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The alternative medicine journal

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Publisher/ Editor in Chief

Marco Renda
weedmaster@treatingyourself.com

Design Director

Ivan Art
ivan@treatingyourself.com

Assistant to Editor

Jef Tek
jeftek@treatingyourself.com

Copy Editor

Aendrew Rininsland
submit@treatingyourself.com

Director of Sales & Marketing

Michelle Rainey
Michelle.rainey@treatingyourself.com

Technical Writer

Ally a.k.a Pflöver
ally@treatingyourself.com

Q&A Advisor

Shantibaba
shantibaba@treatingyourself.com

Text & photography Contributors

Marco Renda, Aendrew Rininsland,
Ivan Art, Michelle Rainey, Pflöver,
Jef Tek, Shantibaba, Jay Generation,
Harry Resin, Jeremy Norrie, Joe Pietri,
David B. Allen M.D., Brett Bracher,
Subcool, JesseE, Sagemasta,
Steve Brown, Torry Pal, Wendal Grant,
Gregorio "Goyo" Fernandez,
Ale Keppel, Tony Avalos, GreenGirl,
Georgia Toons, Barryblaze,

Cover Pic

"Harvest" D. Graf
www.gypsystudio.com

Submissions

submit@treatingyourself.com

Treating Yourself

250 The East Mall,
P.O. Box 36531
Etobicoke, Ontario
M9B 3Y8 Canada
T: + 416 620 1951
F: +416 620 0698

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Treating Yourself magazine and
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I believe that we have hit an all time low in the marijuana movement with regards to all the fighting and bickering going on. In this issue you will see three different points of view of the THC Expo that was held in L.A. Now I hope that this show continues to flourish despite the fact that it is being run by Todd M. I originally had no issue with Todd M but lately gained some insight and witnessed his true colors.

How can someone who is supposed to be representing the marijuana community turn around and BAN people just because he doesn't agree with their opinion? Not only was Joe Pietri banned from the first expo but I have been informed that I too am banned from the expo due to my relationship with Joe. I have stated on several occasions that the opinions of the authors of articles published in Treating Yourself is that of the author and not necessary that of Treating Yourself. We here at Treating Yourself believe in FREEDOM OF SPEECH! I received an email from Todd calling me a liar and a supporter of a DEA PUPPET. When I question Todd, he sent me a small clip of Joe sitting next to a DEA agent at conference that was held in Florida many years ago. What I saw in the video didn't prove that Joe was a DEA PUPPET so I had asked Todd to send me the whole video, which he refused to do so. Todd did post a larger clip of the video on You Tube but that only proved further that Joe was in NO WAY a DEA PUPPET. What Todd and others in this movement need to realize is that we really need to try and work together and not against one another! Put aside your egos! I'm not saying that we all have to agree with one another or that we are to be best friends! I believe that everyone is entitled to their own opinion and that we need to have freedom of speech.

Now Treating Yourself is putting on its own Medical Marijuana and Hemp Expo on July 16 – 18, 2010 in Toronto Ontario and EVERYONE is allowed to attend including those that I have had issues with in the past. Nobody is being denied entry or the ability to display their product or service. Now I too have been guilty of not getting along with others in the movement particularly Marc Emery and Lawrence Cherniak. I believe that I have made an effort to correct this, just this past week on Time 4 Hemp I was a guest on the first half of the show and asked all the listeners to help support Marc Emery by writing to the Attorney General in the USA and the Minister of Justice here in Canada. I had asked all the listeners to also contact their elected politician. Then on Saturday at the Howard Dover Extravaganja I ran into Lawrence and offered my hand in order to move on and put our differences aside. If I could do this, so can the rest of those in the marijuana community! I just received a letter from Eddy Lepp and he really needs our help. He has no funds so he is limited to the number of letters he can send to his friends and family. Eddy misses not being able to be more active with Treating Yourself and has asked me if he could write about life behind bars.

Long time Treating Yourself magazine supporter Eddy Lepp is in prison at Lompoc, California. No matter what one feels about Eddy Lepp, it is grossly unfair for anyone to serve time in prison for growing cannabis. Please don't forget Eddy and how often he pushed the envelope for all of us...how he stood up to the FEDS and refused their plea-bargain, and went to jail instead of the 1800 or so folks who paid to grow plants on his property.

Inmate Mail/Parcels

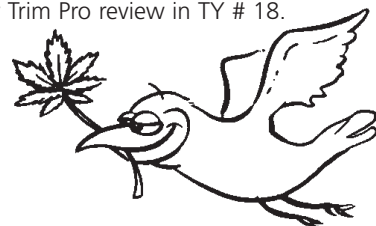
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Last but not least I would like to bring to your attention the errors in our Trim Pro review in TY # 18.

- The Trimpro Gasoline has a 1, 3 HP motor (instead of 11 HP).
- The Trimpro Gasoline includes a catch bag.
- The Trimpro Gasoline weight 30 kilos (instead of 200 kilos).
- The Trimpro XL weight 162 pounds (instead of 200 pounds).

Take Care and Peace



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- Format:** JPG, TIFF or EPS in (CMYK) **Resolution:** 300dpi at 1/1 (actual print size)
- Ad sizes:**
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 - 1/2 vertical: 95mm x 267mm (wxh) / 3.74in x 10.5in
 - Full page: 203 x 276 (wxh) + 3mm bleed on all edges. / 8in x 10.9in + 1/8in bleed

Articles

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

Note

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

Centerfold Posters



Centerfold
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Leonard Peltier

statement after Parole Denial



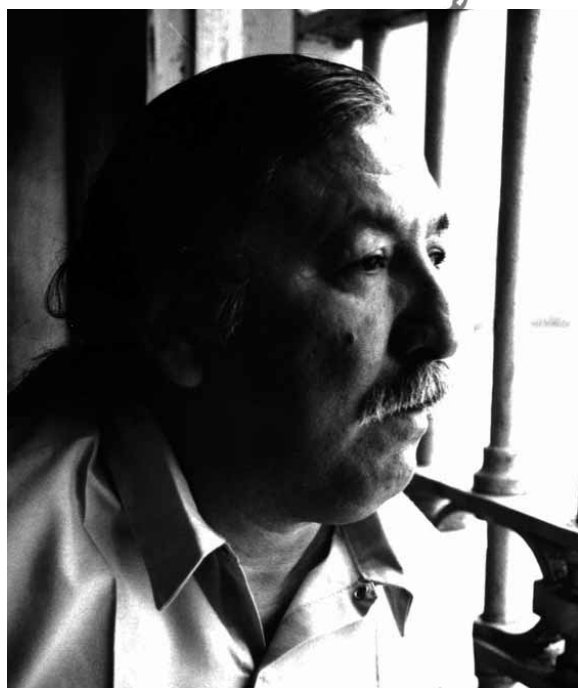
The United States Department of Justice has once again made a mockery of its lofty and pretentious title.

After releasing an original and continuing disciple of death cult leader Charles Manson who attempted to shoot President Gerald Ford, an admitted Croatian terrorist, and another attempted assassins of President Ford under the mandatory 30-year parole law, the U.S. Parole Commission deemed that my release would "promote disrespect for the law."

If only the federal government would have respected its own laws, not to mention the treaties that are, under the U.S. Constitution, the supreme law of the land, I would never have been convicted nor forced to spend more than half my life in captivity. Not to mention the fact that every law in this country was created without the consent of Native peoples and is applied unequally at our expense. If nothing else, my experience should raise serious questions about the FBI's supposed jurisdiction in Indian Country.

The parole commission's phrase was lifted from soon-to-be former U.S. Attorney Drew Wrigley, who apparently hopes to ride with the FBI cavalry into the office of North Dakota governor. In this Wrigley is following in the footsteps of William Janklow, who built his political career on his reputation as an Indian fighter, moving on up from tribal attorney (and alleged rapist of a Native minor) to state attorney general, South Dakota governor, and U.S. Senator. Some might recall that Janklow claimed responsibility for dissuading President Clinton from pardoning me before he was convicted of manslaughter. Janklow's historical predecessor, George Armstrong Custer, similarly hoped that a glorious massacre of the Sioux would propel him to the White House, and we all know what happened to him.

Unlike the barbarians that bay for my blood in the corridors of power, however, Native people are true humanitarians who pray for our enemies. Yet we must be realistic enough to organize for our own freedom and equality as nations. We constitute 5% of the population of North Dakota and 10% of South Dakota and we could utilize that influence



to promote our own power on the reservations, where our focus should be. If we organized as a voting bloc, we could defeat the entire premise of the competition between the Dakotas as to which is the most racist. In the 1970s we were forced to take up arms to affirm our right to survival and self-defense, but today the war is one of ideas. We must now stand up to armed oppression and colonization with our bodies and our minds. International law is on our side.

Given the complexion of the three reformed parolees, it might seem that my greatest crime was being Indian. But the truth is that my gravest offense is my innocence. In Iran, political prisoners are occasionally released if they confess to the ridiculous charges on which they are dragged into court, in order to discredit and intimidate them and other like-minded citizens. The FBI and its mouthpieces have suggested the same, as did the parole commission in 1993, when it ruled that my refusal to confess was grounds for denial of parole.

To claim innocence is to suggest that the government is wrong, if not guilty itself. The American judicial system is set up so that

the defendant is not punished for the crime itself, but for refusing to accept whatever plea arrangement is offered and for daring to compel the judicial system to grant the accused the right to right to rebut the charges leveled by the state in an actual trial. Such insolence is punished invariably with prosecution requests for the steepest possible sentence, if not an upward departure from sentencing guidelines that are being gradually discarded, along with the possibility of parole.

As much as non-Natives might hate Indians, we are all in the same boat. To attempt to emulate this system in tribal government is pitiful, to say the least.

It was only this year, in the Troy Davis, case, that the U.S. Supreme Court recognized innocence as a legitimate legal defense. Like the witnesses that were coerced into testifying against me, those that testified against Davis renounced their statements, yet Davis was very nearly put to death. I might have been executed myself by now, had not the government of Canada required a waiver of the death penalty as a condition of extradition.

The old order is aptly represented by Supreme Court justice Antonin Scalia, who stated in his dissenting opinion in the Davis case, "This Court has never held that the Constitution forbids the execution of a convicted defendant who has had a full and fair trial but is later able to convince a habeas court that he is 'actually' innocent. Quite to the contrary, we have repeatedly left that question unresolved, while expressing considerable doubt that any claim based on alleged 'actual innocence' is constitutionally cognizable."

The esteemed Senator from North Dakota, Byron Dorgan, who is now the chairman of the Senate Committee on Indian Affairs, used much the same reasoning in writing that "our legal system has found Leonard Peltier guilty of the crime for which he was charged. I have reviewed the material from the trial, and I believe the verdict was fair and just."

It is a bizarre and incomprehensible statement to Natives, as well it should be, that

innocence and guilt is a mere legal status, not necessarily rooted in material fact. It is a truism that all political prisoners were convicted of the crimes for which they were charged.

The truth is the government wants me to falsely confess in order to validate a rather sloppy frame-up operation, one whose exposure would open the door to an investigation of the United States' role in training and equipping goon squads to suppress a grass-roots movement on Pine Ridge against a puppet dictatorship.

In America, there can by definition be no political prisoners, only those duly judged guilty in a court of law. It is deemed too controversial to even publicly contemplate that the federal government might fabricate and suppress evidence to defeat those deemed political enemies. But it is a demonstrable fact at every stage of my case.

I am Barack Obama's political prisoner now, and I hope and pray that he will adhere to the ideals that impelled him to run for president. But as Obama himself would acknowledge, if we are expecting him to solve our problems, we missed the point of his campaign. Only by organizing in our own communities and pressuring our supposed leaders can we bring about the changes that we all so desperately need. Please support the Leonard Peltier Defense Offense Committee in our effort to hold the United States government to its own words.

I thank you all who have stood by me all these years, but to name anyone would be to exclude many more. We must never lose hope in our struggle for freedom.

In the Spirit of Crazy Horse,

Leonard Peltier

Leonard Peltier #89637-132
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Ask MEDICINAL Michelle

? Dear Michelle,

On a recent visit with one of my cousin's I noticed she was not walking very well. It had been a few months since we had seen each other but she always had pep in her step. When I inquired about it she then announced to my disbelief a diagnosis of Multiple Sclerosis. Well having been a responsible cannabis consumer for over 40 years and a regular Treating Yourself reader for 3 years I decided to educate her about medicinal marijuana. She told me she had used marijuana in the past and found it helped. Now my question, is there a specific type of marijuana that I should let her know about to help ease her pains?

Peace, MM
Beautiful BC

! Dear MM,

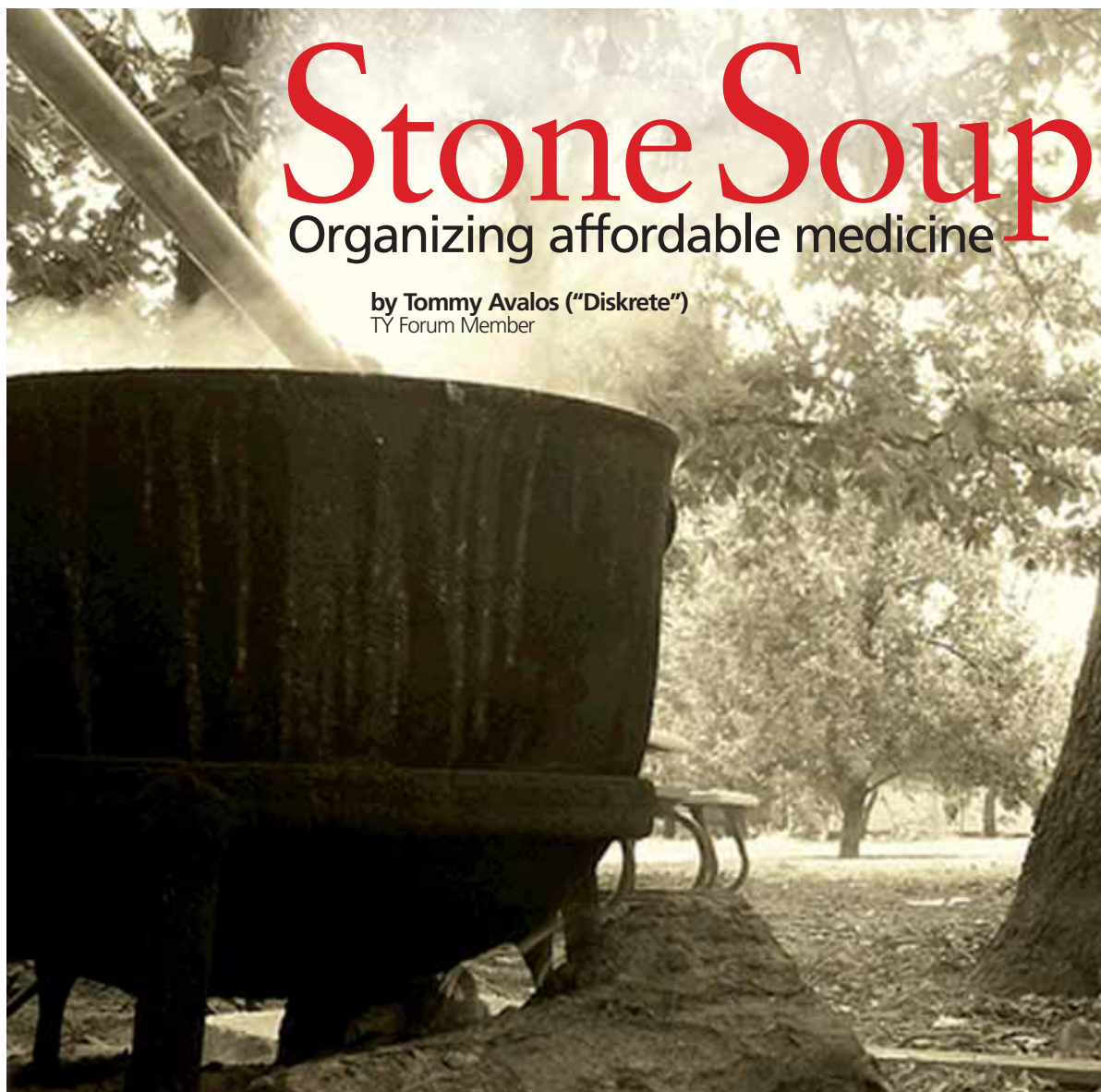
I am sorry to hear your cousin has MS but happy that you discussed the benefits of therapeutic cannabis with her. Multiple Sclerosis affects 2.5 million individuals worldwide and approximately 70000 Canadians. MS disrupts the communication between the brain and other parts of the body causing unpredictability within the central nervous system. Symptoms of multiple sclerosis often include weakness, tingling, numbness, blurred vision, muscle stiffness, thinking problems, and urinary problems. These symptoms may be severe enough to impair walking or even standing. In the worst cases, MS can produce partial or complete paralysis. Beta interferon (Avonex, Betaseron, and Rebif) has been shown to reduce the intensity and may slow the progression of physical disability. Some patients can function with no treatment at all as the side effects and potential consequences are far more severe than the disease itself. Marijuana has become a much needed alternative for many who suffer from this incurable disease. Recent research and studies are proving marijuana may stop the progress and pain of MS. Health Canada's medical marijuana program recognizes MS as a Category 1 disease thus allowing for a legal exemption from our draconian government. Marijuana is still illegal unless you have medical authorization and I would strongly suggest your cousin discuss her preferred form of treatment with her physician. In the meantime I do know many MS patients, who do use medicinal marijuana, and prefer a strain that is predominately indica which helps ease pain. Communicating with other MS sufferers using marijuana would be advantageous as well. Joining a local reputable established compassion club/dispensary would be beneficial when it comes to receiving education about specific strains already tried and tested by others suffering from the same condition. I am including a few web-sites to pass onto your cousin. If I can assist further please do not hesitate to contact me anytime!

Marijuana chemical may slow multiple sclerosis, http://insciences.org/article.php?article_id=4963

Alison Myrden, <http://www.themarijuanamission.com/>

Marijuana Provide MS Treatment, <http://www.medpot-net/forums/index.php?showtopic=29498>

xoxoMedicinal Michelle



Stone Soup

Organizing affordable medicine

by Tommy Avalos ("Diskrete")
TY Forum Member

I have been a medical marijuana patient and advocate for the last five years, and through this time I have seen a lot of profiteering. Profiteering that is happening at the root of the system. Until now, everybody who deals with marijuana makes money. From the doctor who signs your recommendation to the county offices who charge to obtain an ID, the growers, dispensaries and even third-party dealers, I was disgusted to find out that I was paying upwards of \$400 an ounce, when that same ounce was grown for downwards of \$100 when all is said and done. It was

around this time that Clinton posted on TY regarding "organizing affordable medicine," so I checked it out. A group of people are actively trying to change the way marijuana is being looked at, and have used an old tale of survival by gathering. "Bring what you can, get what you need", is the motto here. The folks over at Cannabis Compassion (www.Freemygreen.com) have instilled in me a sense of worth and importance. When I logged in for the first time, I was overwhelmingly welcomed into the online community of patients; it seemed the attitude of this now family of mine

was about compassion — not the kind of compassion exhibited by "Compassionate Caregivers" operating as dispensaries, but real, genuine compassion. People openly asking for help in obtaining meds, clones and genetics; I was in awe to hear that people started their own grow or better known as a "Kettle," and these people could get help with meds while they wait for their harvest. What an amazing concept! What's the catch? Well, the catch is to pay everything you can forward when you harvest. We must look after ourselves, and with that I hope to introduce to you the Stone Soup Groups:

Stone Soup Story

Adapted from the Brothers Grimm folk tale by HappaGuy

They were desperate times in the village. There was famine across the land, and in every village those who had any food at all hoarded it away so that while many had enough of something, all lacked this or that.



One day a wandering stranger came to the village. The shutters of the burghers — already shut up tight against the spying of hungry neighbors — shut up tighter still with the approach of the stranger, but not so tightly that every household in town did not have one eye upon him at every moment.

The stranger was, of course, hungry like all the rest, but he didn't let on a bit. He started a cooking fire near the village square and over it he set his pot filled with water, and while it boiled he made a great show of selecting a few stones from the countryside about. At last, with great ceremony, he chose one of these few, dropped it into the now briskly boiling pot, and sat by waiting as one expecting a delightful feast.

This excited a flurry of suspicious interest behind the shutters of the houses, and as the water boiled so did the curiosity of the villagers, until at last one of the children was sent to ask after the stranger and his curious doings.

The child asked "Please sir, why are you boiling that rock?"

The stranger replied "Why don't you know?! I'm making a nice big pot of delicious Stone Soup."

The very suggestion of food rattled the well-exercised skepticism of the villagers, and another stepped out her door.

"Stone Soup? Whatever do you mean? You're daft!"

The stranger replied cheerily "You've never heard of Stone Soup?! It's delicious! It's our favorite food where I come from. I love it!" Another villager stepped out and said "How do you make it? You haven't any food!"

The stranger replied "Ahh but I have the most important ingredient, this very fine stone. This stone is enough to make gallons, and your

country has some of the most delicious stones I've ever seen. But you know, it is ever so much better with a bit of a garnish. A potato. Maybe some carrots..."

Everyone thought, "Eating stones!? He's mad!"

But the mention of "gallons of soup" was enough to bring out more villagers and there was soon a small and famished and curious crowd gathered about the stranger's briskly boiling pot.

One old man, glancing nervously to either side at his astonished neighbors confessed, "Well here, I've got a bit of potato and an old carrot. If I might share in your meal sir, I will gladly add it to your pot." And so it was done.

Said the stranger "Ahh, this will be an especially tasty batch of Stone Soup, I'm sure." And to the villagers, who had not smelled hot food during all the months of famine, it did smell like a miraculous feast. All nodded in agreement.

The stranger suggested "But you know, it's missing a little something. In my homeland, it is customary to add a little salt, and even some celery on feast days."

And another villager, a young widow desperate to feed her children, said: "Sir, I have neither salt nor celery, but this piece of fatback I've been saving for Christmas dinner. Please take it. Might my children eat with you?"

The stranger laughed heartily. "Of course! Where I come from, all children eat free. Add but a little of your pork and I gladly invite you to dinner." Soon, the mayor had offered one portion but the villagers knew of his hoard and demanded three, and so the Mayor had a place at the table. Soon celery was found, and salt, and pepper and spices and all manner of ingredients until the boiling pot was filled to the brim and rich with fat, meat, and vegetables and savory with spices.

Bread was even baked openly for the first time in many months, and every one in the village had a fine meal.

Eventually the famine passed, but ever after, the villagers started their soup with a pebble in the pot, and an extra place was always set for wandering strangers, who were welcomed to supper. ▷





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The Beginning...

"The Idea:

The prices set in competition with the recreational black market for marijuana by essentially commercial dispensaries and growers are unaffordable to the majority of qualified medical marijuana patients in California. The government has gotten on the gravy train by charging us \$103 for annual State MMJ Cards after the doctors have taken their annual \$150 for prescribing something safer than aspirin, and only then can we pay the dispensaries \$360 per ounce for this God-given green mercy. We can do better than this. It doesn't have to be this way. Marijuana is not that hard to grow. It can be done because it is done. My caregrower HBAM provides at \$60 per ounce — prepaid.

The motivation:

Bring what you can, get what you need.

We are a statewide mutual aid network of patients helping patients.

We MMJ patients have got to be our own heroes. Those who can should grow for themselves and others, and/or pool resources with other patients to do so, operating without financial profit. Personal grows almost always yield a surplus. Please contribute that surplus to patients in acute need who cannot presently grow. Help any willing and able patients to set up their own grows, share their surplus, and teach others to do the same. Help provide for the health, safety, and housing of one another as well, as required by Prop 215 to qualify as a caregiver. By building a statewide mutual aid network of patients, we can more effectively share resources and support one another. This website provides a board where Soupers may find others in their area to help or be helped and/or cooperate.

Can we in this way see to it that no qualified California patient goes without for lack of ability to pay? Let's experiment. Let's cooperate. It CAN be done because it IS done. It's fun. It's what our state medical marijuana laws intend."

I recently had the pleasure of speaking with Clinton and Happaguy through both phone and email. These two gentlemen are the founders of stone soup in its current rendition. Two fine men by most accounts, they had the time to answer some questions about their concept, ideals and whatever the future may hold for cannabis compassion.

How did Cannabis Compassion and the Stone Soup Groups get started?

Clinton: I met Happaguy at Weedtracker. He had started a thread titled "Free and low-cost MMJ." We found the price per ounce was too high for many to obtain. In a survey, we had about 90 responses, 84 per cent of people said prices were too high to have access, and 64 per cent said they only had enough to medicate 2 to 3 days of the month. Some people will spend upwards of \$800 a month for two ounces. Now imagine four people pooling their resources together and spending \$100 a month, splitting the harvest at the end of the grow and donating the excess to needy patients. "Pay it forward," if you will.

Happaguy: Understanding where Stone Soup got started involves understanding that once in San Francisco there was a MMJ club called CHAMP, where they practiced cannabis compassion and I was lucky enough to get in, when I was sorely hurting. I am eager to pay their compassion forward.

What was the motivation behind Stone Soup Groups?

Clinton: Now you are getting personal! I am a person who believes very much in God. I have a lot of experiences that others choose not to speak about, [but] I am very aware of the spiritual world. I had a father who was disabled and physically ill, a torturer, and a cruel person. I swore I would never be like him, everything that he was, I was not going to be. So I have

kept a sort of code of ethics when I was a child, a "knights of round table" set of values. Some have called me a Palladian — in essence, a warrior but a caring person with a big heart, just naturally a fighter. I don't like fighting, I don't like violence. I lived a quarter mile from a Black panther headquarters at the time when a lot of things were going down. I had to fight, when I was young I kind of liked it, but I don't like violence. I have worked for years on making my life better, by giving as much as I can to those less fortunate. We are trying to have as many patients possible become self sufficient. Many of the patients are poor, with no income. I have seen people go to growers and tell them they have nothing to pay, and seen them turned away; that person walks away with a look of rejection and desperation. I spoke to that grower and it is something they will not do again. When you see people with true needs, you can be responsive or walk away... I chose to be responsive and help.

Happaguy: I imagine that in three years, marijuana will have effectively been legalized under the pressure of popular demand. In the wake of legalization, prices will drop rapidly and access will spread rapidly, if only because of the outrageous profit margins now available to be undercut — Dale Geiringer of CaNORML has aptly termed these margins the "prohibition tariff." Why then promote Stone Soup? Because most qualified MMJ patients are presently denied safe access because it is unaffordable. Their needs will not wait two or three years. And because maybe I am wrong — I'm astounded it's not legal already. But then I'm surprised that the Bush/Cheney administration went quietly away, leaving our constitutional republic nominally intact. Also, I feel it important that people everywhere are familiar with the concept and practice of mutual aid.

American consumer culture conditions us to be unaware of this practice and awareness that has been so fundamental to the survival of our species. These are chaotic times. We need this.

Why is Stone Soup so successful in Oregon?

Clinton: You can't see another state's Stone soup forum. We are validating every person's recommendation on CC, and we keep track of expiration dates. I found that this removes lies terribly well when dealing with MMJ, therefore creating a sense of trust. We have a lot of cops in Oregon; they saw some problems with the California system and wanted to avoid them. You can't sell marijuana, dried leaves and flowers of marijuana. It's only marijuana once it has been taken off the stem and has been manicured. This means that all meds obtained by a person would have to be free, or very low cost (i.e. cost of the grow). A grower is allowed to grow for up to four people with six plants per patient. Potentially flowering 24 plants at a time, using this model we know that there is almost always going to be an excess. Why not gift the excess to new growers in hopes that they too will "Pay it forward"?

When was the first "kettle" started?

Clinton- In early December of 2008, affordable meds were unheard of and the price per ounce was too high at a dispensary. When the survey I hosted showed that meds were unattainable for a number of reasons, the sick are usually poor. Soon after the survey, we threw the idea out there and we got started.

What would be your advice to struggling medicinal users across the U.S. and Canada?

Clinton: We must all find a way to band together, no one else is here to look after the sick or the poor. ▷

"One way or another, Stone Soup is a great way to throw a party, within and beyond the bounds of medical marijuana."

—Happaguy

We need this, people need this.

How do you see CC developing in the next 2-3 years?

Clinton: Well, I hope to see growth in all medical marijuana states. I would like to see leaders from every state taking advantage of CC and what I really see is more sick people, with more money because they don't have to spend half their fixed income on marijuana.

Any final words you would like the TY readers to read?

Clinton: When I was over at Weedtracker in the CA Forums, posting about patients helping patients and cooperative grows, we talked about the way Oregon's system works. You can build a community of patients who together are more than self sufficient, in fact capable of generating an infinite supply of medicine. We are trying to teach self sufficiency, by typically growing 1 to 3 plants, a small grow indoors. An average indoor plant will yield 1 to 4 ounces per plant, meaning one grower can yield upwards of 12 to 24 ounces during one grow using six plants. This also means a person could potentially grow enough for a year by doing this! Just plug in a light and grow your own meds, start there! Make things happen and help someone else do the same thing.

Happaguy: In addition to "mutual aid," please consider spreading info about cannabis-based harm reduction. The late Dr. Todd Mikuriya literally wrote the book on that and other cannabis medicine in his book "Medical Marijuana," which long ago provided the intellectual foundation for the medical marijuana movement.

I would like to take the time to thank these two pillars of the community for their dedication to helping people help each other, and, of course, for their time. These two saw people removed from online forums for talking about affordable medicine and gave it a place on the net to call home. Clinton has been clear in stating he used TY as a model community to build off of, Although CC is its own place, and this writer believes TY and CC are long-lost sister sites brought together by our friendly founders, Clinton and Marco. After getting my recommendation to obtain and consume marijuana in California, I was quickly disappointed to find I would have to use so much of my income, ahem, fixed income, so disappointed in fact that now that I could legally buy the sacred herb, I was in no position to be able to afford it. The thought of cannabis growing somewhere in Northern California and 2 to 10 people putting their hands on it while raising the price every time it changed hands angered me and made me realize there had to be another way for people like me. People who, like me, are sick and usually poor, or with little extra income to afford to pay these prices. I have watched an old lady walk into a dispensary with the last \$30 of her social security check, and ask for whatever they could give her, and watch that lady receive a little over a gram in return. When talking to that older woman, she told me that \$30 worth would have to last two weeks, a scene not uncommon for a lot of patients. It is moments like these that have led me to Stone Soup, in a way it will eventually lead a lot of us to Stone Soup. Just as in the story, people were being "tight" with their food — just as dispensaries and fake co-

ops are now. And, as in the story, this was remedied by a stranger who made the village trust him and his kettle of soup, the way we must trust each other to get what we need. Eventually, the sick must band together, or else we will continue to get poorer. In writing this, I realize many people who read this will have different thoughts, similar to what I face when educating people about Stone Soup and TY. Respectively, we must understand that the idea of Stone Soup is changing the way we as patients obtain our medicine, therefore leaving profiteers out of the circle of medicine. I have been looked at as if I am crazy or even rude for even thinking something that makes people money can be obtained affordably. Just imagine the old woman I speak of, who has spent her Social Security check on life's necessities, on Pharmaceuticals and medical bills, walk into a place and says she has \$30 and will take whatever she can get for that \$30 and in return getting all the meds she would need for the month. Stone Soup can make this "fairy tale" a reality; truth is it takes people like you and me to make this happen. No one is going to care for those of us that are sick; we must help ourselves. With that said, get off the chair, couch, can or whatever you are sitting on and log on to www.freemygreen.com. Meet up with some local people and get a kettle started in your area, feel how great it is when a group of people join their resources and trust in each other. Trust is something many of us have forgotten, something that makes some of the safest activities stressful. Put the trust in yourself and let's help get free to low-cost meds in the hands of people who can barely afford it. **We need you, you need you!** 🍻

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Marijuana and Drug Scheduling and Drug safety

David Allen M.D.

Marijuana, or cannabis, is presently classified by the federal government as a Schedule 1 drug. What this means is that the federal government does not recognize cannabis as a drug with medicinal benefits in the United States. Schedule 1 drugs have no medicinal use in the U.S. and have high potential for abuse. Other drugs in Schedule 1 include: heroin, Ecstasy, quaaludes, psilocybin, mescaline, PCP, LSD, DMT, GHB and marijuana.

You will immediately note that cannabis is completely unlike any other drugs that are in the same classification. The first thing you will notice is that cannabis is not man made. Cannabis users refer to it as God's medicine for good reason.

Having the classification of Schedule 1 makes it impossible for physicians to prescribe or use cannabis in any way (Most physicians have license only to prescribe drugs on schedules 2 through 4). If, however, the federal government rescheduled cannabis to a more appropriate schedule, then physicians could easily prescribe its use when needed. Re-scheduling would recognize cannabis as a multi-use medication that millions of citizens risk jail on a daily basis to use.

The classification of marijuana as a Schedule 1 drug makes it possible for the government to arrest you, confiscate your property and incarcerate you, all while profiting from your incarceration. This scenario has been repeated so much as to make America the prison nation. According to Jack Herer's book, "The Emperor wears no Clothes," America has only 10 per cent of the total world population yet jails 25 per cent of all the world's prisoners. Cannabis has always been an excuse to control the population.

Originally, the anti-cannabis laws were directed at minorities. They were initially used to control the Mexican population in El Paso Texas (Anti-Marijuana ordinance of 1905), and later used against urban black populations. Harry Anslinger, the head of the Federal Bureau of Narcotics (FBN), testified before Congress in 1937, saying that "The use of marijuana made white women seek relationships with black men," at the time a very successful scare tactic. The American Medical Association gave testimony before congress that same year, stating that there was no evidence of marijuana having any harmful effect great enough to make the medicine illegal. Dr. William CO Woodward, a physician and lawyer, spoke for the AMA and stated that "the entire fabric of the federal testimony was tabloid sensationalism and that no real testimony had been

heard." Further, that "this law could be passed in ignorance and could possibly deny the world a potential medicine." Special interest prevailed and convinced Congress that marijuana should be made illegal.

Now, marijuana laws are used indiscriminately against all races and are used to deny citizens their rights to life, liberty and the pursuit of happiness, and of the right to own property. These laws are being misapplied to innocent non-drug using citizens, to rob them of property and money, and as such, they effect everyone — not just pot smokers. Just the accusation of a marijuana crime is enough to have your property seized by the police prior to any indictment or court appearance. When police seize property prior to court appearance, they are acting outside of their scope and are acting as the judicial branch of the law. Misapplied drug seizure laws have morphed into a tool that is in widespread use, that can be used to deny you your constitutional rights to own property without the fear of unreasonable search and seizure. For an example, Google "Tenaha Texas AND highway robbery".

Currently, marijuana is classified as Schedule 1 by the federal government, but the government knows it is intentionally misclassified. Why would they intentionally misclassify

Currently, marijuana is classified as Schedule 1 by the federal government, but the government knows it is intentionally misclassified. Why would they intentionally misclassify a drug?

a drug? The government has had a series of lies about this drug that has been proven wrong multiple times. The fact is that cannabis is safer than table salt. There is no other medication on Earth that approaches cannabis' safety record. The main reason for this is that there are cannabinoid receptors in every part of the human body except the brain stem. The lack of these receptors in the brain stem makes it impossible for cannabis to alter your brain stem functions like breathing or heart rate, and thus account for its incredible safety. So again, I ask why would the government intentionally make a plant illegal to possess when it cannot hurt anyone?

The reason is that the government knows that cannabis is wrongly classified.

1. The government has a medical program (Compassionate Investigational New Drug Program, 1978) that treats medical patients with the medicine cannabis, and in fact has provided patients with this medicine for over 30 years.

2. Millions of American citizens have

democratically voted that cannabis is a medication with medicinal use within the confines of the United States (13 states have voted that cannabis is medicine).

3. The FDA has approved a medication called Marinol that is synthetic THC, the active ingredient in marijuana. This medication is FDA-approved to treat several medical conditions and is classified by the government as Schedule 3. Therefore, the same THC in cannabis and Marinol should not be in two different schedules.

4. President Obama has stopped raids on medical cannabis facilities, and as such, acknowledges the government is aware that cannabis has medicinal activity within the continental United States. This should end the argument of federal versus state rights. I'm not sure how the federal government can negate a legal democratic vote in a democratic society.

5. Since Doctors cannot prescribe Schedule 1 drugs, and they are allowed to prescribe cannabis in 14 states, then cannabis is clearly not Schedule 1 as defined by the federal government.

The fact is that the federal government allows federally-licensed physicians to prescribe cannabis.

Many times people do things for one reason and try to give a alternative reason for their actions. This is referred to as hidden agendas or ulterior motives. It is time for the government to admit its mistake. Despite the billions of taxpayer dollars spent trying to demonize marijuana, the government has yet been unable to prove scientifically that there is any significant downside to using pot. This single issue has caused the government more dissent than all other issues combined.

If the government would recognize that cannabis helps the common everyday problems that all humans have — anxiety, depression, insomnia and multiple other medical problems — then Americans could be proud once again like we used to be. 🇺🇸

Thanks to recent legislative sweeps across the United States, medical marijuana has developed into one of the quickest-developing — and most talked-about — industries in recent history. Once viewed as a prohibited, vile substance surrounded by superstition and myth, it is now becoming as common as castor oil for a homeopathic remedy. When considering the rapid acceptance of med-

ical marijuana in recent months, one has to ask: how does a state as small as Rhode Island effectively sway its conservative legislature to allow the growth, possession and consumption of medical marijuana? That's right — a tiny state with a population smaller than the city of Dallas now has the governmental authorization, backed by its Department of Health Services, to formally regulate, tax and control the distribution of marijuana.

Imagine a physician telling you that you have a chronic disease, and that in the weeks, months and years to come, you will experience spasms in your legs and pain that feels like electrical jolts beneath the surface of your skin. Or perhaps you will have almost no energy because getting comfortable enough to have a good night's sleep has been impossible for years. You feel melancholy on your good days and full-out depressed on the bad. Your

LEGALIZED

for medicinal use in 14 states, marijuana is also being dispensed via licensed businesses. Will the same eventually be said for the remaining 36?

Brett Bratcher

appetite suffers, you're listless, relationships don't seem as meaningful and the medicine your physician prescribes (if it provides any relief at all) may also have nasty side-effects. This scenario represents many of the symptoms sufferers of cancer, multiple sclerosis and numerous other chronic debilitating illnesses experience with almost no relief from contemporary medicine.

Now, one of the oldest remedies for these ailments is being embraced by both science and 14 states in the United States of America as the new elixir — a remedy that does not cure dis-

eases such as cancer, Crohn's or multiple sclerosis, but so effectively controls the symptoms that life is now better than simply "bearable." And that remedy is medical marijuana.

Burning Desire

Fourteen states presently have some type of legalized marijuana program. The majority of these laws center on individuals with chronic illnesses who, by being allowed to use medical marijuana, are liberated from their pain. Existing medical marijuana laws enable qualified patients to simply possess and use the marijuana

for symptom control where traditional medicine has fallen short.

A recent set of laws passed in California, Rhode Island and New Mexico will permit individuals to grow a limited number of plants for medicinal use and, in some states, allow for state-authorized distribution centers to produce up to 95 marijuana plants in order to distribute medical marijuana in much the same way a pharmacy would distribute Viagra.

In February 2007, the state of New Mexico passed legislation via the Lynn and Erin

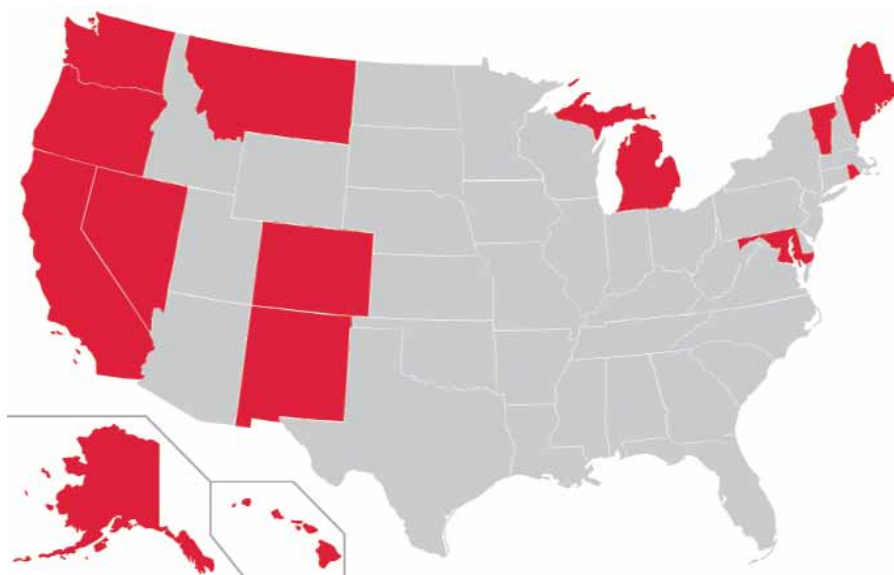
Compassion Use Act (SB 238), allowing individuals to enroll in a state-regulated medical marijuana program. A patient experiencing one or more of 14 specific diseases ranging from AIDS to MS can qualify to receive a medical marijuana program (MMP) identification card under this state legislation. The law requires a patient to apply with the state and to have a physician recommend marijuana (aka, medical cannabis) as a form of symptom management.

