrew,  
Kenan Tiemeyer,  
Paul Stephens,  
Adam Engleson,  
Kaj Beck,  
Eusheen,  
Ben Burton,  
Marcel Braun,  
Daniel Benway,  
Jason Lee,  
Chris Carlson,  
Kory Cotnam,  
DISK,  
Junichi Kojima,  
Jack Hanshaw,  
Eric Ross,  
Zach Jorgenson,  
Mike Gong,  
Gateson Recko,  
Jerry Kelly,  
Dave Strobel,  
Tim Keyzers,  
John Kobuki,  
John Bridges,  
Robin Moore,  
Jason Burruss,  
Nathan Snyder,  
Travis Weber,  
Clintons Glass,  
Christian Arnold,  
Burt Langan,  
Bob Snodgrass,  
Chris Juedemann,  
Jesse Taj,  
Yoshinori Kondo,  
Brandon Martin,  
Pakoh,  
Raj Kommineni,  
Cathy Richardson  
and many more



Visitors to the Not Just Marbles Open House



**Team Canada**

Photo by Brodie Helsdon

**Team USA**

Photo by Brodie Helsdon



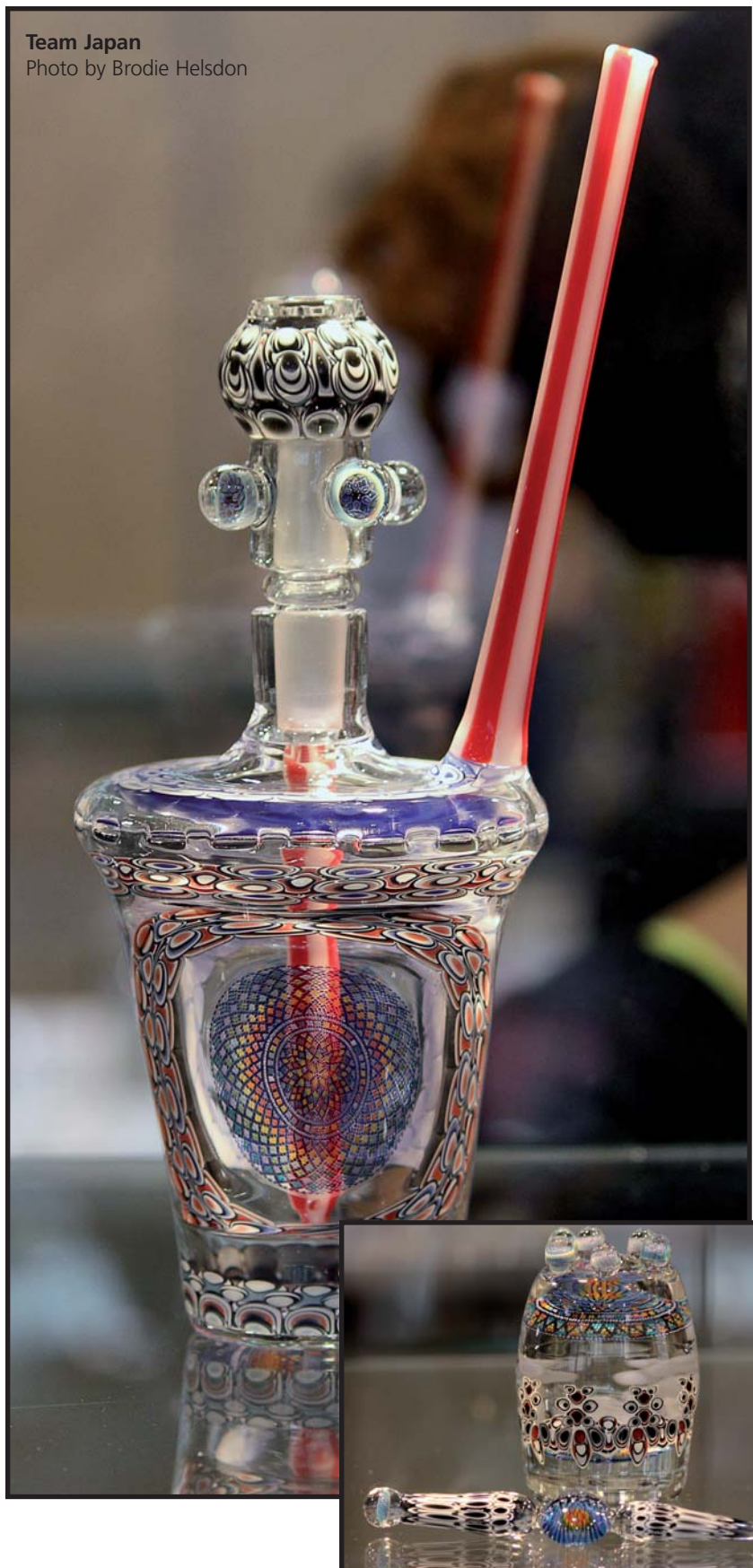
The three pieces that are now gathering a great deal of attention are the ones that were created by the three international teams that competed in the TYFlameOff during the Treating Yourself Expo. Having them on display allowed people to get a closer look and appreciate the work involved and learn how they are operated. The Skelton Bird, took place third and was created by the Liquid Chrome sponsored Canadian Eh team, was one that made me really curious as I wanted to know where the water chamber was. With it being on display during the open house it allowed me an opportunity to learn that the birds head has to be removed when using it and the water chamber that I couldn't find earlier was actually two tanks hidden up inside the rib cage. While at the TY Expo I saw the second place USA team's version of the Emerald Forest from the Wizard of Oz, it also featured Dorothy's ruby red glass slippers but here I learned that the section with the flying monkey is the functioning part. While the glass work from the team that finished first, Japan, didn't need any explaining on how to use it, this was a great opportunity to get a super close up look at the art detail that was within their piece.

