

# TREATING YOURSELF

MEDICAL MARIJUANA 

Vol 1., Issue 2

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**VOLCANO**  
**VAPORIZER**

Details on  
Page 50



*Chief*  
10-05





## CELEBRATION PIPES™

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Aloha,

Welcome to the 30th Anniversary Edition of CELEBRATION PIPES ... first created on Laie Point, Oahu, as stocking stuffers for Christmas 1973, then happily passed around the SUNSHINE Festival inside DIAMOND HEAD crater on New Years Day, 1974. Each LAVASTONEWARE piece is still handcrafted by DaPiper from our unique ceramic composite, textured with lava rocks, fired to over 2,300 degrees Fahrenheit, and then meticulously plated in either 22kt Gold, Platinum, Opal, Black Coral, Purple Haze, or our exotic Hanalei Blue finishes. Each pipe is encased in a velvet bag and presented in a custom gift box with a Certificate of Authenticity, signed and numbered.

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For our 30th anniversary, we are creating a limited number of pieces, 1,000 of each finish, 6,000 in all...order up a "peace of paradise" and spread some love around...seems we need that now more than ever...Mahalo nui loa

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# INSIDE THIS ISSUE OF TREATING YOURSELF

About the Founder	Pg 4
A Teenagers View on Marijuana	Pg 6
A Crying Shame	Pg 7
Chewing it over with Stinky	Pg 8
Tokin Toons	Pg 9
Calgary 420 Cannabis Activists	Pg 17
Tonya Activist, Patient & President	Pg 20
Holy Hemp Nut	Pg 22
If You Can Keep a Secret	Pg 25
Basic Organics	Pg 28
TY Seedbank	Pg 32
Recipes	Pg 34
Yenzo's Story	Pg 39
Hempfest Reunion	Pg 40
Basic Organics	Pg 43
A TY Member's Sensible Point of View	Pg 44
Vaporizer Shootout	Pg 46
Vaporizer Contest Rules & Entry Form	Pg 50



## VOLUME 1, ISSUE 2

# ACKNOWLEDGEMENT

I would like to thank all the members of the following websites who have been so kind to contribute to issue # 2  
HEMPCULTIVATION.COM - Highbred.net -  
MMJACTIONNETWORK.COM -  
OVERGROW.COM - POTBC.COM TREATINGYOURSELF.COM - WEEDTRACKER.COM

A special thank you goes out to Attilio, John, Robert and the rest of the gang at SKUNK MAGAZINE for their help and assistance in publishing this issue.

I would also like to thank Krysanja a non user for giving us her viewpoint on MMJ

Treatingyourself.com wishes to remind readers to be aware that the sale, possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not wish to induce anyone to act in conflict with the law. We do not promote the germination and growth of these seeds where prohibited by law.

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# ABOUT THE FOUNDER AND A MISSION

**M**y name is Marco Renda I am 45 years old. I have been suffering from HepC for about 23 years now. Since 2003 I have been licensed by Health Canada to possess marijuana for medicinal reasons it is my goal to provide medical marijuana users with information to assist them in their use of medical marijuana, from acquiring seeds to growing their own.

Treating Yourself supports the removal of all penalties for the private possession and responsible use of marijuana by adults, including cultivation and casual nonprofit transfers of small amounts. Our website Treatingyourself.com is the world's largest and most compassionate medicinal marijuana website to date. We at Treatingyourself.com first began our journey into the marijuana culture by providing free, quality marijuana seeds to those in need. We then expanded our compassion to include the ability to supply medical grade marijuana for free or at a hugely reduced price to qualified medicinal patients around the WORLD.

This practice soon proved to be the "un-doing" of a very good thing. I have subsequently been arrested and I am before the courts for this act of compassion. As a result Treatingyourself.com is no longer able to provide marijuana to the hundreds of patients it once helped so much. It is with this in mind that I have decided to re-focus some of my actions in the marijuana culture. TY WILL remain a predominantly "medical" marijuana website whose goal will remain to be the education in the responsible use of marijuana as it applies to medicine, however there will be a more concerted effort given to the consolidation of many "pro marijuana" websites and interest groups with a goal to co-ordinate all of our efforts with regards to the issues of legalization.

I would like to take this opportunity to extend my hand in welcome to ALL respectable, responsible marijuana users. I would like to see a concerted effort on behalf of ALL respectable, responsible marijuana users WORLD WIDE, helping in the effort to abolish prohibition as prohibition MUST be abolished! As individual "interest groups" we are at the mercy and whim of the governing bodies of the world, however if we were to unite and begin to

demonstrate to the world that we are responsible and respectable members of society the choice will be clear.

Marijuana MUST be made fully legal to any and all who have obtained the age of majority!

The time has come for our governments and lawmakers WORLD WIDE to abolish the immoral prohibition of an innocuous flower! The time has come to realize that we are NOT "potheads" or "stoners", far from it!

We are tax payers; we go to work every day we are employed in every walk of life. People who use marijuana range from janitors to judges, barbers to doctors... yes even a good number of our police use marijuana! I personally know a Canadian army veteran who self medicated with marijuana through most of his active service career following a botched back surgery; he was well liked by his fellow soldiers and had the respect of his supervisors through his entire career, hardly what you could call a "pothead" or a "stoner".

This is just one story in perhaps a million or more in Canada alone! Yet the facts remain the same... we STILL face prohibition, we are still unjustly locked up, we can still have our lives RUINED! All because the propaganda machine is kept well oiled and fine tuned. It is our duty to throw sand in those gears! It is our duty to dismantle this ponderous loathsome machine! The ONLY way to achieve this is to "walk the walk" and "talk the talk", we... the marijuana consumers of the world MUST show the lawmakers that we do NOT cause harm, we ARE RESPONSIBLE, we are RESPECTABLE and we are VALUED, PRODUCTIVE MEMBERS OF SOCIETY!

It is long past due that we remove the stigma that is attached to marijuana, to date there are hundreds of LEGAL marijuana users in Canada who would rather



that the “public” NOT know who they are. NOT for fear of being ripped off... no... They would rather remain anonymous because society has allowed the stigmatism of “pothead” and “stoner” to continue. They would rather remain anonymous because they don't want to be harassed by police for their LEGAL gardens... they don't want their professional careers to be interfered with. All they REALLY want is to be allowed to live a more pain free PRODUCTIVE life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress KILLS!

Even for the social user marijuana is used at parties and without the morning after hangover. Marijuana is of course among the most benign of the so called “party drugs”, FAR greater threats can be found in the form of crack cocaine and crystal meth!

To suggest that the ingesting of a plant such as marijuana should also carry with it the “shame” of a criminal record and the possible destruction of any future career opportunity or even the ability to freely travel about the globe.. Is in FACT a “shame” and a “crime” against the RESPONSIBLE and RESPECTABLE marijuana consumers of the WORLD!

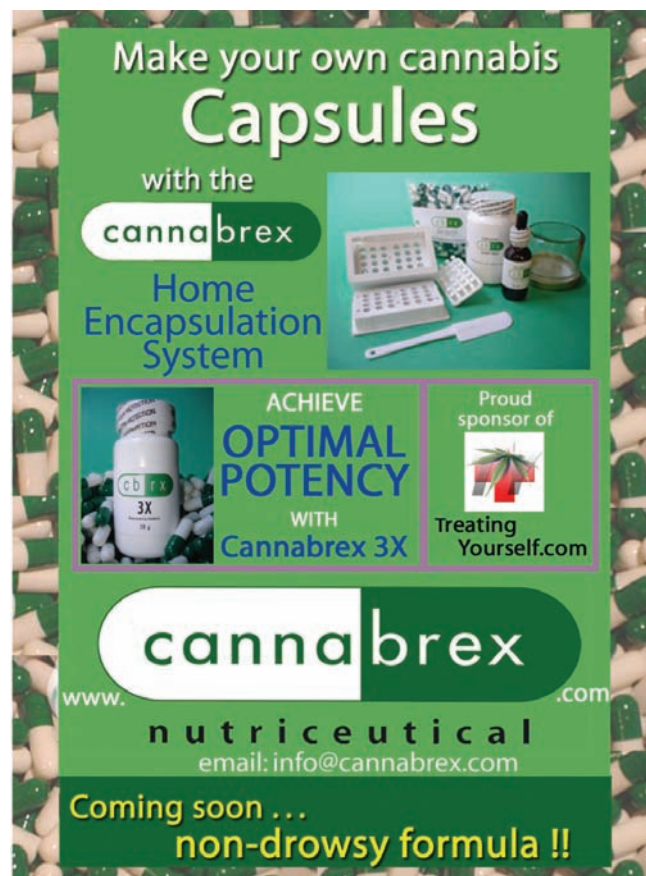
WE MUST LEGALIZE MARIJUANA! We must remove the criminal element from marijuana, to do this it must be legal for ANYONE to grow and use marijuana that is at or above the age of consent! By removing the archaic laws that continue to prohibit the free use of this wondrous herb we would free up multiple BILLIONS of dollars currently being eaten up by police agencies around the globe in an effort to stamp out a relatively harmless plant!

By doing so our fine police officers would be able to concentrate on ending the threat of FAR more dangerous and insidious addictive drugs such as crack cocaine and meth amphetamines.

In closing I would like to reiterate ... THERE IS A BETTER WAY! The government needs to hear your voices! Send your thoughts to your local MP; do not be afraid, only criminals need to be afraid!

YOU are simply pursuing YOUR RIGHTS! The future is in your hands, shape it wisely ... someday YOUR health may hang in the balance!

On behalf of myself and all of the members of Treating Yourself.com I wish you good health and good grows.



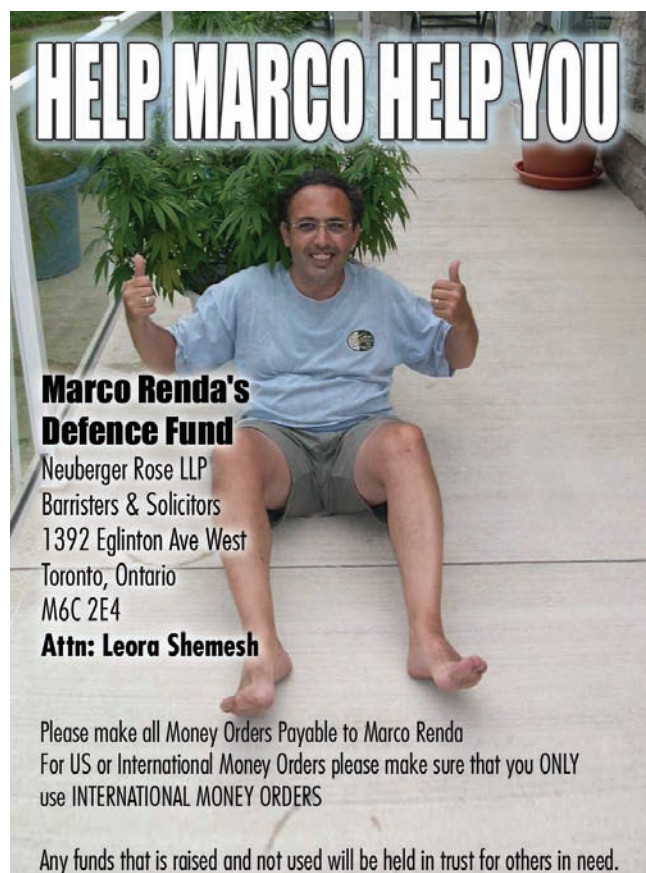
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# A TEENAGER'S VIEW ON MARIJUANA

Two years ago, while driving home from town with my mother, I was told something that has changed my life. At least six times a month, the message, "Don't do drugs, drugs kill," is told in our schools, in the media and from many other people. For the years leading up to that drive home, I believed all the propaganda. So when my mother told me that my father smokes medicinal marijuana for his pain, I was incredibly shocked.