Patients who qualify for an MMP card may also grow their own marijuana or go to one of several state-approved dispensaries and pick up a specified amount — much like a person seeking medicine in a pharmacy.

Communications Director for the New Mexico Department of Health Deborah Busemeyer explains, “We established a temporary ID program in which patients can apply to the New

Mexico Department of Health and prove they are eligible to possess medical cannabis (based on their medical condition as outlined in the law), and we will issue a state-approved identification card that will allow individuals to cultivate, possess and consume medical marijuana.”

Dr. Steve Jenison, director of the New Mexico Department of Health Infectious Disease program, verifies each patient’s med-



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ical marijuana application by talking to his or her physician to establish the validity of the need for medical marijuana. Since SB 238 passed in 2007, almost 300 patients have applied and been approved for the MMP.

Cannabusinesses on the Grow

This past March, New Mexico also began allowing specialized non-profit corporations to cultivate and distribute medical marijuana to people with chronic illnesses. As of this writing, 10 applications had been submitted by non-profits wishing to become

medical marijuana dispensaries, and one had been licensed.

New Mexico’s Department of Public Health has written extensive regulatory guidelines and mandates that each dispensary follow a stringent application process that requires applicants wishing to create a dispensary form a non-profit corporation, with a board of directors comprised of a physician, community representatives and three patients registered in the New Mexico MMP.

“New Mexico provided open forums to the public to gain feed-

back on regulatory guidelines,” Dr. Steve Jenison notes of the one-of-a-kind program. Once those guidelines were developed, subsequent public meetings were held to confirm that the regulations met both the expectations of the Department of Health and those of New Mexico’s general public. The result is a program with a rigorous application process for both individuals and businesses wishing to possess and produce medical marijuana, which is why such businesses as Canntechs (www.canntechs.com) are finding themselves in growing demand. The Texas-based medical cannabis consulting company ▷

assists individuals with the MMP application process and helps businesses wishing to become licensed dispensaries in the states allowing the production and consumption of medical cannabis.

A Strong Voice for a Strong Medicine

States like Rhode Island and New Mexico are innovative and forward thinking, painstakingly working to ensure they address all the relevant issues. New Mexico has considered public welfare and safety, revenue generation through taxation, and quality control and regulation through Department of Health guidelines. Other states in the union, including Texas, would do well to consider the creative thinking of Rhode Island and New Mexico in their approach to rectifying their current economic woes and the ever-waning “War on Drugs.”


When considering the number of marijuana-related arrests in the United States from 2000 to 2009 (many of which could be classified as medical marijuana consumption), there is no significant decrease in the numbers of ensuing arrests or in consumption. Billions of dollars have been spent

on arrests, prosecution and incarceration of non-violent crimes associated with the use of medical marijuana, only to reveal no viable solution. It is time to advocate for another alternative. If marijuana is effective in the symptom management of some diseases and can be regulated, age limited and taxed while creating a new industry of jobs and solutions, then imagine what such thinking would do for America’s patients and our economy.

We need to seek positive, reasonable alternatives to the medical marijuana issues. Let’s keep our eyes on the New Mexico medical marijuana initiative as a possible model for patient choice, drug regulation and economic stimulation. Texas, for example, has not seen any major legislation surrounding the medical cannabis issues since November 2008, when Rep. Elliot Naishtat (D-Texas) filed HB 164, a watered-down version of the April 2007 HB 1534, which, if passed, would have allowed for chronically-ill patients to possess and use medical marijuana with a physician’s recommendation. On both occasions, even shadow hearings were not possible, as then-chairman of the Texas Public Health Committee

Rep. Dianne Delisi (R-Texas) said she would not allow public hearings for Texans to voice their desire for change to the current medical cannabis guidelines.

As new opportunities in Texas and the rest of the nation present themselves for public input, let us consider implementing stringent regulatory guidelines and licensing for individuals and businesses in the medical marijuana industry. Let us weigh and openly discuss the pros and cons of requiring that anyone who applies for a license meets specific criteria, with renewal time limits of one year to allow that state’s department of health to review performance and ensure those applicants have held to the benchmarks established. Now is the time to implement constructive solutions to give patients the medicine they require and the economy the opportunity it needs.

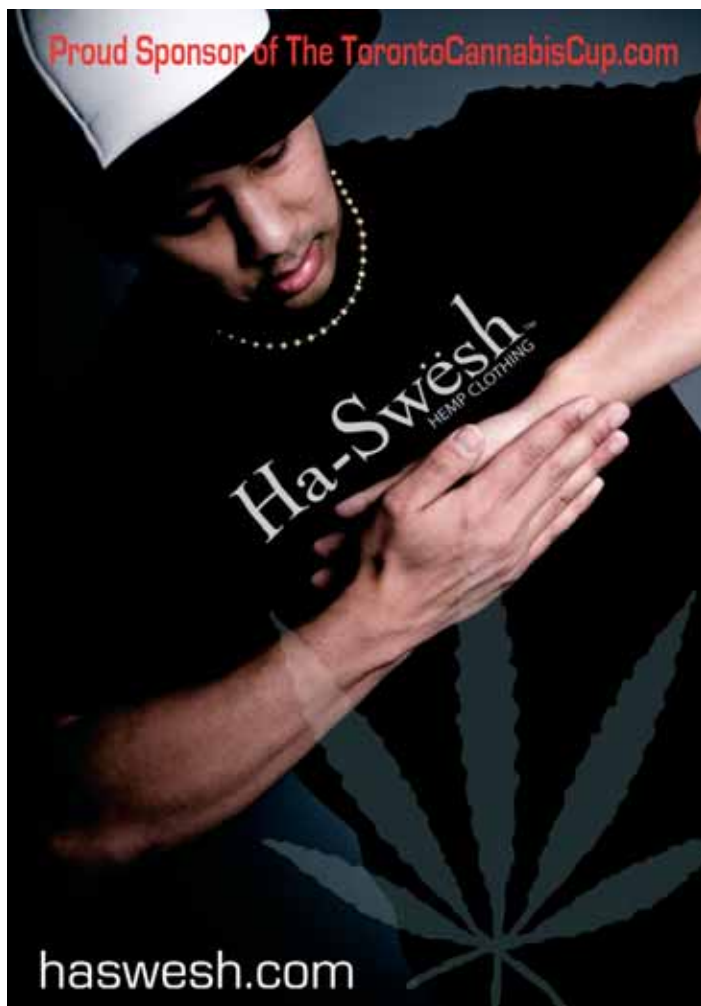
Brett Bratcher, M.Div, LNFA, is the founder/owner/operator of Trinity Hospice of Texas, LLC, and has served as executive director on several Texas-based hospice, home health and nursing home companies. He is a regular contributor to healthcare industry magazines and alternative medicine magazines. 

Cartoon



The Happy Hippie By Georgia Peschel

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Ice Wars!

or, Who Invented the Bomb?



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By Joe Pietri

Christmas 2004 was especially nice when one of my gifts contained copies of *Cannabile 1 & 2*. The pictures were wonderful and it showed how the US grows some of the best marijuana in the world. The chapter on Water Hash is really where my story and investigation began. I took exception to Jason King, the author of *Cannabile* giving credit to David Watson aka Sadhu Sam aka Skunkman and Neville for inventing the water hash technique in the 1980s!

I first saw water hash in 1968 and 1969, when two loads came into New York City! The first load was packed into a VW camper driven overland to Europe and then shipped to the US. It was moldy and had a mottled look and was more like putty than resin hashish. It had been packed still a little wet before shipping. The second water hash load came in airfreight from Kabul and was fresh, dried, pressed and packed correctly. Again it was like soft putty and excellent quality!

I first saw the water hash technique described in Robert C. Clarke's book "Hashish" (Red Eye Press, 1999) in Peshawar Pakistan around 1973.

While leaving a message for my connection at the Kyber Hotel I ran into some Danish smugglers I knew from Kathmandu and they invited me up for a chillum. They were using the method to clean up the

local resin and after drying they would hand press the resin for their smoking stash. No doubt the Danes learned this technique from Afghan and Pakistani hash masters!

The water hash separation technique can be traced back to the industrious Chinese cannabis cultures of 5000 years ago, who used cannabis for food, clothing, tents, ropes, fishing nets and of course medicine. The Chinese were the first medical Marijuana culture. They invented sieving techniques that in some parts of the world are still used for making Hashish as well as the seedless technique, also known as Sensimilla! By separating the males and females, the males grew stronger stalk and the separated females produce stronger medicine. After sieving they would use water separation to further purify the resin collected. The Chinese never used cannabis recreationally until after the 17th century when smoking was introduced.

It's use as medicine can be traced back 5000 Years, the Chinese even used cannabis as an anesthetic in surgery! In fact medical hashish was still available in our own pharmacies in the early 20th Century! In the 1970s in the Trans High Quotations in High Times, water pressed hash was quoted as being available in Kabul for three times what the local hash sold for and in fact fetched the same price as the fabled Mazar I Sharif hashish. This

is a misnomer, it was not water pressed hashish, but was water-separated hashish. Nobody was using water to press Hash in Kabul, it was either hand pressed or bat pressed, or as the Paki's did, using heated steel rolling pins to melt the hash and bind it into placks. It's funny for me to hear these so called experts who never spent a night in Kabul, some who were not even born till the '60s, take credit for techniques invented so long ago by the Chinese and then sell the recipe in High Times as Sadhu Sam as his invention!

I contacted Jason King and told him what I thought and that it was obvious he had never spoken to any of the old school smugglers. With that I received an email from this Skunkman character, he seemed very threatened by me, which only made me more curious and I kept researching to find out why!

I then came across an add for the Xtractor 1000 and at first I thought here is another idiot trying to take claim for the ancient technique of water separation as the add claimed to have a patent on Ice Water Extraction Method and the machine that was invented for the application! I called the 800 Number and I spoke with the inventor Reinhard Delp, who explained to me that his method was completely different from traditional methods and in fact was a completely new process that revolutionized hash making!

He invited me down to his home in Mendocino County and taught me the process and demonstrated his incredible machine. At the time I owned a pollinator machine and the first thing I realized that his method and machine made my pollinator obsolete. What Reinhard discovered was that in the ice water environment the leaves stay flexible, the fibrous material stays intact, and that the frozen resin glands fell off with simple agitation, and collected easily. For the first time completely fresh material could be used! You no longer had to dry, grind up, and then sieve your material to access the resin glands to make hashish, all of which dilute your material. The ice water extraction process produced the finest hashish I have ever seen and I have been in the hash business 40 years! This is the biggest improvement in hashish making in 5000 years!

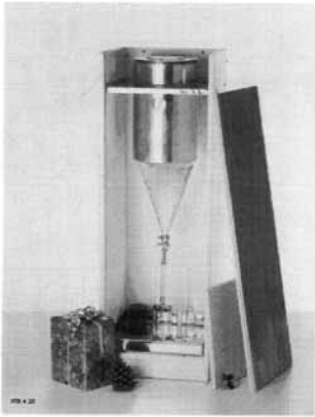
At the time I was doing my show on Pot-TV, Joe Pietri vs. the not so free world, so I demonstrated the XTR 1000 on my show and Reinhard was kind enough to give me a machine. I immediately got rid of my pollinator. He also gave me his cd.rom, documenting the introduction of ice water extraction method and the XTR 420, as it was called then, at the High Times Cannabis Cup in 1997, and the subsequent rip offs that followed. I in fact have been investigating this case nearly two years on both sides of the Atlantic! Never in my wildest dreams would I believe the depth of this duplicity nor the major figures in the Cannabis Culture that were involved in what I call the Enron case of the Cannabis Industry! I now give you my findings as well as my opinions and you are the judge!

In 1997 after many years of experimentation Reinhard Delp applied for a US patent, Canadian patent, and EU patent for ice water extraction method as well as for the machine the XTR 420. In November

For some it's

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- * The new ice water method uses clean cold water and ice as the extraction environment, resulting in high quality resins at high quantities, since the plant material stays intact and fibrous particles are also separated.
- * Even fresh plant material can be processed.

The method was developed for a member of the Galia plant family, known to the Native Americans as a healing plant. The process is part of a complete closed-circle method to separate valuable plant components (Aromatherapy, Medicine, Cosmetics, Food etc.; US pat. pend.) Everything is reused - nothing wasted - without chemical solvents - except clean cold water.



Cornelis Trooststraat 37, Postbus 76175, 1070 ED, Amsterdam, Nederland.
Ph: 31 20 4708889 Fax: 31 20 4715242
e-mail: Greenfin@euronet.nl web: www.amsterdampage.com

We wish you Happy Holidays - on ice Peace ETT, Zlin, Czech Rep.

Millennium flyer, 1997, Ice-Water-Method published

of 1997 he signed an exclusive contract with Mila Jansen of the Pollinator Company in Amsterdam for distribution of the XTR 420 as well as for any application using his method ice water extraction. The method was introduced at the cup and the machine was demonstrated and the hash produced was the best anyone has ever seen! The inventor called his extract Ice Hash and gave workshops and explained his method! At first the Dutch said it was too strong as they feared it would interfere with their established Pakistani and Moroccan hashish markets but in fact by 2006 Ice Hash has taken over the market. In fact most of the hash sold in the Coffee shops as imported are actually made in the Netherlands using the original 125 machines sold there in 1997 or his method!

The Dutch should build a statue to Reinhard Delp!

At the cup the inventor withstood the offer for an exclusive licensing to the Pharmaceutical Industry and the urgent requests to keep his method a secret "because the extract is too strong, people can not handle it" from the same "Experts" and proceeded with his introduction directly to the Counterculture! A Dr. Geoffrey Guy, who would later go on to establish GW Pharmaceuticals came up to the inventor and told him he would never

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ICE WATER METHOD and Extractor INTRODUCTION - High Times Cannabis Cup Amsterdam - US patent #6,158,591, EU patent #1015118, Canadian patent #23271815.

2001 The Xtractor Kit - MAKE YOUR OWN GOLD!
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THE X-TRACTOR IS A MORE EFFICIENT, LESS TIME-CONSUMING METHOD OF HASH MAKING.

The X-Tractor

The Pollinator company out of Amsterdam is now marketing the newest improvement in resin-collecting devices, called the X-TRACTOR. Traditionally, THC resin was collected by drying high-quality cannabis and then sifting it through progressively finer screens until only a powdery residue of resin glands was left. It was then heated and compressed into blocks of hashish.

This work was done by hand for generations. In recent years, however, machines have been developed to do a more efficient job in less time. Resembling common laundry dryers, these machines tumble the dried cannabis, shaking loose the resin glands, as well as small bits of plant matter, which are then filtered through fine screens and collected for processing into hash.

The system is more efficient and less time-consuming and labor-intensive than the old method. The X-TRACTOR utilizes the same basic principles, but instead of tumbling cannabis through air to dislodge the resin glands from the plant matter, it agitates it in a cold-water bath to achieve the same results.

THC resin is insoluble in water and is also heavier than water. This makes it possible to use the liquid as a medium for its removal from the plant. To use the X-TRACTOR, fill it with ice water and plant matter. When you agitate it, the water gets cloudy as resin breaks away. The resin then falls through the water, where it is

funneled into a glass bottle after settling through screens that filter and separate it from any tiny bits of plant matter that may drift downwards.

The result is a bottle of water clouded with pure resin which can then be separated and dried, using a coffee filter. The dried resin is then ready for processing. What makes this system unique is that by using water as the medium of extraction, it can process either dried or fresh plant matter.

This makes it much more efficient since, if fresh cannabis is used, much less resin is lost during drying; when many glands would be knocked off due to handling, etc. Also, because THC resin is an oil, it gets less viscous as the temperature falls. Using cold water "hardens" the glands and softens the plant matter, making their separation easier. This means more resin can be collected from the same amount of fresh or dried cannabis than if done the old way.

The X-TRACTOR can also be used to extract essential oils and fragrant resins from other plant species for use in aromatherapy, medicine, cosmetics and foodstuffs. The device comes in several sizes, for the personal connoisseur or the high-volume commercial producer, and can be purchased by writing, calling, or visiting the company's Web site.

The Pollinator company can be reached at:
Cornelis Trooststraat 37, Postbus 76175, 1070 ED, Amsterdam,
NETHERLANDS; phone (011) 31 20 470-8889;
Web site: www.Amsterdampage.com.

None of the manufacturers or distributors mentioned in this column advocate the use of their products for the cultivation of illegal substances. If you contact them, do not discuss the cultivation of illegal substances in any way. These are not paid advertisements.

High Times article May 1998

X-Tractor rip-off 3-bag system
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More Good Stuff

It's been a long while, but finally it is here: the brand new introduction of the X-tractor. Now the world famous hash machine The Pollinator has a formidable competitor in a totally different method. The product comes from The Pollinator Company in Amsterdam. According to female inventor Mila Jansen who got the X-tractor from America and has it made in Czechoslovakia. This new method guarantees a whopping output of 30-50% more hash from leaf by product. Besides this big advantage, one can use wet leaf, which isn't possible with the Pollinator. That made us curious. The X-tractor is an upright wooden box with an inside funnel and a mixer. On top you open a reservoir in which you put up to 150 grams and finish it with a half to two bags of ice. By now you are ready for the cool ice process in order to gather the yummy resin. If you use wet weed you have to let it sit for 15 minutes before mixing. Let it sit 45 minutes if you are using dried weed. Depending on the quality you want, you can repeat the process up to 4 times. In contrast to the Pollinator, The X-tractor makes sure that all the pollen will be rinsed off. Curled up leaves of course don't bother you. On the bottom you'll find after the extraction the essential, but a very concentrated THC residue, which you can dry to hash powder. You can also speed up the process by using a microwave. Soon there will be bigger models (1-10 kilo) on the market. Price 1450 sf.

Dutch Paper article 1998

Swiss Ice Cold, GmbH
Postfach 1017
CH 4502 Solothurn
Switzerland
e-mail @ www.swissice.ch

9/27/99

To Trans High Corporation
235 Park Avenue South, 5th Floor
New York, NY 10003

Dear Friends

The subject might be of interest to you. Herewith I send you, what I would call: "Chronicle of a rip-off." It is a translation of a response to a German "HANE" magazine article (7/99) in which the newest invention of the Pollinator Comp. A'dam, their "Ice-0- later", is introduced and Robert Ronnel Clarke's book "Hashish" claims origin. Unlike "HIGH TIMES" (see May 98) Clarke doesn't mention our surprise introduction of the "XTR 420" on your Cup 97 in his book. Instead he introduces his own "XTRACTOR" and his own cool water method..... We thank HIGH TIMES for the excellent journalism and truly independent reporting.

Sincerely, Swiss Ice Cold GmbH, R. Delp

Letter to High Times



grobots@mcn.org

From: "Sam Skunkman" <sam_skunkman@yahoo.com>
To: <grobots@mcn.org>
Sent: Friday, August 19, 2005 4:39 AM
Subject: water sifting

Is this the same as the swiss Ice-O-later?

You say:

Icecold.org is an innovation of Grobots International and in 1997 revealed the XTR 420, based on the patented "Ice Water Method". The XTR 420 was upgraded to the now very popular XTR 1000. Check it out at: The XTR 1000

But this is untrue, I developed the water sifting method. Checkout the Book "Hashish" by Robert Clarke pg 334. I was making water hash in the 1980's ten years before your "patented" method, I have no interest in challenging your patent, but I can easily prove prior art as my instructions were published and sold via adds in High Times, more then 10 years before your product. I do not make or sell any water sifting equipment, but I did help Mila and Bubbleman with development of their products.

I like dry sift resin much better then water sifted resins, as long as the dry sift is as clean or cleaner as the water sift it has much more potency. I can make dry sift that is cleaner and stronger then any water sift, if we both start with the same identical dry buds. But my 20 year old dry sift technology is secret and not known by anyone else until I can automate it and design a machine to do it. Are you guys south of Cotati? I have been up in that neck of the woods many many times, but not recently. I used to go up to the Annual Santa Rosa Cannabis Harvest festival, and the Fairfax Homegrowers Cannabis competition, in fact I won first place several times at both events. Now I live in Holland.

-SamS

----- Original Message -----

From: "Sam Skunkman" <
To: <
Sent: Wednesday, September 07, 2005 9:15 PM
Subject: Re: water sifting

>
 >
 > --- wrote:
 >
 >> Thanks for your prompt answer. I totally have to
 >> agree with you. You don't
 >> get it at all! I asked you if you were complicit in
 >> Mila's, Mel's and Rob's
 >> fraud and you tell me to ask the three crooks who
 >> all profiteered from the
 >> scam if you invented something. Short circuit, we
 >> take that as a yes, you
 >> have been complicit!
 >
 > As I have said many times I have no connection to
 > Milla's or Bubblemans business's I do not sell water
 > hash extraction equipment and never have. You need to
 > discuss your problems with Milla and Bubbleman if you
 > have any problems with them. I did sell my water
 > sifting method maybe 10 years before your Ice method.
 > I also used Ice but it was not required, it is not the
 > ice that makes it work it is the cold water, ice makes
 > it work a little better that is all. Try your ice
 > method without water, and answer me, is the ice or the
 > water more important? Water sifting will work without
 > ice but it will not work without water. I can easily
 > show the water sifting information was published 10
 > years before your patent, I am pretty sure that makes
 > your patent using water and ice invalid if you try and
 > stop others from making and selling water sifting
 > equipment based on your patent. I just have to show
 > that the information was already in the public domain
 > and your patent will be disqualified due to published
 > prior art. Patents are pretty easy to get, harder to
 > enforce, and truly only valid when they have been
 > challenged and the court allows them to stand. You

Skunkman e-mail to Grobot International dated August 19th, 2006

In this e-mail from Skunkman aka Sadhu Sam (David Watson), he admits to developing the water hash technique in the 1980s! I sold Afghanwater hash in 1968 and saw the technique in Peshawar, Pakistan in 1973. He also admits claiming Mila's and Bubblemans bag systems, knowing full well that Mila was under contract to Swiss Ice Cold. His Sadhu Sam recipe failed because it was done incorrectly. In Pakistan they sieve the cannabis, then use water separation to further purify the resin. In water vegetable matter floats and the heavy resin glands sink to the bottom and can be easily separated and then dried and pressed. Water sifting is a misnomer created by the Skunkman to confuse patent origin.

have to work again! The smartest thing the inventor ever did was to apply for the patent before hand, being fully aware of the impact it would make as well as the rat race situation in Amsterdam. The introduction at the 1997 Cannabis cup caused a tsunami of jealousy, lust for greed and deceit.

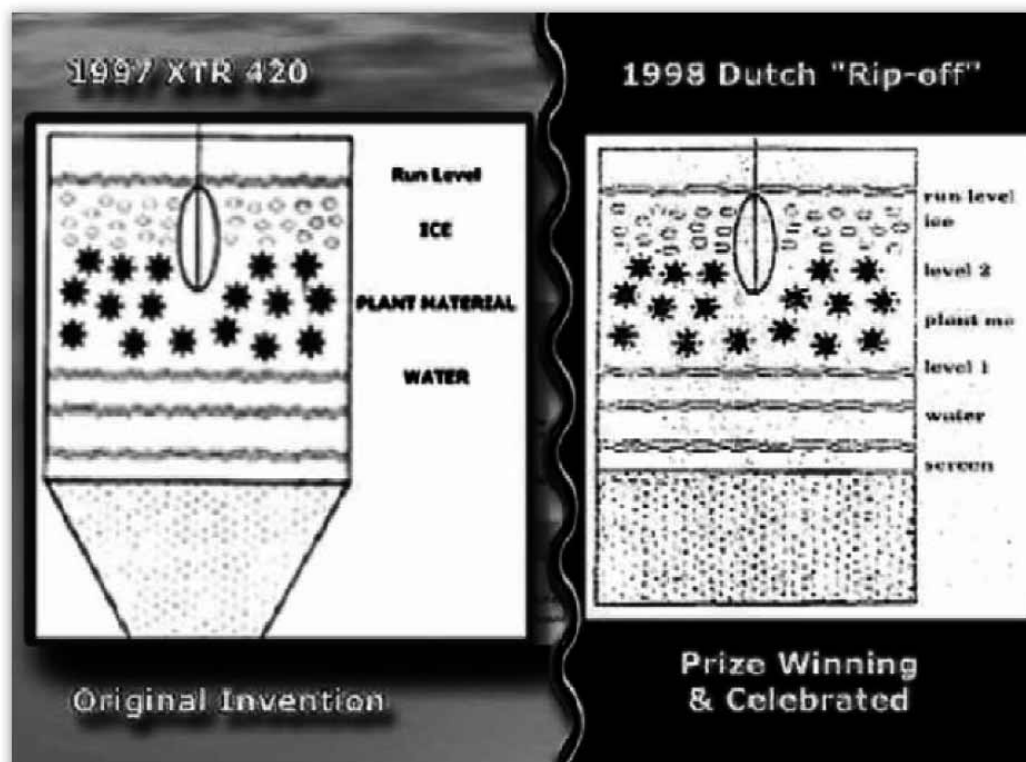
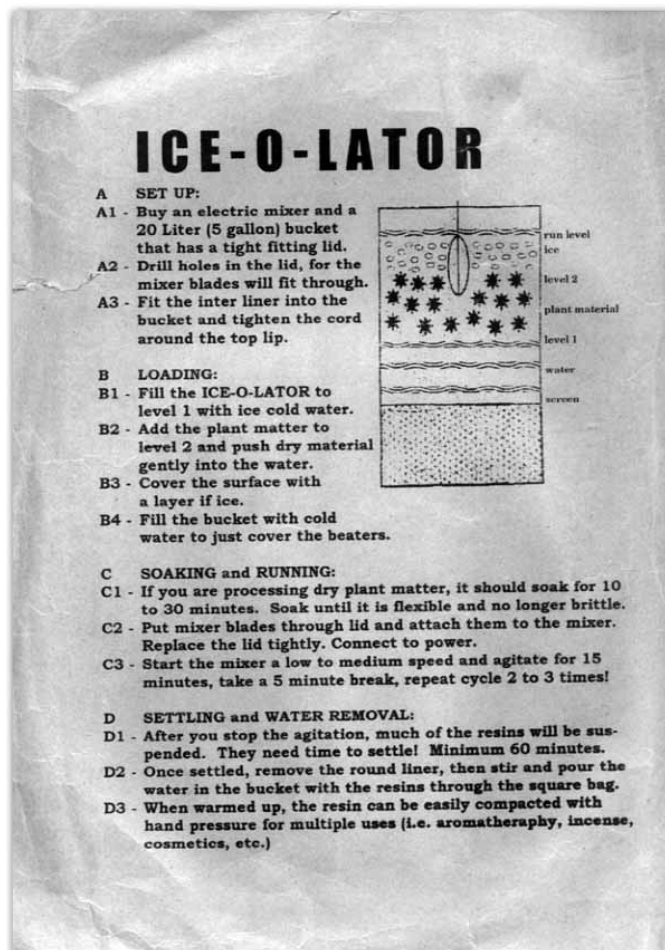
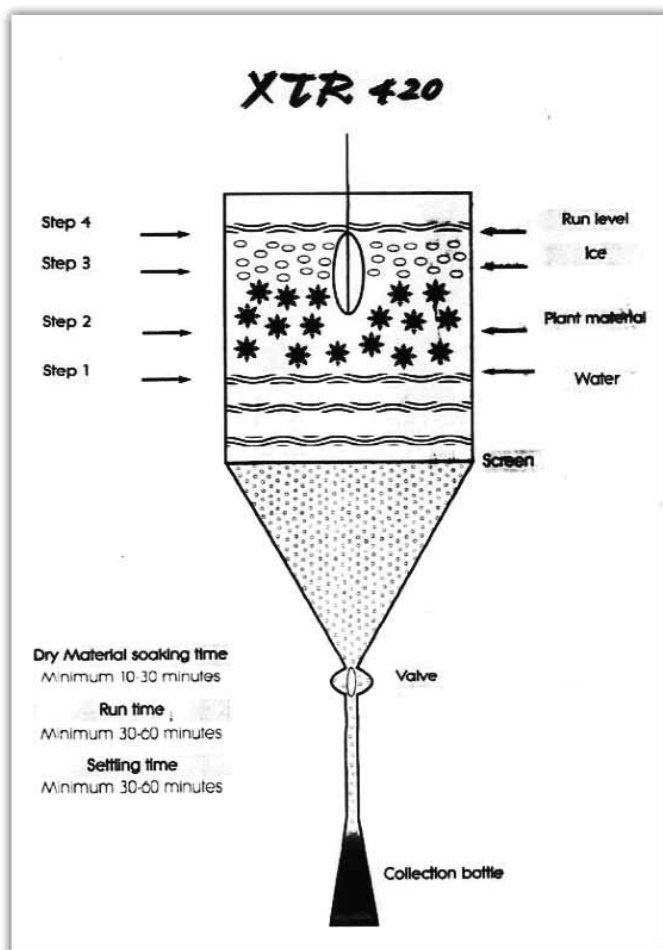
There were others (at that cup) that played major roles in the coming fraud. James Goodwin AKA Mel Frank, Ed Rosenthal, David Watson AKA Skunkman AKA Sadhu Sam, Robert C. Clarke, Mila Jansen! Mila being under contract to Swiss Ice Cold was the only obstacle

Skunkman e-mail to Grobot International dated September 7th, 2005

A month later he now states that he has no business connections to Mila or Bubbleman! Again confusing the patent origin. The only reason to tie Ice Water Extraction to ancient sieving techniques is to sell cheap fabric at wedding dress prices! The ice water method made traditional forms of processing obsolete as now fresh material could be used, drying and breaking up the flowers to access resin glands was no longer necessary. In fact this new process produces the finest extract possible, as well as three times more quantity than traditionally processed material! Depending on how many bags you use your extract can be diluted as much as 11 times if you use the heavily advertised 8 bag Bubble Bag system

in the hijacking of this invention, which would lead to David Watson and Robert C. Clarke joining what would become GW Pharmaceuticals that would introduced Sativex in 2002, the first cannabis medicine using pure extract in spray form. In fact the conman David Watson AKA Skunkman, AKA Sadhu Sam now runs GW Pharmaceutical's super secret grow in the UK! Part of their deals was a million dollar transaction that included "their-marijuana varieties!"

On March 21st 2003 GW Pharmaceuticals went into a marketing agreement with Pharmaceutical giant AG Bayer! ▷



Clockwise:
- XTR 420 instructions
- Instructions printed on paper envelope
- Original diagram/Dutch rip off



Amsterdam

November 30, 1997

Contract between: Reinhard C. Delp, Laytonville, CA. U.S.A
And
Mila M. Jansen and or Pollinator Company-Greenfingers, DOS#33266193

This contract is a licensing for distribution. It refers to equipment using the Ice Water Method of separating fragrant plants (U.S. patent pending)

Reinhard C. Delp, owner of the Patent Pending, licenses Mila M. Jansen and or Pollinator Company for world wide distribution of above described equipment. For the European Community those rights are exclusive. Those rights are not transferable and cease if no distribution takes place.

Mila M. Jansen in return pays Reinhard C. Delp 10% of the wholesale price of above described equipment as a licensing fee.


Amsterdam

November 30, 1997

Reinhard C. Delp

Mila M. Jansen
(Pollinator Company)

Contract

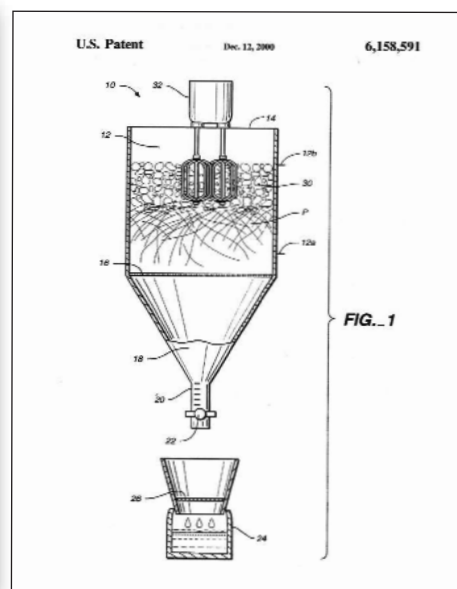
 US006158591A	
United States Patent [19]	
Delp	[11] Patent Number: 6,158,591 [45] Date of Patent: Dec. 12, 2000
[54] METHOD AND APPARATUS FOR EXTRACTING PLANT RESINS	
[76] Inventor: Reinhard C. Delp , P.O. Box 123, Laytonville, Calif. 95454	
[21] Appl. No.: 09/380,253	
[22] PCT Filed: Feb. 24, 1998	
[86] PCT No.: PCT/US98/03649	
§ 371 Date: Aug. 24, 1999	
§ 102(e) Date: Aug. 24, 1999	
[87] PCT Pub. No.: WO98/36839	
PCT Pub. Date: Aug. 27, 1998	
[51] Int. Cl. B03B 7/00	
[52] U.S. Cl. 209/17; 209/18; 209/3; 209/4; 209/5; 209/172; 209/172.5; 209/173	
[58] Field of Search 209/13, 17, 18, 209/3, 4, 5, 172.5, 172, 173	
[56] References Cited U.S. PATENT DOCUMENTS 4,892,938 1/1990 Giovannetto 536/18.5	
Primary Examiner—Donald P. Walsh Assistant Examiner—Jonathan R. Miller Attorney, Agent, or Firm—Larry D. Johnson	
ABSTRACT An improved method and apparatus for extracting resin from plant material. Conventionally, plant resins, which are useful in many products, are extracted using chemical solvents, which may alter the extract, and may produce a by-product or residue that may be unusable or problematic. The present invention overcomes these drawbacks by using cold water in a wash process to cause the resins to become brittle, while the remaining plant material becomes more flexible. Separation is accomplished using an extractor (10) having a washing chamber (12) with an open top (14) and a screen filter (16) disposed above a settling chamber (18). A collection bottle (24) is placed below a valve (22), and may include a filter (26) to separate resin particles from the solute. The washing chamber is first filled with cold water and then a quantity of plant material (P) is placed therein, followed by an ice layer (30). An agitator (32) is then actuated to mix the contents to separate the resins. The settled resin is thereafter captured by the filter (26) upon opening the valve (22).	
3 Claims, 1 Drawing Sheet	

United States Patent

This cabal turned Mila when Skunkman convinced her that the inventor would never get a patent! Skunkman a dubious character who had no connection to the event except through his megalomania! After all he was Sadhu Sam the inventor of water hash, that and Rosenthal, Clarke, Frank, all of which were at that cup backed the Skunkman's play! They convinced her to break her contract, which she did! In fact she did not pay for the last 25 machines sent to her, that and the 100 others sold in Amsterdam formed the backbone of the emerging Ice Hash industry. This cabal studied the machine and all of the information Reinhard had given Mila and came up with the Iceolater system and this is where the original formula starts to get diluted. The Iceolater was introduced at the 1998 cup as a new innovation! Mila didn't even bother and used the XTR 420 (our) diagrams and instructions. The

invention of the "I O Later" Iceolater must have stretched the pea-brains to the limit after the inventor told already that he used to do it with one screen and one paper filter (today available as a DVD-kit). Or lots of thought was spent to dilute the method to avoid a competitive product and spin it back to earlier, failed water recipes, like Sadhu Sam's!

Robert C. Clarke in support of this fraud wrote a new chapter for his book Hashish, ten years in the working, calling it High tech hash making, and now called Sadhu Sam's recipe cold-water extraction. Never mentioning Ice Water Extraction or Xtractor 420 anywhere in his writing since even though he was at the 1997 cup and



this is where the biggest rip off of the Cannabis Culture begins. From this point the patent confusion begins. Ice water extraction is very simple and the only thing the "Experts" could come up with to make money out of the method was to attach an ancient sieving technique to it, which the method made obsolete! So you were now told to dry your material, grind it up, put it in ice water environment and then pass it ▷

Red Eye Press, Inc.
P.O. Box 65751
Los Angeles, CA 90065-0751

Swiss Ice Cold GmbH
Reinhard C. Delp
Postfach 1017
CH 4502 Solothurn
Switzerland

Reinhard C. Delp:

I am not sure exactly what you want from Red Eye Press. Apparently you believe that you have been wronged by Rob Clarke, the author of *HASHISH!*, and Mila, the developer of the Pollinator. If that is the case, please direct your letters to them. Red Eye Press has no agreements with Mila, the Pollinator Company, or Rob Clarke, other than an Author/Publisher Agreement with Rob Clarke to publish the book *HASHISH!*. However, I think that you believe Rob Clarke somehow took your idea from making hashish using water extraction. Let's look at your "evidence."

1) The Agreement to publish Clarke's book was signed in 1995 after about one year of negotiations. The editor, Mel Frank, began editing Rob's manuscript in November of 1994. Sadu Sam's Secret and Baba Bob's Aquas-X-Tractor were in the original manuscript as was the accompanying artwork -- this is two to three years before your introduction of the Xtractor in November, 1997. Rob had been compiling information for a book on hashish when I met him in 1978. Sadu Sam's poster art appeared in three issues of High Times in the mid to late 1980s, more than ten years before your Xtractor!

2) The water extraction color photographs were part of the original material received by Red Eye, probably in 1995 and, at the latest in 1996 -- they were not added "In his badly glued last chapter" (see footnote). Red Eye saw all of the raw manuscript for *HASHISH!* before we offered a publishing agreement to Rob Clarke.

3) Yes, Rob Clarke states that there are two principal ways that resin is collected. You contend that this supports your belief that Rob added on the idea of water extraction. Historically and in practice, hand-rubbing and sieving are the two principal ways that resin was and is collected. There is nothing contradictory or incorrect about this statement. At the end of the book, Rob addresses several novel ways that resin can be collected including ultrasonic sieves, nested sieves, Baba Bob's and Sadu Sam's. Sadu Sam's method never was, nor was it intended, to be a principal method of making hashish. It is what Rob stated it to be a simple way that anybody could make a small amount of homemade hashish with no special equipment.

4) I am guessing that when Rob replied "Yak!" to Mila's talking about extraction in water, it was because water extraction diminishes and changes the rich flavor and aroma of hashish, and those tastes and smells are part of the whole experience of enjoying hashish-smoking. But you will have to ask Rob what he meant.

5) Red Eye has nothing to do with Ed Rosenthal. Ed is not an expert hashish-maker and I believe that almost all that he knows about hashish he learned from Rob Clarke.

6) You state that Sadu Sam's advice to "grind" the material is the wrong approach. I would think that you would take this as evidence that Sadu Sam's method predates yours, since your method has improved the procedure. All hashish-makers thank you for your input.

7) I have just looked at one of many disks that Mel Frank generated while editing *HASHISH!*. The disk has the computer generated date of a Sadu Sam file of June, 1996. As publisher, and for the editor Mel Frank, I can assure you that Rob Clarke added

nothing new to the text after 1995. Mel Frank began editing a hard copy of the entire manuscript in Amsterdam in November, 1994. All drawings, and almost all photographs were received at Red Eye in 1995 and 1996. Any photographs in *HASHISH!* that we received after that come from Mel Frank's library, or came from other photographers, and none had anything to do with water extraction. We added no new text unless cited as written by the editor and, in fact, we had to delete text from the original typeset of the manuscript which added almost a year to the production.

If you believe that your idea, or writing, or whatever, is being used by other people, think how Mel Frank feels. Almost every book on marijuana growing takes information, if not his exact words, from his *Marijuana Grower's Guides*. How does he know? Because they all repeat mistakes that he made. Fortunately, he can correct these mistakes in his next book.

Lastly, I am offended by your letter, which implies that Red Eye colluded with Rob Clarke and Mila to steal your idea. Ideas are neither copyright nor patent protected. Sadu Sam understands this, otherwise he might be after you for stealing his idea. But that is not the point. The point is that you have sent a letter to HANF magazine making public accusations regarding Red Eye, Rob Clarke, and our work *HASHISH!* that have no basis in fact.

You have a very poor understanding of publishing and the time it takes to produce a work of the scope and quality of *HASHISH!*. Not only have you tainted our work, but you have defamed our good name and reputation. I spent this morning composing this letter. You have taken all the time from me that I will allow to respond to your nonsense. If you have anything further to say, please direct your correspondence via your legal counsel to Daria A. Anderson, (legal counsel for intellectual properties), Red Eye Press, 845 W. Avenue 37, Los Angeles, CA 90065. If you continue to defame Red Eye, you will hear from our legal counsel.