Not Just Marbles says it all, it's more than marbles and it's more than bong and pipes. It's a location where one can find high end and low end glass art, it's where you can find one of a kind pieces but most of all, it's a location where you will be supporting international glass blowers and artists and not some large company that is only worried about the bottom dollar.

When you get a chance, stop by Toronto's newest functioning glass shop and learn its Not Just Marbles. NJM is located in the southwest end of Toronto, Canada's largest city and open from Monday thru Friday 10am till 6pm and Saturday and Sunday by appointment only till November 1, 2013 📍

#### Team Japan

Photo by Brodie Helsdon





### Tiny Sista 4.0

- ↑↓ 35 cm
- ← 4.0 mm
- ← 30 mm
- ∇← 18.8 -> 14.5 mm

### Snapper 4.0

- ↑↓ 40 cm
- ← 4.0 -> 5.0 mm
- ← 30 mm
- ∇← 18.8 -> 14.5 mm

with TurtleNeck & ShowerHead Diffusor

**NEW** optionally available OilRig set



Toronto, Canada 🍁 May 24-26, 2013

# Treating Yourself Expo

4th annual

Metro Toronto Convention Centre  
255 Front St. West, North Building Hall A



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VAPOUR LOUNGE



TV International  
**FLAME-OFF!**  
Glass Blowing Competition



**MEDICAL MARIJUANA CUP**  
2013



**Onsite MM LAB TESTING**



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VIP pass (limited number) - \$420



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**SEMINARS**



**ACTIVISM**



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Daily - 10am-6pm

**EXPO OPEN TO EVERYONE NOT JUST MED PATIENTS**

For information on becoming a Sponsor or Vendor please go to  
[www.treatingyourselfexpo.com](http://www.treatingyourselfexpo.com)



For almost 100 years governments have claimed that cannabis is dangerous and should not be consumed but with today's technology and research many people are now questioning their claims.

Many of the answers to these concerns could be found during the weekend of May 24-26 at the 4th annual Treating Yourself Expo and FlameOff in Toronto, Canada. This one of a kind event is held every year at the Metro Toronto Convention Center in the heart of the city's downtown. If you've never seen this place you'll be happy to learn that it is a perfect venue for any event that requires a barrier free location for people with disabilities. While it's great for the disabled, it's also great for those who prefer not to drive downtown because of its access to many forms of public transit.

One has to ask themselves, if cannabis is so dangerous that it has to be illegal, then how can there be a show this large, that proves all the benefits of the plant like the Treating Yourself Expo? Would one hundred and fifty vendors travel from the United States, Europe, Africa and all across Canada for something that is so harmful? I don't think so and I believe many would agree. Fortunately for us, today's world of the internet has increased one's knowledge of cannabis so that everyone is learning its benefits. Because of this connection, these people were present to promote the health benefits of cannabis as well as their businesses to the thousands of people that were attending the expo. These are businesses that believe that



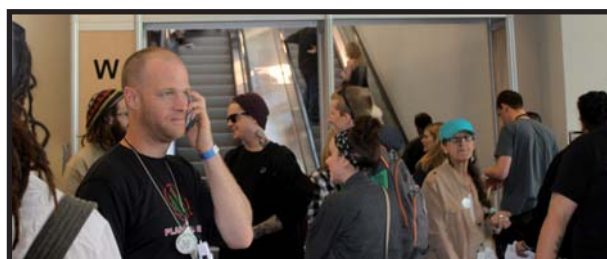


# 2013

the law is wrong and that people deserve legal access to this extraordinary plant.

During the four years that Treating Yourself Publisher and Editor Marco Renda has run this show it has done nothing but grow. Every year he makes sure that there are lots of vendors and speakers to educate the masses and while also giving the public the information and the knowledge that they seek. This year there were the usual compassion centers in attendance but there were also new businesses such as the Cannabinoid Medical Clinic that are getting prepared for when the new Canadian medical marijuana program begins in 2014. For those who wanted to know more about the legalization of cannabis, there were large advocacy groups such as NORML.ca, Law Enforcement Against Prohibition, and Dads 4 Marijuana as well as many other smaller groups that were in attendance. Also there to talk about cannabis legalization were the Young Liberals of Canada. This young group worked very hard to pass their resolution to legalize cannabis at the party's last policy convention so it was good to see them out explaining and talking to the people about it.

Along with education being available, there were also businesses that provided people with everything from plant nutrients to information on how to grow. Companies such as Advance Nutrients, Green Planet, and Super Natural, to smaller companies such as Better World and Cyclorganic Fertilizer Company were present. I had a good conversation with Bicky Millin, the company's Vice







## Treating Yourself Epo

President. Bicky was telling me that their product, which is based on NASA technology, relies on dead larvae to feed your plants. While one may find this strange there was plenty of proof that the Milinator Technology works really well. Retail distribution stores such as Homegrown Hydroponics and Mega Watt were also present. When you ventured over to the Mega Watt booth you quickly found yourself attracted to the old garden equipped van surrounded by Thunder Vak trimming products within their display.

When it came to glass items, low end pieces could be bought or you could purchase high end products from places such as ROOR, High Society Glass, Borohouse Originals. If you couldn't find something in these booths, you could always check out the glass items created by glass blowers from across North America and beyond in the Not Just Marbles area.