It took a while, but finally I came to terms a few weeks later, with the thought of my father using marijuana. Over the past two years I have learned about the other, unspoken side of marijuana from my parents, the web, my own projects and various other sources.

Through all of the things that were new to me, I learned that marijuana is not the evil drug society has made it out to be. It is in fact a very helpful drug and has aided many people in the past. I

have personally experienced its medicinally positive affect on people, with my father. He uses it for chronic back pain caused by a military injury, 16 years ago. It helps him to sleep, eat, and generally get through the day a bit more comfortably, something that is difficult for him to do.

Something I find are a lot of the teens around me either smoke it because of peer pressure or because it gets them high or they are completely against it. There is so much more to this drug that people do not often see. I feel part of this is due to the schools and the media giving it a bad reputation and calling it a "gateway" drug. In my own personal opinion, they should really focus more on the harder drugs like cocaine and heroine and not be so negative with marijuana.

I often get asked at school if I smoke it by fellow classmates. I have no desire to even try it and they find that kind of funny. But this is how I see it. Just because it is in my house, doesn't mean



that I have to use it. Something else they like to make comments about is the fact that my father smokes it. It irritates me to no end to listen to them call people like my father things like "stoner" or "pot head" when they are neither of which. It's not fair for them to get that stereotype when they have to use something different because a conventional medicine does not work anymore for them.

All in all, I feel marijuana is a great asset to society and to medicine, just as soon as people start to give it a chance or see it in a different light. A lot more people could be helped if others would just do those things. I can't say much though. After all, this is only one teenager's view on medicinal marijuana.

- Krysania, Age 15

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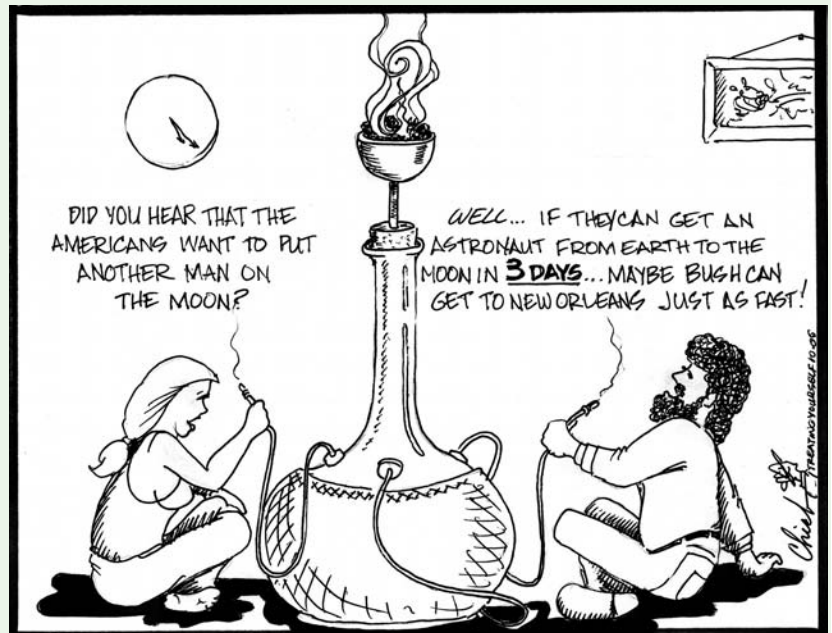
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# A CRYING SHAME!

By Stinky

Did you vote?  
No...

Not voting results in INCOMPETANT LEADERSHIP! Hurricane Katrina hit New Orleans and other parts of Southern U.S.A with such a FURRY that so many lives were lost and many more left homeless! It took PRESIDENT BUSH far too long to respond to the needs of his fellow countrymen. Governments from around the world offered assistance to only be turned away. Governments that did send out supplies were told that their supplies DIDN'T MEET the STANDARDS when in fact these SAME SUPPLIES are give to soldiers on the front lines. I just hope that the CITIZENS of the UNITED STATES wake up and VOTE & VOTE RESPONSIBLY for someone that will look out for them and NOT for those that LINE THEIR POCKETS! Come on PEOPLE! You can make a DIFFERENCE! Let's not allow this NEGLECT to continue!



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# CHEWING IT OVER WITH STINKY!

Dear Stinky

I have a problem that maybe you can help me with. I run a website that has members from so many different countries and they all suffer from some type of illness and I do my best to try and help them. My question to you is HOW COME F.T.D. can send FLOWERS worldwide yet I CAN'T send MY SPECIAL DRIED FLOWERS worldwide to those in need. So STINKY do you have a solution to my problem?

Take Care and Peace  
Marco

Dear Marco

*I hope through education of our young people and reversing the brain washing our collective governments have done over the years, that maybe in my life time we will see better laws and maybe even a country that will permit the legitimate Med use and research of the best med known to man. But this is just one Beavers honest opinion.*

Peace all  
Stinky

Originally Posted by Green  
Medicine

Dear Stinky,

I think the medical marijuana is making me hear things.....  
Every night I have a vape and a cookie before bed.  
It's odd; I hear music at the same time every night. It wakes me up....and only for 10 minutes then I'm OK again.

Stinky, What can this strange effect be?

Concerned,  
Green Medicine

Dear Stinky,  
I just figured out my strange symptoms.....I didn't know I had a clock radio!

*Dear Green Medicine  
Please send me some of what YOU ARE SMOKING!*

Dear Stinky  
What is the best sativa/indica cross that you know of?

Dr.Smitty

*Doc, my own preferance(s).  
1.Northernberry  
2.Heavenlyman  
3.AK-47  
STINKY*

Dear Stinky,  
Why do you think that a lot of the World Powers are so down on MJ?  
I mean the plant not only provides great Meds for those in need, but the plant itself is capable of making about 25,000 different products, everything from Cellophane to Dynamite. With one plant having so much to offer the World, you would think that every Government in the World would be falling all over themselves to at least get industrial hemp manufacturing going, not to mention medical marijuana programs going.  
What's the deal?

Thanks,  
Buddy  
PS - When you coming back for a visit?  
I promise not to lock you in the basement again!  
Promise.

*You practically answered the question yourself! "the plant itself is capable of making about 25,000 different products" They are scared shyteless over the idea that we could control our own well being! Any thing with as much truth and goodness in it, such as MARIJUNA would bankrupt these immoral SOB's if it were ever made fully legal, and those of use that understand the self-sufficiency we could attain from ONE god given plant, would surely attempt to teach the world about its every multiple use. Kinda like what TY MMJ Community is doing on a daily basis for the last 4 or so years.  
Peace and green  
Stinky*



If you have a question you would like STINKY to answer please go to our website <http://www.treatingyourself.com> or send him an email [ask.stinky@treatingyourself.com](mailto:ask.stinky@treatingyourself.com)

# Chief's TY Tokin' Toons

I'm a 48 yr old (just turned Oct. 27th) Canadian male, living in the Niagara area, married to a beautiful woman, father of 5, (2 boys living at home and a boy and twin girls living on their own) a I'm also a grandfather to 7 little ones, with another on the way!

Years ago, I was a hardcore biker and businessman, choosing to attend meetings dressed in leather instead of suits, and on a Harley instead of in a Porche.

I owned and operated my own sign shop for almost 25 years until I was injured on the job, falling from a ladder and breaking my neck in two places. The resulting chronic pain caused me to close the business and put me on Ontario's Disability Support Program. I have also not ridden a motorcycle in almost 6 years because of my injury. Because of the multitude of high powered opiates that I'm forced to take every day, I've found that Marijuana helps with the nagging pain, the stomach disorder from the pills, and the resulting mood swings, anxiety and depression from being unable to work and support my family. I started smoking recreationally as a teenager, and rarely smoke just to get high anymore. I learned of Treating Yourself from a friend a couple of years ago, and with their help and support, I'm slowly learning to accept my fate and to get on with my life, bearing the pain that I suffer each and every day. I don't know what I'd do without their assistance as I've grown to depend on Treating Yourself daily.

I started drawing at a very early age, and as a child always searching for a sheet of paper to draw on, I took to ripping the labels from the food cans in my Mother's pantry. The day she looked in the cupboard to fetch something to eat and found a stack of unmarked tins is the day she decided to go out and buy me some decent art paper. The rest as they say, is history! During my years as an artist, it's been financially and psychologically rewarding. While I did make a good living while I ran the sign shop, I always found doodling at home in the evenings while watching TV the most satisfying. Drawing little

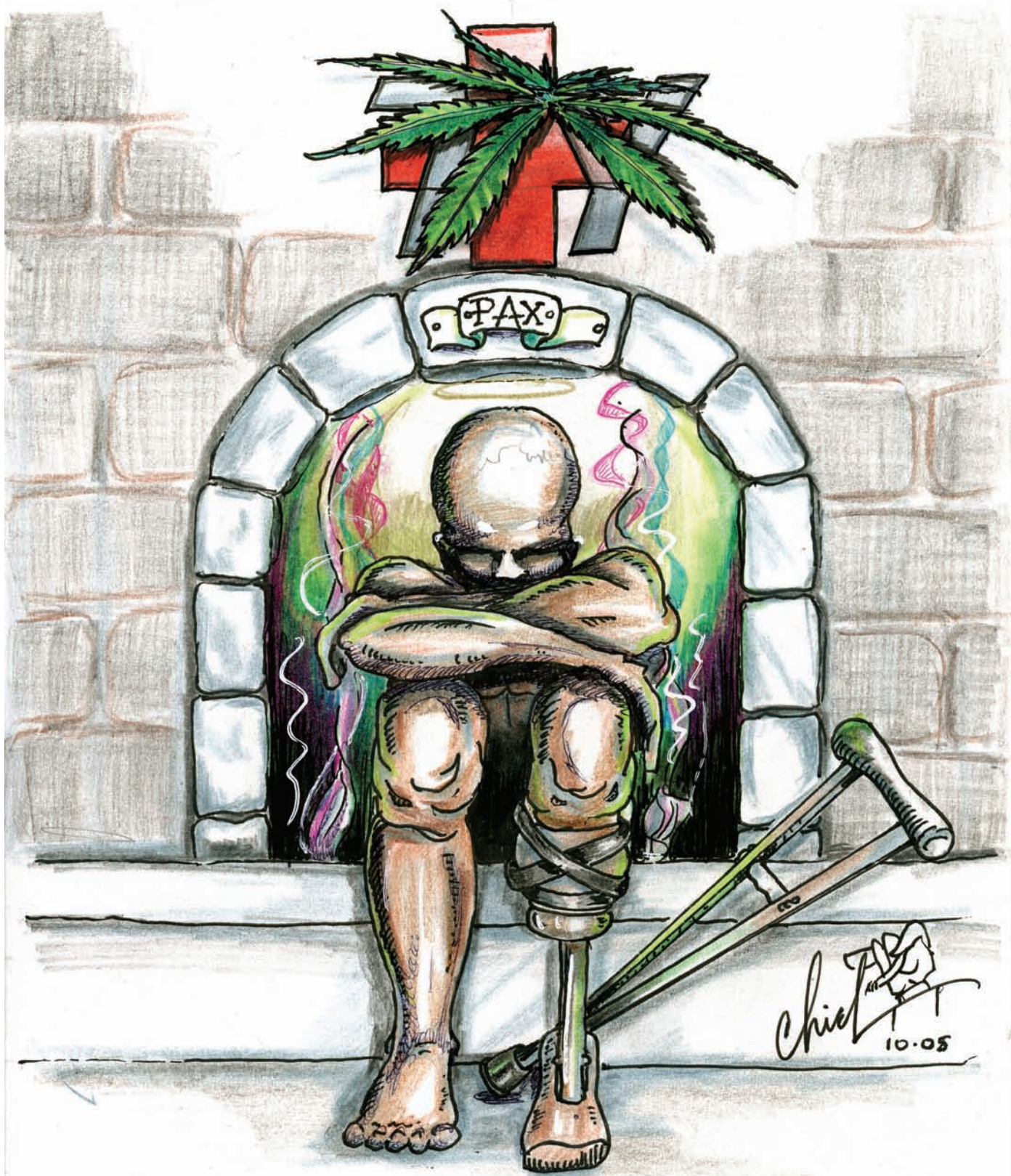
cartoons of the people and situations I saw on the tube was always fun. I still do it today, and still find as much joy as I always have. Because of my injuries, I'm not able to do it as much, and don't really have the outlet to help financially. When Marco from Treating Yourself asked me to draw some cartoons and cover pages for his fledgling magazine, I was overjoyed to help. I knew it wasn't going to pay, but it was a way I could give back to the people who've been so helpful in the past couple of years, plus it would help exercise my mind now that I'm basically idle. My Doctor at the Pain Clinic that I attend reminded me early on that one thing very important to good mental health while caring for my injuries was to keep my mind active. Reading, crossword puzzles, that sort of thing is imperative to keeping the mind strong when the body cannot be. Marco's offer to give me a couple of pages to draw some topical cartoons and cover pages was just the ticket I needed. Now I can spark one up....get in the mood, and let my imagination take over my pens, and well....you can see the results. This is just another example of how Treating Yourself and marijuana as a medicine have both helped me immensely in the past while. One of the