I am accepting your apology beforehand. I can't speak for Rob Clarke.

Sincerely,

James J. Goodwin, Publisher

Footnote: Regarding your belief that the poorly glued color section is evidence that the last photographs, which happened to be on water separation, were hastily added:

For your information, any copy marked "first printing May, 1998" is one of only a few hundred of the original printing of 10,000 copies that remain in circulation. As you have seen, the printer's glue was defective and the color section pulls apart. When we discovered that the glue did not hold, the entire print run of 10,000 copies was recalled and destroyed. The only copies marked May, 1998 in circulation are the few that were not returned by bookstores, were review copies, were sold mail order directly to customers, or were distributed in Amsterdam by the author. Officially, the first print run and publication date is August, 1998 and, in this version, you will see that the color section was changed to matte from the original glossy, and was moved from the middle of the book closer to the front of the book. Both these changes were made to help the printer produce a book that had a binding that would hold together through many readings. If you have a copy marked "first printing May, 1998," then you have a collector's item. Your "evidence" has nothing to do with when the color section being hastily added to, which it was not --- it has only to do with the printer's defective glue, which caused us considerable losses in time, promotion, and sales.

James Goodwin, alias Mel Frank, lies and whines for himself, an abuse of multiple identities considered criminal in most countries.

James Goodwin, alias Mel Frank, admits that he knew the Ice-Water-Method is new and lies about his book to prevent the printing of a retraction.

thru two sieving bags, which diluted the process 4 times! Cheap nylon material sold at wedding dress prices using the method as a profit multiplier! Both the Clarke book on hashish and Mila's new invention the Iceolater were introduced together at the 1998 Cannabis Cup. All on the pretext that the inventor would not get a patent and that all Stoners are stupid anyway, and since we control the media and info that gets out they'll buy what we tell them to buy! Ed Rosenthal then a High Times cultivation Editor, and self described Grow Guru, wrote a book on hashish and promoted the new Sadhu Sam recipe, now called cold water extraction. Rosenthal himself had sold the original Sadhu Sam recipe in the '90s using a 900 number. James Goodwin AKA Mel Frank, Redeye Press, Rosenthal, and Clarke, were in the position to control the information and they did. In 1998 GW Pharmaceuticals received it's license in the UK! Is this just a coincidence or is the first step in making Sativex ice water extraction? What other process could they use as efficiently and naturally? Skunkman worked his con on Dr. Guy and is now running the legal super secret government Grow in the UK, Robert C. Clarke now also works for GW! This was all inside information,

and those that knew got in on the ground floor! I was told 48 million dollars was the initial money raised to start GW Pharmaceuticals! Mel Frank/James Goodwin publisher and owner of Red Eye press/ grow guru, is the publisher of Clarke's book Hashish and worked with Ed Rosenthal since he says the 1960s, hard to believe anything this guy says. In a recent interview on the Marijuana Man pot-tv show he stated that he and Rosenthal knew each other from 1974 and had worked together since then. Yet in a correspondence from Redeye press 1999, he states that Redeye press has nothing to do with Rosenthal. It also states how Rosenthal is no hashish expert and that everything he knows about hashish he learned from Clarke. It also goes on to state that the reason his books were recalled in the first printing was that they had to be rebound because of the cheap glue that was used. Actually the books were recalled and the new chapter on high tech hashish making was put in time for the 1998 Cannabis Cup! I have spoken to printers who explained that sometimes books are recalled and new chapters added and then rebound, he also explained that these books would generally fall apart and that is exactly what the initial run of Clarke's book did!

Water to make Hash?

Water-Extraction-method with the Ice-O-lator
From the Grow Grrrtzz- D/B-jj-. Photos: Robert C. Clarke

From Mila Jansen we have heard the first time when she presented her "Pollinator"- a very good idea which was somewhat immature. Mila was always aggravated that the production was sometimes behind the demand, because "I don't have any technical education and had to rely on the advice from others. Sometimes the advice is good sometimes not."

Four years later she introduces her newest Product: the Ice-O-lator, an extraordinary lightly transportable Hash Maker, a real "low tech" product. How it functions seems to smart smokers not to make sense, because to yield Cannabis resin with the Ice-O-lator water is used. For understanding we take one step back and look at the foundation of Hash making. Hashisch is the concentrated Resin from the glands of the female hemp plant. These are the shiny small balls one can see on the calyxes and inner leaf of the flower. There are two kinds to yield Hash:

Rub and Sift

Hand rubbed Hash is predominantly made in the high valleys of the Himalayas and evolves by human hands quickly rubbing over the resinous flowers of thousands of living plants. Everybody who worked with fresh flowers and in the process got a somewhat sticky black mass on his fingers has made a tiny bit of Hash. Sifted Hash originates from the old silk road which leads through cold and dry central Asia. After the plants are cut and dried they are carefully shaken on fine cloth - originally silk. When dried the the spheric resin glands drop real easy off their stem and fall through the gaps of the fabric. Silk with the right weaving was very expensive and passed on through generations of Hash maker families.

Hashish!

What does this have to do with the water-extraction-method? Robert Connel Clark writes in his book "Hashish!": "Resin glands do not solve in water, they sink down. This principle is used for Resin (to be collected or) resin powder to be cleaned, that has been contaminated with plant mass or other substances, which swim in water. Very coarse resin powder or even broken up (flowers) can be cleaned this way. To brake up Cannabis flowers and to throw them in water is possibly the last thing happening to most smokers - water and smoking material are a rather unlikely mixture. However, the following resin collecting method can be very effective.

In the early eighties (published) Sadu Sam, a convinced Californian Cannabis Enthusiast a water extraction technique (invented by Neville from the Cannabis Castle). "Sadu Sam's Secret" being, to stir a few grams pulverized flowers or freshly sifted resin powder in a container with cold water (about ten to twenty times as much water as Cannabis). Cool or cold water is necessary to keep the resin from sticking. It might be difficult to water the plant extract but several minutes of hefty stirring should be sufficient. As soon one stops stirring the different particles start separating in the solution. Plant parts and other light particles (like flower hairs) drift to the surface. Little immature resin glands tend also to drift up. Mature glands and all dens particles like sand and mineral dust (from outdoor plants) sink and settle on the ground". Further on Clarke mentions the final steps for the cleaning and drying of the resin powder. He also cites Sadu Sam's original instructions, which suggest the use of

an outboard motor in a 55 Gallon drum (equals about 200 l; A.d.U.e.) or a handmixer in a garbage can.

The swiss Ice Cold-machine, which was introduced on the Cannabis Cup, is in principle nothing else but a 20 Liter bucket with a mixer on top and a screen on the bottom.

Mila has a lot of international business connections and found out about a few things: One does not need a special Mixer, except to work with the electricity in a particular country. A 20 L bucket and a garbage drum is everywhere in the world available. All one really needs to make Hashish anywhere in the world is fabric with holes which let the resin glands by and stops different size particles. Hence, Mila came up with the Ice-O-lator, one eye directed on transportability. The device consists of two bags, one bigger and round, the other smaller with obvious corners. The bigger bag has screen on the bottom, plastic reinforced Nylon sides and a fastener on top. It fits in any 20L or waste bucket.

And how does it work.

Where not allowed not at all of course. Mila can at home in Amsterdam however do the following: First the big bag goes in the bucket, with the draw cord fastened to the rim. Then cold water, Cannabis and ice is added. After about ten minutes the plant material is soaked, then the stirring with a normal hand mixer is started.

Mila uses a "food bucket" and drilled herself holes in the lid through which the Mixer sticks are stuck, the mixer itself stays outside naturally. To not overload the little mixer motor there will be stirring for a quarter hour twice with a ten minute brake. Then the resin must settle for 45 minutes, better one hour. The holes in the screen have the right size to let the resin glands fall through. Then she takes the bag full of wet Cannabis out of the bucket and takes it all to the compost. The resin and all "waste the size of resin glands or smaller is now in the water on the bottom of the bucket. Now the settlement is poured over a sink into the smaller bag. The water runs off and the resin glands are held back by the small screen openings. She runs water over the slick to rinse away dirt and is careful to flush the resin onto the screen to be removed easier. The bag is pressed, the still wet resin taken out. That has to be fully dried in any case before it is smoked or stored, otherwise it is unhealthy, does not taste or rots very fast. For this the resin is placed on absorbent paper in a warm, dry location until it contains no more water. Smaller quantities can also be pressed dry by hand. "I just take a piece and kneed it into a little pillow. Then I play with it until it does not release any more water, finished". Hash making with the water-extraction method yields a maximum on resin from clipping waste or flowers but there are disadvantages. Plenty, if not all of the taste is lost in the process, the risk to loose the harvest through rotting is high, it takes work and needs experience to get the resin dry enough for storage of more than 24 hours, especially without warming it too much to cook out the THC. On the other hand gras which nobody would smoke otherwise becomes Hash.

Patent origin confusion, Hanf! Magazine

Article pushing Mila's I-O-lator and Mel's book (translation)

The campaign to confuse the origin of the new method began in German magazine "Hanf," which owes most of it's existence to the windfall profits of the translation of Jack Herer's "The emperor wears no clothes" in Germany sold as "Das Hanfbuch." Opposite to the intention of the author, who reveals the injustice of the drug laws and the insane drug war, questioning the status quo, the clique behind the magazine concentrated on the risk free marketing of expensive hemp textiles and, like their peers in Amsterdam were quite satisfied with the status quo, which put them in a very privileged position.

In 1998 the magazine printed a confusing article about Mila's invention and after a complaint by the inventor a two line correction was published which German press laws requires since it limits the legal recourse against the "free press." Not this time, though the campaign for Mila's invention and Mel Frank's publishing of Robert C. Clarke's book "Hashish" as the mother of the invention depended on a smooth sailing of their lies! In a very low and fraudulent move Mel Frank, alias James Goodwin uses one identity to promote the other! As James Goodwin, publisher of Red Eye press he praises himself

as Mel Frank and lends the expertise which provides the excuse for the complicit "journalist" to refuse the required printing of a retraction! The letters arrogance is only surpassed by it's stupidity! He, Mel Goofwin the Hash pope and not a worldly patent office, sanctifies and speaks "in the name of all hash smoker's." Reading the letter one might detect an often drug induced "Adolf Syndrome" or case of megalomania!

On the same pot television show Mel Frank states that he started experimenting with lights in the 1960s and that he started the indoor growing movement! In the '60s marijuana was so fucking cheap 10-20 dollars an ounce for Acapulco gold, 40-50 dollars an ounce for great hash, that's not to say someone didn't grow a plant in a dorm room but this is just ridiculous. The whole hydroponic scene you can trace back to Berkeley in the early 1970s. Light deprivation is a hundred year old technique at least, and one can find it described in any college book about greenhouse horticulture! The first Hydro operation I ever saw was in Brooklyn in the mid '70s, it was run by an expert from Berkeley, who personally hand built a complete hydro operation that was on a massive scale, the whole floor of an industrial building, the air conditioning

Translation of letter to : Medien GmbH, Germany

SIC GmbH
Solothurn
Schweiz
www.swissice.ch

To the publisher and editor of "HANF!"
Medien GmbH
Dorfstr. 8
79235 Vogtsburg
Germany

Your article in HANF! 7/99 July: Water to make Hash?
Water Extraction method with the Ice-O-lator
contains multiple subject specific inaccuracies, process specific mix ups,
untruth and the in the text highlighted connection of our company name
together with negative remarks about one of our products is in our
opinion damaging our business.
Since we had to correct already one of your false reports
in the same matter last year
(our response was printed) we ask you urgently to publish the following
response in the same space, with min. 1 document or product picture,
as soon as possible. Considering the contained consumer information
for Hemp fans we ask you to please avoid cuts.

For reference to the matter (please note dates and sequence)

For information a copy of a written agreement between Mila Jansen and myself.

The product and process introduction flyer Cannabis Cup 97 (in German).

(Several reports about the extractor novelty were published after the cup
in the international Hemp publications) among others:

"Hanf" (report about Cannabis Cup 97)

"Grow" 1/98, Product News

"High Times" May 98. Page 90, an informative article about our product

"Hashish! Robert Connell Clarke, May 1998, unfortunately the whole book.

Sincerely

Swiss Ice Cold GmbH

Subject: Response from SIC GmbH to the July/99 Article
Date: Mon, 04/Oct 1999 21:10:45 -0700
From: Grobots International <grobots@mcn.org>
To: jj@hanf.org

Hello Joerg!

Referring to our telephone conversation last week I welcome your intention
to get to the bottom of this kind of "reporting".
We are anytime available for more information. I hope that this short version
satisfies your concerns most of all about relating to the article. But since we
already had to correct you on the same subject (HANF, 1&2/98) we must
insist now on a publishing of this version. (one page text per fax a. mail).
Since our product novelty was never mentioned, I only consider it fair, also
in the interest of your reader to add a picture of the Xtractor. We thank you
for your attention in this matter and appreciate the correction.
Friendly greetings, Reinhard, Swiss Ice Cold GmbH.

Letter to Hanf! Magazine requesting retraction

Short version of response to HANF! article. Translation.

The article in "HANF!" July/99:

"Water to make Hashish? Water Extraction with the Ice-O-lator"
contains multiple misrepresentations of facts: "Hence Mila... came up with the Ice-O-lator"
is false. Fact is, that we introduced Mila in November 97 to our "Ice Water Method"
and made a contract (see Copy), as to which Mila takes over distribution of our Xtractor
and we are entitled to a percentage: "for equipment using the Ice Water Method" (contract).
We also described for Mila at that time the "minimal version" in the bucket.
Fact is that Mila boycotted our Xtractor despite consumer demand. As to the article "it
always annoyed her that production stayed behind demand" (!) Further the article asks the rightful
question "what does this now have to do with the Water extraction method?" (in the also reviewed
book: "Hashish!" by Robert Connell Clarke, LA98). Mila did not pay a cent so far, stole our XTR 420
instructions with graph (see copies) and would like to switch recipes. The author of the big book
was just as baffled from our surprise introduction of our XTR 420 at the Cannabis Cup 97 in A'dam
as all the other "experts". As to Mila his spontaneous reaction that time was: "Yak"! Super smart
he simply ignores in his finally 1998 published book our Ice water method and instead introduces in
his badly glued on last Chapter quick his "own" Water extraction method, his own "Baba Bob's Aqua-
xtractor" and Mila. An old water recipe "from the eighties" is allowed to support his claim: from
"Sadu Sam", who is in the book already "in 60th Art poster style immortalized" (Figure 15).
Opposite to the Ice Water Method "Sadu Sam's Secret" is unfortunately for the extraction of pure
plant resin not useable! To prove it: The only document in the entire book direct from the eighties,
the rest is spun out by the author after the Xtractor introduction. Page 336, Robert Connell Clarke,
Hashish!: "Instructions: 1. The (thoroughly dried) material is ground through mosquito screen or
a kitchen sift" ... GONG! That is for instance already enough! Pure plant resin, meaning before all,
especially for Hemp: Free of fiber! With all respect for hemp fiber in shirt and paper! Once the
plant material is ground up a clean separation is also in water impossible. With the Ice Water Method
however intact plant material is cleaned (flowers, leaf tips, or resinous leaf). The recipe asks only for
wilted or slightly tough dried material. And only in ice water the resin crystals become brittle enough
while the fibrous material stays flexible. The highly increased yield of pure, clean resin in comparison
with the dry process results through the soaking of dried material, since now inside and outside can
be cleaned without the production of fibrous particles. In this way almost all of the available resin
-bump up to 10% of dry weight- can be cleanly extracted. As to quality the whole yield is equal to the
0.5-1% from carefully shaking of dry material!
Good that there is www.swissice.ch, there is the original Xtractor (for all resinous herbs, f.e. Kalendula,
Hemp only where allowed.) And contrary to the statement in the article: "the swiss ice cold machined ...is
in principle nothing else as a 20 liter bucket with a mixer on top and a screen on the bottom."
The XTR 1000 has a triple insulated stainless cleaning chamber and thanks to the transparent, flexible
collecting funnel in our case not everything is "in the bucket", but only cleaned material.
The pure resin is glass clear in the collection bottle on the Xtractor. (see High Times! 5/98)

Response from Swiss Icecold to Hanf! Magazine requesting retraction

ducts so big you could crawl through, it was huge!
The best these so called hashish experts could do was
Add a traditional sieving system to ice water extraction
and dilute everyone's medicine. That technology also
went to countries such as Jamaica, Nepal, Africa, India,
which set hashish making back centuries by teaching this
technology in Third World cannabis producing coun-
tries. It makes you wonder if these guy's work for the
Drug Czar, or are DEA agents. I would love to see the list
of the original investors in GW Pharmaceuticals. I am
sure that all of the above were part of the initial invest-
ment. Isn't it funny when these people Rosenthal, Franks,
Clarke, Skunkman, Mila, and others profess to be pro
legalization but are actually involved with a company
that wants to control and patent all cannabis medicines
and talks about the dangers of smoked marijuana and is
banking on marijuana staying illegal! Or that they ripped
off the entire Cannabis Culture, the Culture that made
them who they think they Are! Or to watch Rosenthal
with his begging bowl going out for donations to fight his

cultivation case, when he has millions of his own money
that he has been ripping off the Cannabis Culture since
the day he walked into High Times Magazine.

In the early 1970s one of the Brotherhood set up shop in
Jamaica. They had used the Caribbean for years running
false bottom suitcases through the Bahamas. They would
have the suitcases carried to the Bahamas, and another
runner would fly down on vacation from California and
bring back the loaded bags. At the time you only need a
driver's license to fly back into the US from the Bahamas,
so it was an easy port of entry into the US. Not only did
they bring seeds to Jamaica, they brought hash oil and
hash making technology from Afghanistan. In the 1970s
Jamaican hash oil made an appearance on the market for
the first time as well as hand rubbed Jamaican hash as
well as bat pressed sieved hash! All of this taught freely
which helped create the hash industry in Jamaica!

David Watson the Skunkman not only designed Mila's

Subject: Re: Response, 7/8
 Date : Fri, 12 Nov. 1999 20:22:02
 From : Joerg Janetzky <jj@hanf.org>
 Org : HANF! (http://www.hanf.org)
 To : Grobots International <grobots@mcn.org>

Hi Reinhard,

Grobots International wrote:

- I also received the letter from Mr. Goodwin. Paper is patient.
 - How he in 7): "can assure you that Rob Clarke added nothing
 - to the text after 1995" is a puzzle to me.
 Well, he "writes" it and I can not proof the opposite.

- I must insist on the publishing of our "response".
 If you insist on a "response" it can only be done in the formal way
 as to press rights: Naming the to you or your product related false
 information, Correction, all that in appropriate length.

But I do not believe that this would have any positive effect, because
 the reader would get the impression we have been "forced" to print that.
 And you know how our reader think about being forced.

- To 6): Opposite to Ideas are recipes and methods measured by their results
 - in the practical application and not by their similarities to unsuccessful trials.
 Where there would have to be a absolute comparable judgments made about
 the "success".
 Unfortunately we can not have a comparison test in D. (Germany, trans.), (the
 public notary would loose his license).

My idea is following:

We all speak English, therefor we (You, Robert Clarke, Mila, me as moderator)
 should maybe discuss the facts per e-mail. The conversation could then be documented
 in it's essentials and be published in the magazine.

What do you think?

Best

-jj-

--

...ceterum censeo cannabim legalsandem esse.

Joerg Janetzky - Postfach 101589 - 33515 Bielefeld
 Fon +49-521-26765 - Fax +49-521-237971 - eMail jj/ http://www.hanf.org/

email translation

Subject: Re: Gegendarstellung, 7/98
 Date : Mon, 15 Nov 1999 00:58:05
 From : Grobots International <grobots@mcn.org>
 To : Joerg Janetzky <jj@hanf.org>

Hi Joerg,

Joerg Janetzky wrote:

- "Well, he "writes" it and I can not proof the opposite."

Fortunately there is the press law which saves you the proofing. Article 10 (?),
 if I remember correct, is helpful, since responses do not have to be the opinion
 of the editor. Maybe I can solve your reservations anyway before closing of the
 christmas edition.

Mr. M. Goofwin: after 1995? On page 298, in the collectors edition is reference
 made to several Studies from 1997, as well as references to Fischer-Rizzi, Suzanne 1996
 and to Christian Raetsch, 1996, Raeucherstoffe., page 85-86. Fortune telling?

JJ wrote:

- If you insist on a "response" it can only be done in the formal way as to press rights:
 - Naming the to you or your product related false information, correction; all that in
 - appropriate length.

I mentioned every point at least once in one of the responses and do not want to carry
 the frustration with the response into the next millennium like this.

JJ wrote:

- But I do not believe that this would have any positive effect, because the reader would get the
 - impression we have been "forced" to print that. And you know how our readers think
 - about being forced.

I would trust the Hanf reader to digest this information without damage and built their
 own opinion. The risk that we are the bad guys, who pushed this terrible information onto
 the readers, we take. I even belief that the reader can have his own thoughts why this
 information is kept from her/him (since Jan. 1998) by the "HANF!". (s.High Times!)

JJ wrote:

- my idea is following:

- We all speak English, therefor we (You, Robert Clarke, Mila, me as moderator) should maybe
 - discuss the facts per e-mail. The conversation could then be documented in it's essentials and
 - be published in the magazine.

..

- What do you think?

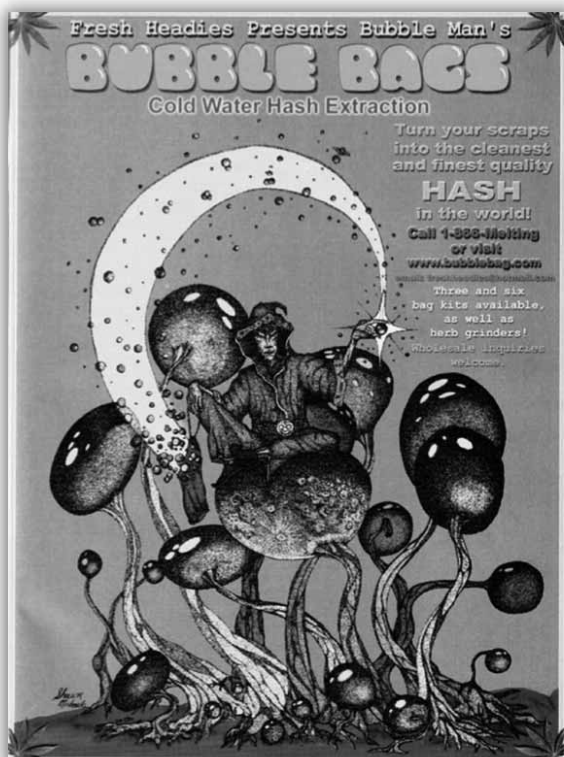
I like it very much, since I am the one who seeks the public. Only should the reader by then have
 read my short response, which was corrected with your advice, so he knows what we are talking
 about.

We thank you in advance for the publishing of our response in accordance with the German
 press law still in this millennium.

Hanf! response, Mel Frank's "expertise" used to suppress retraction

Grobot's response—Like pinching a cows horn

Bubbleman's rip-off ad



rip-off "the Iceolater bags," he also designed Bubble Bags and created the Bubbleman. From the very beginning people have tried to control the method and confuse the patent! By 2000 Ice Hash was the rage in Europe and—the highest priced item on the coffee shop menus (completely taking over the scene in Holland) but had not really had an impact in the US or Canada.

All of this time the inventor is building his machines quietly in California and selling by reputation only! The Dutch were trying to control this technology from the start as well and did their best to bury the inventor and his invention. Mila was now celebrated for creating Ice Hash and now called the Queen of Hashish! All of this was subterfuge to cover their con into GW Pharmaceuticals and confuse the patent origin.



In 2002 I was at the first Toker's Bowl in Vancouver BC, I shared a booth with Bubbleman. I sold my book and he demonstrated his bubble bags. The first thing I noticed was the lack of taste in the hash he made. He was very secretive and got especially uptight when I noticed the bags being made in Nepal. Again all Stoner's are stupid you can sell them anything!

The toker's bowl was the introduction of the Bubblebags ▷



The First Lady of Piracy, Mila Jansen

Europatent

 <p>Europäisches Patentamt European Patent Office Office européen des brevets</p>		
		(11) EP 1 015 118 B1
(12) EUROPEAN PATENT SPECIFICATION		
(45) Date of publication and mention of the grant of the patent: 19.04.2006 Bulletin 2006/16		(51) Int. Cl.: B02C 19/00 (2006.01) B03B 7/00 (2006.01) B03B 5/02 (2006.01)
(21) Application number: 98907619.5		(86) International application number: PCT/US1998/003649
(22) Date of filing: 24.02.1998		(87) International publication number: WO 1998/036839 (27.08.1998 Gazette 1998/34)
(54) METHOD AND APPARATUS FOR EXTRACTING PLANT RESINS VERFAHREN UND VORRICHTUNG ZUR HARZEXTRAKTION AUS PFLANZEN PROCEDE ET APPAREIL SERVANT A L'EXTRACTION DE RESINES DE PLANTES		
(84) Designated Contracting States: AT BE CH DE DK ES FI FR GB GR IE IT LI LU MC NL PT SE		(74) Representative: McLeish, Nicholas Alistair Maxwell Boulton Wade Tennant Verulam Gardens 70 Gray's Inn Road London WC1X 8BT (GB)
(30) Priority: 24.02.1997 US 3826 P		(56) References cited: GB-A- 591 231 GB-A- 1 056 074 US-A- 4 526 959
(43) Date of publication of application: 05.07.2000 Bulletin 2000/27		GB-A- 1 007 042 US-A- 2 225 459 US-A- 4 680 193
(73) Proprietor: DELP, Reinard C. Laytonville, CA 95454 (US)		
(72) Inventor: DELP, Reinard C. Laytonville, CA 95454 (US)		

Note: Within nine months from the publication of the mention of the grant of the European patent, any person may give

and the worst episode of this complete fraud. This idiot set back hashish making centuries as he now diluted the method with a three bag set, then five bag, then seven bag set, now it's up to eight bags! The instructions now told you to dry your herb, then grind it up, freeze it overnight, then run it thru eight sieving bags using ice water extraction. They have diluted the original process 11 times and this idiot took his invention all over cannabis producing Third World countries. All the pioneering done by the Brotherhood in Jamaica down the toilet as they say, as that is what happens when you use these bags to make hashish! Remember the original patent made all traditional forms of processing obsolete as fresh material could now be used. For 8 years and to this day people are ruining their medicine because of the massive fraud done by Skunkman and the aggressive marketing of the Bubbleman who has become the celebrated hash King of Canada! Funnier yet is when Mila got into a screaming fest at a recent Cannabis Cup, calling Bubbleman a rip off for stealing her invention! Mila should have been screaming at the Skunkman who designed and help produce Bubblebags as well as her Iceolater bags in direct competition. Eventually others would join in on the bag craze and at the time of this writing there are at least a dozen companies selling bags and equipment based on the Ice Water technique, Kabul Baba, Schwagg Bags, Crystilizer, Top Zeef, XXX Xtractor, the list goes on and on, all teaching you how to ruin your medicine. It's quite sad when medicine is so precious!

Actually all of this to me is quite funny because the "Experts" have painted themselves in a corner when in November of 2005 the inventor was issued EU patents and Canadian patents for Ice Water Extraction and now everyone could see the patent for themselves. Funnier yet is to watch these so

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3/16/00

To Trans High Corporation
235 Park Avenue South, 5th Floor
New York, NY 10003

Ref.: Our letter to you from 9/27/99

Dear High Times !
Here are two messages we would kindly ask you to pass on to your readers:
One concerning the Mel Frank, Trichoms, Hash Making article in High Times 4/00.
The other , VERY GOOD NEWS !

Old Hash News
Mel Frank tries again to derive " his water extraction method" from Saddhu Sam's Separating Technique.
Saddhu Sam tried to clean "GROUND GRASS" in only "COLD" water, with very little success.
Now Mel talks about "lightly crushed or rough screenedand ice water"....and "soaking"....
In our opinion: without reference - he is using the "X-Tractor 420" recipe (Cup 97) and our
"Ice-Water-Method"
which is much better and simpler described in High Times 5/98.

Very Good News
Save 20 to almost 50% of your power bill for your vegetative grow!
With simple clicks on you timer!
You only need 13 hours of light for excellent vegetative growth!
If you just set your timer to 12 hours of light and apply the 1 hour of light in the middle of the 12 hour
night!
Again: 12 hours ON - 5,5 hours OFF - 1 hour ON - 5,5 hours OFF.... for the vegetative cycle!
Plants love this setting and as to branch pattern prefer it to extra long work hours.
With all the power saved Hemp will already start saving the planet a little bit!
This century old trick (see Grobots manual 1992) from the flower industry is used to avoid the onset of
flowering in green houses and has only been ignored by our Bud Experts for a quarter century.

R.D. www.swissice.ch

Letter to High Times—Important power-saving info suppressed

Swiss Icecold's answer to Red Eye Press

Reinhard Delp
PoBox 123
Laytonville, CA 95454, USA
Jan 21/2001

Swiss Ice Cold GmbH
Postfach 1017
CH-4502 Solothurn, Switzerland

To
Daria A. Anderson
Red Eye Press
845 W. Avenue 37
Los Angeles, CA 90065

Dear Daria

Referring to US Patent 6158591, 12/12/2000, "Method and Apparatus for Extracting Plant Resins",
I herewith respond to Mel Franks / James Goodwin's letter on his behalf from October 2. 1999.
(Copy included, I think he should have sought your advice before he sent his letter)
I find his letter extremely arrogant, but even more ignorant as to intellectual property rights.
In the letter your clients confirm:
1) That they were aware of our X-TRACTOR 4 20 and Extracting METHOD, introduced
at the Cannabis Cup 1997 in Amsterdam. (Well before their book "Hashish" was published,
in which they introduced "Baba Bob's Aqua X - TRACTOR")
2) That they were aware of the fact that our method, as Patent Pending indicated, was not the
method that was published in the eighties as "Sadu Sam's Secret" Mel / James says
"6) ...I would think that you take this as evidence that Sadu Sam's method predated yours,
since your method has improved the procedure. All Hashish-makers thank you for your input."
3) They were also aware of our business relations and agreements with Mila Jansen and the
Pollinator Co., as indicated in the High Times!- article from 5/98, which described our method
and the X-Tractor 4 20
Despite 1-3) they continuously, intentionally and maliciously infringed on our Patent rights,
promoting their book "Hashish", as the basis of the "Ice-O-Lator", distributed by the Pollinator Co.,
while using the attention our invention had created for their own promotion and profit.
In his letter from Oct 2/99, Mel/James risks both reputations to avoid a rectification in the
Magazine "HANE!", 7/99, concerning an article, in which the reporter (Fotos: Robert C. Clarke) falsely
names Sadu Sam's recipe as the origin of the "Ice-O-Lator", while promoting Robert Clarke's book.
His letter led to the suppression of our rectification at that time, in disregard of the German press law.
Your Clients actions were aiding Mila Jansen and the Pollinator Co. in her breach of our agreement,
which caused the total loss of revenue for our invention in the European Community market in the
last 3 years, since we were honoring our contract.
Also very concerning is Mel Frank's referral to commercial operations at "Trichome Technologies"
in "HIGH TIMES" 4/2000, using ice water temperatures in the process, infringing on our rights.
As much as we appreciate the free personal use of our method and equipment,
we have to insist on our rights as to commercial ventures!
Please inform your clients about the laws as to patents, inventions of something "New and Useful"
and the difference to copy rights, concerning reporting on other peoples ventures.
Sadu Sam's use of water might have been new at the time, like all other water experiments in
this field before him, but his restriction to traditional grinding - sifting techniques and the
ignorance about the crucial factor of ice-water-temperatur in the process made his recipe
not useful and unsuccessful for resin extraction.
Your Clients were also aware of this fact.
The rapid spread of water extraction around the globe since the introduction of my
invention in 97 indicates that my invention was not only new, but is also extremely useful,
especially because of it's simplicity.
We appreciate your response, so we can work out a settlement for this matter
and ask you kindly to volunteer all information about commercial ventures of your clients,
involving water extraction of plant resins, if they are related to the US, Canada or
the European Community.
Sincerely, Reinhard Delp, Swiss Ice Cold GmbH.

Pd: www
Your clients professionalism will be finally judged by their readers, when they discover
that they were deprived of the real advantage of our method for a number of years,
- Fe the possibility to also process fresh plant material - and are still fed obsolete
information, because of an insufficient attempt by your clients to cover up their infringement.
Mel / James thanks me in 99 for my "improvement", but still advises his readers in 2000
to keep on grinding.

called Bubble hash experts see the XTR 1000 and the correct application of the method and have them realize how much dope they have thrown down the toilet and ruined. Again you have to question if these guys work for the drug czar or are DEA agents? It's impossible for them to run away from the books they have written in support of the fraud. It's impossible for them to show any improvement other than being able to sell cheap fabric at wedding dress prices and ruin everyone's dope in the process. It's impossible for them to confuse the patent and its origin any longer!

When you use completely fresh material you not only get the best quality extract possible but you get 3X more in quantity. No one knew! In the High Times May 1998 issue, called the XTR420 and the method a giant step in agricultural processing. That is one article Ed Rosenthal wishes he buried. Believe me he buried whatever he

tems, the same inventor has been building a solar powered out door green house that has a tarp that opens and closes on a timer. You now use the power of the sun and in some areas you get 3-5-6 crops a year. A \$500 solar unit replaces a 10,000 kw generator that cost \$1000 a month to run and costs \$10,000, not to mention the pollution from the diesel fuel. This info he has suppressed for the past fourteen years but the efficiency and the inventor's reputation has these units selling by word of month from one demonstration! You would think Rosenthal would report this new technology? Or is it that he represents the light and ballast companies, the nutrient companies, he has his thumbs in a lot of pies and only promotes products that pay Ed Rosenthal whether they are good or not work or not! These Solar units have taken Mendocino by storm. But like the XTR 420 (it was never reported by Ed Rosenthal) because it didn't suit his purpose, his pocket! He was at the Cannabis Cup in 1997,

You would think Rosenthal would report this new technology?

thought he could not profit on or interfered in products he promoted. As an example Grobot flower forcing sys-

he was the cultivation editor at High Times how come he did not report the biggest improvement in Hashish mak-

Reinhard Delp
PoBox 123
Laytonville, CA 95454, USA
Jan 21/2001

Swiss Ice Cold GmbH
Postfach 1017
CH-4502 Solothurn, Switzerland

To
Darla A. Anderson
Red Eye Press
845 W. Avenue 37
Los Angeles, CA 90065

Dear Darla

Referring to US Patent 6158591, 12/12/2000, "Method and Apparatus for Extracting Plant Resins", I herewith respond to Mel Franks / James Goodwin's letter on his behalf from October 2, 1999. (Copy included, I think he should have sought your advice before he sent his letter) I find his letter extremely arrogant, but even more ignorant as to intellectual property rights. In the letter your clients confirm:

- 1) That they were aware of our X-TRACTOR 4 20 and Extracting METHOD, introduced at the Cannabis Cup 1997 in Amsterdam. (Well before their book "Hashish!" was published, in which they introduced "Baba Bob's Aqua X - TRACTOR" 1)
- 2) That they were aware of the fact that our method, as Patent Pending indicated, was not the method that was published in the eightsies as "Sadu Sam's Secret". Mel / James says: "6) ...I would think that you take this as evidence that Sadu Sam's method predated yours, since your method has improved the procedure. All Hashish-makers thank you for your input."
- 3) They were also aware of our business relations and agreements with Mila Jansen and the Pollinator Co., as indicated in the High Times!- article from 5/98, which described our method and the X-TRACTOR 4 20.

Despite 1-3) they continuously, intentionally and maliciously infringed on our Patent rights, promoting their book "Hashish!", as the basis of the "Ice-O-Lator", distributed by the Pollinator Co., while using the attention our invention had created for their own promotion and profit. In his letter from Oct 2/99, Mel/James risks both reputations to avoid a rectification in the Magazine "HANI!", 7/99, concerning an article, in which the reporter (Fotos: Robert C. Clarke) falsely names Sadu Sam's recipe as the origin of the "Ice-O-Lator", while promoting Robert Clarke's book. His letter led to the suppression of our rectification at that time, in disregard of the German press law. Your Clients actions were aiding Mila Jansen and the Pollinator Co. in her breach of our agreement, which caused the total loss of revenue for our invention in the European Community market in the last 3 years, since we were honoring our contract.

Also very concerning is Mel Frank's referral to commercial operations at "Trichome Technologies" in "HIGH TIMES", 4/2000, using ice water temperatures in the process, infringing on our rights. As much as we appreciate the free personal use of our method and equipment,

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PS: www

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- Fe. the possibility to also process fresh plant material - and are still fed obsolete information, because of an insufficient attempt by your clients to cover up their infringement. Mel / James thanks me in 99 for my "improvement", but still advises his readers in 2000 to keep on grinding.



Bubblesac

Next Level present the 'BubbleSac', a simple ice extraction system that basically 'washes' glands from your Marijuana plants; removing unwanted contaminants and leaving behind mature resin glands.

The THC crystals are dislodged from the frozen plant matter so that the BubbleSacs filters can collect the glands and grade them. Even works on spoilt crops; where there's gland the BubbleSac will collect it.

Misleading Claim

That Sacs collect glands and grades them in the process. Most resins glands are destroyed and essential oils i.e., Terpenes are lost in this six bag system, which dilutes original formula 8 times!



8 bag system

11 time dilution of original formula.

Left

Swiss Icecold's answer to Red Eye Press



Why? Wasn't that news? The book he wrote in support of this fraud will haunt him throughout the rest of his career!

ing in 5000 years, he's never written about it. Why? Wasn't that news? The book he wrote in support of this fraud will haunt him throughout the rest of his career!

I felt it very important to come out and speak my mind. I felt it important for history to be corrected and that the right people be acknowledge for the contributions they have made to our cannabis culture. It has been humorous to see all these clowns, so called hash masters, exposed for what they truly are thieves! Not only did they rip off the inventor they ripped off our entire Cannabis Culture by controlling the information that came into their hands for their own profit. They diluted the formula where as the quality of our hashish went down! They retarded a hash industry world wide, all ready decimated by the likes of Nixon and Reagan! They helped formulate a situation where as it's okay to

rip off Americans (A vibe permeating through out Canada and Holland)!

The inventor gave seminars and taught his method freely in 1997 only to watch others hijack and dilute his formula and make millions of dollars. He did this before the legal process ended. He could have just sold his formula to the pharmaceutical industry and that would have been the end of it! We never would have enjoyed the fruits of his invention. He shared his invention freely because of his love of hashish!

It pisses me off that these clowns got away with this, or that they take credit for others merits. I am truly enjoying watching the ego meltdown,

not all Stoner's are stupid! 🍀

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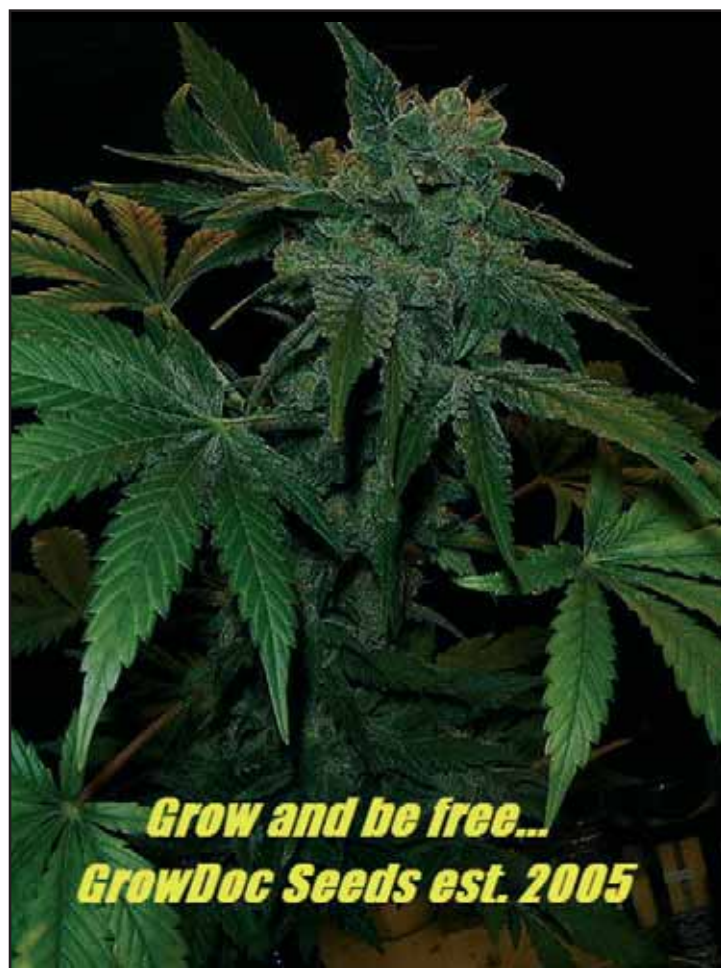
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COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor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

www.MMAPUB.com

BOOKS BY VANESSA NELSON

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



Ice Wars Update

Joe Pietri



I have been in the cannabis trade since 1963 and nothing I have ever experienced was as lowlife as some of the people involved in the Ice Wars patent and intellectual property infringement case. This case is so bizarre I really don't know where to start...