Some of the magazine businesses that help to educate the public were also on hand. While you expect Treating Yourself Magazine to be there, others such as Glass

Culture and Cannabis Digest also had booths. The Treating Yourself booth was occupied by P.A.C.E. volunteers Holly, Clarence and Ali who have recently begun getting involved in the cannabis community. Joining them was our friend Julia Rose and her companions Jerry and Jordan, all with the Peter McWilliams Organization. All six of them handed out TY magazines while Julia talked to people about her friend Peter and members of P.A.C.E. handed out their medicinal links brochure.

Cannabis Digest's publisher and Hempology 101 author Ted Smith, who made his way in from Vancouver, told me he looked forward to a weekend where he could spend time meeting and talking to others from around the world. This I can verify, as all weekend long I spotted Ted talking to the vendors about his book and Cannabis Digest. Glass Culture is a new adventure for Marco and one that will help showcase "glass art" for people to consume their cannabis with. Not only does it showcase these items but it also branches off onto the many other products that the blowers create such as marbles. When I talked to the booth helpers, Fourttwenty Deb and Tammy, about the



This year visitors included some of our international travelling friends such as Arjan and Franco from Greenhouse as well as Luke from Paradise Seeds, returning to attend the Expo. Martin and Lazlo from ROOR Germany were back but this year they brought along a seed company called ROOR Seeds. Da Vinci, the popular portable vaporizer manufacturer, informed me on Sunday that they had sold out and were down to only a proto type and a show unit. Presently, this unit is one of the best ones available for herb along with the affordable Magic Flight Launch Box. Julie Chiariello, the Sales and Marketing Director of Magic Flight, a company based out of San Diego California was telling me how excited they were to be here in Canada and how pleased they were with the show's turn out. During our conversation Julie mentioned that Magic Flight has a compassion program where they donate cosmetically flawed units to medical users. To find

Not all of the new vendors travelled from afar and not all of them were cannabis related. This would be the case with show sponsor and local vendors Phil and Jacquie Richardson, owners of Dunnette Landing Cottage and Campground on Rice Lake. The two of them were joined by their friendly and knowledgeable staff; Dawn Windle, Bruce Maclauchlin, and Sean Marcon. While cottages and campgrounds may seem odd at a cannabis show it's not when it's a medicinal cannabis friendly resort. Their location near Cobourg, Ontario, Canada is just east of the city of Toronto. It offers great fishing and a waterway that never seems to end. While at this cottage resort, a medical cannabis user can enjoy some camping and other activities without the concern of being hassled or needing to hide their medicine due to concerns of being evicted. During the weekend the company held a draw for a week away at the resort which included a boat and motor for the stay. Afterwards Jacquie informed me that "the draw was made by one of their permanent campers, and we are



## Treating Yourself Expo

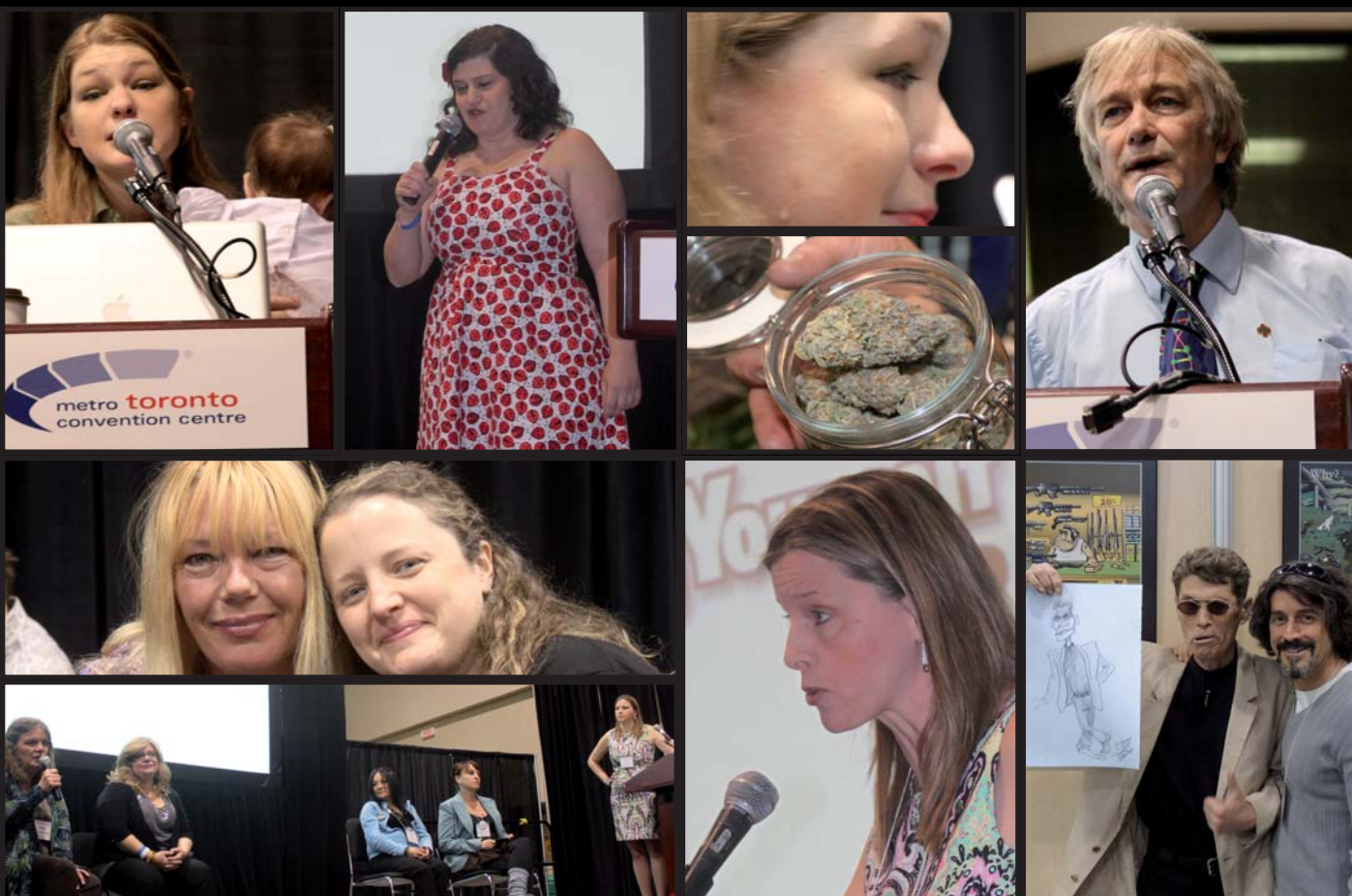
excited to say that the winner is Vince Peck.” She went on to say that “we have contacted him, and he is excited about his forthcoming stay here”. When I asked her how the response has been since the show, she reported that “the response at the show and since has been overwhelming! Our Facebook page as been extremely active with many people from the canna community, and beyond! “