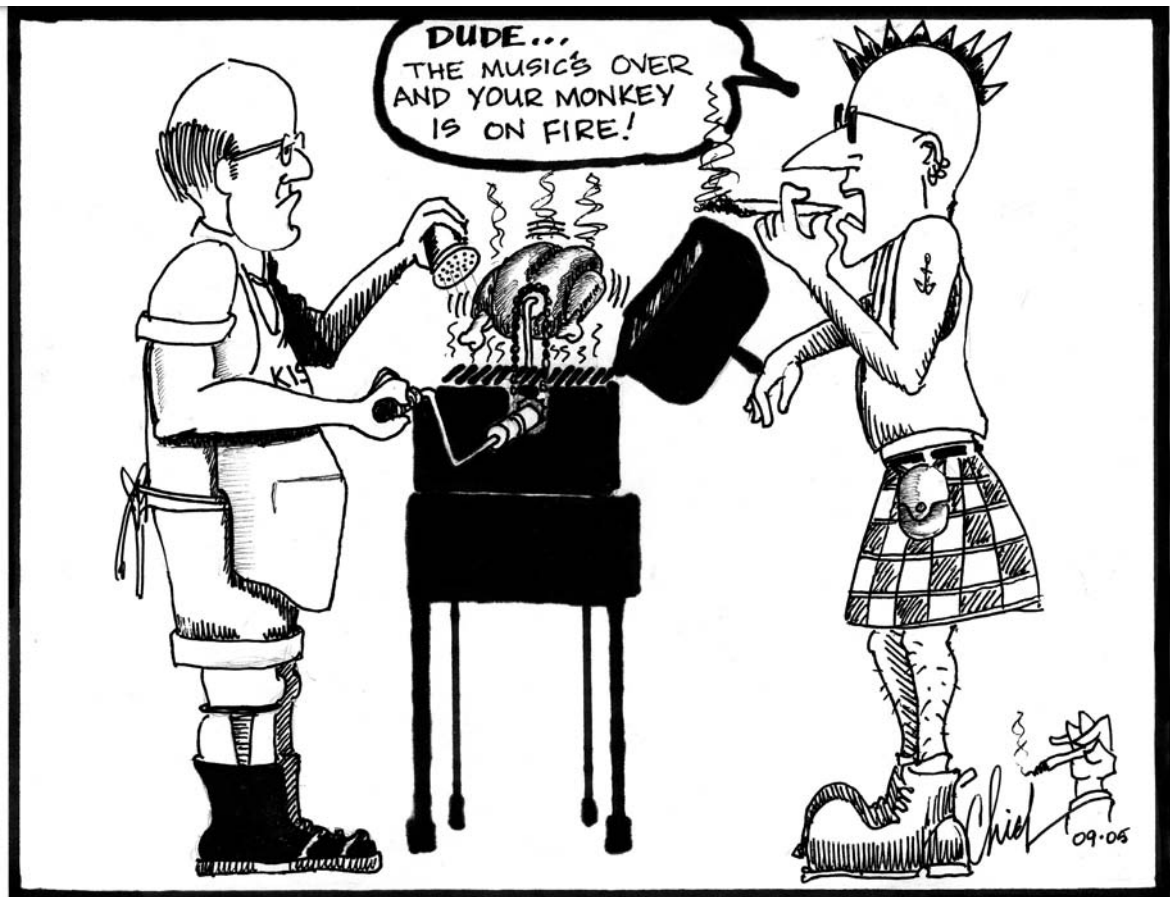
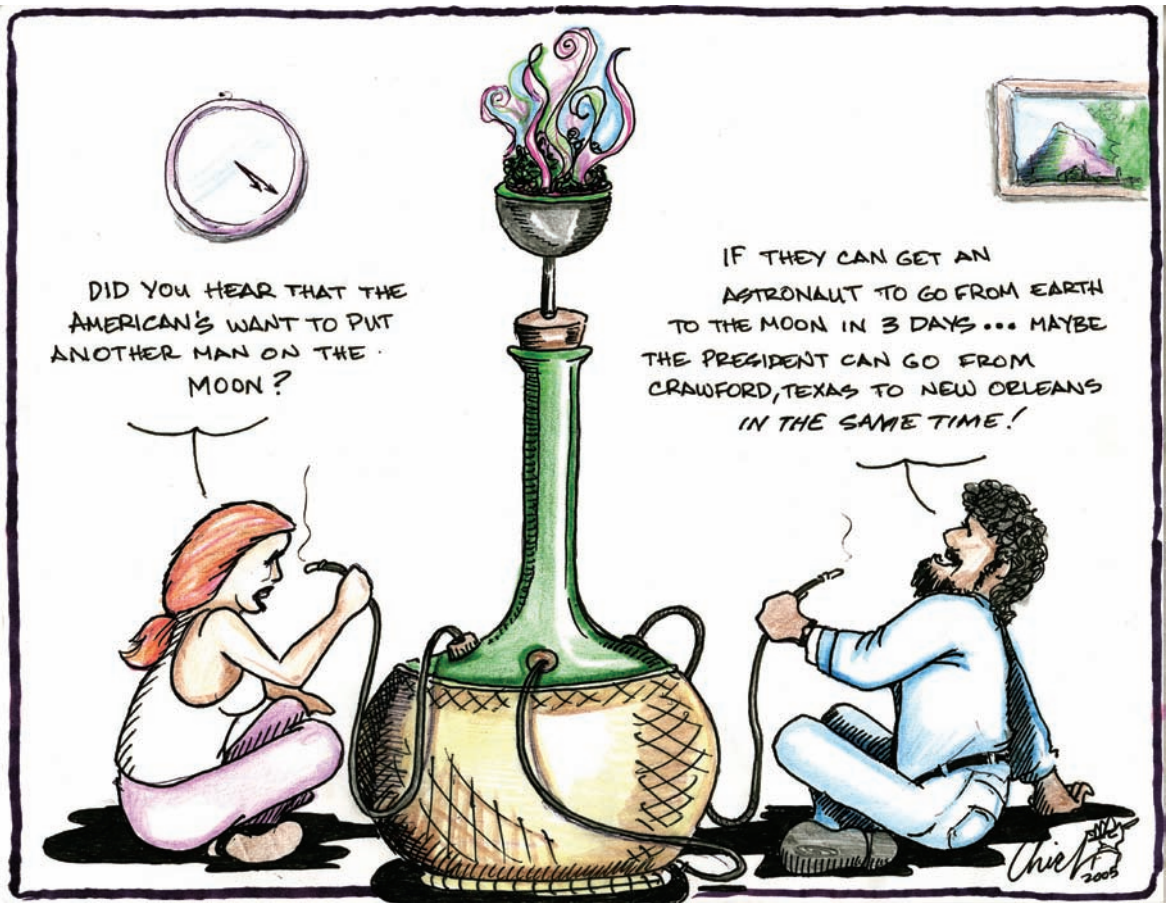
other projects I've taken on, is building a custom motorcycle by hand from the ground up. It's taken a few years, but I'm almost done.

Many people with closed minds may think this is just another pot smoker who is trying to justify smoking weed, but I can truly attest that if it weren't for marijuana, and especially people like Treating Yourself and Skunk Magazine, people who are putting the word out to the masses about the medicinal benefits of the plant, people like me and many others out there would be wasting away and giving in to their injuries and illnesses and not be able to live a decent life due to their debilitating physical and mental disabilities. And for their help, I'm truly grateful.