On May 12, (Trysta)...was pulled out of bed with a gun to her head and threatened to have her head blown off when she reached for her clothes. A paramilitary, armed assault style house invasion, without the pistol whipping, but with easy access to all the bank accounts. It was as if Monsanto had raided us; their main interest was research, samples and seeds. They completely trashed the business and arrested Reinhard, his son and girlfriend, whom they handcuffed nude through out event. I was threatened and had wanted posters put up at the 2007 Cannabis Cup by Skunkman. My publisher was bankrupted and cheated by Cervantes, the Grow Guru. He sold his marijuana bible to my publisher; after the deal was done, Cervantes published his updated version, which made the one my publisher bought obsolete. This crushing blow stopped the release of Ice Wars in German, which was exactly what the Dutch Monopoly wanted.

Just recently, I was banned from the THCHEMP expo in LA, by Todd McCormick. My King of Nepal signs had to come down, as

well as my poster, which said "Buy American cannabis," "Support American Cannabis Industry," "Preserve American land race strains," — they were all taken down. Treating Yourself magazine and the Grobots booth were threatened that if I showed up, they would throw us all out! They did this in order for the ripoff company that makes Bubble Bags to sell their rip-off system. If I would have been allowed to talk and tell the truth, not one of those systems would have sold, so they froze me out in order to sell the scam. They stopped my free speech and because of this, many consumers were ripped off at that expo. They did not approve of my agenda, which would have killed that company's sales and stopped the rip-off dead in its tracks. See how much power they have when they control media and all cannabis information, which allows them to rip off young stoners and med patients with little or no cannabis knowledge?

The owners are taken, the owners of Bubblebags, Green Harvest, and XXXtractor will be brought into court in British Columbia. They have been slippery people to catch, but they were finally served. They are taken to court in B.C. and in Ottawa, where the patent was issued. The case was won in Germany and any bags sold there must refer to the patent and royalties must be paid. We march on to Spain, Belgium, and finally Holland, where the rip off started.

Fascism is alive and well in the Canna-bowel movement. They would have burned my books, broken my DVDs if they could have gotten away with it. They have nominated Todd McCormick as their Goebbels. The saddest thing of all this affair, is the way Reinhard Delp and his family have been treated by the Canna Industry. Delp's method was the biggest improvement in agricultural processing in 5000 years. His AHA moment lead only to years of everyone else making fortunes, and taking credit for a method they never understood, since they never read the patent. Instead of supporting this genius, they put him in a dustbin — that is, until the patents were issued. If we would have supported this family, who knows how far we would be today? Even today, he is the most copied individual in canna-history. His invention improved hashish and purified it, where it is considered pharmaceutical. His invention led to GW Pharm, Milla, Bubbleman, XXXtractor, Bubble Sacs, Aqua Lab, Scwagg bags... The list goes on and on. The hardest thing to take is to watch everyone dilute his formula by attaching the antique dry sieving method to the ice method technique. Worse were all the books written in support of the fraud by all the grow gurus: Robert C. Clark, Ed Rosenthal, Mel Frank and George Cervantes. Cheap nylon sold at wedding dress prices is a mark of the weed-greed group that monopolizes the canna-industry. 🍃

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The Kooteney Katastrophe

Subcool

Imagine the sound of choppers and the crackle of radios out in the wilderness as you tend a huge crop! That's just what our good friend HomeGrown awoke to one morning two weeks before harvest back in 2007. This is the story of all the work that went into one hell of an amazing mountain side garden and what happened after HomeGrown was rudely awoken that morning.

The location, still a secret, was located way up in the mountains of a national park. The location is very remote and the view is spectacular. I can't imagine working every day and getting anything done with the view I can see behind the garden. Long before the site was set up, HG went to work preparing hundreds of clones indoors. Just like any type of agriculture it takes a good deal of simple labor to prepare this many cuttings and from the looks of it, HG is a master at cloning in high numbers. Once rooted, the plants are then placed into larger containers and grown indoors in a large room under HID lighting so the plants can build up some size. As winter ends and spring begins, it's time to load up all these plants and transport them up to the site. I love the shot of a van filled to the brim with small plants. While the plants harden up to real sunlight, the budding building had to be constructed. This is accomplished by placing the plants at the edge of the forest canopy so that they get only early morning and late afternoon sunlight. This allows them to get used to the UV-B and UV-A present in natural sunlight. If this step is skipped and plants are placed directly in the sun, they will be fried and die quickly. This process usually takes about a week.

I can't imagine the amount of work it took to transform this empty patch of dirt into the structures you



thegothackcountry.com





see filled with plants. HG had help on this project obviously, but it's my understanding the majority of the plant tending was done entirely by him, so my hat's off to HG, the guy really puts the myth of a lazy stoner to bed for good! Once the buildings were completed, it was time to load all the plants indoors so they could be covered each evening. This is done so that the plants will have time to finish. The growing season in the Canadian Rockies is very short and the plants must be manually flowered by covering the buildings with huge tarps each evening. This allows the plants to start budding several weeks earlier than they would naturally. So every afternoon, HG covered the frames with the tarps to force the plants into flowering early. This also prevented early morning dew from forming on the plants, which can cause mold and mildew. If it sounds like a lot of work, it is!



The plants responded and soon the buildings were full of bud-bearing plants. Fall was approaching and the plants continued to bud naturally as the days became shorter and shorter. Days were spent watering and tending this massive garden and sleeping out in the wilderness for three months to provide security. During all this time, I had no idea of the scope of this garden. When I would ask Badboy how HG was doing, he would always say "He's up in the bush." Now I know why we didn't hear from him for four months! By late August, thanks to the early forcing of flowering, the plants were swollen with buds and the buds were coated in resin.

One morning, HG awoke to the sound of low flying airplanes, helicopters and radios, completely disrupting the serenity of his hillside garden and basically scaring the shit out of him. He could▷





actually see people moving through the trees and was close enough to make out radio traffic. His first thoughts were that his garden had been spotted and he was about to be cuffed and stuffed, so his fight or flight reflex kicked in and he got the hell out of dodge. Wouldn't you?

Back in civilization where he could check out some news, he discovered a female hiker had gone missing and it wasn't known if she had been eaten by a mountain lion or simply had an accident and fallen. But she had been missing long enough to provoke a search and what HG had encountered was a grid search of the area. So, now what? Does he go back? Surely the patch has been found by now, but all that work and all that bud just sitting up there... He had to go back and see what he could salvage. Sneaking back up to the mountain, HG told me the place was literally crawling with cops but he still wasn't sure it had anything to do with his garden. As he hacked up the hillside off trail, he couldn't see anything until he was actually in the patch itself and I imagine it his heart was about to come out of his chest as he took the last few steps into the clearing.

The garden was untouched at this point, but he could see tracks that weren't his everywhere and the choppers were still swooping over the hill side from time to time, so HG grabbed a huge tarp and started harvesting at light speed. Looking over his shoulder and working as fast as he could he managed to fill a large tarp and get it rolled up. It was almost too heavy to carry, as he crashed down the hill side away from the search and rescue teams that would later find the poor hiker down in a ravine. She had fallen to her death and I don't want to make light of this horrible tragedy, so be careful out there in the wilderness!

Making his way to his vehicle, he drove off, thankful to come away with something for all the hard work. Everyone involved gave up their share to HG. If he hadn't gone back up, no one would have gotten anything anyway, and he certainly deserved a reward for what he did. The guy has more guts than anyone I have ever met and I just wanted to tell you his story. 🍀

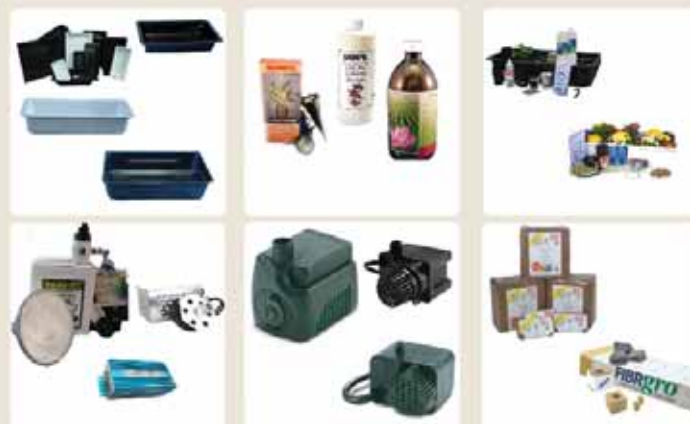
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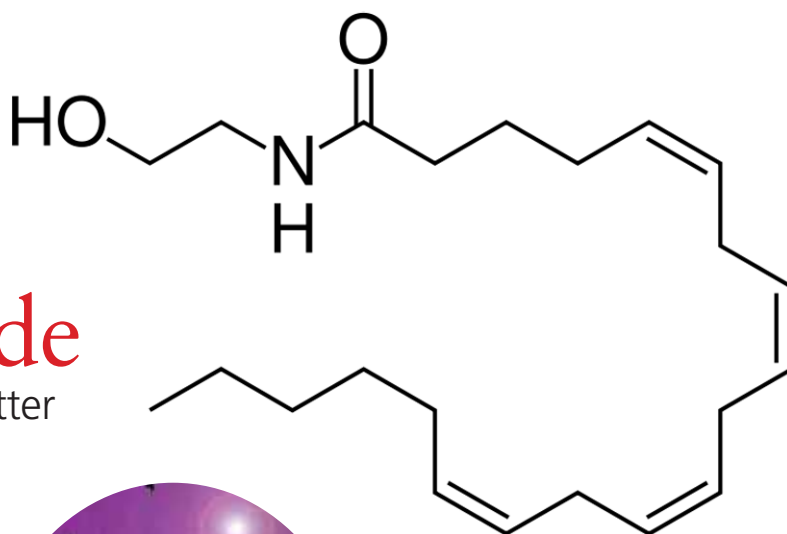
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Anandamide

The divine neurotransmitter

Harry Resin

This is a departure from my regular articles about the Dutch medical cannabis scene.

Instead, I have chosen to look at something more personal, my relationship with smoking cannabis. This discussion came up a few weeks ago with a former professor of mine. I hadn't seen him in over 15 years. He was visiting Amsterdam and I decided it would be nice to catch up. I knew in the course of the evening I would smoke so I wanted to prepare a plan for how I was going to medicate. I try my best to be respectful of people who don't smoke, always trying to avoid young kids or older people. At the same time I don't apologize for having to medicate but I will always try to be discrete. Therefore, when I was with this professor I prepared him and explained that I am a medical cannabis patient and will occasionally need to smoke. He was very gracious and had no problem with it. In fact, he was very inquisitive and even wanted to check out a coffee shop. It was over drinks in said-shop that we started to talk about my smoking and it was during this conversation that the seed for this article was planted in my mind. We talked about addiction,



icshow.com

smoking and medicinal cannabis. At the end of this conversation I was complimented for my insights into these subjects as he felt I had a keen grasp on how they affected me. He explained that I was able to eloquently explain it to an outsider or someone who wasn't familiar with it. It was these insights and that discussion that led me to explore it more in this article.

It was this conversation and the constant comments by some people around me that I smoke to much that first led me to analyze, why I smoke. What does it mean to be a chronic smoker and more importantly, why do I make this choice? And for some, is it a choice or an addiction? All of these questions led me to an internal debate between the two sides of my smoking self — the recreational and the medical user. Four years ago, I got my medical license here in Holland.

The reality is that as much as I consider myself a medical patient, I must also be honest with myself and others. So I thought about it — I don't have MS, I don't have cancer or AIDS or Crohns or any of the other horrible debilitating illnesses that members of our community are afflicted by. I am grateful to the universe everyday that I remain healthy. I am also very aware of the people around me who are affected by illness as I meditate/pray for them everyday. But I still smoke. As I am not that physically ill, I had begun to examine what it meant for me to be a medical patient. Would people look at me and see someone who to them appeared to be healthy and judge me as someone who was hiding behind the crutch of the medical cannabis label? This question forced me to re-examine my motivations for smoking, it also led me to several discussions with people who have had a history with addiction. I know myself and am very aware of my addictions both past and present. I did at one point have an addiction to some heavy stuff but thankfully gave that up years ago and have been clean for over 8 years, I don't even drink anymore. I did smoke cigarettes for many years but it has been more than eighteen months that I haven't had a cigarette. I do however often



mix my medicine with tobacco, a nasty habit which came from growing up on the Canadian east coast, where we always just smoked our joints with tobacco. I will say that having experienced many different types of illicit substances I have found that by far nicotine is the most addictive. Even according to the UN's Office on Drug Control, nicotine is listed as their most addictive drug. I have begun to smoke out of a glass pipe that a friend of mine blew for me in order to stop the evil nicotine.

All of this added to my hypothesis: would I be smoking less ganja if it wasn't for the fact that I felt the nicotine urge and, if so, why did I have a perceived need for cannabis? As I refused to smoke cigarettes, the only nicotine relief I got was from the bit of tobacco I put in my joints. All of this played into my mind's internal debate of whether or not I was addicted to cannabis, or was it the nicotine that made me smoke as much as I do?

What did it mean that I was considered a chronic smoker? Did it matter that to my parents I was simply a recreational "abuser" of cannabis? They certainly don't discount the medical properties of cannabis. They do, however, look at someone who smokes a lot and say to themselves, "Wow, if you were sick and on medication, you wouldn't be popping a bottle of pills every day, so why not smoke one or two joints instead of ten or say fifteen?" This then leads to the discussion of dosage. I have a prescription for five grams a day, and I know people with prescriptions for ten. Can we really say that there is one universal dose for medication? No, we know this to be untrue. Different people will always require different types of dosages based on their individual body types. This has to be the same with cannabis, for each person requires a dose that is tailored to their own body's requirements. Who was I to judge my

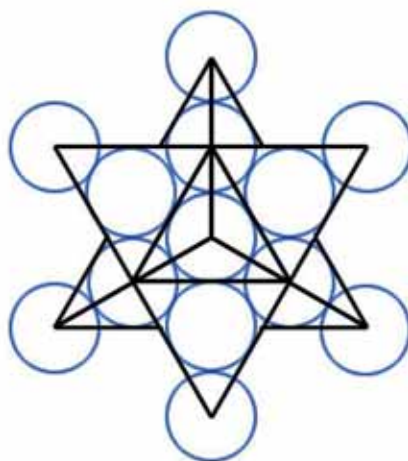
body if it happened to need more? But why the need? Where did it come from? For me, the main motivating factor is not something that can be readily seen; it is a horrible word with many connotations — anxiety. I am someone that, throughout life, has always been very anxious. I used to suffer from panic attacks and feelings of anxiousness. I generally suppressed these feelings when I could, but often dealt with them by having temper-tantrums and outbreaks. Perhaps had I grown up more in the nineties, I would then have been diagnosed with all kinds of psychological labels and been given all kinds of prescription medications. These pills might have helped, but having seen how some people around me were affected by them, I believe it would have come at a horrible price. Most of those pills have awful side effects. Instead, I discovered cannabis and gravitated towards self-medication. This helped immediately, but it only helped with the symptoms, not the cause. It would take fifteen years until I got the root of that and it didn't come from psychology but from the unlikelyst of places — meditation.

Meditation is relatively new to me, as little more than a year ago I underwent a deep spiritual and religious experience. I was always an atheist, someone who believed that we were all alone out there, and had always rejected religion. I went along with the old Marxist proverb of religion being the opiate of the masses. The main reason for this was that it was too intangible for me, I needed to feel it and only then could I believe in a higher power. I wanted it to exist, but just couldn't feel it. It was this lack of tactility which prevented me from having faith.

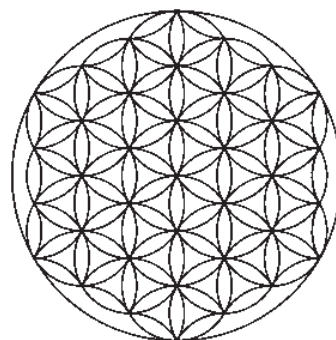
A friend of mine turned me onto some videos from someone named Drunvalo Melchizedek. It was through those videos that I learned about the Flower of Life and Sacred

geometry. I won't go into details, but Google it if you are interested. Through a meditation technique that he teaches, I activated something called the Merkaba (again Google it if your interested). This event was a life changing experience, akin to what a Born-again Christian might describe. I was now seeing the world through a different set of eyes. I was still the same me, I had just slightly shifted frequencies, so to speak. I was just a bit different, seeing and experiencing things through a new point of view. I still don't ascribe myself to one particular set of beliefs, but I certainly believe in the power of the great spirit and the all-powerful energy behind everything in the universe.

This experience led me to a profound journey into myself. It taught me to meditate everyday as I acti-



Sacred geometry



Merkaba

vated my Merkaba and gave thanks to the great mother and great father of the universe.

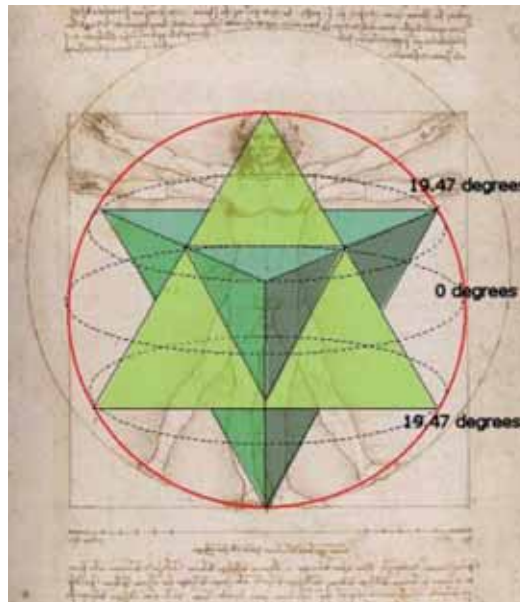
How does this experience relate itself to my smoking and or to my possible addiction? Well, I now see things through a greater spiritual perspective. This has led to a shift in certain conclusions and insights which I previously had. Now that the intangible had become tangible, I had a greater grasp of myself and a higher insight into what made me tick. This led to several new thoughts, the most important being why I had these anxieties.

It may seem trite, but from a young age I was always bothered by pain and suffering. I hated injustice and couldn't process why it was so. Why did people have to suffer? Why were the poor, poor and the sick, sick? Why did all of the negatives have to exist? I found myself attracted to a book called *Why Do Bad Things Happen to Good People* in the hope of finding some answers. Watching the news certainly became unbearable, it was just too depressing. I wondered, where did these feelings come from, and why should they bother me? Is this just my lot in life? To suffer for others as I felt their pain? Perhaps I was just overly sensitive, but either way, the end result was the same — it caused me great mental pain. It is this pain that would form the basis for my addictive personality and eventually for my cannabis smoking.

As I think back on it, I always tried to justify my smoking by saying that it felt as though I was replacing something that my body needed, as though I lacked THC. Now those thoughts would echo in my head as I hung out with a journalist friend of mine. He told me about a concept he had come up with and a neural transmitter he had written about. Both of these subjects would



Raphael Mechoulam



Star tetra da Vinci

finally bring me closer to an understanding. The transmitter my friend brought up is something called "anandamide." The name comes from the Sanskrit word *ananda*, meaning bliss or delight. He explained that this was a certain type of neural transmitter associated with cannabinoid receptors found in the brain. He talked a bit about Raphael Mechoulam, one of the scientists who had been linked to its discovery. I came home and did some research of my own into this topic.

At its core, the brain is composed of a mass of cells, called neurons, and the various neurotransmitters they use to communicate information. There are a large variety of neurotransmitters, and each one appears to have a specific function in the brain, many of which continue to be poorly understood. Each neurotransmitter is first produced within the cell body of a neuron, and at the appropriate time and under the appropriate circumstances, is released from the cell and into contact with a neighboring neuron, instigating a chemical cascade that eventually produces the desired effect (i.e. moving our arms, standing up, et cetera.). Anandamide is one such neurotransmitter. Along with these neurotransmitters, we also have receptor sites, some of which belong to a family called "G protein-coupled receptors." Amongst these receptors, scientists have discovered two, CB1 and CB2, that bind to THC, one of the many cannabinoids. From their research into these receptors, scientists presupposed that, since such a receptor naturally exists, then there must be a neurotransmitter which binds to it. They subsequently discovered anandamide. Anandamide is an endogenous chemical, as opposed to THC (which is exogenous, meaning "from outside the body"), and is produced naturally by neurons in the body. It is unclear as to why the body naturally produces anandamide, but it is currently being investigated by the scientific community.

It was this anandamide that would now be my focus. Could we postulate that, if the body produces it on its own, then it's entirely possible that there is a group of people whose bodies do not produce anandamide in significant amounts? Perhaps then it is this group of people that go out and seek drugs that

provide that extra stimulus to the brain. It could very well be instinct that drives some humans to smoke; the instinct to perhaps replace low or depleted levels of anandamide in the body.

Could it be that I was one such person? Did my body not produce enough anandamide naturally? Was that the answer? Was I forcing a reaction that created a chemical that I perhaps did not have enough of? We know that one type of cannabinoid is an endogenous chemical and that it is present in both humans and animals, in both the immune and nervous system. Could it be that people who smoke more than others are doing so because they are naturally trying to correct an imbalance in their brains?

In some research I did on addiction, I came across a lot of case studies where addicts described their addiction and often they talked about not being addicted to the actual drug but the feeling that the drug provided. It was this feeling that addicted them, this blissfulness. Could it be that they too had a lack of anandamide and that they were trying to increase the levels in their bliss center of the brain?

Where does the meditation play into this? After my experience, I found that during meditating, I could achieve a similar feeling to being high. A sort of natural stimulus for the anandamide levels in my brain. I believe that this neurotransmitter is related both to the high you get from smoking and the high you get from meditating. It would also seem that there is a correlation between an increase of anandamide in the brain and the runner's natural high. In this following excerpt from Runner's World Magazine, a scientist has now begun research into this natural high and its connection to the anandamide:

"Anandamide is very similar to

THC, and it produces pleasant feelings of relaxation and pain cessation similar to those often described by runners and pot smokers. Could anandamide be the missing link to runner's high, the substance that endorphins were not? If you've got anandamide in your blood, it's going to reach your brain, where the cannabinoid receptor will hungrily grab it and give you a nice buzz. Anandamide is a tiny little fatty acid that crosses the blood-brain barrier like nobody's business, So a runner's high doesn't come from endorphins. It comes from a blissful substance that could help people suffering from chronic pain (<http://www.runnersworld.com/article/0,7120,s6-243-297-1102-0,00.html>)."

This excerpt is interesting because it explores the potential of these powerful anandamide and examines the link between a neurotransmitter and the feeling of bliss associated with being high. I also believe that the act of meditating can also increase the production of anandamide. Once you are in the zone, it is really like a wave of blissfulness that sweeps over you. It is this realization that connects things for me. This feeling of blissfulness is also something that occurs from smoking. In fact, one may say that it is the quicker path of the two, as all you need to do is roll a joint, as opposed to meditating for a half hour or more. Perhaps the reason behind my smoking so much is that I need to be at a constant level with regards to the anandamide levels in my brain and taking in THC was the quickest. It certainly was one of the few things that made my thoughts bearable, as it took the edge off of the anxieties.

To me, anandamide is also the connection to the divine. It is through love and bliss that the pathway to the higher self becomes clear, and it is this connection to the divine that apparently my body craves. I feel that it was this need to be connected to the great spirit that in some

way led to the anxious feelings I had. My displeasure came from the pain of separation, as I could no longer connect to that consciousness. As the world around me depressed me, it would only be through cannabis that I would be taken out from the darkness and into the light, as it re-connected me to this zone, to this feeling that I had instinctively needed. I now know that this zone could also be accessed through meditation. I believe it is this need to be connected to a higher power, to a feeling of blissfulness, that drives my need to get high and perhaps others as well.

My conclusion is that my motivations for smoking are a mixture of two factors, the need to suppress the nicotine urges and the need to connect to a higher mental plane. It is clear to me that the tobacco in my joints is wicked, so my first goal is to rid myself of that useless addiction. As far as the cannabis consumption goes, I believe that it will continue until the day that I can live like a monk in total meditation and isolation as I feel the need to be connected to that higher power all the time. I am addicted to the spirit, a so-called "spiritual addiction," the need to be connected to the world of spirits. I hope this sheds some light on a smokers motivations. I plan on doing further research into anandamide and will surely get the information out to you all.

Love and light

Harry Resin

www.delta9labs.com

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(Anandamide molecule picture here) 

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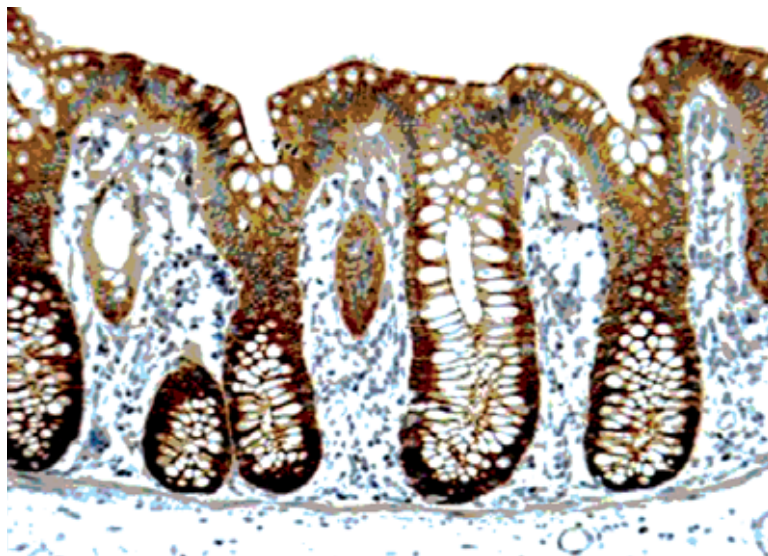
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Cannabinoids

Ally PFlower

in the GI Track: The Road to Retention



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The topic of how cannabinoids affect the gastrointestinal (GI) track typically brings to mind “the munchies”/appetite stimulation and antiemetic/vomit inhibition associated with cannabis use. Therefore, it might be surprising for some to learn that this is just the tip of the iceberg when it comes to the role the endocannabinoid system plays in the regulating and protection of the GI track. Modulating the cannabinoid system can produce effects throughout the entire GI tract, from mouth to south, entry to exit. Many of these effects, when utilized correctly, can be of obvious medical benefit. Others like the xerostomia (aka cotton mouth) associated with cannabinoids are more often than not detrimental and usually considered negative side effects of cannabinoid use. In this article I’ll be discussing the many ways in which modulation of the cannabinoid system effects the GI tract while providing examples of when inducing these effects are therapeutically indicated as well as when

they may be contraindicated, with an emphasis on colitis and irritable bowel syndrome (IBS).

General Overview

There are four main ways in which cannabinoids influence GI tract functions. Cannabinoids stimulate appetite. Cannabinoids reduce secretions from the GI tract. This can be most readily observed in the form of xerostomia following the use of cannabis, however gastric secretions and intestinal secretions are also inhibited in a similar fashion. Cannabinoids generally inhibit GI tract motility, especially in the intestines. In a broad sense, this includes the antiemetic effect produced by most cannabinoids. Finally, cannabinoids are highly effective inhibitors of GI tract inflammation and as such promote healing in ulcerative conditions afflicting the GI tract. Furthermore, all parts of the endocannabinoid system are highly expressed in the GI track as well as the muscular and sensory nerves which enervate it and therefore offer a variety of targets for therapeutic manipulation (1,2,3).

Xerostomia, Halitosis and Cavities, Oh My!

One well known effect of cannabis is xerostomia. Most of us know it as cotton mouth. Although many consider xerostomia to be a relatively innocuous side effect of cannabis use this may not be the case, especially in younger users with poorly established oral hygiene habits. Wikipedia states xerostomia “leads to halitosis [bad breath] and a dramatic rise in the number of cavities, as the protective effect of saliva’s remineralizing the enamel is no longer present, and can make the mucosa and periodontal tissue of the mouth more vulnerable to infection (4).” Indeed, cannabis induced xerostomia appears to be no exception (5,6). Some degree of tolerance however does develop to the xerostomia-inducing properties of cannabis (7). So with more frequent use of cannabis and good oral hygiene it may not be as much an issue. Cannabidiol also may offer some degree of protection at least from periodontal disease which attacks the bones suggesting that cannabis high in CBD may produce less of a negative impact on oral health than cannabis lacking CBD (8). Most of the indoor cannabis grown in the US is bred to contain almost no CBD and in regions of the world where this is the case cannabis use is associated with periodontal disease. In contrast, in parts of the world where a wild-type mix of CBD and THC producing plants is still more typical, periodontal disease does not appear to be associated with cannabis use (9). This provides further evidence that more CBD producing hybrids should be made available to those seeking the therapeutic qualities of cannabis.

Reflux, Ulcers and Stress

As we move down the GI tract we come to the esophagus. One disorder

**Left**

Rampant cavities resulting from meth-induced xerostomia.

Below

Stomach or gastric ulcer



der commonly afflicting the esophagus is acid reflux disease. Here too it appears cannabinoids may offer some therapeutic benefit. One of the main factors which play a role in acid reflux is transient opening of the lower esophageal sphincter, or the port between esophagus and stomach. Following administration of THC a significant reduction in these transient openings of the lower esophageal sphincter has been observed accompanied by a non-clinically significant reduction in acid reflux (10). This suggests that cannabinoids may provide moderate therapeutic benefit in the treatment of acid reflux disease.

It is well known that stress can induce the development of gastric (stomach) ulcers. This phenomenon is studied in rats using restrained immersion in water. When the endocannabinoid anandamide is administered to rats prior to the water immersion stress, gastric ulcer formation is inhibited whereas CB1 antagonists appear to aggravate ulcer formation. This effect of CB1 receptor activation in the stomach appears to be in part due to increase blood

flow in the mucus membranes of the stomach and a reduction in pro-inflammatory cytokines (11). Other findings suggest that a reduction in acid secretion may also be playing a role, which may be beneficial in acid reflux therapy as well as help protect against ulcers. Not only are CB1 receptors found on acid-secreting parietal cells (12) but CB1 agonists like HU-210 and WIN-55,212-2 (WIN) have been shown to reduce gastric acid secretion (13).

Don't Spew Your Cud, Have some Bud

One of the more well known medical effects of most cannabinoids is their ability to inhibit vomiting. This antiemetic effect of THC, anandamide and other cannabinoids appears to be mediated through activation of the CB1 receptor. In cases of cancer and AIDS this antiemetic effect of cannabis has proven to be invaluable to many a patient because without it they would not be able to keep food down or obtain adequate nutrition. Interestingly, the endocannabinoid system appears to play a dual role here. Whereas most cannabinoids including anan-

damide appear to inhibit the vomit response, 2-AG appears to increase both the likelihood and frequency of vomiting and does so through a CB1 receptor linked mechanism. Although 2-AG is a potent CB1 agonist like anandamide, WIN, and THC, it produces the opposite result on this behavior. Furthermore, the other CB1 agonists as well as a CB1 antagonist are able to block the emetogenic effect of 2-AG (14). This has the interesting implication that unlike other conditions for which broadly increasing endocannabinoid system tone may be beneficial, in the case of trying to control nausea and vomiting only increasing anandamide tone will be beneficial. In this case decreasing tone in 2-AG related processes may also provide therapeutic benefit. Thankfully this is not a concern when using exogenous cannabinoids like THC and whole cannabis.

The Utility of Reduced Motility

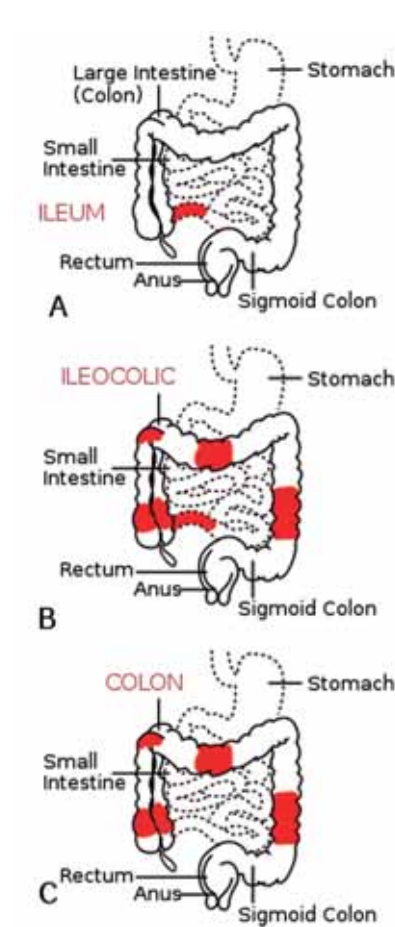
One result of CB1 receptor activation in the GI tract, which is broadly related to the antiemetic effect of most cannabinoids, is a generalized reduction in intestinal motility. ▷



Depiction of workplace stress.
Lewis Carroll - Henry Holiday -
Hunting of the Snark - Plate 7.

Another way to state this is that cannabinoids slow down the passage of material through the intestines. This results from the activation of CB1 receptors on both motor neurons in the intestinal wall and on ascending cholinergic interneurons which are responsible for producing the rippling wave of intestinal contraction which moves material through the GI tract. The result is a reduction in both the intensity and frequency of these ripples (15,16). Combined with reductions in intestinal secretions this can significantly slow the progression of material through the gut. In contrast some CB1 antagonists can stimulate both the intensity and frequency of intestinal ripples, at least in in-vitro tissue experiments performed on mouse intestine. Genetic knockout mice lacking the CB1 receptor also have increased motility in the upper intestine compared to the wild-type counterparts (16). Cannabidiol has also been found to reduce inflammatory hypermotility in mice treated with an intestinal irritant. It appears this effect is produced by CBD's ability to inhibit FAAH, the enzyme responsible for metabolically deactivating anandamide, and thus to increase anandamide and the resulting activation of the CB1 receptors in the gut (17). It is likely that CBD produces the same effect in humans since THC has been found to relax the colon and inhibit colonic motility (18).

Conditions like IBS, Crohn's disease and other forms of colitis often involve changes in intestinal motility. Usually this change is in the direction of increased motility although IBS can present in a diarrhea-dominate, constipation-dominate, or alternating-dominate form (19). Traditionally, opioids have been the treatment of choice for slowing intestinal motility (19), however they have side effects which many patients do not tolerate well. The finding that cannabinoids can also significantly slow motility suggests that targeting the CB1 receptors in the gut either by exogenous cannabinoids like THC



The three most common regions effected by Crohn's: Ileum, Ileocolic and Colon.)

or through manipulation of the endocannabinoid system could provide an alternate source of therapeutic relief to those suffering from such conditions.

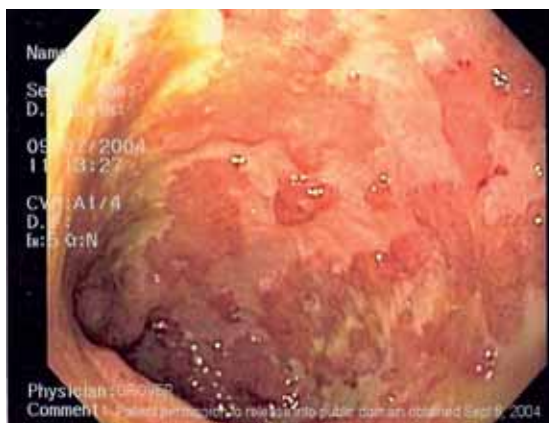
IBS and Colitis:

Extinguishing the Fires Below

Perhaps one of the most important and least appreciated therapeutic applications of cannabinoids in the gut is in the reduction of inflammation. Inflammation plays a key role in many of the conditions afflicting the gut. In descending order of frequency of occurrence and ascending order of severity, the three most common bowel disorders which involve inflammation are IBS (19), Crohn's disease (20) and ulcerative colitis (21). Although evidence of inflammation can be found in cases of all three conditions only Crohn's

and ulcerative colitis are officially categorized as inflammatory bowel disease and only Crohn's is widely agreed upon to be an autoimmune disorder. In general, the causes of these conditions are poorly understood and many theories abound. Current medications used to treat the inflammation associated with these chronic conditions can have severe side effects especially with long term use. As a result alternatives such as cannabinoids which are easily tolerated and safe in the long term are desperately needed.

Although exogenous CB1 receptor agonists, like THC, are consistently effective at treating intestinal inflammation (22) it is likely that the real future in treating inflammatory bowel disorders lies with modulation of the endocannabinoid system itself and/or with the non-psychoactive activation of the CB2 receptors. In 2004, Massa, et al., published an extensive investigation of colonic inflammation in mice. First they showed that inflammatory challenge to the colon of CB1 knockout mice lacking the CB1 receptor produces significantly more severe inflammation in these animals than in the CB1 containing wild-type counterparts. This effect was replicated in the wild-type mice when they were given a CB1 antagonist before inflammatory challenge, indicated that the CB1 receptor was indeed playing an intrinsic role in protecting against inflammatory challenge to the colon. When Massa's wild-type mice were given either the super potent CB1 agonist, HU-210, or had their gene encoding for FAAH knocked out they were protected against the development of inflammatory challenge induced colitis. Furthermore, CB1 knockout mice expressed signs of intestinal muscle irritation in the first 8 hours following inflammatory challenge yet their wild-type counterparts with functional CB1 receptors did not show evidence of such irritation. The intestinal motor neurons in the wild-type mice also upregulated expression of CB1 receptors in response to inflammatory challenge (22). ▷



Far left
Severe inflamed colitis in Crohn's Disease case.

Left
Extensive ulceration of the colon in case of Ulcerative Colitis.

Two years later, D'Argenio and colleagues, found that anandamide levels were elevated in the colons of inflammatory challenged rats and mice and in colonic biopsies of patients with untreated ulcerative colitis. Furthermore, in mice that were pretreated with an anandamide reuptake transport inhibitor for a week, colonic anandamide levels were significantly elevated and development of experimental colitis was abolished. Surprisingly, the FAAH inhibitor D'Argenio chose did not appear to increase anandamide levels in the gut and resulted in minimal inhibition of inflammation. For comparison, D'Argenio also tested 5-amino-salicylic-acid (5-ASA), an NSAID which is a close chemical relative of acetylsalicylic acid (aka Aspirin) and is one of the current treatments of choice for inflammatory bowel diseases. As expected, treatment with 5-ASA was found to be effective at inhibiting the development of colitis however it was also shown to significantly raise anandamide levels suggesting that endocannabinoid manipulation is already the first line treatment for inflammatory bowel disease (23). It is worth noting that long term use of salicylates can damage the GI tract so alternatives which produce the same benefit but without the risk would be preferable.

Later in 2006, Sanson, Bueno and Fioramonti reported that low

doses of both CB1 and CB2 receptor agonists reduced the normal abdominal response to bloating in non-inflamed colon and at even lower doses inhibited the hypersensitivity produced by inflammation of the colon. In contrast, only CB1 receptor antagonism was capable of aggravating the hyperalgesia produced by colonic inflammation, which lead the researches to conclude that colonic inflammation activated an antinociceptive pathway which was CB1 receptor dependent. Neither CB1 or CB2 receptor antagonism had any effect on colonic sensitivity in healthy animals (24).

In 2008, Storr, and colleagues, investigated the effects of inhibiting the deactivation of anandamide on colitis. They confirmed the finding of Massa, et al., 2004, that anandamide reuptake inhibition significantly blocked evidence of inflammation however in contrast to Massa, Storr found that a more effective FAAH inhibitor when either administered alone or in combination with anandamide reuptake inhibitors was indeed able to significantly inhibit colonic inflammation. This effect was not observed in mice lacking the CB1 and CB2 receptors. Storr and colleagues also found that in the early stages of colitis development FAAH gene expression was significantly reduced although it returned to baseline levels as the disease progressed. This indicates that an

increase in endocannabinoid system tone plays a role in the natural response to the early stages of colitis. An attempt was also made to connect the presence of a single gene variant (C385A) of the gene encoding for FAAH to the development of Crohn's, however at least in the population tested, no significant correlation was found (25). Earlier this year, Storr and colleagues were at it again. This time they again investigated whether the C385A FAAH variant was associated with either the development of Crohn's or ulcerative colitis. Although there did not appear to be any correlation between developing these diseases and having the C385A FAAH variant, having two copies of this variant (being homogenous for C385A) was found to be associated with significantly more severe forms of Crohn's and earlier onset in cases of ulcerative colitis. FAAH levels in Crohn's disease lesions were also found to correlate with the expression of pro-inflammatory interleukin 8 (26).