Also new this year and not cannabis related was Jacob from Utopia Therapy. Fourtwenty Deb and I had met Jacob while participating in the Toronto National Women’s Show as he had a booth beside us. When he saw us promoting the Expo that weekend he decided that he’d look into it and after doing so, he chose to get himself a booth. He mentioned to Fourtwenty Deb after the expo that he was very happy to attend Canada’s only medical marijuana show and looks forward to coming back next year. Getting non-cannabis vendors that represent alternative therapy is something that Marco has talked about over the years. It was also good to see that others have joined Deborah from The Massage Lady, who has participated at the Expo for the last three years and keeps com-

ing back. Her booth was busy all weekend long and its vendors like her and others that are allowing the event to open up to people outside of the cannabis business community.

The Expo had guest speakers such as Dr. William Courtney from California who spoke about the benefits of juicing raw cannabis. Dr. Courtney also talked to everyone about the plants regular medicinal benefits and how important it was to consume the raw plant material in order to get everything out of it. Many people only know about the smoking of cannabis and that you can get high from it. Dr. Courtney has discovered that humans can consume the plant raw, through a juicing process, and in doing so receive different medicinal benefit without the euphoric high. Consuming cannabis without heat changes the effect it has on someone. For example heating THC can change its medical benefits, as it goes from being helpful as an anti-spasmodic medicine to becoming one that can help as an anti-epileptic. Dr. Courtney’s wife Kristen also took the stage where she talked about how her husband’s research has benefitted her in the past to its bene-





fits of today. While she talked about this she also touched on the fear of knowing that at anytime the US government could walk into their home and take their young children away from them. With tears appearing and a crackle in her voice she spoke of the devastation that her family would go through when and if the DEA shows up at their door.

Following the Courtney's on Saturday was Hempologist John Dvorak, who has been studying Cannabis Hemp and its prohibition for over 20 years. The information on him stated that his website, Hempology.Org "is full of articles and images documenting Hemp's rich past and his Cannabis Curriculum is an effort to encourage more research into the numerous beneficial aspects of Cannabis Hemp while also documenting the devastating effects that its prohibition has on society."

Saturday brought Dr. Paul Hornby to the stage, a man who comes every year to talk about the advances in cannabis medicine and the work that he has done and continues to do. According to the information supplied to

those listening to him, they learned that for the past 12 years his laboratory "has focused primarily on cannabis medicine and in that time we have been astounded time and time again at the profound efficacy and apparent safety of the plant."

Also speaking on Saturday was Joy Davies, a Director of the BC Chapter for Canadian Medical Cannabis Partner, which is a "non-profit organization of volunteer patients and caregivers who have been lobbying our provincial government to strike a task force to set parameters for a provincial medical cannabis program under Section 56 of the CDSA (Controlled Drugs & Substance Act)". Also joining Dr. Hornby and Ms. Davies was BC lawyer John Conroy who rounded up Saturday's speakers. If you don't know about John Conroy, he is one of the lawyers who fought before the Supreme Court of Canada to legalize cannabis back in 2003. While it has been 10 years since that challenge, he is still involved in fighting for our cannabis rights. Those who were present during his talk learned that he is presently "the lawyer working with The Coalition Against Repeal. The Coalition is seeking infor-