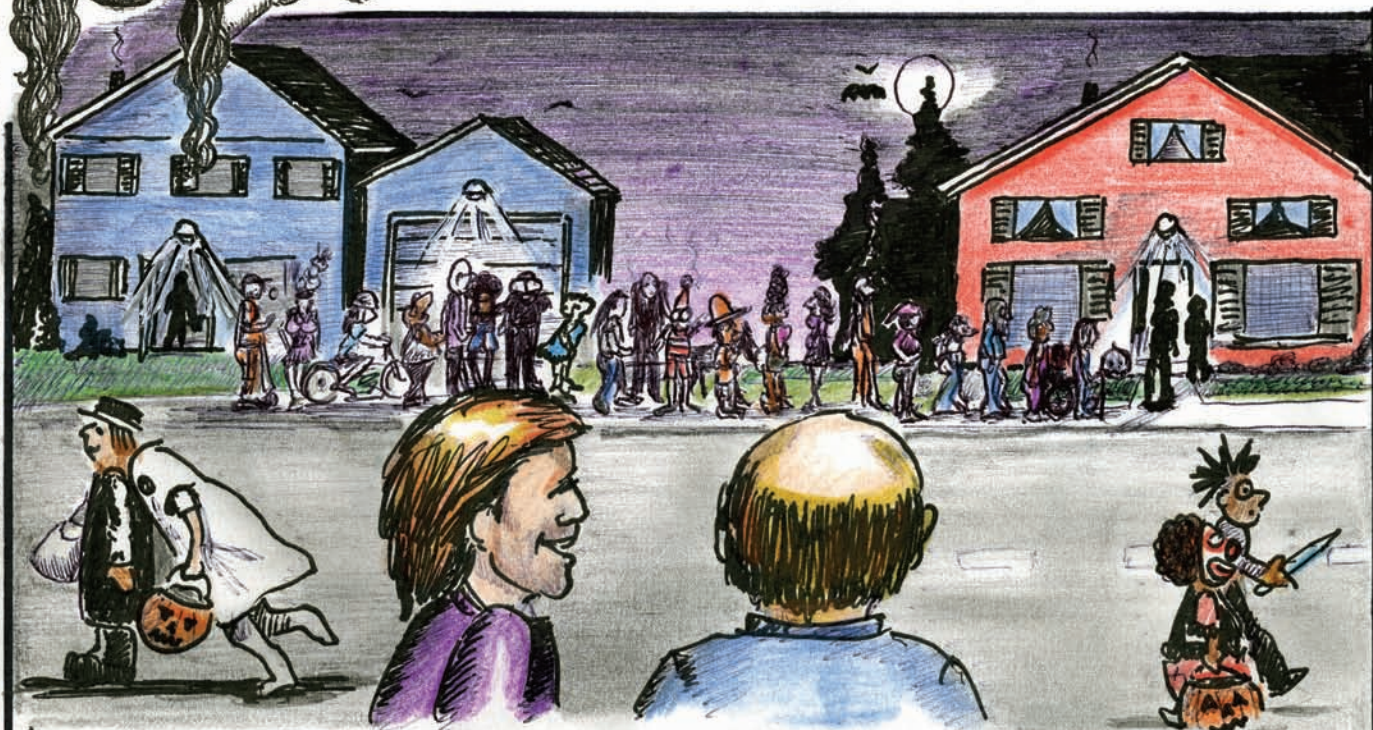
Jeff "Chief" Stockton







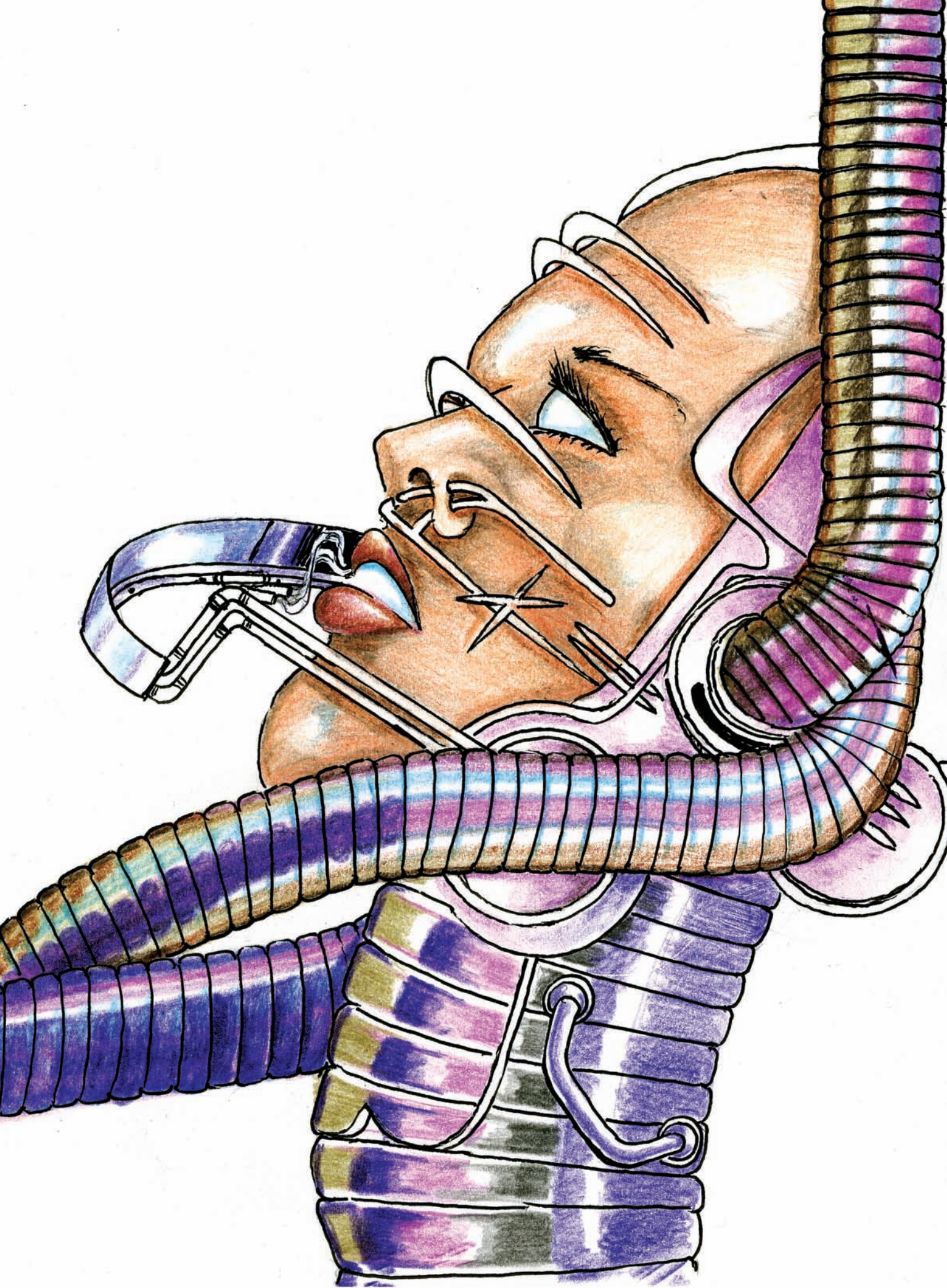
# Chief's tokin' toons



"LOOKS LIKE THE PARENTS FOUND OUT THAT MARCO'S SHELLING OUT FOR HALLOWE'EN!"







# Chief's tokin' toons




"WOW... AND AT 'TREATING YOURSELF.COM'  
THEY CALL ME "MARCO"!"

Chief  10.05



"LOOKS LIKE RUDOLPH GOT INTO THE  
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# CALGARY 420 CANNABIS ACTIVISTS

Many cannabis activists have been asked an important question me included. Why do you risk your freedom, liberty and job? I will explain my reasons. First a little about me to hopefully allow you to understand better.

I HAVE CONSUMED CANNABIS FOR MOST of my life (over 30 years) and grown cannabis both for recreational and medical reasons. I am a proud Canadian! I have sat on the couch most of my life and let others try to change (take the hits) wrong and even immoral laws that never should of been laws in the first place.

Why I have changed to loud and proud yet peaceful cannabis activist is due to the USA and Canada governments (big brother) very wrong and immoral continued war on drugs (prohibition). All the suffering I see due to the war on drugs is just too much for me to sit on the couch. Medical qualities of cannabis have been well documented for many years in many studies being denied to people who need it medically to live better lives even the non medical recreational cannabis consumers. I personally know a large number of medical cannabis consumers that have much better quality of life due to their cannabis consumption. PROHIBITION DOSE NOT WORK! It never has and never will period! People will do what they want no matter if jail or even death is possible. Treatment for people and not throwing people in jail and killing them is what needs to be done. After years of only lurking on cannabis related Internet sites, I finally stepped out of the cannabis closet January 1 / 2004 (a new years resolution). Now I am a member of many (50+) cannabis related web sites and a message forum moderator on a few as well and the administrator of Calgary 420 forums. Some of you may have seen my participation on cannabis web sites as KanMan.

I personally support PEACEFUL, loud, proud protest in support of medical, sacramental and recreational cannabis consumption for adults only, adults that

choose to consume cannabis!

Canada would now have legal marijuana laws if it was not for the USA war on drugs (prohibition). Current terrorists are trying to force their views on the world. The USA is trying to force their wrong and immoral laws on the rest of the world.

Both are killing people at an extremely alarming rate that must be stopped NOW!

*"We all are a victim of the war on drugs (prohibition) our children, their children and on and on are and will be victims of the drug wars. It does affect everyone not just people who consume cannabis or other drugs currently legal or not legal!"*

We all are a victim of the war on drugs (prohibition) our children, their children and on and on are and will be victims of the drug wars. It does affect everyone not just people who consume cannabis or other drugs currently legal or not legal!

My wife (she does not consume cannabis) and most of my family support cannabis even though most do not consume it. Why? They have seen first hand what it can do for quality of life for over 30 years and not just me either; they have seen it with many, many people for many years.

We all, not just cannabis or other drug consumers must stand up and put a end to the terror type tactics being used to force one persons view on another person. It is very wrong and immoral. Even popular religions say we all have "FREEDOM OF CHOICE" given to us by GOD!

Canada 1994 - Many books and magazines were illegal. Products were also illegal such as pipes, hookahs, bongs etc... If this was not challenged by an activist and changed, where would we be today 11 years later? You would



not be enjoying this magazine or many others you now can have legally and enjoy today. Many more topics and products would be illegal today and we would have even less freedom of choice than we now have. No cannabis related message forums or very few would be on the Internet to exchange ideas and help each other.

Why did Calgary 420 happen? It has been a long time coming and is very much needed in red neck Alberta. Alberta is very unlike Vancouver, Montreal or Toronto. Making it even much harder to start up a much needed cannabis activist group willing to put in the money, time and efforts and take the heat from other sources to make it a committed, strong and growing community.

The Million Marijuana March (annual global cannabis rally) May 2005 in Calgary had a very small crowd. My wife took video and audio of the marchers while I drove my truck (health issues prevented me from walking with the marchers) along side the marchers honking my horn to draw attention to them. It worked well of course many police checked me out as well. When we left Olympic Plaza, I just looked at my wife and she said I know what you thinking and I will support you in anyway I can. That is why I love her so much, I am very lucky to be loved by her too.

How Calgary 420 happened? My loving wife's a non cannabis consumer no less (20+ years) supporting me 100%, Sedative Ocean's (medical need consumer) continued prodding to bring me out of my very shy shell I lived in and of course all the suffering I see by so many due to the cannabis drug wars. The three of us worked very hard to bring attention to the attack on Canada by the DEA that continued to happen in Canada (Marco Renda and the Vancouver 3). Our efforts were for an organized Smoke Out America Protest (SOAP) in Calgary, Alberta, Canada which turned out to be a world wide SOAP. We designed and printed well over a thousand posters and flyers and distributed them to local head shops and people on the streets of Calgary. Four thousand flyers were shipped to us from Dana @ Cannabis Culture all 4000 will be distributed by the end of October 2005. Additionally we went to local head shops asking for support, we posted to many, many cannabis message forums and other usenet news groups. Hundreds of hours and hundreds of dollars were donated by us and our very generous sponsors during a 3 week lead up to the planned September 10 / 2005 SOAP to be held world wide. We also set up an information web site for SOAP to be held in Calgary.

Sadly September 10 / 2005 was very cold and raining steady through out the city of Calgary on September 10. SOAP in Calgary had to be postponed. This was a huge disappointment as we had people coming from all over southern Alberta; I was expecting at least 100+ people. It was decided to have at least a small SOAP in Calgary on September 24 / 2005 anyway. I personally expected only 10 to 12 people tops with less than two weeks to get the word out. I expected mostly people I brow beat in to coming and supporting or SOAP efforts in Calgary. Most did not come either.

I was shocked to see all the people that did turn out for Calgary 420's SOAP. Bongs & Such, Next Level, Grant Krieger (10+ years as a cannabis warrior) and many others. Sadly our professional media man with professional video / audio equipment could not make it due to health issues.

It turned out to be a success, much better than I expected with less than two weeks of promotion. We all enjoyed SOAP in Calgary. We also picked up some more Calgary 420 supporters too. People were honking their horns and waving at us.

Many flyers were handed out to passers by and even some passers by found cannabis seeds so I was told. All the people that showed up walked away with cannabis seeds they found and glass pipes or one of three bongs and a t-shirt no one left without a pipe or t-shirt we all made sure of that.

As luck would have it my wife left her leather jacket behind with all her ID and other plastic. No surprise she was so busy the whole time making sure everyone got a t-shirt if they did not win a pipe or bong, handing out flyers and information sheets, running the camera and somehow still found time to hold up signs and speak with the megaphone to the crowd. One super lady I am so lucky she loves me so much.