At least in in-vitro experiments on human colon tissue samples, it has been demonstrated that cannabinoids can facilitate healing of ulcerative wounds. Wound closure following treatment with cannabinoids appeared to be CB1 receptor-dependent. Interestingly, this study also found that CB2 receptors were upregulated in these human inflammatory bowel

disease tissue samples (27).

Mostly the studies cited so far focus on the relationship of the CB1 receptor to bowel inflammation while largely ignoring the potential role of CB2 receptors despite the fact that the location of CB2 receptors on immune cells makes them prime candidate targets in the pharmacological treatment of inflammation. Inflammation is after all an immunological process. Kimball, Schneider, Wallace, and Hornby, 2006, were one of the first to really investigate what role CB2 receptor activation might play in bowel inflammation. They found that low dose treatments once a day of either an endocannabinoid selective for the CB1 receptor (arachidonyl-2-chloroethylamide, a.k.a. ACEA) or the CB2 selective agonist, JWH-133, were equally effective at inhibiting the development of mustard oil-induced colonic inflammation and diarrhea. However, the CB1 agonist, ACEA, was almost twice as effective as the CB2 agonist, JWH-133, on reducing the two other measures of colitis even though the protective effect of CB2 activation was still significant on these measures. In the dextran sulfate sodium model of colitis, dosing twice as often with doses four times larger for ACEA and eight times larger for JWH-133, produced similar results. However, in this model the CB2 agonist appeared to be twice as effective as the CB1 agonist at protecting against the development of colitis. Interestingly, when therapy was started after the induction of colitis, instead of prophylactically, activation of either receptor produced almost identical results, with both effectively normalizing colonic health (28). This suggests that cannabinoids, especially those targeting the CB2 receptor, may be significantly more effective at reducing symptoms of colitis when administered acutely after symptoms appear than then when administered chronically.

Although less severe than colitis, IBS is far more common and involves some elements of inflammation (19). It has been repeatedly suggested that IBS may represent a form of endocannabinoid deficiency and that as such individuals suffering from this disorder would benefit from either endocannabinoid manipulation or from exogenous activation of either cannabinoid receptor or both (29, 30). Indeed, patients have repeatedly rated cannabis as effective to highly effective for relieving their IBS symptoms (31). Part of the improvement in IBS symptoms experienced by patients is due to the reduction in motility discussed above as this helps fight the diarrhea associated with some forms of IBS.

When Getting Off the Pot may be the Right Choice


The results of at least one study have indicated that individuals suffering from forms of bowel disorder which have a strong bloating/gas component resulting in periodic distension of the colon may not necessarily benefit from THC and cannabis. When Esfandyari, et al., 2007, gave their healthy subjects synthetic THC in the form of Marinol and then tested their response to colonic distension there was a significant increase in ratings of pain compared to those who had not received THC. This was observed in both genders and at all pressures tested (18). Although it appears we have yet to investigate whether this is also true for patients with compromised bowels, this finding suggests that cannabinoids may increase discomfort in those suffering from constipation dominate IBS with features of bloating. This may also be true for those suffering from the pain dominate variant of IBS. Interestingly, the authors suggested this was a central nervous system mediated effect and not resulting from local activation of cannabinoid receptors and as such

might be circumvented with the use of local manipulation of the endocannabinoid system or with cannabinoids whose effects are limited to the periphery.

Conclusion

The endocannabinoid system plays a role in modulating the functions of all levels of the GI tract. This is why exogenous cannabinoids like THC and cannabis affect all parts of this system from saliva to bowel regularity. Although most of these effects are generally of therapeutic value, some like the munchies or reduced intestinal secretion and motility may be mildly negative side effects for healthy users, whereas others like cotton mouth and increased bloating-induced pain are essentially deleterious to healthy individuals and the vast majority of sick individuals alike. On a therapeutic level, cannabinoids can inhibit nausea and vomiting while improving appetite thus counteracting wasting; protect against and help heal ulcerative damage in the esophagus, stomach, and intestines; reduce gastric secretions and the frequency of spontaneous opening of the lower esophageal sphincter inhibiting acid reflux in the process; reduce excessive intestinal secretions and resulting increased motility which together inhibit secretion-induced diarrhea; and significantly combat inflammation induced by IBS or the various forms of colitis. In particular, patients suffering from Crohn's disease and ulcerative colitis are likely to benefit from this multitude of GI tract affects produced by cannabinoids. This is supported by evidence that IBS, Crohn's and ulcerative colitis may all result from forms of endocannabinoid dysfunction. Once again science has confirmed what folk medicine has known for centuries (1). In the light of the dawn of this new millennium, isn't it time we let go of our racism-based cultural bias against this medicine and accept what both history and sci-



ence has taught us about its therapeutic benefits? 

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I want you for a **Survey** on the modes of delivery of **cannabinoids**



Anyone who uses cannabis or other cannabinoids for medicinal purposes and has experience with two or more of the following substances or modes of delivery are invited to participate:

- Smoking cannabis
- Inhalation of cannabis via a vaporizer
- Oral use of cannabis as a tea
- Oral use of cannabis in baked goods/cannabis tincture
- Oral use of dronabinol/Marinol (THC)
- Oral use of nabilone/Cesamet
- Inhalation of dronabinol (THC) with a vaporizer
- Sativex
- Other use.

Participants remain anonymous.

The survey was approved by the Ethics Committee of the Medical School of Hannover and is headed by the chairwoman of the IACM, **Dr. Kirsten Mueller-Vahl**,

Professor at the Medical School of Hannover (Germany), in cooperation with

Dr. Arno Hazekamp

of the University of Leiden (The Netherlands),

Dr. Donald Abrams,

Professor at the University of California San Francisco (USA),

Dr. Ethan Russo,

Adjunct Associate Professor at the University of Montana (USA),

Dr. Franjo Grotenhermen

of the nova-Institut (Germany),

Dr. Mark Ware,

Assistant Professor at the McGill University, Montreal (Canada), **Dr. Ricardo Navarrete-Varo**,

Malaga (Spain), and

Dr. Rudolf Brenneisen,

Professor at the University of Bern (Switzerland).

The questionnaire is available at
www.cannabis-med.org

The following are direct links to the questionnaire in different languages:

English:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=en>

German:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=de>

Spanish:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=es>

French :

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=fr>

Dutch:

<http://www.cannabis-med.org/limesurvey/index.php?sid=91387&lang=nl>

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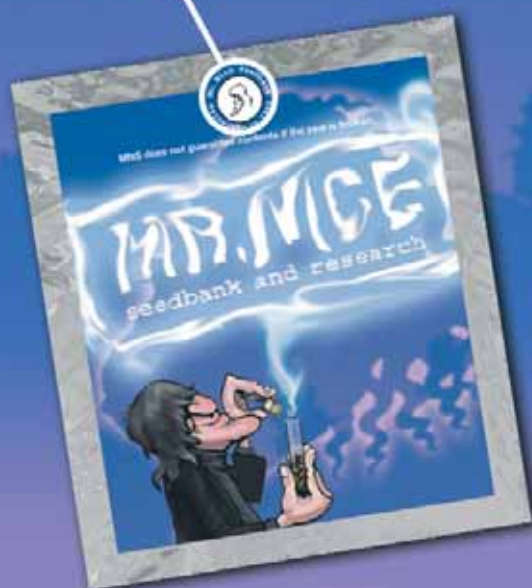
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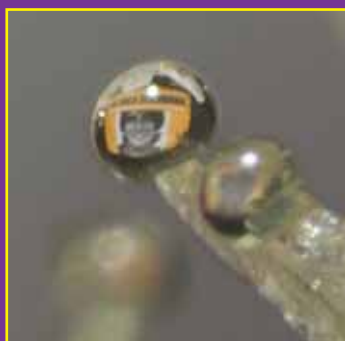
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Terpenoids

and the different odors of cannabis

In this article we'd like to briefly introduce terpenoids, which are the primary aromatic compounds found in the essential oil of Cannabis.



So what are terpenes?

Terpenes are a large and varied class of hydrocarbons and are the primary constituent in the essential oil of many types of plants and flowers.

The etymology of the word "terpene" derives from the Latin word "turbentina", a concrete oleo-resin obtained from particular species of Pinus (Nat. Ord. Coniferae).

Plant terpenoids are used extensively for their aromatic qualities. They play a role in traditional herbal remedies and are under investigation for antibacterial, antineoplastic, and other pharmaceutical functions. Terpenoids contribute to the scent of eucalyptus, the flavors of cinnamon, cloves, citrus and ginger.

Many terpenes are derived commercially from conifer resins, such as those by pine trees.



Terpenes in Cannabis

Most people don't know that cannabinoids (like THC, CBD, CBG, ect) are odorless.

Terpenoids are responsible for characterizing the aromatic profile of cannabis plants.

The main terpenoids present in cannabis are:

- **Myrcene:** a monoterpene, is actually one of the major constituents of the essential oil of cannabis (did represent up to 60% of the cannabis flower essential oil in some varieties

tested). It has been proven to have analgesic, sedative and muscle relaxant effects.

- **d-Limonene:** a monoterpene, is actually a precursor to the synthesis of other cannabinoids. Has been proven to have antidepressant and immune stimulator properties in humans.

- **Caryophyllene:** a sesquiterpene, has anti-inflammatory and anti-malarial properties. Has been isolated from a

number of plants and spices including black pepper, oregano and cinnamon.

- **Pinene:** a monoterpene, gas anti-inflammatory and bronchodilatory properties. Other known terpenoids of the *cannabis plant include:* *Pinene, delta-3-Carene, phellandrene, cis-Ocimene, trans-Ocimene, Terpinolene, Bergamotene, Humulene, trans-Caryophyllene, Farnesene, Selinene, Caryophyllene oxide* and many others...



Where can we find terpenoids in Cannabis?

Terpenoids are produced in the same resin glands (called trichomes) that also produce the cannabinoids.

In fact, when the development of trichomes commences, especially in the hairs distributed across the surface of the female inflorescence, the medically important cannabinoids and the associated terpenoids begin to appear. ►

What is the cannabis flower essential oil?

The essential oil is obtained by steam distillation from the flowers and upper leaves of the cannabis plant, is a volatile oil that is a mixture of volatile compounds, including monoterpenes, sesquiterpenes, and other terpenoid-like compounds.

A pale yellow liquid, the essential oil is used as a scent in perfumes, cosmetics, soaps and candles. It is also used as a flavoring agent in foods, primarily candies and beverages (for example, cannabis flavored beer). (foto: steam distillation)

The unique smell of each different cannabis strains, that ranges from bubble gum to skunk, from citrus to strawberry and from cheese to burned pine tree, are all created by the differences in the ratios of the various components present in the essential oil. So when we say that we prefer the smell of White Widow to the one of Super Skunk, we are judging mainly the differences in the smell of the terpenoids of those plants.

Important discovery on **- Caryophyllene...**

In 2008 Dr. Jürg Gertsch, from the Institute of Pharmaceutical Sciences at ETH Zurich, has discovered that the substance beta-caryophyllene activates the cannabinoid receptor 2 (CB2) selectively. It's the first time that a non-cannabinoid compound found in Cannabis is proven to work on a cannabinoid receptor.

This discovery could become instrumental in treating chronic illnesses, such as liver cirrhosis, Morbus Crohn, osteoarthritis and arteriosclerosis. In all of these diseases, the CB2 receptor and the associated endocannabinoid system play a crucial role in our bodies.



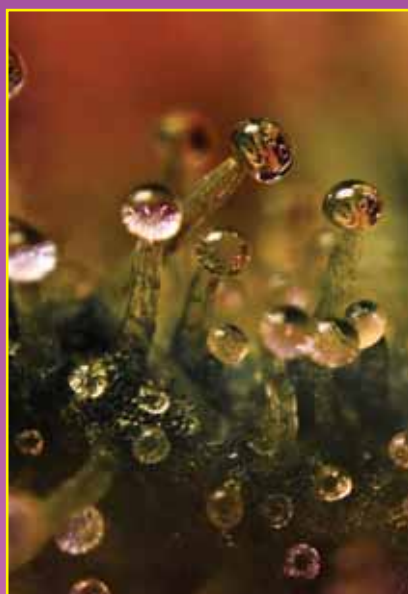
Mango Haze

Olfaction and behavior

For humans, olfaction is a primitive sense, whereas other mammals, birds and insects rely predominately on their sense of smell for survival. Although smell seems far less meaningful to humans, there is an important link between olfaction and behavior.

Right
NH macro shot

Below
Resin glands of microscopic view





Silver Pearl micro



Trichomes

Is a sniff of coffee as good as a sip?

A cup of freshly ground coffee is what it takes to get some people moving in the morning. But, according to a recent study conducted in Japan, it may be the aroma rather than the coffee itself that does the trick.

As reported by the New Scientist magazine in 2008, scientists in Tsukuba, Japan, kept 16 laboratory rats awake for 24 hours, by keeping them in a cage filled with an inch of water, then exposed half of them to the smell of roasted coffee.

After taking samples of the rats' brains, they found that the smell of coffee boosted the activity of key genes that promote cell survival in the body and reduce anxiety.

Professor Yoshinori Masuo, who led the study in Tsukuba, Japan, said that when people drink coffee to stay up all night, just the smell of the coffee could alleviate some of the stress caused by sleeplessness.

They said that chemicals extracted from coffee and pumped into the air may one day be used as a way of reviving tired people.

"Entourage effect" on Cannabis

The clinical contribution of cannabinoids different than THC, terpenoids and flavonoids to clinical cannabis effects has been espoused as an "entourage effect" (Mechoulam and Ben-Shabat 1999). While THC remains the most psychoactive compound found in Cannabis, all other substances present in the plant (in particular cannabinoids, terpenoids and flavonoids) also have unique properties that will ultimately influence the effects that Cannabis has on us.

Many times patients using Cannabis as medicine have reported that a specific plant genetic seems to have better therapeutic properties on them than other ones available. When compared, those Cannabis varieties had similar cannabinoid profile (content of cannabinoids such as THC and CBD). So if the difference is not in the cannabinoid content, we'll need to investigate the "entourage" of other substances present in the plant to explain the difference perceived by patients. Definitely a long road ahead, especially because the "cocktail" of substances present in Cannabis is so varied and complex. 🍀



by Barryblaze

An Introduction to

The idea to write an article about Sonic Seeds started with the copious conversations Sonic and I had about his strains on Breedbay. Realizing how well the highs of his different strains serve the varied needs of the medical patient and having known Marco from his now-defunct Treating Yourself Medical Club, I felt it logical to educate the medical community about Sonic Seeds in the premier medical marijuana magazine. While conducting my research for this article, I consulted several experienced growers of Sonic's gear — both inside and outdoors — from Canada, the UK, and U.S. All extolled his many virtues as a pre-eminent, world-renowned breeder in the business for all the right reasons: an infectious passion and not motivated by making a quick dollar. A few common themes fast emerged: Sonic's unique strains constantly produce huge yielding plants that are potent, easy to grow, and consistent in not producing too much variety of differing phenotypes (some actual truth in advertising exists — "What You See is What You Get"). Plus, his seeds do not cost hundreds of dollars; for around \$70, a grower can obtain 12 seeds of any of Sonic Seeds strains through Breedbay's auctions. In addition to his own research, Sonic encourages and depends on the input of a numerous, diverse group of growers before he ever releases a strain for sale. Sonic does not live in an ivory tower inaccessible from his minions of growers, as he personally and promptly answers growers' questions he receives via personal messages on Breedbay.

Sonic's bond with the medical community started as a family matter — his first patient was his grandmother, who suffered from chronic arthritic pain, which none of her prescriptions relieved and only caused negative side effects. "She asked me to roll her a joint, and she was so surprised that one small joint of my UK Pineapple



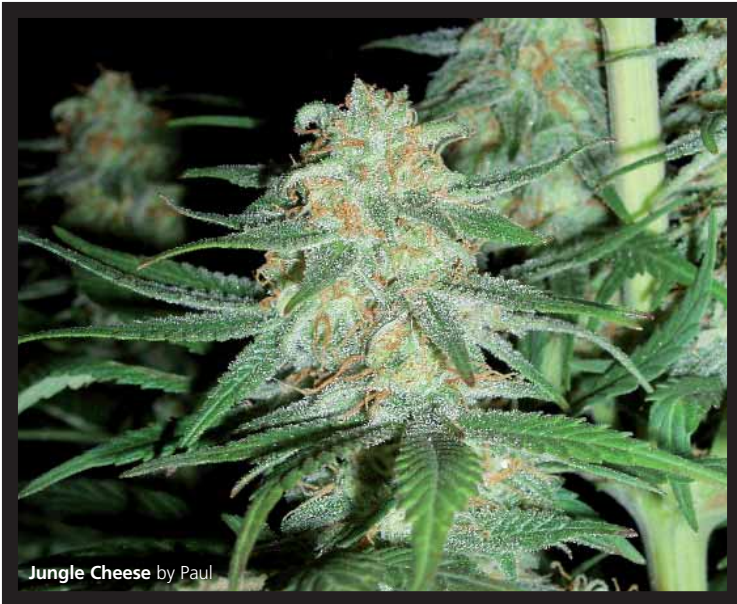
nearly ended the chronic pain she hadn't had a break from in four years," Sonic said with delight. Sonic then helped a friend with MS that severely limited his mobility. Sonic felt one of his predominant sativa strains, *Lemon Pie*, which is a cross of his *UK Pineapple X Pure Thai Ko Samui Lemon Zest*, would work best. "I knew that mostly indica strains that heavily sedate the patient with a couch-lock stone with a ceiling would not improve his mobility. My *Lemon Pie* increased his mobility by up to 50 percent and really eased his pain," Sonic said. "I really value the input I receive from my medical patients. I then try the same strain on other patients with the same symptoms to make sure I am achieving consistent results." Sonic freely gives medical patients and clubs a variety of his seeds because different strains treat some maladies better than others. Sonic finds most of his sativa crosses best satisfy the various needs of medical patients. "This is one side of the medical market I want to change. I can beat any indica and match its stone with a sativa," Sonic asserted. And he has experienced that predominantly indica strains often leave medical patients feeling drugged or too stoned. "In my experience, most medical patients need the pain-relieving effects, but they do not want that heavy stone," he said. To help avoid tolerance, Sonic believes medical patients require a wide variety of strains. "They need to have at least four strains at any one time, so they can medicate themselves according to their changing needs during the day," Sonic conveyed.

While most of the United Kingdom and the rest of the world savored the newly-created Cheese, underground UK-based seed company, Sonic Seeds, never stopped to smell the success. Instead Sonic Seeds perfected taste, potency, quality, and yield with its own flagship super strains: *UK Pineapple*, *Pursang Haze*, *Stella Blue*, *Pure*

Plus, his seeds do not cost hundreds of dollars; for around \$70, a grower can obtain 12 seeds of any of Sonic Seeds strains through Breedbay's auctions.

Formed in 2005, Sonic Seeds' first flagship super strain was the UK Pineapple, an indica/sativa hybrid.

Thai Ko Samui Lemon Zest, Shimla and Punjab, to name a few. Sonic Seeds also became the first company to strengthen the potency of the original *Cheese* with extensive breeding of various phenotypes, each offering its own distinct twist on the original *Cheese*'s flavor and taste. Being a purist while creatively pushing the boundaries, Sonic conceives *Cheese* crosses true to the original *Cheese*'s potency and distinct, pungent skunky smell and taste. Sonic Seeds' *Suicide Cheese* phenotype remains its strongest, and the company maintains four other different *Cheese* cuttings. "Cheese has been considered the 'Holy Grail' for some time," Sonic, the main breeder and owner of Sonic Seeds, said. Test grows of all *Cheese* crosses that are for sale that Sonic has grown — with the exception of *Space Cheese* by Dank Dairy — do not produce *Cheese* phenotypes pleasing Sonic's palate.



Formed in 2005, Sonic Seeds' first flagship super strain was the UK Pineapple, an indica/sativa hybrid. Sonic earned his moniker for the massive yields his strains produced. One of Sonic's friends smuggled a batch of seeds from Jamaica of only the best local weed he had smoked, and Sonic hand-selected the best male from the tropical paradise and home of Reggae music. He crossed that male with his best Dutch Skunk #1 female from the early 1980s. "Back then Dutch weed was the best, still grown in green houses with supplemented light," Sonic said. "The cross was so good that I was asked to make new strains. At the time, yield was one of the most important factors. Taste and smell seemed easier to produce in crosses back then — less generic than now," Sonic explained. The UK Pineapple quickly formed a following. Those lucky enough to obtain cuttings of Sonic's first creation craved its exotically fruity taste, extreme potency, high quality, and massive yield.

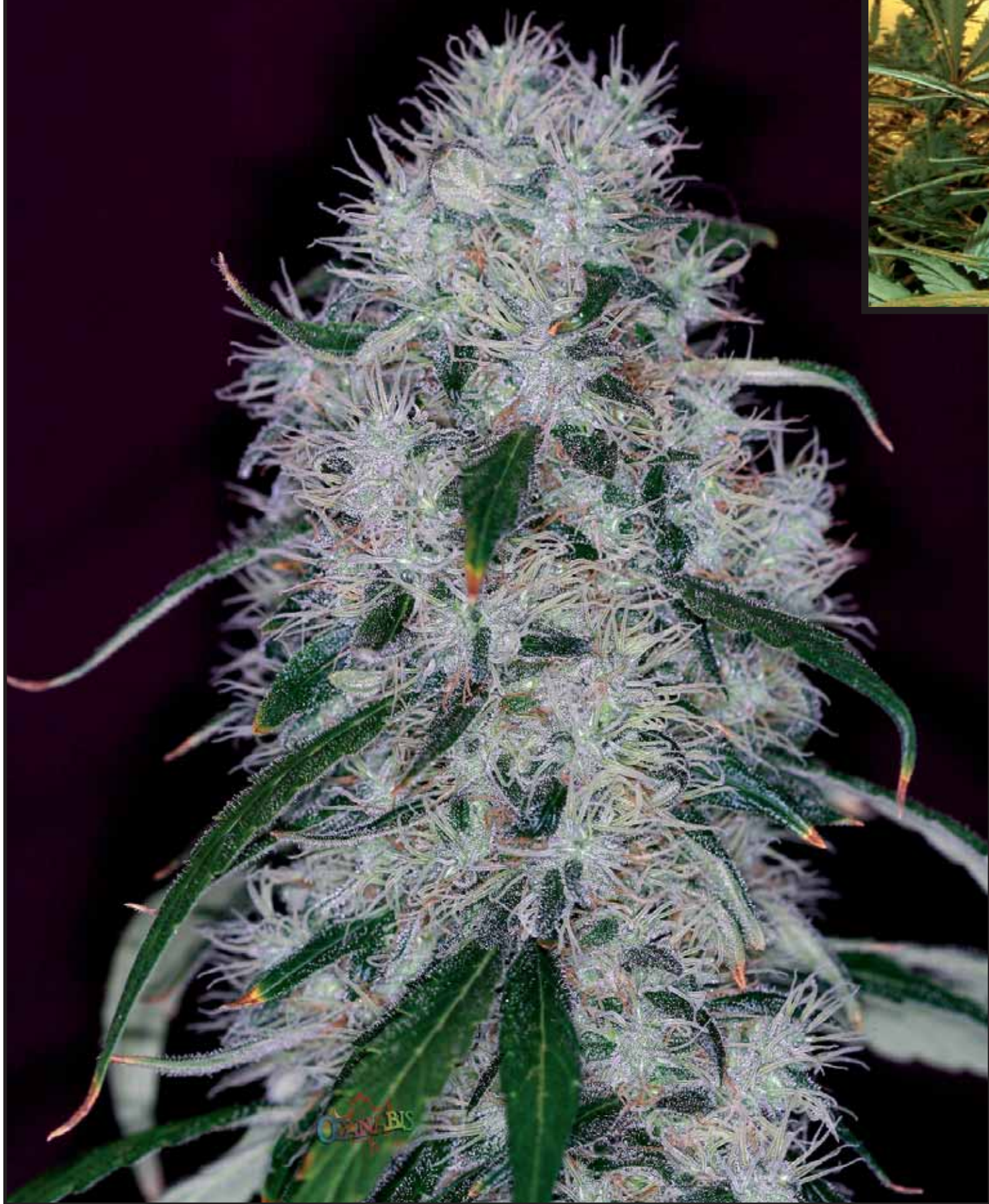
"Pineapple is still today one of the fattest, dankest, elitist strains I have grown. And it is my biggest yielder," Sonic said.

These factors established Sonic Seed's mantra and mission statement: "Quality breeds quantity." Sonic never breeds or releases a strain without definitively knowing its origin. "Whether the seeds are collected by me or my close friends, it's important I know for sure from where they come," Sonic noted. High-quality imported weed from Thailand, Columbia, Jamaica, Africa and the Caribbean in the 1970s — along with the best of the newer hybrids of the 1980s — shaped Sonic's "old school" palate and his penchant for certain highs, which he tries to pass on in the strains he fervently and meticulously collects and breeds.

"I am still in love with 'old-school'-style imports. Their memories have stayed with me and helped define my breeding," Sonic recounted. While certainly not avoiding collecting new, incredible indicas, Sonic focuses more on acquiring one-of-a-kind, stellar sativas. An insatiable sativa specialist aptly describes Sonic. "A lot of the people I meet have never smoked sativas like mine," Sonic said. "Many sativas going around today are inbred lines; so much of their positive attributes have been lost. The original, great essence of a sativa has been lost for years in the overall cannabis market," Sonic lamented. "One breeder's works I have tried and think to be like my kind of sativas are Reeferman's sativas. I have grown out a few and love the differences in his ganja."

Bodhi, owner of Bodhi Seeds, serves as Sonic's biggest influence in his quest for land race sativas and whose land race collection style and strains he most admires. "Bodhi's thread on Nepal is the best I have seen and really inspires me," Sonic reported. "He collected seeds ▷







and took photos of all the strains he found. Nepal is amazing because it's still a place where weed is being produced for the locals and export. A lot of cannabis hotspots seem to have a few main variations in smell and taste. Like the Caribbean, for example, I find most of the strains very similar to each other. Bodhi talks about each village in Nepal having its own strain; it seems to be the Aladdin's Cave of strains. All of them pure sativa, but they are described as raw phenotypes of the most popular modern hybrids we all love," Sonic stated. Knowing and trusting Bodhi's work allows Sonic to grow and invent some new special, super sativa strains and crosses — the kind that have made Sonic famous — without having to travel to Nepal himself. "I never grow out other people's land races, as I am not sure if they are truly genuine. I am dedicating a whole new lab just for sativas," Sonic announced. "I can plant Bodhi's seeds and have the same confidence as though I collected them myself."

An older, pioneering breeder, Shantibaba, helped to mold Sonic's breeding style, and Sonic reveres him not only for his longevity but also for his esteemed reputation. "I admire Shanti not because I have grown out most of his strains, but because his reputation proceeds him," Sonic said. Sonic considers Shantibaba an elder statesman of the cannabis community, whose generosity in sharing his life-long work and wisdom is unsurpassed. "He is a great person to meet in real life, and we owe a lot of our modern hybrids to his work. While others are also responsible for many of the genes breeders use, Shanti is still around today. Unfortunately, a large portion of the old pioneers has retired. He is a living legend among breeders and growers. And he makes it easy for almost any breeder or grower to contact him for advice."

Subcool is a breeder Sonic has recently come to admire. Sonic mentioned Subcool as a huge influence and as a

similar-minded mate separated by a large pond. Sonic uses many of Subcool's strains in his crosses because they offer much the same qualities Sonic insists his strains produce consistency, potency, and the scarce "old-school" taste and smell. "Compared to other strains I have bought, they come through for me every time. I love the consistency in his crosses; I have found a keeper, two, or, even three in every 10-pack of his seeds I have grown," Sonic stated. "He is meticulous in his work. One of the main things I really like about Subcool/TGA Seeds is if I grow Jack the Ripper this month, and then choose to grow it in three years from seed, I know he will have definitely used the exact same mom and dad. This is actually rare with seed companies, especially the Dutch ones. His weed is strong and bridges well the gap, with new strains with 'old-school' flavor and taste I only used to acquire from fluffy, lanky plants years ago," Sonic said. Sonic treasures two of Subcool's strains: Jack the Ripper (JTR) and Agent Orange (AO). Subcool-induced Sonic crosses create a match made in heaven. Sonic puts his English twist on the fruity Agent Orange (among Subcool's top-five favorite strains and one of — if not — his largest yielders), and its slightly airy buds (compared to the rock-like density of Sonic's Jack the Ripper phenotype) erupt with an orange diesel fuel taste. And Sonic's trippy Jack The Ripper phenotype radiates a sweet lemon taste from its dense nuggets. "The phenotype of JTR we grow flowers in seven to eight weeks, producing an overall short and stocky plant with a large main cola with tight buds. It emits a tropical sativa lemon flavor, but for such a quick-maturing strain, it is really impressive to have a sativa high and flavor with an indicate, couch-lock buzz that appears after the initial sativa high. I can see why this strain has really gone down well in the medical scene," Sonic said. The Agent Orange phenotype Sonic bears appeared from one phenomenal seed. "This girl is one of the biggest flowering strains we have. An example of its size in weight is we ▷

can have a room pull four kilos, but when we add this amazing Agent Orange in there, we gross six kilos — all dank,” Sonic proclaimed. “It’s like orange peel with a strong orange fuel-like taste. Women love this smell. And it sends the senses spinning in disbelief that there is cannabis that actually smells like oranges.”

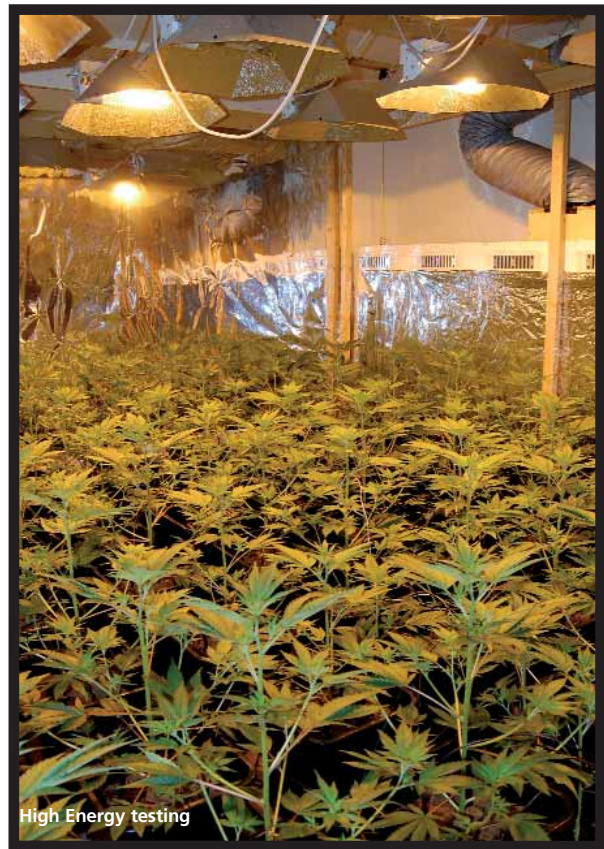
While Sonic mixes the knowledge, wisdom, and a few spectacular strains gained from his influences with the results of his grows and those of his many test growers, Sonic’s breeding style is very much his own. “I breed freestyle. It always changes,” he said. “I used to go by the book for a while, but I found it not to be the best way. Example, you have three plants: one hermaphrodite, one smells amazing, and one is bland. You would think the nice smelling one with the better bud structure will cross best, but in reality you just can’t say for sure. So I would cross all three and grow out the resulting offspring. You can find that the mum that formed hermaphrodites passes on no hermaphrodites and tastes great; the nice smelling offspring smells bland, and the bland smelling offspring forms hermaphrodites. You could continue working with the best smelling and tasting one that doesn’t pass anything good on, or work with the better crossing plant. To find the best plants of the bunch, including many males, I then turn off my senses. I choose one male and cross him to the females. And I send them out to be tested by my test growers and grow them out myself. I then will take the next male I had from the original seeds and do the same cross, and see if that crossed better than the previous male, until all males have been crossed with all the females. This is the only way to know for sure which male goes best with which female. If the test growers and I feel the plants we tested are good, I will release them. Eventually there will be many distinct phenotypes of each strain available to the public,” Sonic reported his simple breeding directions. “By working with different combinations of males and females, some crosses available today may not be remade until the other males and females of said-strain have been crossed and tested. This allows the grower to follow my work as it goes along, and cherish strains that may not be remade for some years.”

In total, Sonic owns and operates two separate organic breeding chambers, one organic breeding tent, two mother chambers, one open area mother room, one main high-powered test room with automated drippers, one 12/12 organic test loft, one double test tent, and one other test tent 12/12 from seed. Sonic only grows organically in Canna Terra soil and uses Canna’s organic nutrients (also vegan: using no animal products in its nutrients) with the addition of a few additives, such as positive fungi and bacteria or a mineral boost like Mineral Magic. “People tell me all the time that coco yields more than soil. Coco does per



plant yield more bud, but per square foot for me, it doesn’t. I have run more or less every system there is, and I can say for sure that soil is the best growing medium. Soil yields more quality buds, more flower-to-leaf ratio, denser, and has a more lasting high. In my opinion, Canna is the best soil and nutrients on the market,” Sonic revealed. Sonic separates his breeding chambers into four rooms: an area containing some of his mother plants (between 60 and 100), a room with some of his fathers (between 15 and 20 plants), an adjacent room that serves as his main “high-energy” grow area for 50 plants that he has hooked up to an automated drip-feeding system, and another room for plants that cannot handle the high wattage of his main “high-energy” grow room. For budding, Sonic uses exclusively 600-watt high-pressure sodium lights with a combination of analog and electric ballasts with Philips Lighting bulbs and Pro Ultra shades. He uses 250 – 600-watt compact fluorescent and metal-halide lights for vegetative and other applications. Sonic also uses a variety of regular and exhaust fans, tubing, and carbon filters to improve air circulation, reduce heat and contain odors.

For his most personal, hands-on testing environment, Sonic culled a loft that he mandated contain one straight-to-flowering, 12-hours-on/12-hours-off room. Built from scratch to meet Sonic’s custom and exacting standards, the room, which Sonic named his “12/12 organic-from-seed, no veg. room,” houses clones and plants straight from seeds, flourishing in organic Canna

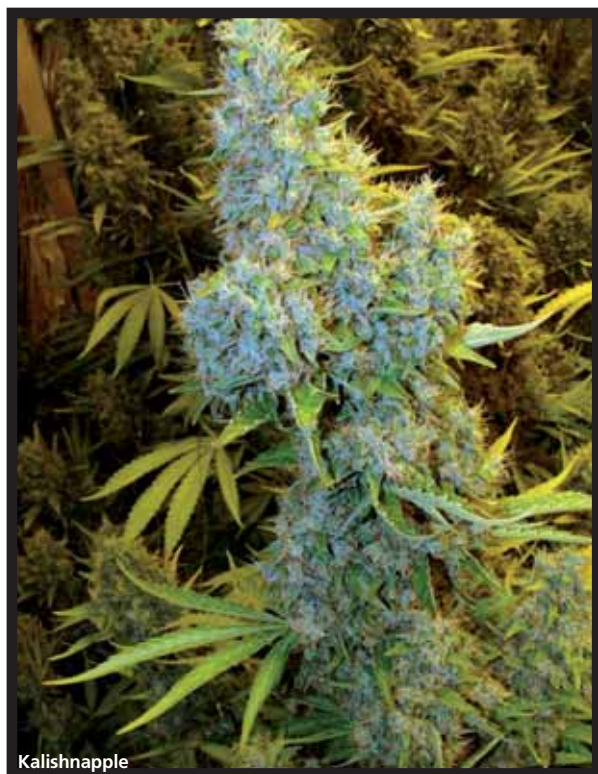


soil and nutrients in 2.5L containers. Two 600-watt high-pressure sodiums with air-in, air-out ventilation, near-ideal temperature, hand watering and near-perfect nutrient levels, 90-mm thick, silver-backed board insulation, and a ton of TLC keep the plants happy. “This is my favorite grow room I have,” Sonic gleamed. “I spend more time in this room than the ‘high-energy’ 9’ x 6’ room with 50 plants and drippers. The bigger room is automated and isn’t as much fun. I only plant two seeds of each strain in this room. I will run up to 30 to 40 strains at one time. I will run anything in here because it is in permanent flowering. The last run I only ran my strains; this run I am running other seed companies’ strains, with a few of my favorites. It’s good for me to see what other breeders’ tastes and buds are like.”

If a strain tests well, Sonic expands that strain’s testing once more, continuing with his proven hands-on, time-consuming, personal touch. “If a strain I am testing looks good, I will run a whole tent (1.2 x 1.2 meters), and put 40 of the same strain under one 600-watt sodium, straight-from-seed — no veg, straight-into flowering from planting. These have been planted about two to three inches deep into soil. This way, I don’t have to hold the stems up, or have any seedlings that will fall over. I’ll pull out the males, so we would be left with, say, 28 to 34 females — no veg food, low light, no stress, and a ton of TLC makes for more females — depending on how many males we get. This helps me really get a grip on a new strain. I have some Hubba

Bubba Haze (Jack the Ripper X Pursang Haze 6) and Jungle Cheese (UK Cheese clone 2 X Pursang Haze 6) in a tent being tested. They are just showing sex. I love the Hubba Bubba Haze — it really does smell and taste like Hubba Bubba bubblegum! I will be checking on how regular the phenotype is in this cross, as with the Jungle Cheese,” Sonic said.

After creating the UK Pineapple, Sonic focused his talent on a nearly pure sativa: Pursang Haze. Gifted from Derry of Barney’s Farm coffee shop in Amsterdam to Sonic exclusively for breeding, Pursang Haze consists of Super Silver Haze, Jack Herer, and a special Northern Lights Thai. Sonic Seeds is currently the only company that possesses this strain in its original seed form. “We have been carrying the torch from the last breeder, picking up where they left off, working with its unique, varied phenotypes,” Sonic said. “She is truly amazing, offering many flavors — from a tart lemon/lime fruit or a sweet bubble gum or cinnamon, slightly anise candy to a more earthy, incense-like spice. Imagine Nepalese Hash with a real land race hotspot taste and smell. She crosses very well and grows super dense buds for a sativa,” Sonic commented. Pursang Haze packs a soaring sativa, happy, cerebral, energizing, “even trippy and speed-like” high that will leave any sativa lover with a smile. Pursang Haze offers a perfect example of Sonic’s breeding style. “As a breeder, I could isolate one phenotype and sell it as Pursang Haze. But if I did that I would be throwing away many good other phenotypes, just to ►



only isolate one. There so many good phenotypes in the Pursang; I want people to have access to all of them,” Sonic said. For a pure sativa, its 9 – 13 week flowering time is very reasonable.

By crossing the UK Pineapple and Pursang Haze, Sonic created Sonic Boom, which provides the grower with the best of two of Sonic Seeds’ flagship strains. “Sonic Boom has been a dream of mine for some time; I have been waiting for this cross for many years,” Sonic said. “Both parents are in my top 10 plants for smell, taste, and yield. The UK Pineapple has a high flower-to-leaf ratio with full pineapple, skunky buds and a strong high. And the Pursang is a sativa with a lush, spicy/sweet smell and taste. Also, Pursang yields highly. The male Sonic used in the cross was Pursang 6, a non-dominant Pursang Haze. Sonic Boom offers a variety of phenotypes, ranging in smell from pineapples and candy to more musky, earthy spices.” Sonic warned due to Sonic Boom’s overwhelmingly intense smell, growers must use a carbon filter to avoid detection. “Sonic Boom really stinks,” Sonic said.

One of Sonic’s feminized crosses (first one, too), Kalishnapple, (UK Pineapple x Serious Seeds’ pre-1998 Kali Mist) reflects his less-is-better attitude about feminization. Sonic created Kalishnapple by stressing a flowering female Kali Mist by directly blowing a fan on her 24/7 until she released some pollen. He then pollinated two UK Pineapple plants to produce feminized seeds. Sonic chose not to sell any of his Kalishapple feminized seeds, instead deciding to give away seeds over the years. “I was recently in Spain, and visited a local growshop-seed boutique. The owner told me that

feminized seeds sell 10 to 1 over non-feminized seeds. While one side of me does not agree with feminizing from the point-of-view of the genetic degradedness, the other side of me is aware of why people want them. It’s like having a shop and not selling one type of candy because you don’t like it. I have made some feminized strains. Kalishnapple is one of them. She does not hermaphrodite, and has everything we want in a sativa-skunk hybrid. She is totally tropical: peaches, pineapples, and bananas, full, massive-yielding baseball bat sativa dominant buds with a high flower-to-leaf ratio. The rare phenotypes are an exact copy of Pineapple but with a spice taste and a slight blue tinge to the buds. We have been running the Tropicana pheno for the last three years; we just rejected two new plants we grew out. And I have one more also from seed being tested now. She is a big improvement over the original Kali Mist — it’s got more flavor and strength; the original Kali Mist is too dry and bitter for my kind of a sativa, but she surely packs a soaring high!