## Treating Yourself Expo

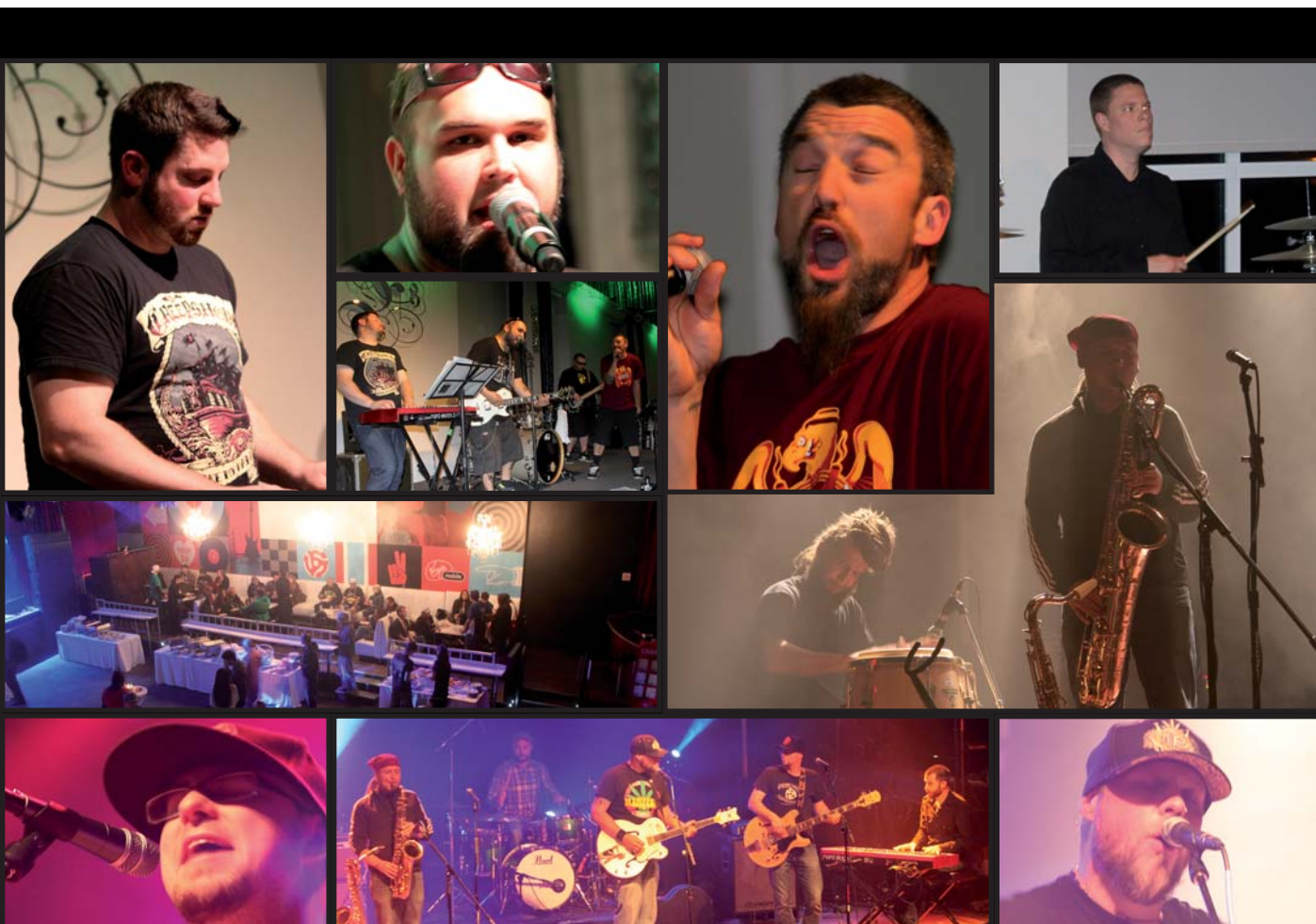
mation for the prosecution or resolution of the claims against Health Canada. If the action for injunction from The Federal Supreme Court of Canada is resolved by way of judgment, they will move forth with a constitutional challenge. If unsuccessful and Health Canada is able to introduce the MMPR in full force, they plan to file for Class Action at the applicable time.”

The seminar stage was also used to announce some very deserving awards. This year Marco presented Sundays speaker Julia Rose, of the Peter McWilliams Organization, with an Angel Activist Award for her tireless efforts to tell Peter’s story. Even as a non-consuming person Julia has seen the many benefits of the cannabis plant and want to keep Peter’s work alive. Peter who was a poet and an author who once had a book appear on the New York Times Best Sellers Book List passed away in June of 2000. Also winning an award on this weekend was Michael D Jensen. Michael, who was presented this award by Michael (Puffdog) Thomas, was picked by the Dad’s 4 Marijuana advocacy group as their Humanitarian Award winner. Michael was presented this award for the effect and the

time that he puts in helping other patients and for the advocacy work he has done and continues to do.

When the VIP Judges arrived they were greeted with a TY Expo VIP Bag which contained nineteen Med-Tainers, each containing a different cannabis strain to be judged. These air tight containers will hold your buds for you while keeping them fresh and dry. Another important thing about them is that they come with a built in grinder and special TY logo on them. These new tools were a hot item as every time I went passed their booth, John Berfelo, the Med-Tainer rep was always busy. Also within the bag were a TY Expo and FlameOff t-shirt along with special pins for people to add to their collection. These pins were for the businesses connected to Treating Yourself such as Vape on the Lake, Glass Culture Magazine, Not Just Marbles, the TY Expo, and Treating Yourself Magazine. On top of these items, the judges also found themselves with a weekend pass, dinner for both Friday and Saturday night as well as musical performances by Mob Barley and the Railers and Canada’s number one canna-rock group, The Killin Time Band. While not part of the VIP package,





those who picked them up were greeted with hugs and good karma by the booth workers, Dianne and Paul. This led to announcements being made on Sunday, to let the VIP's know that they had to hand in their judging forms and to get their second round of free hugs.