After getting home the phone rings and it is Grant Krieger (kriegerfoundation.com). Grant had been contacted by a person that was at the Calgary SOAP and he had found my wife's jacket. He had come back after getting some personal business done to find we had left.

He seen the jacket and knew who's it was right away. The very helpful and friendly lady he had met at the Calgary SOAP earlier that afternoon. We drove down to his home and picked up my wife's jacket. We also gave him a new bong for being such a cool and honest cannabis consumer.

Calgary 420 will be organizing more cannabis events & rallies, BQ's, Christmas and / or New Years party, Hemp festival in 2007, The global Million Marijuana March in May 2006, April 20 at 4:20 PM cannabis smoke in and more.

Lots of great give always and prizes at all Calgary 420 events thanks to all our very generous sponsors.

Calgary 420 is intended to be a Calgary marijuana community where we all can come together to stop these unjust cannabis laws on the books today. Put aside whatever our differences are and come together at least until we have legal cannabis for adults.

SOAP in Calgary pictures

<http://Calgary420.ca/rallies/pictures/soap/>

Million Marijuana March May 2005 in Calgary

<http://Calgary420.ca/forum/index.php/topic,5.0.html>

SOAP Video clips

[http://Calgary420.ca/rallies/video/soap\\_2005/](http://Calgary420.ca/rallies/video/soap_2005/)

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# TONYA'S STORY



## Here is some background

on how I became a medical marijuana patient, activist, now President of an Organization all within a year. I am President of Ohio Patient Action network and owner of [www.mmjactionnetwork.com](http://www.mmjactionnetwork.com). I have only been in this movement approximately one year and this year has been amazing yet it's been alarming at what I have learned.

It's been amazing because I have met Montel Williams and Loretta Nall and legendary Jack Herer plus many awesome Activists. And many very sick people who need our help.

I am 42 and firmly believe the reason I am here is because I use marijuana as a medicine. I have no criminal record. I have a degree in legal assisting and I am a good mother, friend, daughter, and neighbor. I however am a domestic violence survivor and suffer from severe spine and back injury and damage from beatings I took from my husband. I have many debilitating painful conditions from which I inherited from my family i.e.: Pseudohypoparathyroidism, My bones are twisting and turning because of arthritis and I have

severe adhesions wrapped around my bowel. All of which are very painful. Traditional drugs don't work for me because I'd be like a zombie and not able to function as a productive citizen. My doctors support my use to use marijuana as a medicine and my town supports my activism.

I always knew marijuana was medicine I just never knew why or how. I now know those answers. It's very simple. God was not a stupid God. He gave us everything we need to be ok. One...being the holy herb. I can't walk without pain management control. So I had to find the safest for me. I am destined to have to take something the rest of my life why not allow me to use what science has proven to be safer than aspirin. Why do I have to face possible jail because I choose to use cannabis, pot, marijuana? It is all same plant, just cut-sie words for it...

Why can't my doctor prescribe cannabis when he can prescribe morphine? Many people who suffer daily with debilitating conditions. I just knew I could-

n't hide in my little room when so many patients need a voice to be heard and so many are being treated like criminals. I just knew I had to come out of my comfort zone and do what was right. I figured I had nothing to lose and everything to gain.



I can't change the past filled with abuse but I sure can change the future. No one heard me when I was crying out for help. When I was being beaten by my ex-husband who was a fireman, no one heard me because law enforcement and firemen had a brotherhood. Now I'm suffering from damage to my spine and back. Severe pain at times all because they didn't hear my cry's for help now I am begging my Elected officials please don't turn me into a addict where I stand to lose my

dignity by not being able to care for myself.

Help me by asking congress to make a bill to protect me and millions of other Americans who do not want to or can't (for whatever reason as determined by their doctor) use conventional methods of treatments. Help us by not allowing Federal law to prosecute medical marijuana patients like myself for using a plant God gave us.

I think the whole world should be allowed to use holistic therapy if they choose and their doctor supervises it. I do not want to be strung out on drugs and I will fight to my death to make life easier for the sickest of the sick. WE ARE NOT CRIMINALS. Our Government knows this yet they allow Americans to suffer. I choose to use marijuana as a medicine. The science is there.

It was in Nov 2004 I found Marco Renda Treating yourself .com and he



## WHY DO I HAVE TO FACE POSSIBLE JAIL BECAUSE I CHOOSE TO USE CANNABIS, POT, MARIJUANA? IT IS ALL SAME PLANT, JUST CUTSIE WORDS FOR IT. WHY CAN'T MY DOCTOR PRESCRIBE CANNABIS WHEN HE CAN PRESCRIBE MORPHINE?

changed my life for the better. I was so sick from taking pills for different things I had to find help. So I searched for answers. They led me to treatingyourself.com and that's where I found my dignity. I was so sick and couldn't afford to buy pot anymore so I had two choices beg or die I begged and learned.

He took my hand virtually and taught me about marijuana and benefits of such a treatment. I always smoked pot and knew it helped my pain. He showed me how and why it helped my pain. Then I met others on his site that were very sick with many conditions and marijuana helped them too. I made friends .It felt like family. I started asking law enforcement their views and it seemed everyone I asked had no problem with marijuana as a medicine. My doctors and every doctor I have talked to says they have no problem. Judges I have spoken with, all say their hands are tied but they wouldn't have a problem with medical necessity for medical marijuana... So why isn't laws changing.

I learned that our government allows 7 people to use marijuana as a medicine. How is their pain different than mine? God bless that they are allowed to use it. But how can it be legal for a few and not everyone who qualify Montel Williams ask when we on Capital Hill in DC during a press conference. He's right. Why is it different for them?

Why won't George W Bush stand up for what's right and allow sick Americans to use marijuana if their doctors say it's ok.

Why do I have to die an awful death either so high on drugs legally or to suffer if I choose to not take them?

We have a Bill to protect medical marijuana patients in Ohio. SB 74 which was introduced by Senator Robert Hagan which is sitting in the criminal Justice committee awaiting a chance to be heard by a hearing. Please allow us to be heard in Ohio by allowing us to show you the TRUTH Senator Jordan.

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# Holy Hemp Nut!

By Ally (aka, pflover at TreatingYourself.com)

## The uses of the hemp seed

are many, especially those of the meat or nut. Its many benefits to man include essential nutritional constituents, modest physiological and psychological corrective and prophylactic potential for serious conditions, and an essentially indefinite potential for industrial applications ranging from guitar strings to gasoline. Come with me and explore the fascinating wonders of the holy hemp nut.

### HEALTH FOOD NUT

The Greeks imagined their gods dining on a most heavenly of foods, ambrosia. What if ambrosia was not the sweet nectar of which many have dreamed but instead the most functionally perfect food? What would it be? The hemp nut may just fit this definition of ambrosia. There is not much to say about the outer shell. If it is finely ground, the insoluble dietary fiber in the shell becomes an excellent lubricant and cleanser for the GI tract (1) and with that we move onto the meat.

The nutty inside of sterilized hemp seed is 35.8% carbohydrates, 30.1% fatty acids, 22.5% protein, 5.9% ash, and 5.7% moisture. Each 100 grams of seed also contain vitamins A (3710 IU), B1 (0.9 mg), B2 (1.1 mg), B3 (2.5 mg), B6 (0.3 mg), C (1.4 mg), D (10 IU), and E (3 mg). It is important to note that the heat used to sterilize the seeds likely results in some damage to the vitamin content and thus these numbers should be higher in untreated seeds. The seeds are a good source of phosphorus, potassium, magnesium, sulfur, and calcium. They also contain functional levels of iron, manganese and zinc, and have trace amounts or 30 more minerals. And in case you are curious, there are 503 calories per 100 grams of seed (1).

Protein content in the hemp nut can be as high as 24%. The protein

in the nut consists of between 65% and 80% of the most readily digestible kind of protein, edestine. Although soybeans contain a high percentage of protein, they are often not well tolerated by people because their proteins are more complex thus harder to digest and absorb. Hemp nut protein comes in the form of 19 amino acids. All 8 (or 9 depending on who you ask) essential amino acids are included in the correct proportions required by the human body (1).

The most amazing constituent in the hemp nut though has to be the essential fatty acids (EFAs) which can be extracted and concentrated in hemp seed oil products. Like the essential amino acids the EFAs get their name from the fact that they are both required for proper

## Comparison of Dietary Oils

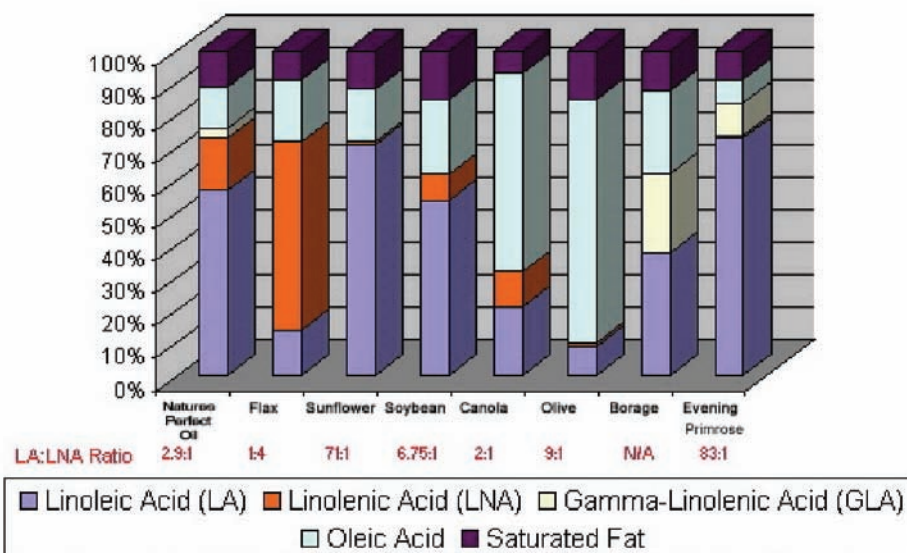


Figure 1 (Used with permission from [www.NaturesPerfectOil.com](http://www.NaturesPerfectOil.com)).

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*“Eating hemp seed is therefore a great way to boost the immunoglobulin reserves needed to build the antibodies which fight of disease and infection.”*

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health and nutrition and are not produced from raw building blocks in the body but must be obtained from consuming foods that contain them. There appear to be only two truly essential fatty acids, omega-6 fatty acid or linoleic acid (LA) and omega-3 fatty acid or linolenic acid (LNA). They are required in a 3:1 ratio respectively for long-term human health. All other important polyunsaturated fatty acids (PUFAs) can be made from these two (2). Incredibly the ratio of LA to LNA found in hemp nut and hemp oil is almost exactly 3:1 (see Figure 1). On top of this, hemp oil contains 8% of saturated fats one of the lowest concentrations found in nature. The remainder of the oil fraction of the hemp nut is composed of omega-9 fatty acid (oleic acid), the most important non-essential fatty acid, small amounts of another PUFA called gamma-linolenic acid (GLA) and stearidonic acid (3).

A wide variety of symptoms result from deficiencies in the two EFAs. Very low LA intake leads to skin disorders like eczema, hair loss, hepatic and renal dysfunction, stunted growth, miscarriage, behavioral abnormalities, male sterility, impaired ability to heal wounds, cardiovascular difficulties, and mucus membrane and glandular dryness. Chronic LA deficiency will eventually lead to death. A deficiency of LNA produces behavioral changes, impaired learning and general mental deterioration, tingling in the extremities, inflammation, and hypertension, weakness, bloating, and failing vision (2 & 3).