“I think if breeders take the time to test a feminized strain, and it’s good, then I can’t see why not to release it. I would, however, only feminize plants I can’t create using the traditional way of breeding, for example: clone-only Cheese X clone-only UK Pineapple. If I want to cross these to clone-only strains, feminizing is the only way. I would only feminize two different strains together, never the same strain onto the same strain. Feminizing the same strain on itself leads to mutations and hermaphrodites,” Sonic said. “As regard to the genetic degrading of the cannabis gene pool through feminizing, I believe people should not breed with feminized plants unless in rare individual cases — if feminizing continues to grow in popularity, outgrowing itself as more than just a fad, I can see the stock of cannabis genetics. Future breeders’ collections will be tainted with feminized genetics. Few breeders will have access to unpolluted cannabis land races and hybrids. In time, the original land race and hybrids of the past will have been genetically patented by companies like Monsanto. So in a way, the more feminized strains get made, the more the chance of a specimen from that strain ending up as a breeding plant in someone’s project, without the breeder knowing it was originally a feminized strain,” Sonic warned.

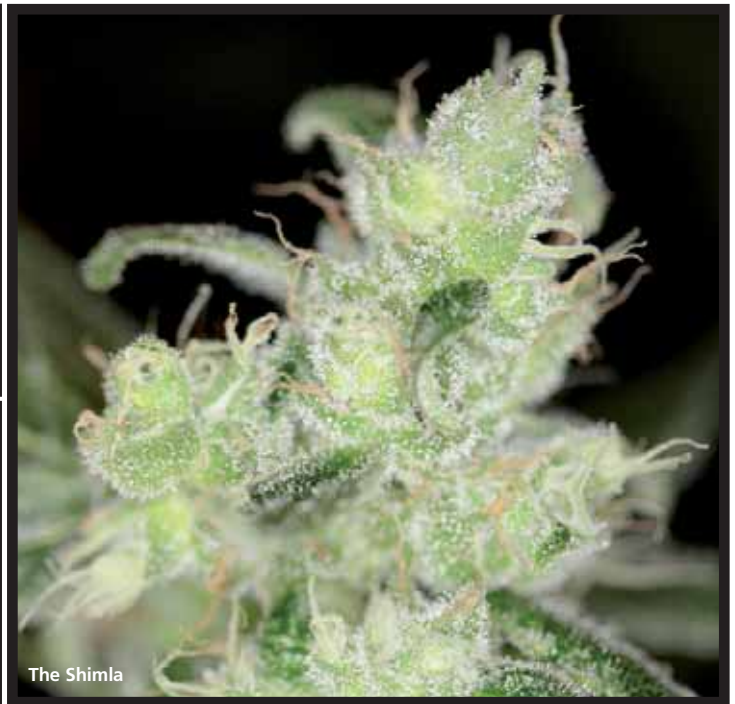
A name like Pure Thai Ko Samui Lemon Zest probably conjures up images of a new food dish concocted in a Thai restaurant. But no, the name happens to cover another one of Sonic’s exotic sativa strains. Besides just accumulating seeds from across the world given to him by close friends, Sonic travels the globe collecting undiscovered and uncirculated genes, especially land races. Remaining one of the world’s most innovative breeders requires a lot of traveling, along with patience, talent, hard-earned knowledge, incomparable endurance, and



Hanuman Temple



Male Shimla



The Shimla

a strong work ethic. During a holiday trip to Thailand, Sonic met a local who had a relative that grew for personal use. Sonic purchased three ounces of Thai weed from him and found six seeds. Out of those six seeds only one germinated, forming a sole, pure Thai sativa female that tastes exactly like lemon zest. “This is among the top three best strains I have ever smoked,” Sonic expressed. “She is a true blessing with a dreamy, trippy high. While it relaxes you, it gets the creativity flowing. I have many friends in Thailand and Laos, and most them agree that the Pure Thai Ko Samui Lemon Zest is one of the best Thai strains they have ever seen or smoked. She is truly amazing,” Sonic mentioned. The only factor, Sonic said, some may not like about his Pure Thai Ko Samui Lemon Zest is its extremely long flowering period, which can take up to 22 weeks to finish.

Sonic formed his next flagship strain from seeds he collected when he traveled to the Hanuman Temple in the Shimla Mountains in North Punjab, an area located on the border between India and Pakistan. Sonic met the caretaker of the temple, who helped Sonic obtain the seeds that conceived the strain he named Shimla. “She is an amazing, missing link type of strain — definitely not much weed like this around anymore, such an ‘old-school’-type strain,” Sonic declared. He said Shimla offers the grower what he calls a complex “three dimensional” taste and high that “can take you places you have never been before.” Sonic attributes this very rare three-dimensional high to Shimla’s land race genes. “I have never smoked a modern hybrid that has a three-dimensional high and taste unless it has a recent land race added to the mix.” Shimla exudes a certain rawness, which Sonic defines as a “piney, earthy, spicy smell, more like a berry hash than a spicy sativa. The effects of smoking Shimla are just the same as smoking

fresh, pure Indian hash — first you feel tingly and fuzzy, then motivated, and then relaxed. It really feels like you are wearing a turban,” Sonic said.

Shimla lead to the formation of PineQueen, Sonic’s all-time favorite strain. “PineQueen is my most favorite strain. She is unique and very special,” Sonic disclosed. Sonic invented PineQueen by crossing Shimla with the UK Pineapple. Due to an accidental death, the original Shimla father used in the cross no longer exists. “This exact cross of PineQueen will never be made again,” Sonic grieved. “I have made F2s, and I have just selected some new Shimla moms and dads for the PineQueen to cross. The new cross with the Shimla and Pineapple could come out even better; the Shimla is very consistent, so I am expecting pretty much the same results. Original PineQueen seeds are extremely rare now. If I had the chance, I would buy back all the ones I sold. I only have 40 of the original PineQueen seeds left. And I am working with seven males of the original PineQueen.” PineQueen comprises two main phenotypes: one with tight, dreadlock-like buds and another with fluffier buds. “All of the phenotypes, including a third one which is a mix of the main two, furnish massive yields. All have the Shimla taste and the added girth of the Pineapple. To preserve these phenotypes in the strain, I am using the original PineQueen male, instead of the female” Sonic said.

Pinequeen Haze is a close second favorite for Sonic, which he added his Pursang Haze. “Imagine the smell of sour fruit mixed with PineQueen’s gooey earthiness,” Sonic said. “The Pursang dad used is the same non-dominant dad used in other crosses. Pinequeen Haze produces a lot of potent, big buds with a fruity, sour, spicy hash smell and taste.” Pinequeen Haze finishes in ►

8-11 weeks. Sonic cites Pinequeen Haze as a spectacular sativa that can appease a medical patient's need for an indica-dominant strain. "She smashes you in: high and heavily stoned at the same time but without any of the anxiety associated with indicas. Attack of the munchies followed by good old red eye. This is a good example of using a sativa-dominant plant for sleeping instead of going for the indica," Sonic affirmed. "If one was to choose to smoke a sativa-dominant strain like Pinequeen Haze in the evening, the skunk that comes through in the high, added with the Pursang's high, sleep and tiredness can be achieved very easily without feeling twitchy and edgy. I can compare like this to if I was to say smoke three to four joints in the evening, and my goal was to get to sleep. I could smoke indica, leaving me feeling heavily sedated and then sleepy, with not much else in between. I may get the munchies, but I will probably not be bothered to get up and go to the fridge. Then I would have to find the motivation to roll another one when I feel the indica stone dwindling. Or I could smoke a sativa-dominant strain that at first gets me high—I may eat a lot, do some home duties, smoke the next joint because I feel like I want to, and then maybe watch a movie. Then the red eye I obtain from the sativa alone can happily put me to sleep: dreamy in the mind and the head. All the senses are in the head after smoking a few joints of a sativa; the relaxed dreamy side of sativas can make you happy about going to sleep and take away the anxiety that causes sleep deprivation in the first place. For me, most predominately indica strains can make me edgy, and I find I get an anxiety from watching the clock count away, thinking I better go to bed soon. But with sativas, I don't watch the clock, as I could stay in the same spot for hours, not worrying about actually being in bed. True Thai weed can be very dreamy, with that in and out of daydreams effect," Sonic illustrated.

Stella Blue is another strain Derry of Barney's Farm coffee shop in Amsterdam gifted to Sonic exclusively for breeding. Sonic's Stella Blue — allegedly a 1970s Himalayan strain brought to Humboldt County to acclimatize, and then a clone was shuttled to Amsterdam where a Skunk #1 was added — originates from the ten year-old S1 seeds. "These are definitely better than the original Stella blue, producing less hermaphrodites and more taste," Sonic said. "The flavors range from strains like Bubba Kush, Yumbolt, Los Angeles Confidential, Kush, and Skunk all rolled into one," Sonic detailed. "We are working with two phenotypes: number one and three. Most of these strains are used for crossing, with the crosses being available in seed form."

Sonic Seeds' prodigious plans include a land race-only breeding room. Along with his on-going mission of creating new unique strains, Sonic works intensely to elim-



inate the generic, one dimensional, low-yielding strains so many people continue to grow. Sonic believes growers can and should have potent, massive yielding strains with exotic tastes and highs without having to give up anything. He feels and knows with his strains that growers can have their cake and eat it, too; they can easily produce enough super dank for themselves and others. "This bugs me, how many strains whose taste and high I really enjoy tend to be bad yielders. The 'average Joe' only gets to smoke Beaster strains with no taste or smell to them, and the grower grows out the best stuff and because of its yield, keeps it all for himself. I believe it doesn't have to be this way," Sonic expressed.

"Sonic Seeds is about to embark on its land race-only breeding room," Sonic divulged. Sonic recently germinated some seeds from his old land race collection. Sonic revisits the tropical land of Jamaica — where it all started with his first strain, the UK Pineapple — with land race seeds of a Jamaican Lambsbread from the early 1980s. Lambsbread was reputedly Bob Marley's favorite strain. "They are true Lambsbread. The taste is pure hotspot sativa just like imported weed from way back when," Sonic said. Sonic takes great pride in the unprecedented uniqueness and notable legitimacy of his Lambsbread, almost like a child who serendipitously finds a pearl among all the ubiquitous clams on the beach. "It can't be described until smoked," Sonic mentioned as he smiles. To safeguard his Lambsbread genes and ensure their survival — especially in their intended growing environment — Sonic traveled to St. Lucia in the Caribbean with many of those seeds in hand and disseminated them among the Rastafarian planters. Breeding exclusively his best land race stock, Sonic plans to construct new, never-seen-before strains and crosses, while preserving some land races that would otherwise be lost forever. Sonic wants to bring back lost cannabinoids for smoking and medical purposes.

Sonic Seeds can be purchased at www.breedbay.co.uk/auction. 🍀

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Pot of Gold E40/\$87R
Power Skunk E79/\$172F
Real McCoy E40/\$87R
Skunk #1 E52/\$112F
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Master Kush E26/\$52R
Millennium E40/\$80R
Northern Light E35/\$70R
Original Misty E49/\$100R
Outdoor Mix E13/\$25R
Purple E22/\$44R
Shiva E28/\$52R
Shiva Afghani E35/\$70R
Skunk #1 E22/\$44R
Super Crystal E53/\$106R
Top 44 E31/\$62R
Train Wreck E53/\$106R

KIWI SEEDS 15 Seeds (Reg.)

2 Pounder E51/\$102R
Algeria E66/\$134R
Daddy's Girl E47/\$95R
Hindu Kush E32/\$64R
Indoor Mix E37/\$75R
Kiwi Kush E23/\$50R
Mako Haze E94/\$190R
Milky Way E51/\$102R
Mt Cook E47/\$95R
Outdoor Mix E37/\$81R
South Star E56/\$113R
Tasman Haze E88/\$134R
White Island E51/\$103R

MAGUS GENETICS 10 Seeds (Reg.) / 5 (Fem.)

Biddy Early E30/\$60R
Biddy Sister E30/\$60R
Double Dutch E55/\$120F
Exile E55/\$120R
Motivation E55/\$120R
Warlock E45/\$102R
Now available as single seeds just divide the price by 12.
White Widow E100/\$200F
New York City E110/\$220F
Northern Lights E100/\$200F
Shark E95/\$190F
Pipi E95/\$190F
Nefertiti E105/\$210F
Wembley E100/\$200F
Lennon E110/\$220F
Galaxy E65/\$130F
Tutankhamon E85/\$130F

RESERVA PRIVADA 6 Seeds (Fem.)

R.K.S. E35/\$70F
Silver Bubble E35/\$70F
Snowcap Romulan E50/\$110F
Tora Bora E50/\$110F

SEEDSMAN 10 Seeds (Reg.&Fem.)

Afghani #1 E20/\$45R
African Buzz E20/\$45R
Asta Tundra E20/\$45R
Columbian Red Haze E20/\$45R
Early Durban E20/\$45R
Haze Mix E13/\$30R
Hash Passion E20/\$45R
Hindu Kush Skunk E20/\$45R
Hawaiian Skunk E20/\$45R
Indian Haze E13/\$30R
Indian Skunk E20/\$45R
Jungle Wreck E20/\$45R
Narkush E20/\$45R
Mama Mia E35/\$80F
Mama Thai E20/\$45R
Mazari E35/\$80F
Nemesis E35/\$80F
Northern Lights E20/\$45R
Northern Soul E35/\$80F
Outdoor Mix E13/\$30R
Original Haze E13/\$30R
Original Skunk #1 E35/\$80F
Power Africa E35/\$80F
Purple Bud E20/\$45R
Skunk Haze E13/\$30R
Skunk Mix E13/\$30R
Swazi Skunk E20/\$45R
Skunk #1 E20/\$45R
Sugar Haze E20/\$45R
Velvet Bud E35/\$80F
White Widow E20/\$45R E35/\$80F
Top Skunk 44 E20/\$45R

SENSI SEEDBANK 10 Seeds (Reg.&Fem.)

Afghani #1 E45/\$98R
American Dream E81/\$129R
Big Bud E78/\$176R E88/\$189F
Black Domina E85/\$184R
California Indica E39/\$88R
Durban E49/\$109R
Early Girl E49/\$109R
Early Pearl E49/\$109R
Early Skunk E29/\$69R
Ed Rosenthal Superbud E125/\$270R
First Lady E45/\$98R
Four Way E68/\$100R
Fruity Juice E88/\$189R
Guerrilla's Gusto E22/\$63R
Hash plant E106/\$222R
Hawaiian Indica E81/\$130R
Hindu Kush E29/\$69R
Indoor Mix (25 Seeds) E49/\$109R
Jack Flash E88/\$189R
Jack Flash #5 E97/\$204F
Jack Herer E133/\$260R
Jamaican Pearl E49/\$109R
Maple Leaf Indica E45/\$98R
Marley's Collie E106/\$222R
Mexican Sativa E20/\$45R
Mother's Finest E71/\$155R
Mr Nice G13 x Hashplant E126/\$271R
Northern Lights E97/\$204R
Northern Lights #5 x Haze E121/\$259R
Outdoor Mix (25 Seeds) E39/\$91R
Ruderalis Indica E20/\$45R
Ruderalis Skunk E40/\$92R
Sensi Skunk E23/\$51R
Shiva Shanti E30/\$71R
Shiva Shanti II E20/\$45R
Shiva Skunk E59/\$134R
Silver Haze E78/\$169R E88/\$189F
Silver Pearl E81/\$138R
Skunk #1 E28/\$60R E35/\$76F
Skunk Kush E73/\$158R
Super Skunk E39/\$91R E49/\$109F
Sensi Female Mix E67/\$146F

SERIOUS SEEDS 11 Seeds (Reg.)

AK47 E60/\$131R
Bubble Gum E55/\$121R
Chronic E55/\$121R
Kali Mist E60/\$131R
White Russian E55/\$121R

SEEDISM 5 Seeds (Fem.)

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Nevilleberry E45/\$90F
White Skunk E45/\$90F
Killa Watt E45/\$90F
AppleJack E45/\$90F
BLZBud E45/\$90F

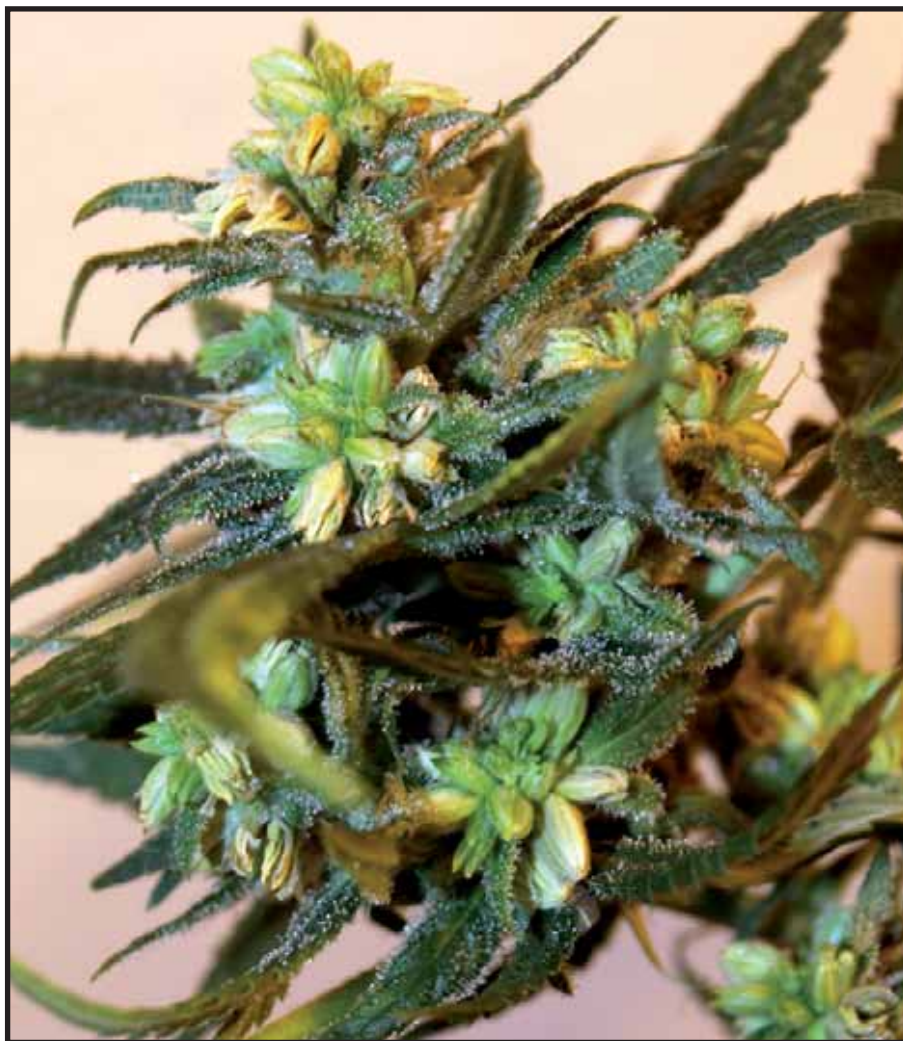
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BC Early Blueberry:

We've feminized a fast-flowering Blueberry from the selections I've made over the last ten years. It's potent and resinous, and grows great indoors and outdoors.

Flowering Time: 55 days Indoors
September 30 outdoors

To feminize or not to feminize?

Jay Generation

The modern cannabis scene is now saturated with feminized seed genetics. Like it or not, they're now here to stay. It doesn't look like it's just a fad we're going to outgrow; the old timers, breeders and professionals will all still grow regular seeds and select a good clone mother to produce all female crops. But these days, most growers are not professionals, they are beginners. And beginners often want instant gratification; they see male plants as a complete waste

of time. Yet other growers live in a climate of dangerous prohibition, and it may not be smart for them to keep a clone mother room full-time. For these growers, female seeds provide a much better financial reward for their risky occupation.

Since we've offered our Canadian seed to the European customers, we've been flooded with requests for feminized seeds of Canadian genetics. Now after 1 1/2 years of selection, research, and testing, we are releasing our first feminized line. Our

Island Sweet Skunk:

Finally the feminized seeds are here. The award winning Island Sweet Skunk has a distinct aroma and flavour. Very potent effect, physically and cerebrally.

Flowering Time: 65 days Indoors
October 15 outdoors

feminized seeds were produced with the collaboration of professionals. Along with myself and my great Canadian genetics, selections were tested by a Dutch grower with over 20 years experience, and by the breeders of Elite Seeds who employ many growers, including a geneticist from a predominant Spanish University.

Working together with these professionals has allowed me to concentrate most of my effort on regular seeds and the selection of superior



Lemonator:

Lemon flavour strains are always a favourite. The aroma is full and the buds are large. A great hybrid for commercial and personal growers.

Flowering Time: 55-65 days
indoors October 10 outdoors



BC Golden Skunk:

This Skunk hybrid is a medium-sized plant, very resinous and potent. It's a very good choice for medical users due to a complex high that is high in THC and CBDs.

Flowering Time: 55-65 days
indoors October 15 outdoors



Afghani Kush:

A classic Afghani strain. We selected this one from the A-K seedline from the British Columbia Seed Company. It's a large production strain that flowers very fast, indoors or outdoors.

Flowering Time: 7 weeks indoors.
September 30 outdoors.

5 feminized varieties are now available:


breeding parents. These superior clones that I select are passed on to feminized seed makers. After the seed is produced, it is test grown by several different growers, including myself. Many different grow methods are employed for testing: hydroponics, soil, and outdoors. Only the best are selected for sale. These feminized seeds are now sold under the company Cana de Espana, which means, "Bang of Spain."

We use the chemical STS (Silver Theo Sulphide) to induce male flowers on the selected female clones. These plants in turn pollinate other female clones that have not been sprayed with the chemical. This

process produces entirely female seeds. It's the same method employed by many top seed producers in Holland and around the world.

Transporting clones around the world is now very easy with the advent of tissue culture technology (and brave couriers). Very small clones can be taken and flown around the world for continued breeding and testing. In this manner, we've been pioneering the breeding of special selections from around the world. Our prize genetics from Canada can travel with me anywhere we decide to go with them. Selections from vast fields in Africa, South America and Asia are

also making their way to our farms for breeding projects.

In current breeding projects, we are experimenting with several hybrids between Canadian and Spanish strains. My Canadian strains like Grapegod, Romulan, and Island Sweet Skunk are being hybridized with Spanish prize winners like Critical Plus, Llimonet Haze, and La Rica. After the superior clone selections are made and tested, it's on to the feminizing rooms. Watch for these new creations in the upcoming year after test crops are grown and approved. 

Growing Pains

By JesseE

A great man once said there are many different ways to skin a cat, and he could not have come any closer to the truth.

When it comes to marijuana cultivation, there are as many ways to propagate as there are growers. Often times, these growers are utterly convinced in the superiority of their particular method over others and rarely does one come to an agreement as to the best way to properly go about doing things. So in essence, there isn't really one particular way of doing things that would fit the proverbial definition of "the correct way" or "the wrong way." It's an individual endearment that most come to define themselves by over a number years by trial and error. If it works for you, and it makes you happy, that's really all that counts. But for those of us out there still walking the path of knowledge in search for the ultimate enlightenment, the learning process is a never ending cycle and will continue as such to the very day you pass from this world. And who knows, maybe beyond?

One of the most common misunderstandings a newer grower has is the unnatural fear of males in their garden. Growers and smokers alike have come accustomed to smoking *Sinsemilla* marijuana, or cannabis without seed, and it's this desire to smoke seedless cannabis that has lead to the fear of the dreaded male and hermaphrodite varieties respectively. Throughout the years, I've seen a number of growers dispatch

potential female varieties for fear that the plant was actually a male before it ultimately flowered and determined without a doubt its sexual identity. Some growers will to go great lengths to identify these males before they sex with magnifying glasses, microscopes and, seemingly at times, even extra sensory perception. Over the years, growers will of course accumulate experience as they go, however, the unnatural fear of male plants can carry on far longer than is really necessary, and in the process, the grower could potentially be culling true female flowering varieties that may be the very plant you've been searching for your entire life. Most experienced growers will be quick to point out there is a safety window between the time your plants definitively show sex and the point in which pollen is ultimately released. Much like with female varieties, the male plants go through a maturation stage of their own and it's not until they approach the height of their flowering cycle that pollen is gradually released before the complete onset of pollen dispersal. This window of opportunity between the initial stages of flowering development and the release of pollen allows the grower more than enough time to safely identify the male plants and remove them. Female plants will often times be characterized with the appearance of white hairs, and in the case of hermaphrodites, the grower will notice both male and female flowers forming along the internodes of the plant, where the stems of leaves and small branches meet the main trunk of the

plant they are attached to. Male flowers, in contrast, produce individual ball-like flowers initially, soon they cluster together before ultimately releasing pollen. These ball-like clusters can be described as pouch like, almost shaped like a tear drop. They are easily distinguishable between the female plants once the initial flowering is underway, and it's during this time that plants can safely be discarded without fear of losing potential female varieties. When growing like varieties, often times the male plants will sex long





before the females initially begin to flower, again allowing ample opportunity to remove the unwanted male varieties in an effort to protect your sinsemellia crop. In the Marijuana Growers Handbook, well-known marijuana cultivation expert Ed Rosenthal wrote, “In order for the flowers to ripen unseeded, they must remain unpollinated (unfertilized). Male and female flowers usually appear as they are recognized. This should be done early in the male plants’ development, before any large flower

clusters appear. Even a single open flower cluster can release enough pollen to fertilize thousands of female flowers.”

Patience is a virtue all growers must possess when attempting to grow the highest grade cannabis. Many experienced smokers prefer the much longer-flowering, generally lighter-yielding Sativa varieties over the faster, indica dominant varieties so readily available in today’s market. And even after the plants have fully ripened and harvest time has arrived, smoking

the flowers won’t be nearly as pleasurable immediately following harvest as they would be after a proper drying period and long-term cure. According to Rosenthal, “When a bud is picked, many of its metabolic processes continue for a while. The cells begin to convert carbohydrates back to sugars and break down some of the pigments. Chlorophyll is one of the pigments affected. Some of it is metabolized and the bud appears a lighter green than when it was first picked. Some of the other ▷





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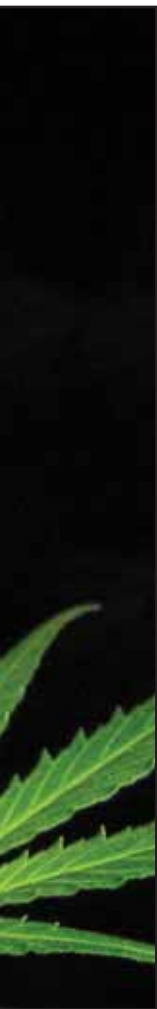
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pigments will show through then, giving the bud a red, purple or cream color.” This process of breaking down carbohydrates and converting them back to sugars is done by a long-term cure, and often times explains the reason why your cannabis will taste far better after having had a chance to sit in a sealed storage container, such as a mason jar. To cure your marijuana, one wants to first dry the cannabis properly, being careful not to over do it. A cardboard box, such as a shoe box, or a simple brown paper bag obtainable from your local grocery store, will suffice in storing your cannabis initially for the drying stage after harvest. Others prefer to hang the entire cannabis plant in their garages, closets, spare bedrooms, basements and elsewhere. This is done for a number of reasons, from preserving the resin glands on the cannabis to other less obvious reasons, such as the size of the harvest or the individually-unique circumstances in which most growers find themselves. Often times when growers are hanging their plants in an effort to allow them to dry, devices are employed such as oscillating fans in an attempt to keep the air movement as fresh and free of stagnation as possible. The cannabis should be stored in a relatively dark, dry and cool environment for three to seven days maximum, with the bag or box opened periodically to allow air flow to the flowers in an effort to stifle potential mold issues. After the initial drying process, many growers prefer to give their plants a thorough manicure before ultimately putting them into long-term storage. Often, stages of manicuring can be employed, first removing the larger fan leaves and later concentrating on the smaller, more resinated leaves that surround the flowers. Once in your chosen containers, which can range from anything like old coffee cans, mason jars and cookie jars to plastic Tupperware containers, the marijuana should be left virtually undisturbed, aside for the occasional purge of the container tops to allow oxygen in and any moisture that may have accumulated out. The marijuana flowers will go through several stages once in the curing process, and often times the buds will sweat and seemingly rehydrate themselves. This is why it’s important to dry your cannabis properly before entering the curing stage, as too much moisture in your buds could lead to disastrous consequences once



placed into storage to cure. The sweating is a natural process, and after some time will gradually begin to decline as the process of breaking carbohydrates down back into sugars begins.

Two of the most confusing and often overlooked aspects of basic cannabis cultivation are the proper identification of plants that have sexed and the drying and curing process. The two rely on each other in the sense that the more female varieties you have in your garden, the more prolific your harvest will be and thus the rewards for the months of patience and preparation you’ve spent in your garden. However, to get a true sense of what your cannabis is fully capable of, a properly grown and dried flower, coupled with an adequate curing process, can make the bountiful harvest you’ve come to enjoy an even more pleasurable experience. Nothing worth its wait in gold was ever created overnight; with patience, diligence and hard work, you too can be smoking cannabis fit for the gods. ✚

Bibliography:

Rosenthal, Ed. Marijuana Growers Handbook: Indoor/Greenhouse Edition. Quick American Publishing, 1984.



Recycled Grow Bed Bonanza



By Jef Tek

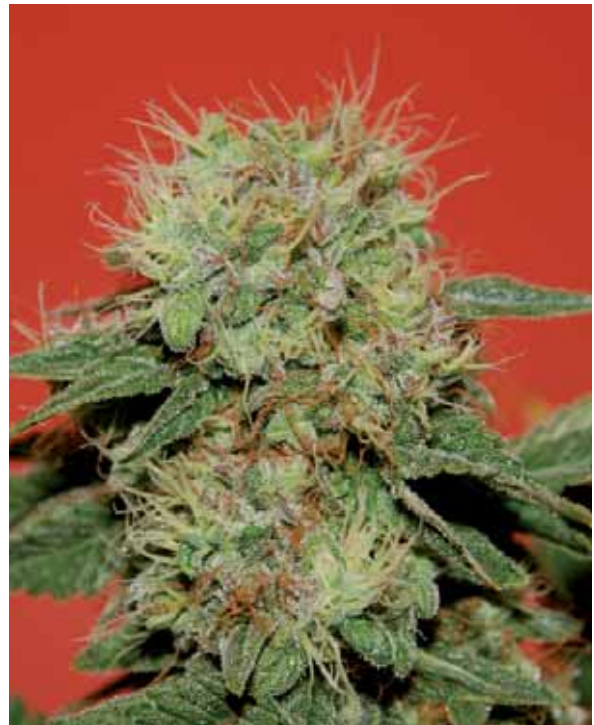
With food banks empty and shelters full, to me 2009 has been a year of more endings than beginnings. On the bright side, for every ending there is always a new beginning. My wife Michelle has always dreamed of having her own vegetable garden but time, place and space were never in alignment like the way this story unfolds, and this year we really created something wonderful in our own modest back yard.

Rewind to last winter, dreaming of this year... We had 4 foot square, one foot deep grow beds built from outdoor lumber, covered in pvc pond liner filled with soil for Michelle's legal indoor medicinal marijuana garden. Having successfully used them for almost 3 years running, when I discovered growing in 5 gallon buckets was far simpler and superior - in both size and quality of the plants and also in the ease of all transplantation taking place OUTSIDE the bud room, making a sealed room even cleaner and virtually dust free, we decided to recycle the grow beds in the most unusual manner.

As a final crop of Afghani Bullrider medicine was lovingly harvested from each 100 pound bed, the soil was removed before moving a bed from the bud room and placing it into the garage for disassembly. First I removed the pond liner and used this to make a moat all the way around my house! Just kidding, the pvc will be saved for another day, but the 2" x 12" x 4's were

perfect to replace all my back porch steps, and the bottom 4'x4' plywood went to my neighbors' grandkids' new playhouse. The last three 4'x4' 'frames' were moved to the back yard in the spring and filled with the same recycled soil that came from all the beds that was saved in huge garbage bags. They were recycled as well. (One note: Some pvc was stapled with expensive stainless steel staples and these proved to be very difficult to remove - very difficult, get out the angle-grinder difficult, the cheap steel staples mostly rusted nicely due to the natural moisture content of the treated lumber and yielded the pond liner easily... Warning-Don't use stainless steel staples unless you want it to last a real long time!)

May 15th came with full blown sunshine this Spring and I purchased 6 bags of mushroom compost to top-off each bed and then my part was done, except for my annual mini tomato plantation which I automated this year for absolute hands-off watering twice a day at first, 3 times a day in the real heat of Summer and down to only once a day now. Michelle, my good Ukrainian-Irish-Canadian garden girl, she swept-in like the B.C. summer breeze and planted radishes that I swear were done in like 4 weeks (2 kinds!), she planted cucumbers that we are still harvesting from as well as green onion, green & yellow beans, leeks, beets, carrots & peas. Hell, for the first time in over 17 years, even our plum tree bore fruit and the kiwi trees are still growing the kiwi to be harvested shortly. Kiwi! Cool, ▷



eh? For months now, dinner consists of many items grown just a few feet from our back porch door. This makes me love our home more. Love breeds contentment and pride, pride makes me want to plant more next year. I'm the mechanic and Michelle is the ambassador, together we make a great team, I couldn't and probably wouldn't do this without her.

Beds that were previously used to cultivate marijuana indoors are now providing food for us and the neighbors on both sides of us. My heirloom Tiger Stripe tomatoes were delicious and firm, providing dozens of excellent tomatoes as well as the two other varieties that I planted in a relatively small 30 gallon pot. Mother Nature is right out side your back door, waiting to make you some good food, all you need to invest is a little time. Have you seen the price of produce lately? I easily grew \$100 in just tomatoes alone, out neighbor who benefitted from my used plywood benefitted us with fresh green apples from his tree in addition to rebuilding the dilapidated fences between our properties for free. Wood doesn't last too long outdoors here in the great pacific northwest but the wood that created buds for three years will provide vegetables for another three or more and the new treads on the back stairs will mean that I won't fall thru the top one like I did last year! Michelle made at-least a half dozen apple cakes from our neighbor's tree and they were the best cake I have ever had. The neighbors' Grandkids' screeched with delight for the apple cakes, too!

If a small, 3 square yard, garden in a yard that doesn't even get full sun can produce enough love for more than us, the Mother-in-Law, the neighbors' and their offsprings' offspring, then why is there hunger



in the world? I won't spout off cold numbers or even give any examples, there are enough of those around, I just wanted to share a real simple experiment in horticulture & neighbor relations, remember this: The powers that want you to trade in your 17 year young automobile for cash are the same powers that want us to fear our neighbors. Fear breeds consumerism, if we shared a lawnmower between three households then they would sell two less lawnmowers. Think of the wealth of tools, spare TV's, bicycles & sporting equipment that sits unused and unloved inside your neighbors' fence but if you hate each other then it's off to Walmart to buy some of your own crap, then you need a shotgun to protect all that disposable nonsense you just spent your whole entire paycheck on.

Peace & Recycle,
Jef Tek
Sept. 26, 2009 🍀

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Dark Star

Last push with fresh pistils

This new strain will be released at the Cannabis Cup Nov 2009 @ THSeeds Sweet 16 anniversary.



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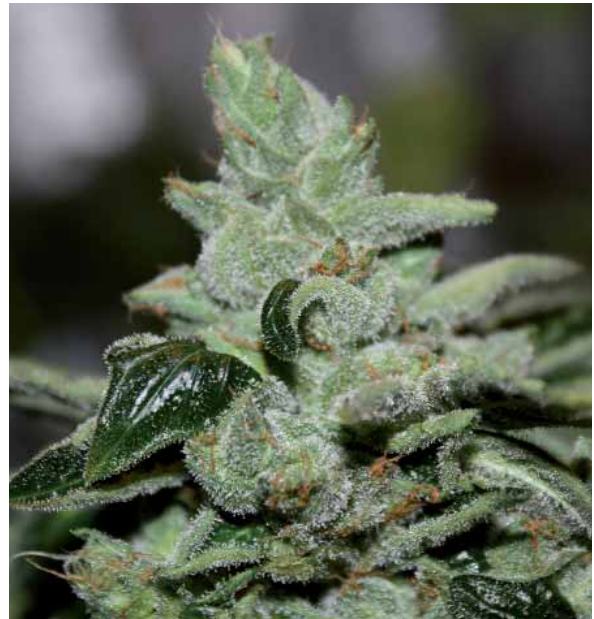


By Sagemasta

Who doesn't love to harvest some flavorful homegrown Sensimilla after all the hard work of taking care of your crop in best possible way. Knowing how to care for your finished crop will enhance the quality of your buds as well as keeping a high THC content. However, influencing the best taste and quality of your buds already starts in the pre-flowering stage of the Cannabis growth cycle.



Dark Star flower:
63 days at peak resin production.



Dark Star trim one of the finest qualities for water hash due to its Indica lineage.

Stimulate Flowering

In the end of the vegetative growth stage (6th-8th week) male and female pre-flowers starts to become visible. Female pre-flower formations are visible as small white pistil hairs coming out of the female calyx at the bottom of the 4th-5th branches internodes. Male pre-flowering entails the development of small sack-like pods at bottom of 4th-5th branches internodes.

In its natural environment, Cannabis flowers in the Fall when the period of day light is becoming shorter. If growing indoors or in a greenhouse you must now change the cycle to 12/12 day/night photoperiod to mimic the introduction of Fall. A trick to speed up this is to put the room into 36 hours of darkness before starting your 12/12 regime. This gives the plant the direct signal that “the times they are a-changin’”, and can help to speed up the process by up to a week. After starting the 12/12 hours photoperiod male flowers reaches sexual maturity within 1-2 weeks before females. Be sure not to interrupt this 12/12 hour cycle as it could lead to that the plants are getting stressed and chances of producing hermaphrodites increases. If you’re growing a weed crop (and not a seed crop), then you need to isolate the males from the females in about 2nd-3rd week of flowering (pre-flower stage). Spotting a male plant is possible already when the plant is starting to show the first signs of pre-flowers. Remove males as soon as they are identified so that they will not fertilize the female pistils to produce seeds.

To help improve the flavor and overall texture of your crop nothing seems to improve this plant more than

good ol’ bat guano. There are plenty of products that promise miracles but non seem to top natures own guano applied at the right time (3rd-4th week of flowering). Adding guano will improve your plants flavor and texture more than any other product that I have tried.

Flushing: one step before harvesting your buds

To obtain a fresh natural flavor of your buds is it important to start flushing your plants with fresh water approximately two weeks before the buds reaches its peak ripeness. This as additives such as fertilizers and boosters can influence taste with its chemical compounds.

Buds reach its peak ripeness about 7-10 weeks into the 12/12-hour photoperiod. Typical signs of flowers that are ready to be picked are full swellings of the pistils. Probably the biggest misconception in harvesting is to wait until half the pistil hairs have turned orange. This is inaccurate as we are not growing hairs but we are growing resin. A better way of accurately identifying the signs of ripeness is to use a loupe or a mini microscope. A trick is to count the trichomes (the mushroom shaped glands that cover the surface of the bud/leaves). It is the tops of these glands that contain the active ingredients in the Cannabis plant, which is our main focus and final indicator of ripeness. Try to estimate through the microscope or loupe when 10% of these are fully ripe and have turned amber, 10% are crystal ▷

clear, and 80% milky white - then its time to harvest. Just as in baking, if you wait too long with taking out the cake out of the oven you can easily overdue it. In time the glands will eventually turn one stage further and the amber glands will eventually pop. The milky glands will turn amber and the clear glands will eventually turn milky. This also affects the high as the chemical make-up of the glands change. Clear glands contain more CBN and produce a milder effect. The milky glands contain a more CBN/THC mix and give you a more edgy trippy high. Amber glands contain a THC/CBD rich mix. This gives you the heavy “narco buzz” that is familiar with Afghan influenced varieties that have made modern Cannabis what it is today.

Harvest

The best time to harvest is at the end of the day. This ensures that the plants are not full of water. The best way to cut them down is to use the plants natural shape to create hooks. Starting at the top make the cut just below the 3rd-4th node branch. Continue down the whole plant till you reach the bottom. Trim off the lowest branch leaving a four-centimeter piece creating the hook. This makes it easier to handle while trimming and perfect to hang.