The location for Friday's dinner was the Fountain Blu Hall on Prince's Boulevard within the Canadian National Exhibition grounds. When we arrived the tables were set and the band was just arriving. While people gathered together and found themselves a spot to sit, servers were coming around and offering everyone appetizers. Once all had arrived dinner was served which consisted of pasta and salad, burgers and crab cakes, as well as oriental food. Once everyone had eaten and the food was removed, Mob Barely and the Railers took to the stage. In the past only VIP's were involved in this but this year tickets could be bought for the entertainment part of the evening. The band played every Bob Marley hit that you could think of. During their performance of No Woman No Cry a staff worker, who was not part of the band, walked into the room and joined them on stage. Saturday night's dinner

brought the VIP's to the Mob Club on College St in the city where they were once again served dinner and some entertainment. But on this night we were entertained by The Killin Time Band and a couple of their friends. Joining them on this night were a saxophone player as well as a man on the bongos. Tammy, Deb, Clarence and I had a perfect spot up on a balcony in order to see the band while we enjoyed our dinner. The group rolled out many of their hits such as Three Day Weekend, Killin Time, and Doesn't Make Sense along with some of their new tunes while the place filled with a cloud of dry ice.

Last year Marco introduced the TYFlameOff glass blowing contest to the Expo and this year he brought it back with a bang. Last year the glass blowing was held in a corner while this year it was the main attraction across the back of the hall. Compared to last year the contest location was much larger which provided more room for the contestants and their fellow glass blowers. Also new was the addition of three large TV monitors set up around the seating area allowing show goers a close up view of the action. The teams were also formed different

# TYFLAMEOFF



## Treating Yourself Expo

this year. Instead of just having three teams, Marco changed things up to have three teams each representing the country in which they reside, Team Canada, Team Japan, and Team USA. Many of those who attended stood by or watched from the seating area as the teams worked their magic.

A few other changes this year include the addition of Greg Andruszczenko who came all the way from Holland to be the musical DJ for the glass blowing area as well Ben Burton who was the MC for the contest. Having Ben there allowed those watching to learn what the artists were doing. Watching is one thing but listening to how something is being created is another. Another change this year was that Marco had some of the top glass artists from North America set up an area named after his new store, Not Just Marbles, which allowed them to showcase and sell their products. Every morning of the show this location was a magnet, people would head straight to this area to admire and purchase products made by Dave Strobel, Zach Jorgenson, Mike Gong, Gateson Recko and many other glass artists.

Once the TYFlameOff glass blowing competition was complete, the team's final products were put on display for everyone to see. The team known as "The Canadian EH Team" sponsored by Liquid Chrome of Barrie, Ontario placed third with their "Skeleton Bird" pipe. The GLASSCRAFT sponsored USA team finished second for their design of the "Emerald Castle" from the Wizard of Oz. This piece even included the red ruby slippers that the wicked witch was wearing when the house landed. Coming in first place was the team from Japan sponsored by MADE. These guys created a piece called "Donchan" that featured a drinking cup for dabbing that had internal artwork that was out of this world. They also created a dab tray and a dabbing tool to go along with it.

Along with the awards for the advocates and the glass blowing there were also awards for the vendors who took part in the Expo. Once again the crew from Advance Nutrients went home the happy winners with their double deck platform set up that doubled as a meeting place or a location where people could get a view from above. The company also holds a matching number contest that





# TYFLAMEFF

## Glass Blowing Teams and Artists

Ben Burton as MC & Marcel Braun as FO Coordinator

### Team America:

Dellene Peralta , Chris Carlson, Arron Siverson

### Team "Liquid Chrome" Canada:

Patrick Stratis , Jared Toner ( White Flame ) and Team Captain Korey Cotnam

### Team Japan:

Disk, Junichi Kojima, Yoshinori Kondo

### Not Just Marbles Artists:

Jack Hanshaw, Mike Gong, Gateson Recko, Kenan Tiemeyer, Dave Strobel, Tim Keyzers, John Kobuki, John Bridges, Robin Moore, Nathan Snyder and Travis Webber

## 3rd Annual Functional Glass Art Contest 2013

### International Flame Off

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

### Not Just Marbles Artists:

Jack Hanshaw, Mike Gong, Gateson Recko, Kenan Tiemeyer, Dave Strobel, Tim Keyzers, John Kobuki, John Bridges, Robin Moore, Nathan Snyder and Travis Webber



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**TreatingYourself**  
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## Treating Yourself Expo