The EFAs have shown promise in the treatment of such physiological conditions as intestinal inflammation (4), memory disorders and pain conditions (5), protection against development of cancer (LNA and metabolites) (6 & 7), autoimmune disorders like lupus, inflammatory bowel disease, rheumatism (7), maintaining cardiovascular health (8 & 9) and regulation of blood pressure (9). The claim of benefit from EFAs to the cardiovascular system has gained the status of “qualified health claim” by the FDA (10). It is important to note that although the two

long chain PUFAs responsible for the majority of the cardiovascular benefits are not present in hemp oil, they both are metabolically produced in the body from LNA (2).

Finally Researcher Lynn Osborn (1992) in her article “Hemp Seed: The Most Nutritionally Complete Food Source in the World ” stated that not only were hemp seeds a perfectly balanced source of essential amino and fatty acids but they provided the most concentrated source of plant based globulin building material. Eating hemp seed is therefore a great way to boost the immunoglobulin reserves needed to build the antibodies which fight of disease and infection (11).

#### **CALMING THE MENTAL HEALTH NUT**

Omega-3 fatty acid has recently been gaining the interest of those in the mental health industry as well. Current research suggests that LNA may help regulate mood in mood disorders (12), irritability in bipolar disorder, borderline personality disorder, and schizophrenia (13), and act as an adaptogenic (protective) agent against stress (14). In mood disorders, the benefit of LNA may be greatest for rapid cycling bipolar disorders and unipolar manias, a treatment resistant sub class of mood disorders. Preliminary findings also suggest that conditions like dyslexia, dyspraxia, and attention deficit/hyperactivity disorders may result from difficulty in converting EFAs to long chain PUFAs such as those available in fish oil but not in hemp seed oil (15).

Activation of the CB1 cannabinoid receptor has also been associated with many of the benefits attributed to EFAs. New evidence suggests a direct metabolic link between the omega-6 fatty acid and anandamide, called the brain's own cannabinoid. The metabolic chain is as follows: LA > gamma-linolenic acid > dihomogammalinolenic acid > arachidonic acid + ethanolamine > arachidonylethanolamide (a.k.a., anandamide) (2 & 16). In support of this claim, levels of anandamide were found to be elevated in the brains of piglets after they



Henry Ford for using an axe to test the strength of his “hemp plastic” car body, reportedly no dent was left.

Petrol Replaced: Prophecy of a Hemp Nut

There is one final question: What to do with any oil after it goes rancid and can no longer be consumed? The answer is simple: bio diesel or vegetable oil based diesel fuel. With minor conversion, pure hemp oil can be used to run a modern diesel engine with no conversion to the engine (18). In fact, the inventor of the diesel engine, Rudolf Diesel, used bio diesel to debut it at the 1900 Worlds fair and the first Model-T Henry Ford built was not just made from hemp based plastics but was designed to run one hempoline (hemp gasoline) (19). The emissions profile for biodiesel is highly superior to petrol diesel not to mention that it's a renewable fuel source, non-toxic, and biodegradable (try to say that about petroleum based fuels) (18).

were fed milk containing two long chain EFAs when compared to piglets which received non-adulterated milk (17). This suggests that at least some of the therapeutic benefits gained from consuming hemp nut may result form an indirect activation of the endocannabinoid system via increased anandamide levels.

*TY Magazine would like to thank NaturesPerfectOil.com for their help with this article.*

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a month to buy weed? If it's over \$80 a month you're paying too much. For as little as \$80 a month you could be harvesting your own plants. Maybe you're just tired of buying overpriced, low-quality buds. Whatever the reason you can start planning your grow today and be harvesting buds in just a few months.

By slowly building your own grow you can avoid suspicion and not have to drop a hefty chunk of your hard earned money all at once to do it. Once you have all the supplies, maintaining your grow is cheap and easy.

Whether you want to grow for medical or personal reasons, you should consider a few things and abide by some simple rules in order to grow successfully with a reduced risk of being caught.

### **-Don't talk about your grow to anyone.**

If you have to talk about it, tell your friends about your buddies grow he lets you in on.

### **-Don't sell your harvest.**

This violates the 'Don't Tell Anyone' Rule as well. If you're selling, your buds are telling. Should you ever be caught selling, your residence will probably be searched also leading to more trouble for you when they find your glowing closet.

### **-Do you smoke enough to make growing worth it?**

If you only smoke a few times a month and a \$40 bag lasts forever, you may not want to spend the money or the time doing it yourself.

### **-Can you really afford to buy the equipment?**

If you're having problems making rent or bills, you probably shouldn't start growing either. Being evict-

ed or having the power turned off can be enough bad news without worrying about what to do about your grow.

### **-Do you have the space to grow?**

If you're crammed into a house or apartment with a few other people, you might not have space. Exactly how much space you will need depends on many factors. For most personal grows a small closet can be enough space.

-Even if by accident, can I live with the consequences if I'm busted?

If you're a student, you can lose your financial aid. If you're a homeowner, you can lose your house. In either case, you may face jail. Are you prepared for that?

Barring that, what do you need to get started? What do you need to be successful? There are so many questions that it may seem daunting at first. Read over all the information you can before buying anything. A hasty purchase now is worse than an informed purchase later. Should I grow in soil or should I try hydroponics? Fluorescent lights or HID's? What is an HID?

I'll try to cover some of the basics here, but there's so much more to know that I'll just have to wait for you to send me questions once you've done your reading.

**Space:** Space depends on how many plants you want to grow. This will also determine how much light you will need. Do you want one small plant or many small ones? One large plant or many large plants? Generally indoors you are limited by the amount of light you can give your plants. More is better up to a certain point. It is best to find out how big a space your light can support and fill in from there. However you may be limited by the available space in your house. If you can curtain off a section of your closet (not preferred), or build a small growbox (getting better), or use a little room with a locked door (best!) in your house, you will have a starting point to work from. Finding an area with enough space to work in, a way to bring in fresh air and a way to exhaust heat should be the first priority. From there you should determine how many lights you will need to fill up the space.

**Light:** Fluorescents are good for small plants, seedlings and clones. Larger plants generally do not get enough light from floros to be efficient. HID's (High Intensity Discharge), are better for larger plants and come in two main flavors: High Pressure Sodium (HPS) and Metal Halide (MH). As a general rule the HPS's are preferred for flowering plants while plants without flowers prefer the Halides. There is a significant debate over whether you need

Photo courtesy Of SKUNK Magazine

# "IF YOU'RE A STUDENT, YOU CAN LOSE YOUR FINANCIAL AID. IF YOU'RE A HOMEOWNER, YOU CAN LOSE YOUR HOUSE. IN EITHER CASE, YOU MAY FACE JAIL. ARE YOU PREPARED FOR THAT?"

both types for the best growth. You can grow successfully with either of the two, I prefer HPS because they are more efficient. With HID's you should use between 60w and 100w per square foot of floor space you intend to use for growing. That is one 600w or 1000w light for every 3ft x 3ft space. Just remember that the more lights you use the more heat you will need exhaust.

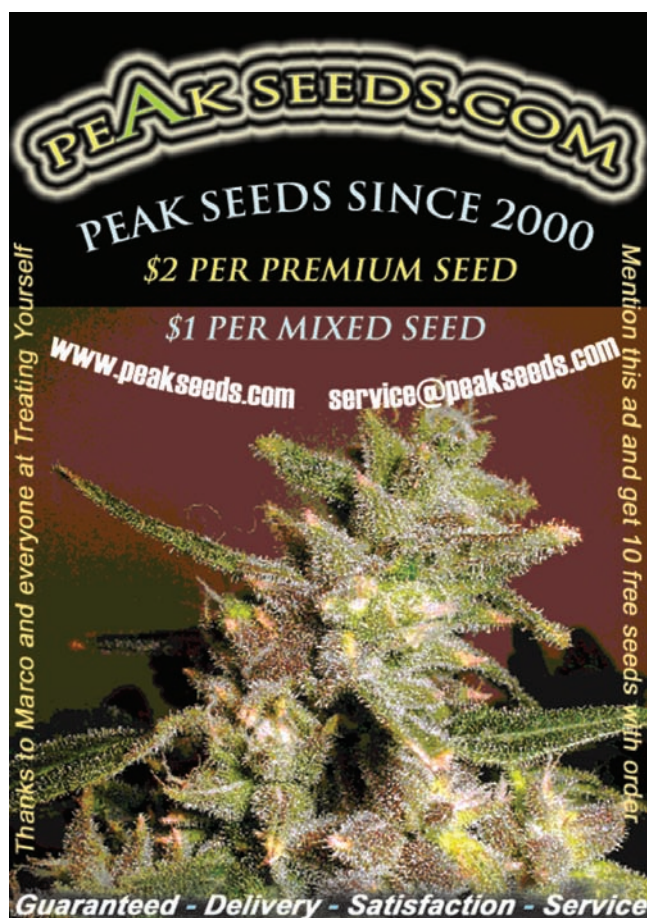
**Soil or Hydro:** Soil is probably the easiest way to go

with respect to maintenance. Just water the plant and it's good to go. Occasionally giving the plant nutrients will certainly increase your harvest. With hydroponics, there are several different methods for you to choose from. I recommend building your own hydro setup to save money. The individual methods are as much about your style as they are about the advantages and disadvantages of each method. Learning how each one works is important because you will need to choose which style you want based

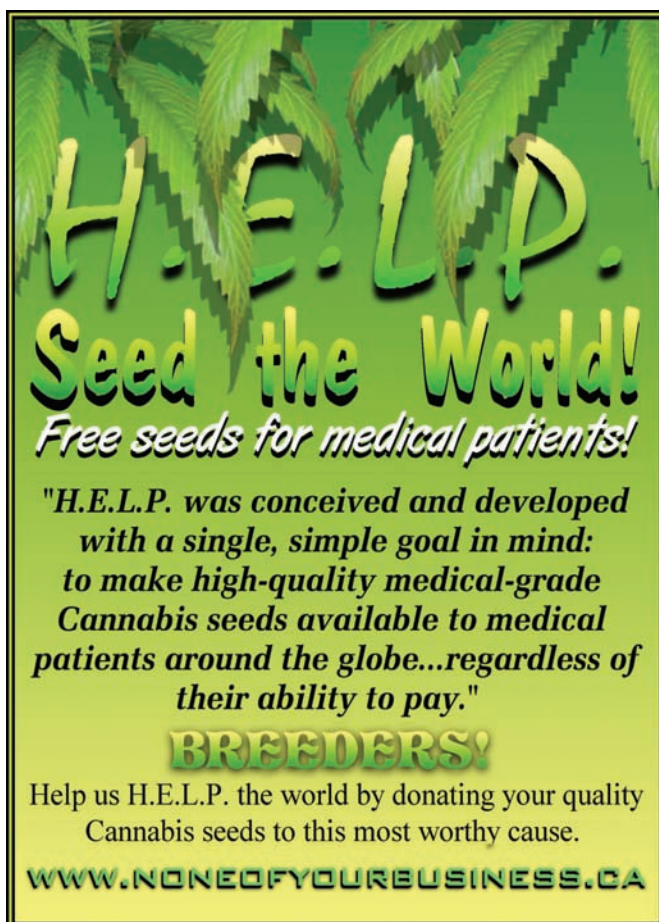
on your environment and gardening habits.