When manicuring it is good to keep your motions as simple as possible since you may do it over a thousand times per hour. A good technique is to spin the branch in your non-cutting hand and cut off the leaves in a “lathe” technique. When applied properly this can be one of the fastest and cleanest ways to cut. Always use sharp scissors and keep them clean by scraping the resin during use and sharpening and oiling regularly. After trimming, hang your buds on a string or wire. Be careful not to crowd them as this increases the drying time and promotes mold. The time it takes to dry your harvest depends on your conditions. If you live in a very dry area try to slow down your drying time as much as possible by sealing the room and keeping airflow down. This will keep your flavors intact and not give your weed that tinderbox effect where it crackles and pops due to extreme dryness. If you live in a humid environment try not to take more than two weeks to dry as you may get to the stage where it never wants to dry. Use lots of airflow with a circulation fan around the drying buds and regularly inspect them. To test that they are dry enough, bend the stem. If the stem cracks and almost breaks it’s perfect.

Hereafter, store the buds in a 5-gallon bucket with a lid. After a few days you open the bucket for a few minutes to exchange air to prevent the buds from re-hydrating. After two weeks it is possible to put them into glass/mason jars for long term storage. These jars



Create a branch hook:
Trim off lowest branch to create a natural hook



Drying room:
Small tents serve as excellent drying rooms.



Drying String:
Evenly space your buds to prevent molding.

should be stored in the dark to prevent further THC degradation. Leftover leaves

From the leftover trim leaves you can make potent organic hash. Good organization during manicuring will ensure that you set aside the best possible trim to make hash from. The biggest mistake most people make is to mix the big leaves with the small leaves. The big leaves contain a ton of chlorophyll and little resin while the smaller cut leaves are chock full of resin and produce the best quality hash. To preserve the most resin keep all trim in the driest condition. For example, do not seal them up too tight as they may ammoniate and will destroy the flavor that you are trying to achieve. Growing, curing, and consuming cannabis all become an art form as such. You will be surprised how easy it is to get it wrong, but once you get the hang of it you'll be amazed how people will react to you new talent. There is more to this than a simple article can explain. Luckily, this plant is a teacher and through simple observation you will learn secrets of your own.

Yours truly



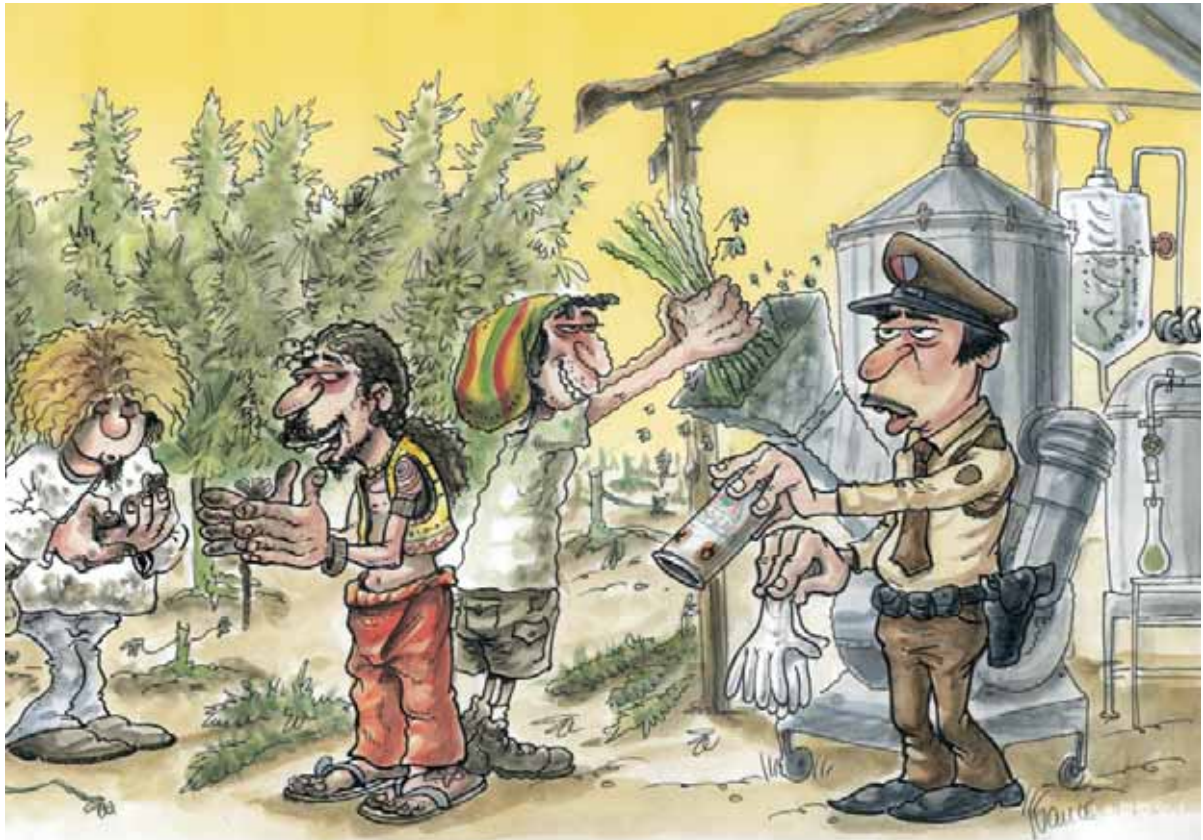
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Storage:

Make sure to keep all the resin coated trim for hash making.

Cartoon by ivanart





MEDICAL MARIJUANA SEEDS WHOLESALER



STRAIN CATALOGUE



Delta 9 Labs

5 pack / 10 pack

White Widow
Mekong Haze
Aiea
Super Star
Canna Sutra
Stargazer
Southern Lights
Brainstorm Haze
Brainstorm Haze x G13
F.O.G (Fruit of the Gods)
Double Kush



DNA Genetics Amsterdam

Regular packs of 10, Feminised packs of 6

Purple Wreck
Sour Cream
Kushberry
Lemon Skunk
Cannalope Haze
Connie Chung
ReCon
Chocolope, Feminized
LA Confidential



Dutch Passion Seed Company

Feminised packs of 10

Skunk #11 100%
Brainstorm 100%
Passion #1 R 100%
Orange Bud R 100%
Durban Poison 100%
Frisian Dew R 100%
Euforia R 100%
Power Plant R 100%
Jorge's Diamonds #1 100%
Mazar R 100%
White Widow 100%
Blueberry 100%



Finest Medicinal Seeds

List of Feminized Indica Strains

Feminised packs of 5

White Widow
White Rhino
Skunk NL
MediFem SS
Medi Kush
Citrus Skunk
Peace Maker



List of Feminized Sativa Strains

Feminised packs of 5

G13
Amnesia Haze
Northern Lights 5 Haze



Greenhouse

Feminised packs of 5

The Doctor
Big Bang
The Church
A.M.S.
Lemon skunk
Cheese
Trainwreck
NL5H
Alaskan ice
Kings kush
Chemdog
Jack herer
Sat/ind mix A
Sat/ind mix B
Sat/ind mix C
Sat/ind mix D
Indica mix E
Indica mix F
Indica mix G
Indica mix H
Indica mix I
Black & white J
Rasta K
Himalayan Gold
K-train
Bubba kush
Kaia kush
Sativa mix
El Nino
White Widow
White Rhino
Great White Shark
Arjan's Haze #3
Arjan's haze #1
Arjan's Haze #2
Arjan's Ultra haze #1
Arjan's Ultra Haze #2
Arjan's Strawberry haze
Super Silver Haze
Nevill's haze
Hawaiian Snow



Genetic Collections

Regular packs of 10

Warlock/TwoTone®
Exile/TwoTone®
Double Dutch/TwoTone®
Biddy Early/TwoTone®
Motavation/TwoTone®
Biddy's Sister/TwoTone®
Masibindi/TwoTone®
Mosaic/TwoTone®

Feminised packs of 5

Warlock/Monotone®
Exile/Monotone®
Double Dutch/Monotone®
Biddy Early/Monotone®
Motavation/Monotone®
Biddy's Sister/Monotone®
Masibindi/Monotone®
Mosaic/Monotone®



Mr Nice

Regular packs of 18

Devil
Dreamtime
Walkabout
Neville's Skunk
NL5x Afghan
NL5x Skunk
Mango Haze
Early Skunk Haze
Critical Haze
Afghan SKunk x Afghan Haze
Master Kush Skunk x Afghan Haze



Next Generation

Regular packs of 10

Avalon
Blue Dynamite
Bonkers
Brain Warp
Dynamite
Grape God
Grapefruit Haze
Grapefruit Kush
Jamaican Grape
Northern Flame
Romulan Hash Plant
Romulan Island Sweet Skunk
Romulan Time Warp



Photo courtesy of Sonic

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Nirvana Growth Solutions

Regular packs of 10

Indoor

B-52
Big Bud
Blue Mystic
Bubblelicious
Chrystal
Citra
Haze
Haze 19 x Skunk
Hindu Kush
Ice
K2
Maroc x Afgaan
Misty
Nirvana Special
Papaya
PPP
Snow White

Outdoor

Durban Poison
Early Bud
Early Girl
Early Misty
Hawaii Maui Wau
Hawaii x Skunk 1
Hollands Hope
Kc33 x Master Kush

Feminised

Kaya
Medusa
Northern Bright
Super Girl



Paradise Seeds

Non Feminised packs of 10

Magic Bud
Bella Donna

Feminised packs of 5

Delahaze
Ice Cream
Jacky White
Nebula
Opium
Sensi Star
Sheherazade
Spoonik #1
Wappa
White Berry



Pyramid

Feminised packs of 6

Galaxy
Tutankhamon
Pipi
Tiburón (Shark)
Wembley
Northern Light
White Widow
Nefertiti
New York City
Lennon

Feminised packs of 12

Galaxy
Tutankhamon
Tiburón (Shark)
Pipi
Wembley
White Widow
Northern Light
Nefertiti
New York City
Lennon



Sativa Seed Bank

Indoor

Indigo
Mixed Sativa
Paia Hawaiiana

Outdoor

MSRP
Cannabis Sativa Slang
Pakalolo

Feminised

Daydream
Eldorado



Serious Seeds

Regular packs of 11

Bubblegum
Chronic
White Russian
AK-47
Kali Mist



Soma Seeds

Regular packs of 10

Lavender
Buddha's Sister
Kushadellic
Sogouda
NYC Diesel
Amnesia Haze
Hash Heaven



World of Seeds

Landrace Collection

Seed packs of 7 : Regular/ Feminised

Afghan Kush
Ketama
Colombian Gold
Wild Thailand
South African Kwazulu

Diamond Collection Feminised

Seed packs of 7

Stoned INmaculate
AMnesia

Legend Collection Feminised

Seed packs of 7

Mazar Kush
Strawberry Blue
Cronic Haze
Domina Star
Star 47
Yumbolt 47
New York Special
Afgan Kush Special



Photos courtesy of Gregorio Fernandez "Goyo"



MEDICAL MARIJUANA SEEDS WHOLESALER



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Photo courtesy of Gregorio Fernandez "GOYO"

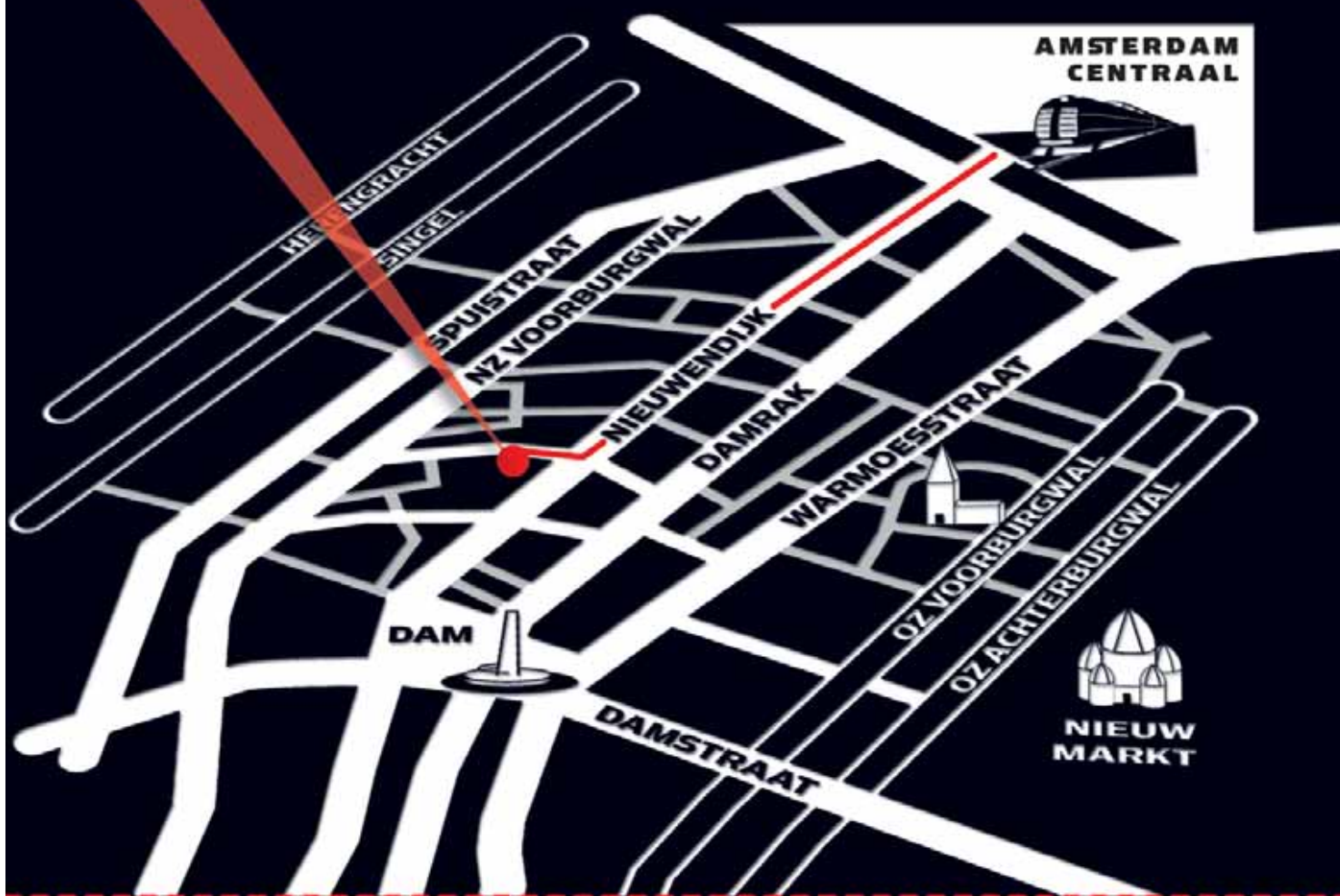
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and the mountain

The guard goat



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what a dream

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Book Review

Bandit of Kabul

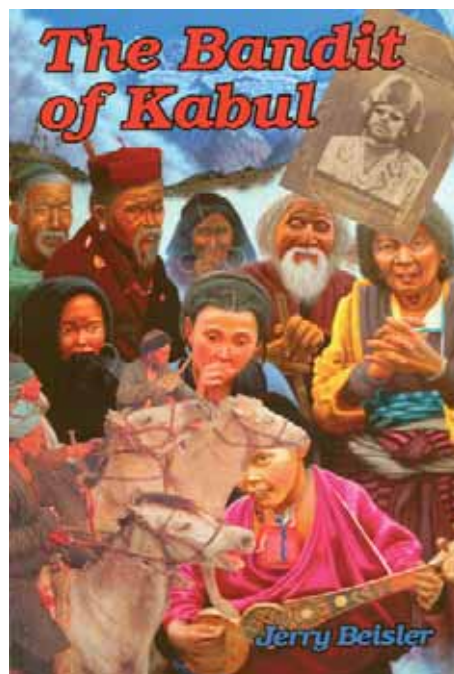


By Steve Brown

Some nibble at the edges of world travel. Others take big bites. Baby boomers growing up in the Sixties and Seventies experienced a time like no other before.

Driven by the energy of a rock and roll revolution and a desire with herb to go beyond the old doors of perception, it was not surprising that, unlike their parent's post Depression/WWII era, with it's need for a secure and confirmative lifestyle, their sons and daughters fresh out of college choose to seek more exotic adventures in the "rare air and the seldom seen".

Jerry Beisler was one of them and lived to write about it in "The Bandit of Kabul".



Fortunate to have found a soulmate, Rebecca, to share in this "over-the-rainbow" road odyssey, we join these two adventurers and a cast of fellow American and European voyagers through parts of the world that will never be the same again. A journey trekking from India to Afghanistan, Bangkok to Burma, Java to Jamaica, Nepal to Amsterdam. On the Ganja trail much uncertainty and adrenaline abound. Places and events sacred and profane swim together in a cultural confluence of enlightenment and joy and poop your pants narrow escapes. A heroic dog, some special horses, a hash oil factory that goes kaboom, make for adventure worthy of an Indiana Jones movie script.

But Beisler's many global experiences also include the sublime; a romantic night in the Taj Mahal, golden temples in the jungles of Burma, soaking high in a Himalayan hot spring, meeting the Dalai Lama, serenaded by a barefoot Bob Dylan on Mexican beach and hangin' out at recording sessions with Jerry Garcia. And it is at this point in "The Bandit of Kabul" with the other Jerry (Garcia), that Beisler's and my own path cross. I spent the best part of the Seventies decade working for the Grateful Dead and enjoying a close brothers in weirdness relationship. It would not be unusual for Garcia, while waiting alone backstage to ask me "to go out and bring me somebody weird".

Beisler's experiences with cannabis transported from one country to another was not at all foreign to Garcia and the Dead either. While in "Bandit" a German mother-daughter team were quite successful in regularly getting into Amsterdam with their falsebottom suitcases of hashish, the Grateful Dead crew were no less successful

Jerry Garcia in Mickey's Barn studio. He worked on the soundtrack to the film "Zabriskie's Point" soundtrack during this era.



in finding plenty of room within the hollow spaces of their sound cabinets (containing 641 speakers) to ship fourteen pounds of Maui Wowie to be shared with other musicians as they toured Europe. The band considered themselves connoisseurs and the Maui to be that season's very best.

Garcia was not always lucky. When asked before flying into Canada if everyone got all their "personal items" safely packed into the trucks loaded with the Dead's legendary Wall of Sound system, Garcia believed he had. For at the Vancouver Airport Customs counter, Garcia, with myself next in line, was to be proven forgetfully wrong. His suitcase is opened, tee shirt, Levis...Baggie! I suffer a Grand Clong. Otherwise known as a sudden rush of crap to the heart. Garcia sheepishly proposes that this baggie containing a donkey-dick size bud of a most fragrant Nor-Cal Exotica, sensemilla, maybe "tea from a fan"?

A disguised "hippie" customs agent by the exit doors was called over by the inspecting agent to examine the damning evidence. The "hippie" agent looks closely at the baggie, then does a classic movie doubletake at who the "criminal suspect" is and turns back to the other agent, shakes his head and says he's "not sure" what that stuff in the baggie is. Does Garcia go free?

Let's just say that the two Jerrys do share some similar misadventures, as "The Bandit of Kabul" chapters reveal.

Others who made it to Nepal had some very lifechanging experiences as well. In this case, The Bandit of Kabul records the crew that limped into Katmandu on the Hog Farm bus in 1972. Wavy Gravy and Doctor Larry Brilliant and their wives found a personal calling for significant medical health needs for the people in this part of the world. In time these needs would become as far reaching as to enlist the Grateful Dead.

Ken Kesey's maxim "always put your good where it will do the most", seemed to seep into the Grateful Dead's group psyche as well. Twenty years into their career they had played over forty ben-

Exerpt from book: "...I told Garcia from my considerable Asian knowledge and perspective pulling off the Greatful Dead concert at the Egyptian pyramids become a historically greater and greater achievement. The logistics and Asian beaureacracies! I showed him the photo of the "Keep on Truckin'" patch he had given me and explained I was at the Adjanta Pass horseback riding on the Old Silk Road. Garcia said with a warm smile, "Let the freak flag fly"...



efit concerts and dozens of free outdoor events. Benefit concerts for legalizing marijuana, children's adventure day camps, Native American causes, Cambodian refugee relief, school food, athletic and arts programs, Vietnam Veterans and many many more. They also joined in helping the SEVA Foundation to cure preventable blindness in the Himalayas. SEVA was founded by Doctor Larry Brilliant and the Hog Farmers, and it was Wavy Gravy's good karma, in 1980, to be on the same plane flight as the Grateful Dead. Mr. Gravy may look it, but he's really no fool and knows to strike when the iron is hot. Wavy proceeded to solicit each of the band member's consideration in doing the first SEVA benefit concert. The band agreed. A tradition of annual SEVA benefit concerts featuring all-star musical line-ups was launched. With on-going years of fundraising support, the SEVA Foundation has been able to "restore sight to more than two million blind people in India, Nepal and Tibet".

Other musicians show up in The Bandit of Kabul story. Most prominent is David Crosby. While the Grateful Dead were recording the "Blues for Allah" at Bob Weir's home studio in 1975, it was common for Crosby to drop by and hang out and smoke some crucial herb with the band. Enthusiastic discussions about the quality and prices of the current cannabis scene would often take place during breaks between song rehearsals. With Crosby's enhanced high spirit and Garcia's and the band's omnipresent sense ▷

Kandahar Hubble-Bubble. Nooristani shirt.
Author Jerry Beisler in Afghanistan, 1972



of musical adventure, it wasn't long before Crosby had turned the Dead's album session into a David Crosby session of HIS newly written songs.

Very intriguing entrepreneurial schemes of much imagination and cunning are discovered in a risky world where you may be damned if you do, but you are damned if you don't wish to survive. From popping skulls on a Ganges funeral pyre, to finding paradise back in the foothills of Northern California, Beisler along with fellow adventurers (with their own amazing tales recounted) takes you on a journey through time and places you may wish you had been: now you can. Memories, like dreams, can be hard to remember---we thank Jerry Beisler for remembering his in "The Bandit of Kabul".

About The Author: Steve Brown, film/video producer and archivist, worked with the Grateful Dead and their own record company during the seventies doing album production coordination and promotion.

Below: Steve Brown and Jerry Garcia at Golden Gate Bridge. The photo was taken by Jim Marshall during the Rolling Stone Magazine's 10th Anniversary cover shoot.



In Depth:

The Women in the **BANDIT OF KABUL**

By Torry Pal

A great adventure writer needs remote settings, highly unusual life experiences, and exotic characters with unique personalities. Such places, events and romances produce a highly exceptional reading experience. If you add into the narrative the continuing injection of sanguine cultural, and or political commentary you have "Bandit of Kabul".

The decade of the 1970s is the Bandit of Kabul's era. Katmandu, Amsterdam, Afghanistan, mixed with California's rock n' roll rebels and pioneering pot farmers. The relationships between the sexes are reflective of the 1970s as well. The women's liberation movement is in full effect, and while marriage is prevalent, it is mainly between couples that share a bold view of difficult journeys to be attempted.

The brilliant author, Jack London, had the bawdy, desperate, and

lawless Klondike gold rush as well as the uncharted South Seas to set his time capsule tales in. Ernest Hemingway had a then-small, slow, selfcontained Cuba, the barbaric spectacle of bullfights in Spain, and the ex-pat, bohemian lifestyle in Europe between the two World Wars for his stories' backdrops.

Hemingway's wife Martha saw war up close because she followed her husband, a war correspondent. From that experience Martha Hemingway wrote "Walking Out of Lebanon", one of the greatest eyewitness accounts of the tragedy innocents suffer ever written.

The author's wife, Rebecca, meets him while he's hiding a High Tibetan lama from sure imprisonment if returned to China by the U.S. State Department. Within a week Rebecca is experiencing the musical action and personalities at

Jerry Garcia's first solo recording session. Weeks later, she's married on the Arabian Sea by the captain of the Goa to Bombay ferry.

Only five days later Rebecca is being forced at gunpoint, off a train, commandeered due to the outbreak of the Pakistan-India War. This is one exciting love story!

Jerry Beisler has a touch of romanticism weaved through obviously his mucho macho being. The book captures the feeling and mentality of a generation of Western youth exploring and living the values and traditions of many foreign lands. The Seventies woman was desirous of new awareness, new social moirés, and new horizons.

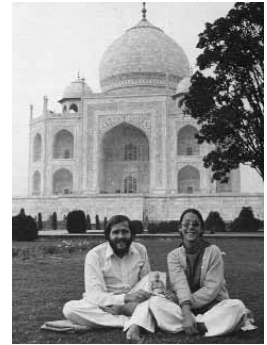
The Bandit of Kabul available at www.regentpress.net or Amazon.com
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*"If I spring a leak She mends me
I don't have to speak She defends me"*
Up on Cripple Creek
The Band



Patty Wassman was married to travel photographer extraordinaire Bill Wassman and divorced him after tiring of the grueling and unhealthy lifestyle the occupation required. Nonetheless, Patty became a courier for Doctors without Borders. She went into more than a dozen war-torn areas of the world, including Darfour, Ethiopia, and Afghanistan. She was either born with as much courage as Bill Wassman or developed a taste for the adrenaline rush that only such experiences bring.

Dr. Girija Brilliant is overshadowed by her husband, Dr. Larry Brilliant, who is credited with eradicating smallpox from Southeast Asia and founding the SEVA Institute for Preventable Blindness. They have been married for over 40 years and Dr. Girija was there every step of the way. In the *Bandit of Kabul*, there is a photograph of she and her husband in front of the Hog Farm bus in the Khyber Pass.



A look at the book's unique, non-fictional females



Mountain Girl was married to Jerry Garcia and the mother of their two daughters. More than that, she is a counterculture icon for many good reasons. Foremost may be her efforts on behalf of her various Grateful Dead charities. She was the founder of the Rex Foundation. In 2008, she addressed an international conference in Switzerland on psychedelics.

Mona was the daughter half of a Danish mama-daughter hash smuggling duo that took advantage of Holland's lenient laws to great success. About her daughter, mama said, "Dutch customs agents only want to have sex with her. They never look in her false bottom bags because they are too busy looking at Mona."




*"He's got a woman at home
He's got another woman down the hall
He seems to want me anyway."*

Coyote
Joni Mitchell



Carol Fallhaver: In the timeless, literary, romantic, tradition, Carol is dubbed "The Hothouse Flower" in *The Bandit of Kabul*. This lifelong, pioneering woman's liberationist is described by travel photographer Bill Wassman (who began his career in the fashion industry) as more beautiful than any New York City model. She took refuge in Buddhism. She has worked in primary education for thirty years.

Lhachoo Glenn. As a teenager, she walked with His Holiness the Dalai Lama into exile from Tibet in 1959. Married to Southern California surfer Tom Glenn, who drove the Hog Farm bus to Katmandu. They have two children. Tom Glenn is the associate director of the Surfing Museum. The couple created the Tibetan motif used on the Grateful Dead poster for the first SEVA benefit. A highlight in their married life is when Tom introduced the Dalai Lama at Cornell University. The portrait is from her wedding day. 



THE SKILLET

by J.Norrie



I have a special treat for you this issue. We were lucky enough to get to sit down with the manufacturer of a new device that is going to totally revolutionize the marijuana industry. In fact, I think it is going to inspire a whole line of tools trying to basically utilize the same genius idea. So I know you all are probably wondering what I am talking about, or maybe a select few of you have already been lucky enough to see the truth prior to reading this. Well without wasting any more time I will tell everyone else, the tool we are boasting about is called "The Skillet" and it is simply the best way to vaporize concentrates. Anyone who has used a coal or a hot knife will get the idea real fast, but even those who have never seen it before will understand and appreciate the simple perfection of this new tool as soon as they try it. For me, and for many others, it has simply become the ONLY way to consume concentrates. No one can tell you more about how wonderful this new way of vaporizing can be better than Cade from Social Labworx, so allow me to step out of the light and Cade will give you all the latest and greatest info on "The Skillet".



Thanks for taking the time to talk with me for the magazine today, I really appreciate it and I know you're busy.

Cade – Oh absolutely. We're stoked to be interviewed by a magazine that is so involved with the medical scene. Very exciting stuff.

How did you develop "The Skillet" and does the name have a special meaning?

Cade – The Skillet was actually modeled after a genius design that came from up north. It's the same concept as old school hot knifing, but way more refined. With the rapid increase of concentrate usage, I felt the world needed to be shown the next level of alternative medicine accessories. The name was actually born during a long session of using the device. It looked like a skillet and had the same effects as a sizzling plate of fajitas, so why not? Creativity, another side effect of THC.

What is the purpose of using The Skillet? And how do you use it?

Cade – The Skillet is truly the most efficient way for patients to inhale their medicine more comfortably. It eliminates the act of inhaling butane from lighters or carcinogens that are present in plant material. Once the user gets the timing down, it's very easy to use. We suggest water pipes of the smaller diameter (38mm) or bubblers.



I always use a glass drip stick to put the concentrate on but others use dental picks or paper clips. First, swing the titanium vapor pad into the up position. Using a Vector butane based torch, heat the Ti until a slight glow appears. Secondly, swing the plate back down and hold level. Lastly, begin inhaling before the concentrate is applied; this helps to capture the initial ions being vaporized.

Why does it use metal instead of glass?

Cade – There are three main reasons for metal vs glass. One is that the Ti is easier to read the glow and know when it's ready. Secondly, metal gives a much longer window to apply one's extracts. Third, titanium is much more durable than glass. We are just about to release an all glass Skillet with replaceable glass pads just for that reason. Glass does not like wet thermal variances over time. It's just the damn physics of the thing!

What are some of the difficulties you have had in developing this new tool?

Cade – The biggest obstacle was finding titanium that was as commercially pure as possible without having to register the company with the government. The aerospace and military industries like their Ti. The other was finding a facility that would be able to test this new device to the max. KM (Kind Meds 17523 Ventura Encino, CA) was my answer. Their vendors from Golden State Concentrates and Hash Farm were more than generous to donate a few jars of their finest ambers and waxes. Thanks Guys!

How can people find out the latest information about "The Skillet"?

Cade – Your readers can go to www.labworx-skillet.com to check our newest accessories and photo gallery. I've also been noticing more and more youtube videos are popping up as well

Thanks for your time, and I wish you the best in the future, anything new coming up you might want to talk about?

Cade – We actually just started a line of numbered custom pieces that should be pretty damn sick, but the most exciting news to me is the introduction of our first durable glass screen! It came to me late night when I was making pendant loops for my jewelry line. It's so simple yet functional. I can't believe these haven't been done before. It eliminates the need for metal screens and that turns me on. Thank you all at Treating Yourself and continue to enjoy medical marijuana!

Thanks again to Cade for that super informative interview about the latest and greatest tool on the marijuana market. I hope this is the information you all needed to get your very own Skillet and start to improve your medicine's efficiency while also maximizing your health benefits when you are consuming medical cannabis. If you are a medical patient and you have been in search of a better way to vaporize, we really encourage you to go and try the Skillet. In the future, I can only see these things getting better and better despite how difficult it would be to even make an improvement, I for one find the current version to be almost a perfect design and was so happy to get one as soon as I possibly could. Try the Skillet for yourself and you will see how great it can be. Stay with us for the next issue, and also, keep your eye out for my DVD @ www.RLDDVD.com and check out my website www.FutureofFighting.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.

Questions/Comments – cade@socal-labworx.com

Wholesale Inquiries – sales@labworx-skillet.com

Photos by Cyrus

Written by Jeremy Norrie –

RLDDVD.COM and FUTUREOFFIGHTING.COM



...making history!

By Jeremy Norrie



This issue we have a special, first time historical event to talk about. As you may have heard lately, cannabis laws are finally being reconsidered in California mostly due to a combination of economic problems and the unstoppable growth in the medical marijuana industry. In addition to this, California has always been a top producer of various breeds of cannabis as well as being one of the places where people spend the most money on marijuana and the marijuana industry in general. It is about time that the world of cannabis, inside and outside of California, all come together to hold a trade show geared toward the consumers and the industry leaders who have made cannabis the money making machine it has become. The time for the THC Expo 2009 at the Los Angeles Convention Center had come. Various places around the world have held shows like this before, some for many years now, but never had anything like this been done in California. Let me say, it was worth the wait.

The day started off for me at the Holiday Inn where I met up with Kelly, who was representing Marco and this wonderful magazine. We would be working the booth together over the next two days, passing out magazines and flyers, all while spreading the good

word on medical marijuana. By the time I arrived, the booth had been set up mostly, but we needed to get the banner and bring some other things from the hotel. Once we got everything in the car and over to the show we found that it would be a bit much to carry all the stuff in. We got some stuff in, then Kelly went to work and in a flash he was back with one of the guys from Greenhouse Seed Co., who was more than helpful and just a great guy (Can't wait to see the boys from the Greenhouse at Cannabis Cup). He helped us with our boxes and then we got the booth all finished up, but it was a surprise how little we were going to have to do even from the start.

Our booth was located fairly out of the way in the north west of the hall, with all the other publications and related products or services, but we were really busy. It wasn't even an hour into the event and our booth was getting swarmed with people. Sure, we had free magazines, and we even had free postcards that people would fill out or give to friends so that we would mail them a free magazine directly to their front door, but I don't think the free offers were what was attracting the people. It was two things that brought people to our booth mostly, one being the quality of



the magazine and the serious approach we have with most of the articles. The other was the insane number of people who had attended the event.

Over and over again I heard from person after person the same general thing, that this was one of the most successful shows they had ever been a part of. The people were there to learn and to buy and to enjoy this new life. The feeling in the arena was crazy, change is coming to the USA and everyone can feel it. Nothing could say it more than the mere presence of the Amsterdam seed companies.

There were a huge number of impressive booths, but none like the Greenhouse Seed Company, and strangely part of it was because they couldn't sell seeds yet had set up possibly the most impressive booth of the expo. Arjan was here, in the U.S.; some people don't know, but that statement is an amazing one. For someone who only one year prior had zero intention of even stepping foot in the U.S., to be now attending and putting on a show like they did without the incentive of even selling seeds — well, I think that is a statement about America, my friends, and how far we have come in such a short time.

Yes, Arjan and the Greenhouse Seed Co. were there, but they were not the only ones making such a huge statement. DNA Genetics were right around the corner with an elegant setup and some of the most chatter amongst the people at the expo. This is DNA's hometown in a way, with numerous strains taking their roots originally in Southern California — LA Confidential being probably the most obvious, but other strains they boast also are big in the LA scene with some still creeping up to the limelight. Both Don and Aaron were representing not only Amsterdam in Southern California but SoCal in Amsterdam as well, and the people were very responsive to their local breeder representatives. Also coming from California by way of Amsterdam was THSeeds. They were doing great work and showing off their SNOB glass and bountiful strains, even feminized strains. Adam was talking about all kinds of goodness, like the new strains they have on the way, as well as some they recently showed off like the A Train and the Rambo. I personally enjoy Sage N Sour as well as some of their other genetic treats, as I am sure many of the Californians attending the cup do judging by the popularity of THSeeds and all the other seed company booths. It was truly an honor to have these companies from Amsterdam and other places all come to Los >



Angeles to help make the event a success, and all while they couldn't even sell the things they are most famous for. Truly, THANK YOU.

In addition to the breeders from far away lands, we had the local medical marijuana scene present to display the positive truth about what is going on locally. All the news publications were there, MPP and ASA were there as well as NORML, whose booth was right next to ours. They were educating people all day long, and so much learning was going on in general that it was almost moving to watch. So many people represented cannabis well, and that goes for the dispensaries too, who were not dispensing medicine but rather knowledge and also sharing other natural treatments for various issues.

Farmacy had two separate booths and both could take the first prize in design and education. They had one booth with all sorts of natural creams and treatments, they had literature and various people who could help to educate the less informed. Their display showed

everything that is great about medical cannabis and they made the entire community look much more professional. Their other booth was more fun, where they gave away drinks and ice cream. They had an ice sculpture and all sorts of extravagant decorations. It was exceptional and really a description of their setup can't compare to the reality of being there and experiencing it. Hats off to the people at the Farmacy.

Also with an impressive booth, Harborside from Oakland had one of the most impressive videos that went along with their education. They are also very professional and give the medical cannabis industry the serious approach that we need to see more often. They earn the respect of the average person as well as the patient by practicing the business they boast. They have top quality medicine, in addition to all sorts of other programs like acupuncture and massage. They clearly are one of the leaders in medical cannabis and made the movement proud to have them aboard.



Many growing booths were there also. New products, old products, but the real talk was Advanced Nutrients. They were giving away thousands of dollars to people who matched up buttons. If you found the person who matched your button, you won! So many people got caught up in the excitement and found themselves searching from person to person to find the lucky winners, and I heard them set it off a few times, so congrats to the lucky people who won!

Lastly, but certainly not least, I will touch on the other booths at the event that were some of the most popular. The glass and vaporizer booths were jam-packed with people. So much impressive work was on display and so much was offered at discount, people were buying up a storm. So many were new to the vaporizer industry, and had never had most of the products available to them ever before, let alone all in one place. Money was being spent, right, left and center, I saw a few people trying to buy some glass water pipes with 250 or so percolators only to be told they must order them as they

had all been sold. A number of friends of mine walked away with some great deals on glass, and if you had been waiting to get something unique, there were some really impressive pieces from Illadelph, as well as all kinds of variations from a pipe that looked like a vagina to hookahs that you throw in the freezer. There was also a great deal of hemp products and other marijuana clothing like Hemp Hoodlamb and others. In fact, clothing was what the Greenhouse was mostly selling, but they also had another surprise.

Arjan and many other people had time to talk on stage about various subjects. Some people talked about the legality in the U.S., others talked about their products or other small aspects to the marijuana industry. We honestly didn't get to hear most of the people, but I did get a chance to hear Arjan, and what a talk. He basically brought on stage a Swiss doctor or some kind of medical expert he has been working with. Together they are making cannabis arm patches, very similar to the ones used to help smokers try to quit smoking. These ▷

patches will be made for all kinds of people, all kinds of metabolisms and all kinds of potencies but are used as a continuous way to medicate. Some patches will last as long as a week with one dose. The description was truly ground breaking and I look forward to the day these are made available in the USA. Arjan yet again bringing the latest innovations in the cannabis industry; that's why he is not only the king of cannabis, but also "The King of Cannabusiness".

So in closing, let me say I had a wonderful time at the THC Expo. The next one will be much bigger and much better than even this one. I know so many people who could not believe how big the turnout was, with so many vendors and booth babes, with so many other companies involved as well, and with such a great turnout this year, we expect to see many more vendors and booths next year. There may even have to be some serious changes in order to accommodate all the people in certain areas of the show. However it turns out, I am sure it will be a booming success yet again.

Thank you to everyone who came by and visited with us at the booth. We appreciate everything you do for the magazine, and all of the compliments and good wishes makes us all so proud, we thank you all for the wonderful feeling we enjoy when we do shows like this one. It's one thing to put out a product that you can be proud of, it is another to do it and get the appreciation back from the people we make it for. Now, are we really "the Cadillac of marijuana magazines" as so many people suggest? Well, honestly I don't know, but I do know that everyone who works with Treating Yourself is working hard to make the magazine the best it can be and hopefully we are all doing it for the right reasons. Maybe we can someday get cannabis the medical recognition it truly deserves.