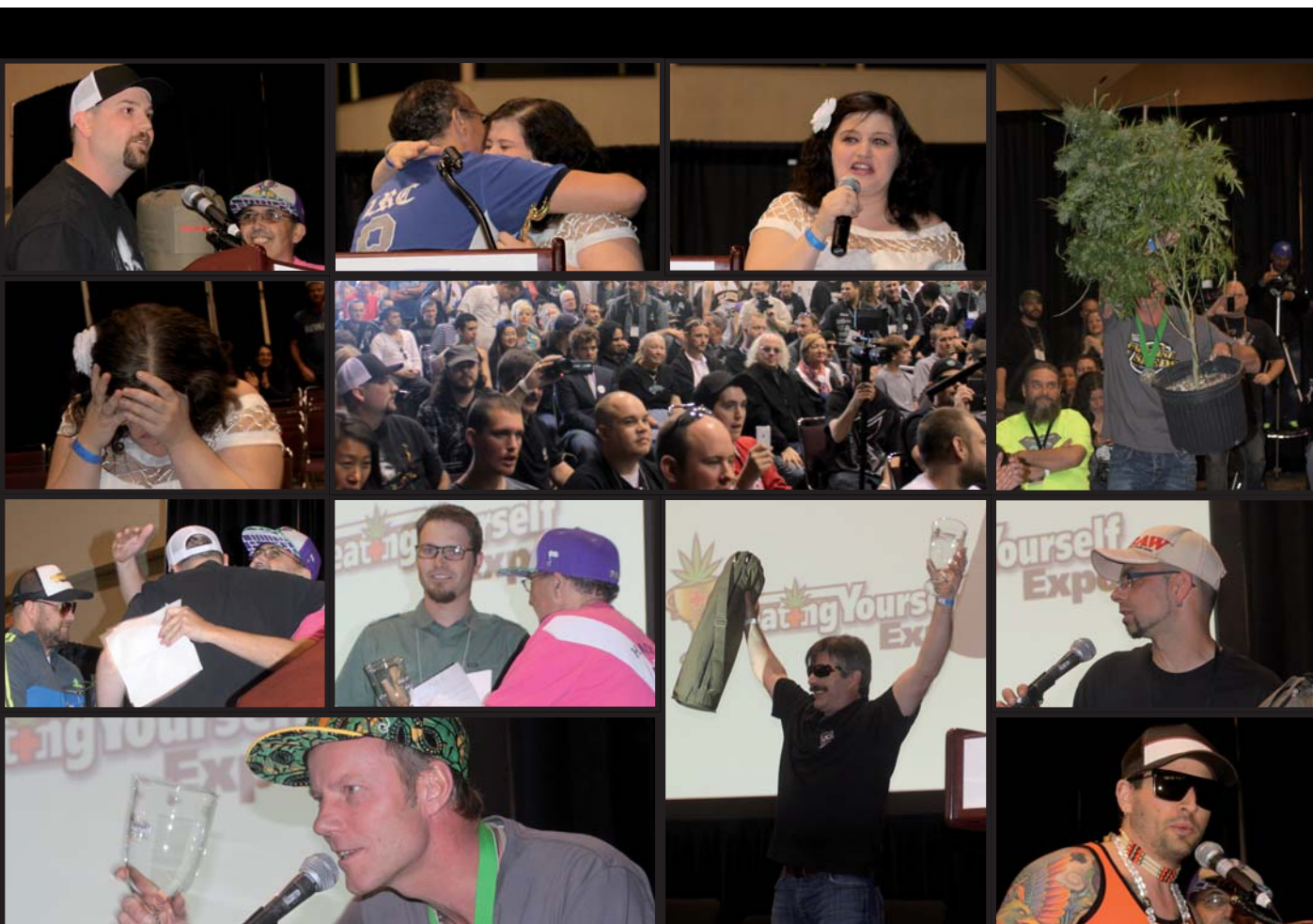
allows those attending the show a chance at winning a thousand dollars worth of nutrient products. For their efforts, Marco announced that they would be getting a free booth for next year's show.

The VIP's were involved in the TY Medicinal Cup which is a contest of cannabis growers and seed companies vying for the best cannabis available. The VIP judges tested and evaluated strains that were supplied by private growers and from compassion clubs across Canada. Congratulations go out to both the Urban Grower (Chemo Kush and Blue Cheese) as well as to Imedicate (Chocolope, Kosher Kush) for being multiple winners in this contest. When it comes to the seed company cups, a number of speciality picked judges joined Marco at a location to determine the winners. During the process, judges test different company's strains for things such as smell, appearance, burn ability, as well as its medicinal benefits. They go through this testing in order to determine who has the best indica and sativa genetics available on the market today. The big winners over the weekend were Med Man Genetics who took

home three (Pain Killer, Rockstar West, Coast Diesel) of the six cups available to the seed companies. Also winning on this day were Dinefem (Blue Widow), The CBD Crew (Skunk Haze), Paradise Seeds (White Berry) and J Green of Male Man Seeds (Super Lemon Haze). A big congratulation goes out to all those who won and a big thank you to all who competed in the cup.

The weekend wouldn't be complete without a visit to the world's largest Vapor Lounge. While it was popular, it wasn't accessible to everyone unless you were a patient who could prove their need. This year, the lounge featured familiar units from Volcano, Herbal Aire, Ver Damper and ROOR with the latter two being bong designed units. Volunteers Jo-Anne and Paul were always busy helping patients with the Volcano and distributing the spare parts that the manufacturer had sent along. There were a few new things within the lounge for the patients to test out. This would include the budder dabbing unit that can be attached to the Ver Damper and the Herbal Aire being able to be hooked up to a bong, thus allowing the vapors to be water filtered and cooled before being inhaled. Not





only were new ways of using a vaporizer present but a new table was also added in this area where patients were able to test out the newest item available, the electric nail, a dabbing station.

Each and every day that the Expo was held, it broke attendance records as people want to learn something that those in authority have kept from them. Not only was attendance up but it was also announced Sunday morning that over a dozen new vendors have committed to participating in next year's show. This not only shows that things are getting better but the event on a whole is maturing and becoming more main stream, a stream that the cannabis consumer knows is slowing happening.

Everyone knows how important this event has become to the cannabis community. It's a location that allows educated and uneducated people to learn more about this plant, it's an event that allows people to network and set plans in place for the next year and it's where you meet the people you only get to write to on

Facebook or other social media platforms. Because of this and for many other reasons a big thank you goes out to Marco and everyone who was involved in making this year's expo a reality. This includes everyone from the vendors, the volunteers, the glass blowers, the security staff who were hired to keep everything safe and Jim Mahon whose staff at International Trade Show Services keeps things going before and well after the show has ended. But a big special thank you has to go to all those people who attended the show to see what it has to offer to them because without those who want to learn, the show would not continue. Thank you, one and all. 📷

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**Treating Yourself**  
The alternative medicine journal