Invariably questions will arise. Maybe you don't have the experience to build your own grow box, or the money to buy the high end toys you want. I'll show you ways to reduce the cost, and maximize your money to get the most out of your grow. Once you have a good plan I'll help you through the planning to the harvest. Send in your questions to [Mendrel@treatingyourself.com](mailto:Mendrel@treatingyourself.com).

*Mendrel is a student studying Botany, Plant Pathology and Chemistry and is focusing on Plant Molecular Genetics and Biotechnology*



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# BASIC ORGANICS

Before I begin; I do not claim to be a "Soma" of the organic world. Nor am I seeking that. This brief reference is gathered because what better way to share and spread the information. Besides that I promised Marco a short take on what I know. So pull out a nice bong, pinch off a chunk of G13 x NL5 and dig in.

## ORGANIC SOIL

A healthy soil, rich in nutrients and life, is the essential building block of any garden. Soil is a complex and delicate ecosystem in its own right with a multitude of organisms converting a wide variety of inactive materials into the essential nutrients that your plants will thrive on. Chemical fertilizers can destroy these organisms and pull you and your garden into a cycle of dependency. A fundamental principle of organic gardening is to feed your soil and then let the soil feed your plants. By providing the materials that the natural fauna and flora in your soil need to thrive, you will encourage more and more of these hard working little organisms to grow and multiply. The result, an ever increasing quality of soil with more and more available nutrients. Many gardeners wonder what exactly organic gardening means. The simple answer is that organic gardeners don't use synthetic fertilizers or pesticides on their plants. But gardening organically is much more than what you don't

do. When you garden organically, you think of your plants as part of a whole system within Nature that starts in the soil and includes the water supply, people, wildlife and even insects. An organic gardener strives to work in harmony with natural systems and to minimize and continually replenish any resources the garden consumes. Organic gardening, then, begins with attention to the soil.

There are plenty of Mediums used by us; the Gardeners, and each choice from individual to individual can differ in its components. The key ingredients that make a

*“The key ideas are to keep your medium life bearing, light and aerated for root health.”*

medium successful could range from plenty of combinations just the same. The key ideas are to keep your medium life bearing, light and aerated for root health. Do not make things dense and compacted preventing root development and growth... Also mix for proper drainage

to prevent any type of root rotting and promotion of negative fungi from water and feedings not draining from the medium.

Here's a basic example of what I use. This isn't a world-wide known and recognized method that's a bottom line etched in stone soil build. It's just my example of a simple and basic Organic Soil to start your Cannabis seeds off, along with growing it right through to the harvest. The measurements and quantities vary depending on the number of plants I'm growing at the moment as well as the specific need of the plant at that given point of time. For example....my sprouts and seedlings will use a Coco Coir mixture with perlite, greensand, (Ocean Potion) Ascophillum Nodosum Sea Kelp and worm castings until their first transplant...

**Then I chose to use this combination for vegging and flowering:**

Coco Coir 1 brick mixed with 1/2 gallon PH'd aged water...allow to sit and absorb the water well.  
Worm Castings 0.5-0.5-0.3 added 1 : 1  
Mexican Bat Guano 10-2-1.....add 1 tablespoon..... when flowering begins I use 1/2 of the measured quantity  
Jamaican Bat Guano 1-10-0.2....add 1 tablespoon  
Greensand 0-0.2-8...add 1/2 cup  
Perlite ....Inert...added at 2 : 3  
Sul-Po-Mag 0-0-22 ...add 1/2 cup This adds sulfur, potash, and magnesium as well  
(Ocean Potion) Ascophillum Nodosum Sea Kelp 100% pure organic...add 2 tablespoons  
Dolomite Lime (Epsoma Brand)....add 1 cup for pH buffering along with added magnesium

Later I foliar feed with a Sea Kelp tea or (Sea Green Plus) Kelp and Fish Emulsion 3-2-2 it depends on what the plant is showing me through it leaves and color, growth spurts and if it's flowering or vegging. So far so good with no problems, but I'm not an expert of organic matter. Organics can be used in hundreds of ways. This method happens to work for me.

There are plenty of named brand items too. Like the Sunshine Mixes, Foxfarm, Canna, sphagnum peat moss, Black Gold...etc. All of these make good baselines to start from. These soils are made up of various things and may require a touch of this and a touch of that to adjust pH, hold water or gain the right consistency. Just remember to use a good quality potting soil or soilless mix to begin building your medium. Once you get your medium built, established and mixed, now's the time to think about how you'll fertilize your plant. Think of it like this.....Feed your soil.....fertilize your plant!!!

## NATURAL FERTILIZERS

If you apply compost to your garden on a regular basis; you probably will not need to use commercial fertilizers, but while you are building your soil they are very helpful.

Fertilizers give soil necessary major and minor nutrients, which are then taken up by the plants, but they do not change the physical characteristics of the soil.

Both natural and artificial fertilizers are labeled with numbers such as 0-10-10 or 4-6-2. These numbers show the percentage by net weight of three major nutrients: nitrogen (N; the first number), which stimulates green leaf growth and form's proteins and chlorophyll available phosphorus (P; the second number), which contributes to root, flower and fruit development, as well as disease resistance potassium in the form of soluble potash (K; the third number), which promotes stem and root growth and the synthesis of proteins. A 5-8-3 fertilizer, then, would contain 5 percent nitrogen, 8 percent available phosphorus, and 3 percent soluble potash.

So if you wanted a fertilizer that would make a plant flower, you would want a fertilizer with a high phosphorus number (the second number), such as 1-10-0 bat guano.

Artificial and natural fertilizers both provide nutrients to the plants; however, the nutrients differ in both their source and their spectrum.

## N - P - K AND ORGANIC FERTILIZERS

Confused about the numbers associated with organic fertilizers?

What value do they offer organic gardeners? A plant needs nutrients to survive. Most of these are provided by the soil, but soil varies tremendously in nutrient amounts, soil type, pH, and nutrient availability.

The three main nutrients that have been identified as absolutely necessary for plants are nitrogen (N), phosphorus (P) and potassium (K). These three are also known as macronutrients, and are the source of the three numbers commonly found on organic fertilizer labels. The numbers found on our Organic All-Purpose Fertilizer, for example, are 7-7-2.

This is the percentage by weight of the N, P, and K

found in the fertilizer.

So what's so important about nitrogen, phosphorus and potassium?

Nitrogen (N) is probably the most widely recognized nutrient, known primarily for its ability to "green up" lawns. Nitrogen mainly affects vegetative growth and general health. Chlorophyll, the green substance in plants responsible for photosynthesis, is largely composed of nitrogen. It is also used heavily in new shoots, buds, and leaves. Air contains about 78% nitrogen, but atmospheric nitrogen is not readily available to plants. They must absorb it through the soil. Ammonium and nitrate are both readily available forms of nitrogen, but they are common in chemical fertilizers and leach heavily and quickly out of the soil. Nitrogen can be applied organically in many ways, including composted manure, blood meal, canola meal, fish powder and various liquid organic fertilizers. Keep in mind that many organic dry fertilizers are slow-release, helping the long-term nitrogen content and building up organic matter in the soil.

Nitrogen deficiency is recognized by the yellowing of older leaves, slowing or stopping of growth. Leaves may drop sooner than expected. Excess nitrogen is recognized by extremely fast growth, resulting in long, spindly, weak shoots with dark green leaves.

Phosphorus (P) is important for healthy roots and is used more heavily during blooming and seed set. Phosphorus is easily rendered unavailable to plants when the PH is slightly unbalanced. It is released in soil through decomposing organic matter.

Phosphorus deficiency is recognized by dull green leaves and purplish stems. The plant is generally unhealthy, sometimes yellowing. Lack of blooming with lush green foliage may also indicate a lack of phosphorus. Organic phosphorus can be found in rock phosphate, bone meal and various liquid organic fertilizers such as fish emulsion.

Potassium (K), sometimes known as potash, is important for general health of plants. It is a key factor in the formation of chlorophyll and other plant compounds. Potassium is also known to help with disease resistance.

Potassium deficiency is hard to diagnose, but plants are generally sickly, with small fruit, yellowing from the

older leaves upwards, and sickly blooms. Sources of organic potassium include sul-po-mag (sulfate of potash magnesia, quick release), greensand, and liquid fertilizers such as Earth Juice's Meta-K.

Below is a Table on plant tips I use from Epsoma. Eighteen elements are considered essential for plant growth. Carbon, hydrogen, and oxygen are primarily supplied by air and water. Plant roots absorb the remaining 15 elements from the surrounding soil. These elements are divided into three groups based on their relative abundance in plants: Primary Nutrients (or Major Nutrients), Secondary Nutrients (or Minor Nutrients), and Trace Nutrients (or Micronutrients). Although the Major Nutrients are needed in the greatest quantities, a deficiency of any one nutrient can prevent plant growth, or reduce it to unsatisfactory levels. Even though some soils may already contain these nutrients, they may not be in a form available for plant growth. The best way to ensure that all of the nutrients are available in the soil is through regular applications of plant foods. Table 1 provides more information on each nutrient, its deficiency symptoms, and possible plant foods to cure the deficiency.



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## Below is another chart I use for Mineral Nutrient Value of Organic Fertilizers

Courtesy of Epsom

Materials N P2O5 K2O Relative Availability

Alfalfa Meal 3.0 1.0 2.0 *Medium-Slow*  
 Blood Meal 12.0 1.5 0.6 *Medium-Rapid*  
 Bone Meal (steamed) 0.7-4.0 11.0-34.0 0.0 *Slow-Medium*  
 Brewers Grain (wet) 0.9 0.5 0.1 *Slow*  
 Castor Pomace 5.0 1.8 1.0 *Slow*  
 Cocoa Shell Meal 2.5 1.0 2.5 *Slow*  
 Coffee Grounds (dry) 2.0 0.4 0.7 *Slow*  
 Colloidal Phosphate 0.0 18.0-24.0 0.0 *Slow*  
 Compost (not fortified) 1.5 1.0 1.5 *Slow*  
 Cotton Gin Trash 0.7 0.2 1.2 *Slow*  
 Cottonseed Meal (dry) 6.0 2.5 1.7 *Slow-Medium*  
 Eggshells 1.2 0.4 0.1 *Slow*  
 Feather 11.0-15.0 0.00.0 *Slow*  
 Fertrell - Blue Label 1.0 1.0 1.0 *Slow*  
 Fertrell - Gold Label 2.0 2.0 2.0 *Slow*  
 Fertrell - Super 3.0 2.0 3.0 *Slow*  
 Fertrell - Super "N" 4.0 3.0 4.0 *Slow*  
 Fish Meal 10.0 4.0 0.0 *Slow*  
 Fish Emulsion 5.0 2.0 2.0 *Medium-Rapid*  
 Fish Scrap (dry) 3.5-12.0 1.0-12.0 0.8-1.6 *Slow*  
 Garbage Tankage (dry) 2.7 3.0 1.0 *Very Slow*

Grape Pomace 3.0 0.0 0.0 *Slow*  
 Granite Dust 0.0 0.0 6.0 *Very Slow*  
 Greensand 0.0 1.0-2.0 5.0 *Slow*  
 Guano (bat) 5.7 8.6 2.0 *Medium*  
 Guano (Peru) 12.5 11.2 2.4 *Medium*  
 Hoof/Horn Meal 12.0 2.0 0.0 *Medium-Slow*  
 Kelp2 0.9 0.5 1.0-4.0 *Slow*

### MANURE3 (FRESH)

Cattle 0.25 0.15 0.25 *Medium*  
 Horse 0.3 0.15 0.5 *Medium*  
 Sheep 0.6 0.33 0.75 *Medium*  
 Swine 0.3 0.3 0.3 *Medium*  
 Duck 1.1 1.4 0.5  
 Poultry (75% water) 1.5 1.0 0.5 *Medium-Rapid*  
 Poultry (50% water) 2.0 2.0 1.0 *Medium-Rapid*  
 Poultry (30% water) 3.0 2.5 1.5 *Medium-Rapid*  
 Poultry (15% water) 6.0 4.0 3.0 *Medium-Rapid*  
 Manure3 (dry) Cricket Manure 3.0 2.0 1.0 *Medium-Rapid*  
 Goat 2.7 1.8 2.8 *Medium*  
 Dairy 0.7 0.3 0.6 *Medium*  
 Steer 2.0 0.5 1.9 *Medium*  
 Horse 0.7 0.3 0.5 *Medium*

Hog 1.0 0.7 0.8 *Medium*  
 Sheep 2.0 1.0 2.5 *Medium*  
 Rabbit 2.0 1.3 1.2 *Medium*  
 Marl 0.0 2.0 4.5 *Very Slow*  
 Mushroom Compost 0.7 0.9 0.6  
 Sulfate of Potash Magnesia4 0.0 0.0 22.0 *Rapid to Medium*  
 Soybean Meal 6.7 1.6 2.3 *Slow*  
 Urea5 42.0-46.0 0.0 0.0 *Rapid*  
 Wood Ashes6 0.0 1.0-2.0 3.0-7.0 *Rapid*

Some of the materials may not be available because of restricted sources.