That concludes this issue's in depth look at the historical first ever THC Expo in Los Angeles. Hopefully you were able to use the article to find more information about the show and how you can attend or be involved in the future. Maybe you have been thinking about looking into this issue more for yourself and now you can use this info to further your search. Watch out for the next issue where we will talk about more cannabis related news. Don't forget to check out www.FutureofFighting.com to bet on fights and get the latest news about UFC and Mixed Martial Arts, also www.RLDDVD.com for the very best DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype and find what works for you. Good luck. 🍀

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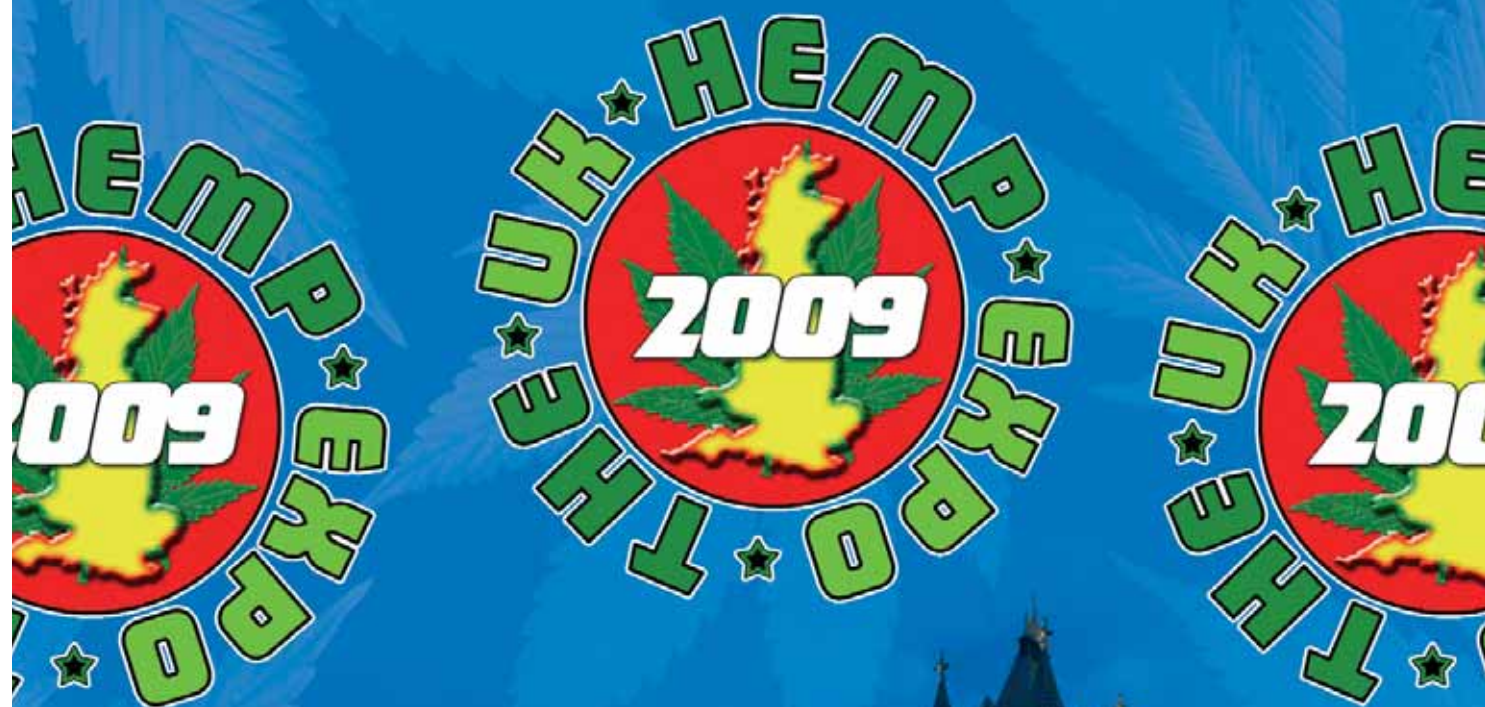


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LA THC HEMP EXPO

Joe Pietri



A I told the LEAP official who boasted that he has been in the movement since 1989, I have been in the movement since 1963, and have really moved a lot of marijuana!

The event was organized by Todd McCormick, who I first met in 1995 at a debate at the University of Miami. This is Todd McCormick of “the Gang who couldn’t grow straight” fame, where Renee Boje, and Peter McWilliams were busted with Todd in a grow mansion in Bel Air. Todd pled guilty and did five years for the Feds. Renee fled to Canada, and after some time was able to fix her case — I guess she was put on probation. McWilliams died. After meeting Renee, and reading the Fred Gardiner article in Counter Punch, I criticized McCormick for not making part of his deal with the Feds; that they cut Renee loose, that she had nothing to do with that grow and was not making any money from it! It should have been part of that deal — a half million dollars, though probably more was spent on defending Todd. Renee was left on a lurch.

When I heard about the event, I emailed Todd, who, get this, calls me a DEA agent, saying that at that event in ’95, DEA agent Wayne Zucker leaned over and whispered in my ear. I was obviously in cahoots with DEA, and my response was to have him play that video at the event for everyone to judge for themselves. His response was that he was not going to promote me and that I was persona non grata.

There was a plot brewing against Ol Skol. Marco designated me to cover the event for TY, and I planned on running the Grobot/Ice Cold booth as I normally do at whatever event we post at. I got to Los Angeles early and moved my boxes and stuff to the Grobot booth while I waited for the rest of the team to arrive. That night, we went to a party and, after about 15 minutes, were asked to leave. That’s right: Old Skol and, a VP of an industry giant, were removed rather rudely, with

Brian, Todd’s partner, telling me I was not invited and that I had no booth and that they were mad at TY for having me there. The plot thickens!

Next morning, the Grobot team arrives and told me I was banned from the event due to my agenda, and everyone would be thrown out if I was seen at the booths of either Grobot or TY. My King of Nepal sign was taken down, signs saying to preserve American landrace strains, to support American cannabis growers and to buy American! They threatened to have all my books and DVDs removed from hall; to be burned, perhaps. Believe you me, that was the only thing refrained from!

On July 12, Bubbleman, Sita/Green Harvest and Lucy/XXXtractor are to appear in court on patent infringement in British Columbia. This is the start of the biggest fraud case in cannabis history, sort of akin to the Research In Motion vs. Motorola patent case. This case is going on in Europe as well, with all bag makers targeted. Bubbleman had made a deal with Todd to bring in his rip-off system, and keep me out of the Expo, so that he and other interests who wanted to keep my mouth shut could do so. As such, I had to sit back and watch Bubbleman rip everyone off with his doctored video presentation; Hell, it looked like he got a half-pound of hash out of that demo run. Everyone there who bought the six bag set bought five bags too many and ruined their medicine. As most Canadians would attest, they can’t give those bags away fast enough.

I have been writing all along that these bag systems make no sense, that you only need one bag for separating plant matter. The rest nature does, with the oil and resin glands settling to the bottom of bucket. After that, one can pour off 90 per cent of the water, with the last, bottom part being ran through a 5 micron coffee filter. The lie is that you get many different qualities

Freedom of speech is our most important right. Control of media and cannabis information is our biggest issue in an industry that has very little regulation.

of hash, when all you get is broken up resin glands contaminated with plant matter to varying degrees — not hash, the good stuff you left in the bucket. Because of this, they are able to sell nylon at wedding dress prices. Bag systems make no sense, simply because you lose taste, aroma and high. You lose 40 per cent just by using two bags!

Thus, the rip-off continued due to Todd's approval. The LA THCHEMP Expo was being run on lies, with Todd McCormick as the chief propagandist. There were so many outright falsehoods, intellectual property rip-offs and garbage seeds — the list goes on and on. The only reason this is allowed to happen is the lack of regulation; of integrity, there is none. They go by one rule — all stoners are stupid and will buy whatever we tell them to buy. They prey on medical patients and young stoners who have no cannabis knowledge. If I would not have spoken out, Cervantes was going to introduce a 15 bag kit — can you imagine? The truth was not allowed in LA; fakirs, quacks, and beggars ran the roost. This would have not happened at any event in Europe or Canada; our freedom of speech is too precious.

I guess I am the only one speaking out, trying to protect patients and stoners alike. Let's see now: Grobot was raided by the U.S. Drug Enforcement Agency, I was banned in Los Angeles, my publisher was bankrupted in Germany by Cervantes and we have been attacked repeatedly. We are in a war; it's the Ice Wars. Patients and stoners alike are losing in that they are being marketed to with misinformation and are being fleeced of their money — until they wise up.

The seed companies are putting out garbage seeds that they call 100 per cent female, when actually it is a chemically-engineered seed that hermies so you can't clone it or breed it. The Dutch want to make you seed junkies, one seed one plant. We have lived under prohi-

bition since 1937 or longer in some of the states in U.S.; it was a way to ban people of color and minorities, and now that very scene bans one of its elders for speaking out!

The medical scene in the States is all about self-interest, not patients. It is in the way of legalization because, like the Dutch seed business, it is a monopoly where only select groups can buy and sell cannabis legally. It's funny to hear Paul Stanford of THCF talk about taxation and regulation of medical marijuana but not about total legalization — after all, his foundations brings in five million dollars a annually registering and re-registering patients on yearly basis; if it were legal, he'd be out of business. The clinics in California sign up patients, who then give their grow rights to clinics for the privilege of buying at \$350-450 an ounce. They give you a free eighth or quarter. Whoop De Do!

What Todd did in LA was to let the Dutch and Canadian rip-off artists in and give them a taste of the money that could be made in LA. The people of LA are hungry for our culture and they showed up in droves, only to be taken advantage of by lowlifes like the Bubbleman.

Support your country's own cannabis industry, preserve your local strains and support your local cannabis growers.

We need a watchdog committee, or a "seal of approval" -type thing. Products like the Bumble Bee Extractor, which many have blown themselves up with, or any system that could lead to your electrocution, as many have found out using a mixer with an open bucket of water. We should be able to warn people of the dangers without being banned for it. It's a sad day for us when I get my freedom of speech taken away. 🇺🇸

THC EXPO A PATIENTS

Having just attended a THC convention for the first time, I picked up and have also just read “Treating Yourself” for the first time as well. In that issue, there were two pertinent and timely articles, which I am responding to. Throughout this piece, I will reference and quote both of them, hoping to make a single, personal point of importance, but one for all involved in the medical marijuana movement to consider and act upon.

Through the sheer amount of publications available alone, I quickly realized that marijuana use has become an organized industry and a cause célèbre in the thirty years since I smoked my first joint. It came as a shock, to observe to just what degree. Engaged in a difficult enough health situation, with way too much to think about and deal with already, I was then confronted by the “perversions” and trials of trying to use what I understood to be an “alternative treatment” in my health care. Unfortunately, I have found it all too similar to the medical and insurance industries I was seeking refuge from.

My firsthand experience with trying to “treat myself” couldn’t have been better outlined by the articles in Issue 17, “Get Serious,” by Otto Williams, and “From the Needy to the Greedy,” both of which summed up my observations in a hydroponically-grown nutshell.

I could not agree more with Mr. Williams’ position that real credibility for THC treatment must come through scientific and medical documentation, and NOT “pseudo religious bullshit,” smartly packaged medibles, or free T-shirt and joint giveaways. The Medical, Pharmaceutical, and Agrochemical

industries’ crusade to monopolize health care and health freedom bears no such banner at the front of its legions, or door prizes for its customers. They don’t need to. They only use one real weapon to accomplish their agenda of conquering the masses, and trampling out their herbal vineyards — words.

However lobbied, propagandized, genetically modified, or patently untrue they may be, it is words used in the form of collected data, and published in a scientific study or medical journal that have justified and secured the place of countless toxic-but-profitable products that humanity has paid for in innumerable lives and suffering. If some doctor or scientist, or the organization that backs them said so, the words presented from the blinding whiteness of a lab coat win out over those delivered from a pulpit or soap box, no matter how impassioned or true they may be, in every situation.

As “From the Needy to the Greedy” pointed out, the marijuana industry is also winning no compassionate care points either for the way the actual business of medical marijuana is being conducted. These would-be advocates for the critically-ill behave like nothing more than “venture capitalists,” running de facto, for-profit businesses charging unaffordable prices to patients and making huge profits. Isn’t that what the health care industry is for? Where is the alternative in that?

Let’s remember then, what these entities, the “religious charlatans,” and big business “con-men,” have done for humanity and the planet, and ask why a so-called “alternative,” is modeled directly on them.

How well has one worked in the last two millennia, and the other, in the last two hundred years? To the critically-ill, we might as well still be in the dark ages using these models! The question still remains then, “Exactly what kind of compassionate alternative is this, and who is it really serving?”

The only reason one would ever pursue the use of any medication is because they are ill. In my case, I was diagnosed with cancer in both kidneys. For the sake of space, I won’t recount the horrific treatment I was offered for my condition, or subjected to in the structure of the medical and insurance industries — my only legal choices. Seeking an alternative to these “predators,” and their “perversions,” what does the “unsuspecting” patient then find? More of the same; but now, with the added burden and risk of placing themselves in a precarious legal position, for simply pursuing that which may help, or even cure them. And, just as with these systems, more care and protection is afforded for the system itself, rather than for the individuals for whom it is supposed to be helping. Perverse, Indeed.

While both articles decry the state of the system and its players as they grab for their piece of the medicated pie, they fail to identify the toll all of this is truly taking on the patient. It’s like that of a host dying for the benefit of the parasite that feeds off of it. It is the individuals at the root of all of this, which are of most importance, and not the system that is supposed to be serving them. This can no longer only be the standpoint of the critically-ill person, if the objective of legitimacy is to come even before legalization. The perspective of the machine must change. As one of that patient legion now, I will take up that banner, in this crusade, here

POINT OF VIEW

in this article, even only if with words.

I could not agree more with the authors of these two articles, in impressing how important reforms are to make, but as one caught in the middle, and with the most to lose, I don't give a crap about who finds my conclusions offensive, or contrary to their bottom line. If God truly did put cannabis into his creation for the benefit of man, he is the only one I haven't seen with his hand out, extorting payment for it. The medical marijuana movement is nothing more than individuals, and if they are collectively interested in truly helping humanity by gaining legitimacy and respect for the medicine they are crusading for, they need to start putting the individual at the forefront of its concerns, and not as decoys on the front lines of the battle.

Collective scientific and medical data can only be derived from individual patients. It is impossible for doctors and professors to line up and present facts about marijuana, if they have no subjects to study its effects on. In order to document the effects THC has on these subjects, they must be availed to it, first. If the average patient makes it through the minefield of pitfalls to get to this point, how can they afford to supply themselves with consistent, quality medicine? If they are offering their bodies as human guinea pigs to prove a point, why should they have to, at least in the beginning?

Any critically or chronically-ill person has not worked in quite some time, and is more than likely financially, as well as physically depleted. More often than not, this means they are uninsured, or under-insured. It makes no differ-

ence anyway, since the moment they step away from "conventional" treatments, they forfeit their coverage, and any other medical support, for having opted to use "alternative" methods. How then, does the alternative patient afford to even avail themselves to diagnostic tests, to chart their progress? None of the cancer foundations or other charities provides services or resources for those choosing to use natural medicine, either. At least in the conventional system, real patient advocates or social workers are used to coordinate and supply resources as the critically-ill are too weak to navigate a system that is set up to benefit itself.

At what point will the medical marijuana industry wake up, and use that part of the conventional model, if data is what it needs to legitimize itself, and patients are the only ones who can provide it? At what point will all of the various factions pouring time, money, and effort into fighting a fully entrenched establishment realize that they should be turning some of their swords into plowshares, and start tending their most precious resource, instead — the patient?


When any movement, business, or idea is being formed, those forming it sacrifice and subsidize and give away in order to establish themselves in the minds and practice of the public it seeks to enter. (This does not include my free joint, or pot cookie, either.) The larger the venture is, the greater the network becomes that must work together to accomplish this.

Doctors, professors, radiologists,

labs, lawyers, growers, dispensaries, care givers, philanthropists, each and every one of you in this movement, align yourselves with each other, and most importantly, with patients, so that in giving to them, we all receive what we truly need — the data, the words — that define the benefits of the medical use of marijuana. Compile the undeniable, incontrovertible proof that the medical establishment, legal system, and society as a whole demands, before it embraces something different. There is no other way to accomplish this goal, and the government, and the monopolies it protects are not going to do this for us, no matter how hard we fight against them. It's not in their interests. It is up to us to create a new reality.

So, after more than thirty years, it seems like the medical marijuana movement is at a crossroads to finally "get serious." This is more than appropriate, considering where our country and humanity is collectively right now. Will all of the members of the community step up to be compassionate advocates, enlightened leaders, and responsible stewards of what God has given us for our benefit? Who will be the first to open their minds and work as a group to really change not only the acceptance of marijuana as a medicine, but the use of legitimate natural and holistic therapies as a whole?

Can those of us who find ourselves as a part of this forefront truly take individual responsibility for doing what is necessary to put an end to the misconceptions, abuses and outright fraud that has controlled us for centuries, and create a new reality for the mutual benefit of the whole, or not?

An awful lot of us are literally dying to find out. 

THE ART OF TRIMMING



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The first Latin-American conference

and the the seventh national conference on drug policies was held in Buenos Aires, Aug. 6 and 7.



August will be remembered as the month that more changes happened to the drug policies of Argentina than in the last 19 years. This, of course, is if the supreme court gives the final sentence of one case for marijuana possession. A close source of the Supreme Court is saying that this will be the month of the sentence.

Everybody including the government officials are waiting for this; for example, Chief of Ministers of the National Gob Anibal Fernandez said, “We are also waiting impatiently [for] a final decision of the Supreme Court on this case,” and continued, “Because of the current situation, the Supreme Court has a big responsibility in their hands.” This was said in clear support to Eugenio Zaffaroni, a Supreme Court minister who was sharing panel discussion on the opening of the Latin-American conference.

Zaffaroni said the current law is based on the international “War on Drugs” policy style, which, in our opinion and in the facts, has been a complete failure. Our approach is a new policy stream based on human rights and on harm reduction strategies.

Eugenio Zaffaroni also gave his point of view by saying that “The state must include treatment for drug addicts,” referring the big paco (crack) problem and, “that with the current law, this has not been achieved.” He continued in saying that the only thing being created is more victims and a big waste of resources in money and efforts; he also mentioned that “chasing the users is at the same time giving green light to the drug traffic,” and he ended by saying that “the actual law (23737) is violating constitutional rights.”


With the presence of a well-represented Latin-American expertise

on drugs, the event was held in the national congress conference room. This was an important meeting specifically because of the current number of big changes, with representatives from most of Latin-American countries and support from the British and the Netherlands embassy, as well as different regional organizations like Psicotropicus from Brazil and SSDP from Washington. There were many common points and agreements among the different speakers in reporting the total corruption linked to police officers and the complete failure of the War on Drugs in the region.

In the second day of conference and organized by “Intercambio Association Civil,” there was a meeting concerning drug policy reform activism held in the University of The Mothers Of The Plaza, the most recognized human rights organization in the country and a symbol in the fight for human rights.

As is to be imagined, the debate will become intense among the prohibitionist and their media allies in the following days, as the day of the announcement approaches. Meanwhile, many of the estimated 5,000,000 Argentine cannabis users will have to listen to big lies and myths from the powerful media corporations, with the strategy of portraying every drug as the same.

We are all waiting with big expectations of what will happened in the next days.

[Editor's Note: On April 23rd 2009, the Argentine Supreme Court ruled to decriminalize the possession of small amounts of cannabis. According to the ruling, jailing for possession “creates an avalanche of cases targeting consumers without climbing up in the ladder of [drug] trafficking.”] 



SEATTLE HEMPFEST

By GreenGirl

O-M-G I'm stoked! Its May 2009, and I talked to Kirk, my tattoo artist in Vancouver, and he'll be working at the Seattle Tattoo Expo on August 7th through 9th. Turns out I had booked my trip early, the tattoo trip would be the last weekend I would be in BC. And I forgot that Lucy (a sister from TreatingYourself.com [TY]) was coming to visit me the same weekends! I re-booked everything for two weeks later, and found myself with the opportunity to attend the Seattle Hempfest! Oh yeah!

I contacted Tonya Davis, another sister on TY, who would be speaking at Hempfest this year. Tonya is active in a number of organizations, including:

North Ohio NORML

<http://northohio.norml.net/index.shtml>

The Ohio Patient Network -

<http://ohiopatientnetwork.org/>

You can also find Tonya at:

<http://www.facebook.com/ohiomedicalcompassionact>

<http://twitter.com/tonya420>

<http://www.myspace.com/mmmjactionnetwork>

In the past year I have taken up video making. I've been lucky to work with two great editors, learning from them. I've made two professional videos and one personal one. I asked Tonya if I could make a video of her at Hempfest? This would be the longest video I have put together. We talked some strategy on the phone and, YES, I have a project! Oh-this-is-so-cool! After June the rest of the time was filled with details. There were some days I was so excited thinking about Hempfest, that I

couldn't stop moving, couldn't stop jumping around, I was going to explode.

Ahhh, the day finally arrived. Gack, is it really 4:20am? Yup. Gotta make the 5:50am bus on Saturday to make the most of the weekend. Come in on the first bus of the day on Saturday, and leave on the last bus of the night on Sunday! But my best laid plans came to a grinding halt when the bus broke down, just after it let us off to go through customs. We were through customs, what was going to happen? Were we waiting for the next bus? Would there be enough seats? Wow, how late would we be? We waited for a while with no answers, but finally a newer bus pulled up and we boarded it. With a new driver we were moving and on course once again for Seattle. About two hours later. We never saw the bus behind. Just the long line of cars and trucks converging on the boarder. Stopping to a crawl to pass through it.

The rest of the bus ride was thankfully uneventful. The bus station is downtown. And the docks and piers are about a mile away. Geeze what a hilly town. On the twenty minute walk to the hotel I found at least a dozen people who I can talk to about Hempfest. And even naysayers to argue with. But I can't really dally, I'm already late. I missed a panel I wanted to film, as well as one speaker. Funny, but it doesn't look like either person made it to Seattle, in the end I didn't miss out. I lightened my load at the hotel and carried on to the event itself. Easy to find now. The hotel is right on the water and the crowds are all headed in one direction. I walked with a steadily growing crowd down the path leading to the park.

Oh good, the first tent I can see says media. I angle my way over. Oh, I have too many questions! Ah, how awesome to be able to rely on the kindness of strangers. I



was able to borrow a cell phone, and call Tonya to get in touch with her. I'm signing up as TreatingYourself media. I'll be filming Tonya, so I'll have a camera in my hand most moments! I'm also signing up as a Speaker Guest for Tonya. I'm here to be an extra pair of hands and legs. Tonya is at the Ralph and Judith Seeley Memorial Stage, getting prepared for her first speech at 2:50pm. Where is that stage? Bwahahaha of course, the one farthest away from the media tent.

(Ralph Seeley was a Tacoma, Washington lawyer who contracted a rare terminal bone cancer and sued the State of Washington for his right to use medical marijuana and won in 1997. Unfortunately, the decision was reversed upon appeal, and Ralph died in his home in January of 1998. Six months later, after appearing at Seattle Hempfest in honor of her departed husband, Judith Seeley succumbed to cancer herself. Ralph and Judith were tireless and courageous advocates for justice and liberty.

From:

http://www.hempusflag.com/archive/Memorials/body_memorials.html)

Well, I'll get to see the whole event as I walk through it. Whoa, lots of people are in the park. Most of the time I can walk pretty fast. But occasionally booths and people spill out onto the paths and then the walking crowd slows down getting around. About 1:30pm on Saturday as I try to glide down the path, the weather is beautiful. 20C/68F a lovely breeze coming off the water and the sun is shining. Some clouds are dancing around the sky offering occasional shade.

I'm hot and out of breath when I finally do get to the

Seeley stage. Tonya is a ray of sunshine to meet, and she knows where the coldest water here is! It's about 1:30pm and we have sometime before the first speech at 2:50pm. This the first time Tonya and I have met face to face. I'm so happy I came! We spend it talking and getting to know each other. Tonya and I went for a walk to the pier. The north end of Hempfest is peaceful and not very full of people yet. Most are clustered around the stage. I also meet Jim, Tonya's sponsor to this event. And I met my first crowd of people backstage! And wouldn't you know it, the guy I remember the best was the tattooed guy I was talking to. Uh wow, stunning koi on this guy's back. Wow big! The usual uncovering of tattoos ensues! Tonya and Jim must be looking on in some amusement at us.

It's also my first chance for a solid meal for the day. That breakfast granola bar was too long ago, and I'm not sure if food before dawn counts anyways. Seattle is amazing. The people are incredible. The organization that runs the event keeps the speakers well cared for. Plenty of drinks and food so no one goes up on stage hungry or thirsty! Lots of shade areas behind the stages. Lots of good little areas to get ready for on stage. I had time between nachos and an eggplant sandwiches to work on a little sign for Tonya. It's part of her speech. (Please call this number and let the Obama administration know that you support medical marijuana.) We sat around and talked and joked keeping things light.

And then the time just rushes up to meet us! Tonya is waiting in the wings for her cue. Jim and I head out into the crowd to tape the first speech! I never even noticed the giant clock at the side of the stage until I watched the tapes later. 🍷

The Medicinal Awareness (MA) group adventures just keep coming and coming. It seems that when one event ends, another gets going. While not all things could be labelled as large events, it's still activism that provides education to the uneducated. In this round of MAs Adventures, we help educate the public through the airwaves and on the ground. We help the sick as well as celebrate life and happiness.

Hep C – AIDS Cannabis Forum

During the month of March, two of our members, John

The entire meeting was focused on medical marijuana issues. The people who attended this meeting were interested in learning about medical marijuana and the application process for the federal permit program, and who better to talk to than one of the original stake holders in the medical marijuana access program — Lynne Belle-Isle, a program consultant with the Canadian AIDS Society.

Lynne talked about many things. She touched on the stigmatism of the illnesses and the drugs that they are or may have been on. She taught people that drug users

The Continuing Adventures of MA

Wendal Grant

TY Columnist

Photos by 420Kass and Marge



Honey and Dee with Honey's Birthday cake



Grama Dee wins the T-shirt giveaway during the cannabis day rally

(shiva) and Grama Dee attended a Hep C workshop for street drug users in Belleville, Ontario. This seminar was run to help Hep C and AIDS sufferers learn more about their illness as well as to educate them on the government's medical marijuana access program.

The organizers of this event, Deb and Brent, travel the world educating many people about these illnesses, the treatments and the benefits of cannabis. The two of them are involved with a group called UNDUN, which can be found online at <http://www.undun.mammajam-ma.org>

When Dee and John arrived, they were greeted by Brett at the door. He thanked the two for them for attending and then led them to their seats. The two of them sat there waiting for things to get going and to see what exactly this was all about. All they knew was this was a Hep C seminar and that they may be able to get a few words in from the floor.

should not be labelled drug addicts, but instead, people that are addicted to drugs. Just like cigarette smokers are addicted to cigarettes, yet no one labels them as cigarette or nicotine addicts or treats them like other people addicted to other drugs. Lynne touched on the MMAR program and how it works. People listened attentively as she told everyone how the application process works and how long it may take for it to be processed. From there, she went on to talk about the benefits of cannabis, such as how it can help people to eat, sleep and to get a much-improved quality of life, something people with terminal illness fight for every day.

As I mentioned, Dee and John were there to observe, learn and maybe inject a few words from the floor, but that all changed when Lynne was done. The two of them didn't realize at first that they were sitting with people that were speaking, sort of like the head table. Before they knew it, the two of them were there speaking in front of the people in attendance. Dee was armed with letters from her specialist telling her that her specialist can't explain her improved health. Since she is on no

other medication, he had no choice, other than to agree it was cannabis, while John spoke on all the benefits he finds with his cannabis use. The two of them are real troopers for getting up in front of everyone on what was basically last-second notice. They have taken that experience and added it to the experience they had last year when we spoke to some addiction doctors at St. Joseph Hospital in Toronto.

Dee and John would like to extend a Thank You to Brett, Deb and Lynne for everything. It was a worthwhile experience and they learned lots from everyone

A few weeks passed, and I got that much anticipated email to come to her studio and talk about cannabis to her listeners.

When I got there, I found myself inside an old log home buried amongst some tall pine trees, with a studio placed on the top floor. The relaxing atmosphere this created, while looking out over a yard covered in pines, was all I needed to feel very comfortable. Feeling comfortable was necessary, as I was about to embark in my first long radio interview on cannabis.



MA members listening in



The Calgary 420 group with some of the MA members

involved. They have told me they can't wait to help out again down the road.

Education with Grassroots Radio

Grassroots radio — “What’s that,” you may be wondering. For me, it’s the small local radio station that isn’t filled with corporate giants but by individuals running an underfunded radio station that can barely get outside of its own area, nevermind outside of its host town.

In the last segment of MA, I wrote about our group attending a wellness fair in Alderville near Cobourg Ontario. During this show, I was able to talk with a lady that had a show on a small radio station called Planting the Seed and found at plantingtheseed.ca. It’s aired every Monday and Wednesday at 6 p.m. in south central Ontario. She talks to people that are doing different things and are passionate about what they do. She saw our booth at the show and decided I should have my own radio segment, based on medicinal cannabis. When we had finished talking, it was decided it was a good idea.

The format for the interview was that the interviewer would ask six or seven questions and I would answer them. When it was completed, the questions and answers would be assembled with a special music artist and aired during a future show. This was perfectly fine with me, as all I wanted to do was educate the public and if there was music between questions, then that’s perfectly fine.

I was asked everything from what our group MA is about, to legalization and medical question and how cannabis became prohibited. I answered them all one by one and not with one- or two-word sentences, but with long answers to get out as much information as I could. When we were done, the interviewer and studio owner both complimented me on a job well-done and that the two of them were quite surprised to hear what I had to say.

When the show aired I was surprised to find that they had added two other parts to it. One of them was a ►



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recipe of the day. This show it was brownies, and then afterwards the two of them did a breakdown of what they talked about in the past hour. They had nothing but good comments to say about what had transpired. They were shocked to learn what they did as they had never heard any of it before.

I contacted the show afterwards and this is what they had to say on how things went over with their listeners. "I have had some wonderful feedback from your show; people really enjoyed hearing all the information." I'm told that I will probably be asked back again to continue the education

Oshawa & Western Friends

As always, our group does something every month or sooner. In mid-June, the group chose to do a trip to Oshawa to meet up with Reverend Lesley and other members of the Karma Star. Two of our members are involved with a cannabis church group from Toronto and felt that they should stop in and maybe have a small service and some sacrament. While I was unable to attend, the group tells me they had a great time visiting with her. They got to hear her stories and the group was able to relate back their own. Everyone gabbed for some time before heading on their way to Toronto to meet up with some friends from out west. These friends, Keith, Debbie and Kelly, were in the city to participate in the Toronto Cannabis Cup and are known as the Calgary420 group. This group has gone all out as they operate an activist resource centre in Calgary, where activists can come to learn and get better at what they are doing, with access to computers and the Internet, a place where new activists can come and start to learn. It sounds to me like an idea that should be spread to other cities.

The group met up with the western gang at the Hot Box Cafe located in the Kensington Market. The place had lots of people filling the tables and just like the last time we were there, they were able to get everyone seated. Keith, Deb and Kelly are all friends with a new person in our group, Marge. Marge is from out west and has worked with this group several times over the years. The two groups got to spend a few hours together to go over what each is doing before the MA group had to hit the road home.

Grama Dee's BBQ

Next up for our group was the celebration of group member Grama Dee's fantastic health report. I know everyone doesn't have a celebration for getting a great medical report from the doctor, but when you're Grama Dee, you do.

Here is the post she put up on the TY forums:

"I am really excited and my mind is just racing I have to tell myself to slow down and focus. OK take a breath. OK I'm ready. Today I went to my once a year visit to

my liver doctor. I was expecting the news to be a little bad. You see I've had Hep C for ? years. It had already developed Cyrosis and I was told 9 years ago that I would need a liver transplant and would probably live 3 to 5 years. Pretty grim you must admit. Well I quit work and I took that cross Canada Dream trip in the camper van. Me and the Old Boy decided to enjoy whatever time we had left. He is physically disabled. Along the way we crossed the mountains and saw the Pacific we camped on logging roads, reservations, and parks, it was the best trip I ever had. But the very best thing we did since I stopped working was get into the Medicinal Marijuana Community. You see I only medicate with this wondrous plant and today my doctor told me my blood liver results are normal. When I told him I attribute my high energy and well being to Cannabis. He told me HE CANT ARGUE WITH SUCCESS. I could go on and tell you about how it helps my nausea and pain or how it has brought the Old Boy and I out of our house and into a caring community. I can tell you how it makes me have a quality of life that I would not have if not for Marijuana. But I don't want to go on and on about something you all know about..."

For many, this posting by Grama Dee on TY produced a lot of happy feelings. Grama Dee was so happy she chose to throw a party and celebrate her good health. She invited many of her medicinal friends to come and help her celebrate. Vycki (mz nice) and Orsen made the trip from Peterborough while Pete (pothead pete) and Sabrina drove in from Tweed. Cheryl (mamahawk) made the long trip from northwest of Toronto and had such a great time that she spent a few extra days with Dee and Bill. Of course, our newest members, Kass and Marge, made it while it was great to see Honey and her husband Al out for the day. Not too many had ever met Honey's husband, so it was great to finally put a face to his name. John (shiva) and Dave, as well as others, also made sure to attend Dee's celebration.

Grama likes to bake and on this day she must have really liked it. There were many baked goods for people to enjoy as the day progressed. Rich took the role of head chef as he manned the barbecue while I looked after the cannabis tunes on the stereo.

Dee had a surprise though for Honey, as unknown to her, Dee had baked her up a birthday cake to surprise her with. This not only surprised Honey but most of us as we were unaware until the very end.

When the day ended, everyone was sent home with a surprise bag which put smiles on everyone's face. Cannabis Day in Oshawa

At the end of May or early June, many people in our area spotted a posting on Facebook about an event being held in Oshawa, Ontario. Upon further investigation, we found out that this was to be a cannabis smoke out held at the same park as the city's Canada Day cele- ▷

bration. But for the smoke out organizers, this was to be Cannabis Day celebrations.

Unfortunately for event organizer BC Fudge, the local city councillor and police did not like his plan, so while the councillor worked to have the smoke out stopped or moved, the police moved in and issued "stop" orders to anyone connected to it. Although it may have stopped some of the organizers, it didn't stop them all. The smoke out was cancelled and then restarted again, but at a new location. The second start up was due to some medicinal people getting involved and letting the organizers know that they still planned on attending at the new location.

On Cannabis Day, the medicinal people started to show. There was Steve with his dog Ebony, Marko all dressed up in his suit, Israel, Bill, Dee, Rich, BC Fudge all licensed and gathering under the shade trees when Tim, Marge, Gayle and myself arrived. Over in the parking lot, there was not one police car but several, which included their forensic van. Marko spent several minutes talking with the police and the bylaw people, but was told that our group of 25 people would be charged with not following bylaw regulations regarding gathering in the park or holding an event. What they didn't tell us was that we needed 50 people to attend to require such permits. They gave us 15 minutes to move or they were going to move in.

At that point Marko, informed everyone what their options were. While many non-medical people left the park, the licensed ones stayed in it. We spent about another hour talking to pedestrians as they walked by and informed them on what was happening. Their

curiosity was due to the dozen police officers that were watching over us. People in Oshawa must be happy to know that their police force would pay so many officers extra holiday hours to worry about a non-violent act such as smoking cannabis while real crime is being committed somewhere else.

After a short walk and once all the medicinal people were left, the gathering chose to march to the local MPs office. Even though the office was closed, we chose to stand out front and inform people as they walked by about cannabis's medicinal ability and the many other uses of this plant.

After about ten passes by the police, a car finally pulled in for a visit. This time a cheery officer greeted us. She wanted to know why she wasn't invited to the gathering. Steve spoke up and said that he was there smoking cannabis which prompted the officer to ask who all in attendance were smoking it. She didn't need to ask again as several people pulled out their exemption cards to prove their medicinal needs. She then wished us luck and made her way. While she left, we're sure many undercover cars remained.

When it came time to leave, most of us headed back up Simcoe St and back to our cars. While there wasn't a huge crowd, you have to start somewhere. For BC Fudge, this was his start. I'm sure he learned lots and is very appreciative of the work Marko and others did to make this, his first Cannabis Day, a success.

When is it your rally?

You can reach MA at ma@treatingyourself.com 🇨🇦

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Issue 17

TY ROOR® Contest WINNERS

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**Please keep those entries coming.
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Dear Friends,

I want to thank every single one of you for supporting Green House Seed Company and Coffeeshops during this year 2009. It has been a phenomenal time. For the last 15 years, being the leading Coffeeshop, winning many trophies, hosting celebrities and having the best quality on service, food and cannabis has been a mission in itself.

And realizing that we sold more than 200,000 packs of seeds in the first 6 months of 2009 has also astonished us.

According to all distributors in each country we are, by a landslide, the biggest seed company in the world. We are very proud, yet humbled by this remarkable moment. Even in our wildest dreams we could only hope this would have happened one day. Twenty-four years of hard work, risk and devotion made this possible.

On behalf of all of us at Greenhouse, we thank you with the most appreciation.

Unfortunately many people working with us cannot be mentioned by name. Yet these people are the backbone of our structure. We salute to them and thank them in any and every way we can. We are proud to work with these people since very long time, a cooperation that stands firm at the basis of all our extraordinary accomplishments. Because of repression and security reasons, it is a disgrace that their names cannot be mentioned. I hope one day these heroes will be allowed to rise and be noticed and rewarded for the great things they have done for our community.

In these uncertain times you, the grower that always stood behind us while we grew very big, and sometimes could not handle the amount of orders, questions and complaints, are a great example of how strong and healthy the cannabis industry is growing. By choosing to grow Green House seeds, you demonstrated to value true connoisseur quality. Ouse see

Your love and dedication for Green House Seed Company is truly amazing and is only possible because we share one passion, Cannabis. As well as one goal: the best cannabis quality.

The recognition of all of you for our company and our work came with great karma, and despite what other people think about us.

You know the real truth. Green House Seed Company stands for hard work, doing our absolute best, renewing and refreshing our industry, using all our resources to create awareness through research and development of new solutions and ideas, such as the colored seeds and the strain hunters' documentaries.

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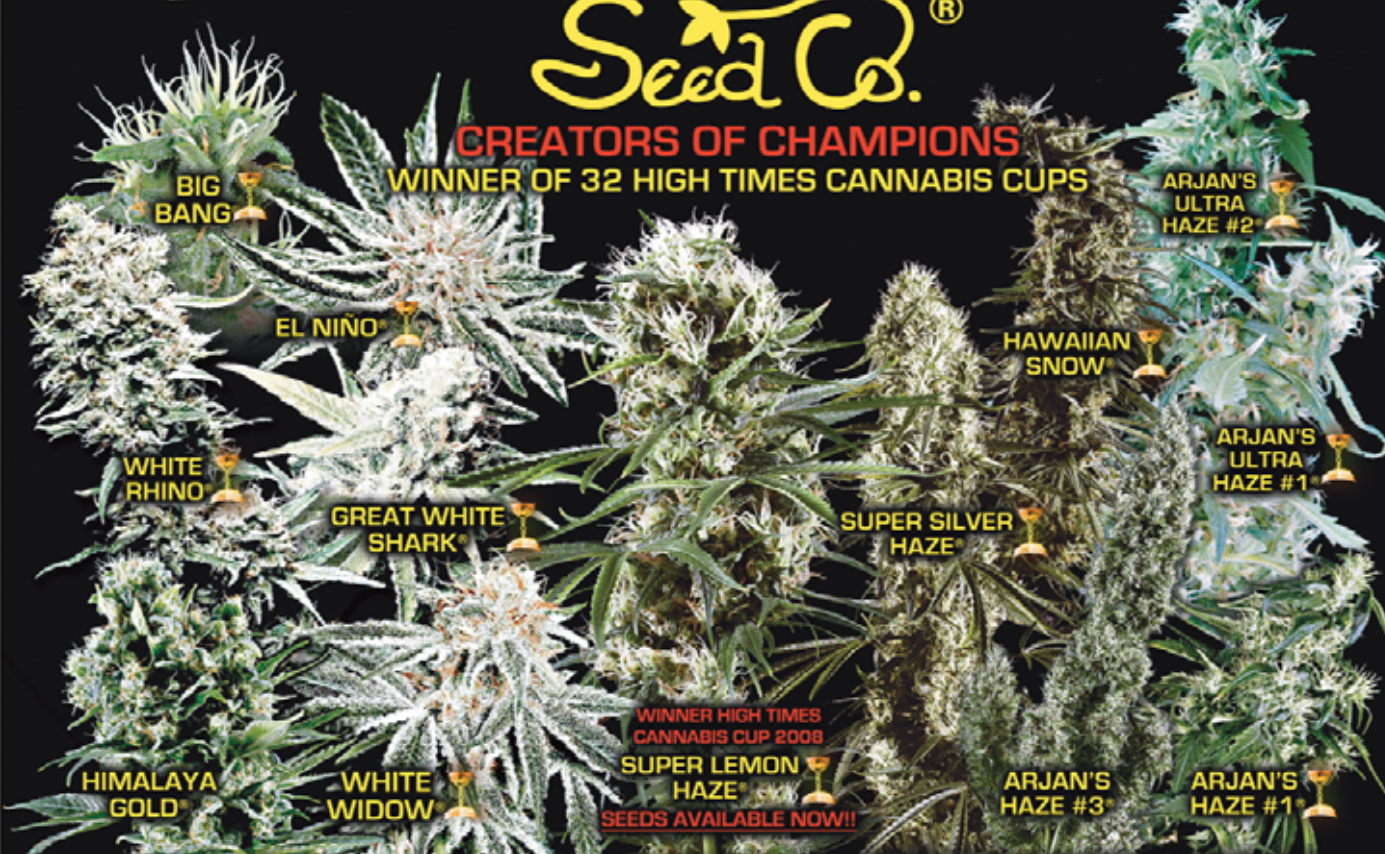
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