**Deadline for contest entry is November 1, 2013**

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**Deadline for contest entry is  
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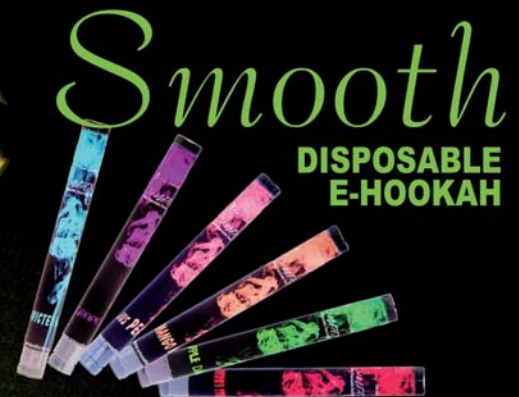
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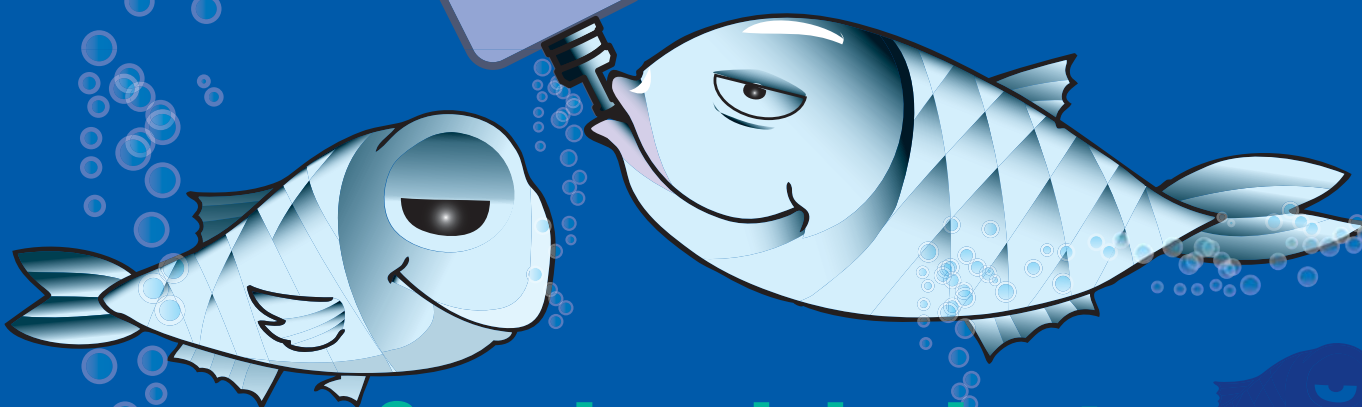
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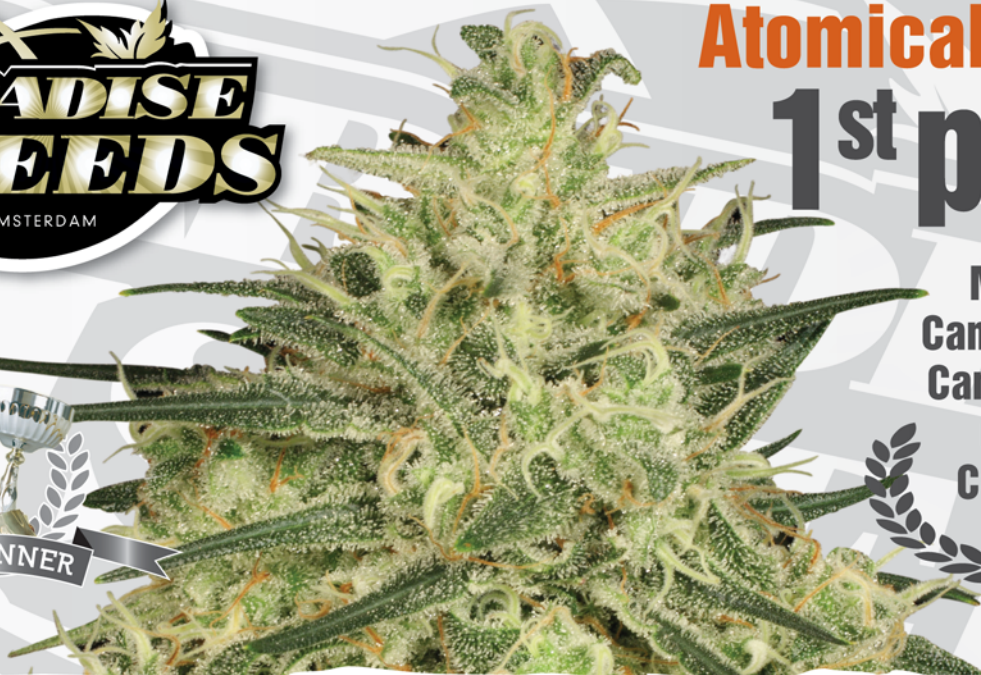






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Royal Flush

Sterling Haze

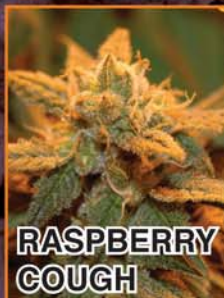
Urban Poison



**100%**  
FEMALE SEEDS



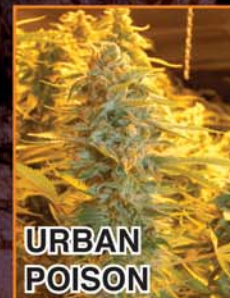
**BLACKJACK**



**RASPBERRY  
COUGH**



**STERLING  
HAZE**



**URBAN  
POISON**

**ALL STRAINS IN NATURALLY OCCURING  
AND 100% FEMINISED SEEDS!!**

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