1 The percentage of plant nutrients is highly variable; average percentages for materials are listed.

2 Contains common salt, sodium carbonates, sodium and potassium sulfates.

3 Plant nutrients, available during year of application, vary with amount of straw/bedding and method of storage.

4 Also known as Sul-Po-Mag or K-Mag.

5 Urea is an organic compound; but as manufactured sources are synthetic, it is doubtful that most organic gardeners would consider it acceptable. 6 Potash content depends on the tree species burned.

Wood ashes are alkaline, containing approximately 32% CaO.

Many of these items can be found locally or commercially depending on your location and the will to utilize resources that are available. I hope this helps out for understanding the beginning of organics. It's a natural world we live in; why not grow natural too. A lot of my information, ideas and tips came from the vast world of

Cannabis Cultivators on various websites. With the resources available, knowledge from a lot of gardeners and the attempts on our own, we should be able to write volumes of information to further share our growth outside and definitely within the garden.



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# Delicious Recipes

## CANNA OATMEAL RAISIN COOKIES

Crisp or chewy-the choice is yours

3/4 cup canna butter softened - 175 ml

3/4 cup lightly packed brown sugar - 175 ml

1/2 cup granulated sugar - 125 ml

1 egg

2 tbsp water - 30 ml

2 tsp vanilla - 10 ml

3/4 cup all-purpose flour - 175 ml

3/4 tsp baking soda - 3 ml

1 tsp cinnamon - 5 ml

3 cups oats - 750 ml

1-1/2 cups raisins - 375 ml



Cream butter, sugars, egg, water and vanilla together on medium speed of electric mixer until light and fluffy. Combine flour, soda and cinnamon. Add to creamed mixture, beating on low speed until blended. Stir in oats and raisins. Drop dough by heaping tablespoonfuls onto greased baking sheets. Press flat for crisp cookies or, leave rounded for chewy cookies. Bake at 350 F (180 C) for 12 - 15 min, or until edges start to brown, don't over bake. This makes around 3 dozen cookies, depending on size. You can replace raisins with chocolate chips, nuts or fruit, or to be fun double the recipe and put a couple together.

Submitted by: Clear Head C

## HEMP ALMOND PESTO

1/2 cup shelled hempseeds

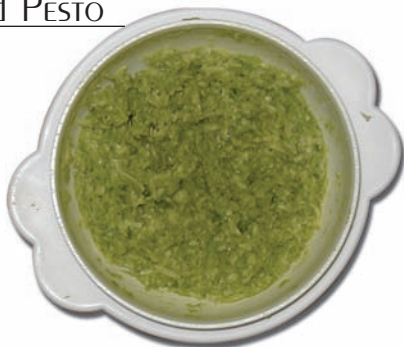
2/3 cup sliced almonds

1 bunch basil

3 tablespoons hemp oil

3 tablespoons olive oil

2 cups grated parmesan cheese



Directions:

- Crush seeds, almonds, basil, hemp oil, and olive oil to a paste with a pestle in a mortar.
- Mix in the parmesan.
- Heat pesto in a pot, being careful not to overcook it.
- Serve this tasty sauce over your favorite pasta.
- Finely cut tomato cubes add refreshing taste and color.
- Sufficient for 1 1/2 pounds pasta.

Source: Ralf Hiener: Hanf: Das Kochbuch (Hemp: The Cookbook). Hadecke Verlag, Germany, 1998

Submitted by: 1JoeSky\_IVXX

## COCO PEANUT BUTTER CANNA KRISPY'S

Got bored last night and needed to use up some cannabutter, and being pretty lazy I went for something quick and easy... Coco Peanut Butter Canna Krispys were born

1 cup cannabutter

10 oz mini marshmallows

3/4 cup peanut butter

6-7 cups Coco Krispys or Rice Krispys

Non stick spray



Made mine on the stove but can also be made in the microwave 1) melt canna butter on low heat. 2) add marshmallows to canna butter keep on heat till marshmallows and butter are smooth. 3) add peanut butter to the marshmallow mixture, stir until it mixes well. 4) add Coco krispys and mix together. 5) in a greased 13 x 9 pan, press in the final product and let cool or if your me just dive right in...

These came out nice and gooey. A friend dropped by just as they were finishing up so we tested them out and after eating a 4 x 4 x2 square and burning a fatty of BB x LR I slowly became part of the couch

Submitted by: Merlin



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# PATIENT'S CHOICE poppy SEED RX-bread

This bread, which actually is more like a cake, is a house favorite; it's moist and delicious and has ALOT of THC. This recipe is a must for ALL medical patients who want a great experience with eating their cannabis. Be warned though, this is only for heavy cannabis users, i.e. it is VERY INTOXICATING (I have made a few cannabis dishes and this is bar-none the best tasting, most potent dish I've ever made or eaten).

This recipe makes 12 large servings, it's easy and worth every bit of trouble, enjoy! (it usually takes me two or three times to get a cannabis-recipe to work right, but this one came out right the first time) . . . Lets get started, first you'll need:

## CANNA-OIL:

2 Cups Crisco shortening  
2T cooking oil  
1 clean 5gallon paint sifter  
(available at any paint center for about 3\$)  
7-9cups water  
2.5oz+ high quality bud-shake (this is important for potency)  
1 5quart sauce pan (the kind you'd make spaghetti in)  
2 transparent half gallon pitchers

## Preparation:

In the five quart sauce pan mix water, oil, Crisco, and bud shake (of-course you can use bud, the better the pot-product, the more potent the cake is, it just has to be at least the quality of good bud shake, also it's a good idea to have this ground up fairly well.) bring to boil on high watching closely, when it starts to boil immediately turn down heat to a very low simmer and cover for 18-24 hours. Turn off heat and let it cool for about 3-4 hours, now use the paint sifter to strain the liquid out of the pan and into the pitchers, make sure too squeeze out as much of the liquids as possible

because the canna-oil is now in that plant material and needs to be squished out, set the pitchers in the fridge for two or three hours or so and the canna-oil will separate and solidify on the top of the water, you can now use a butter knife and run it around the inside edges of the pitchers. Pour out the water and canna oil into a strainer in the sink (the canna-oil is solid and will not fall through the small holes, and of course the water will go right down the drain) put the oil in a cup or bag or container of your choice, don't worry if you still get a little water in with the oil you can just heat it up, pour it in a cup, let it separate and solidify in the fridge and remove the oil from the water the same way I explained above. You now have canna-oil! HISTORY and info; This Canna-oil should be green and creamy when at room temp and seem very much like ice cream when cold (that's normal). your house will wreak when your making it (a capful of vanilla should help with that). This Canna-oil is the result of years of trials and tribulation, It will work in any recipe that calls for shortening or any recipe that calls for cooking-oil if you melt it down before use. I tried many ways of cannabis/food preparation and this is the only way to go if you want to get really potent canna-oil.

## OK NOW THE BREAD...

You'll need:

3 eggs  
3 cups flour

2 1/3 cups sugar  
2T poppy seed  
1.5 cups milk  
1 1/8 cups Canna-oil  
1.5t salt  
1.5t almond extract  
1.5t vanilla extract  
1.5t butter flavoring  
1/2t baking powder

## Preparation:

Beat eggs together in large mixing bowl, melt canna-oil and add it to eggs, warm the milk and add all the liquid ingredients and mix well (it should look like green gravy). Add all dry ingredients; pour into 2 lightly greased cake pans. Bake at 325 for 1 hour, let cool in pans for ten minutes

## Glaze:

You'll need:

\_ cup orange juice  
\_ cup sugar  
1/2t almond extract  
1/2t vanilla extract  
1/2t butter flavoring

## Preparation:

Mix ingredients it will be granular, Heat in microwave (10-20seconds on high) mix ingredients together until sugar is completely dissolved, pour half over each cake... enjoy

A Schwab family recipe  
Submitted by: Yrekagrow



# CONTRIBUTIONS

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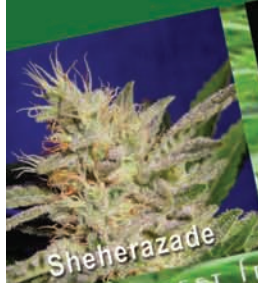
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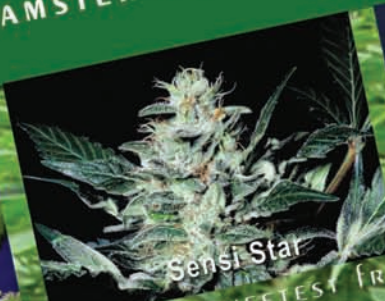


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A stinky strain originally from Oakland, rock hard lime green buds. Compact strain, good for closets or SOG.
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A sativa pheno from the old Blueberry with piney, woody and dry blueberry flavours. Connoisseur weed, pretty plants.
- RM-67 Low PT. ~ \$20/12 seeds ~ Indoor 8 weeks/Outdoor Late Sept.  
Oregon Purple Thai x Lowryder. A fast OPT hybrid. Some are autoflowering. Small plants.
- RM-70 Big Thunder ~ \$8/seed or \$60/12 seeds ~ Indoor 8-9 weeks/Outdoor Early-Mid Oct.  
Huge plants with huge buds and huge yields of hugely stoney herb, Indica-sativa, some purple, Great daytime meds.
- RM-71 Odin's Hammer ~ \$8/seed or \$60/12 seeds ~ Indoor 10 weeks/Outdoor Mid-Late Oct.  
Acapulco Gold x Kodiak Gold, heart racing head whacking sativa powerhouse, big plants. Grassy, berry and bubblegum flavors.
- RM-73 Newberry ~ \$20/seed or \$160/12 seeds ~ Indoor 8 weeks/Outdoor Mid Oct.  
Berry flavored Indica of the highest Odor, if you like blueberry you'll love Newberry. Great yields, strong high.
- RM-74 G-13 x Blueberry Sativa ~ \$15/seed or \$120/12 seeds ~ Indoor 9 weeks/Outdoor Nov.  
High quality weed for medical users, low odor, old school flavours.
- RM-75 G-13 Black Widow (Pure) ~ \$8/seed or \$60/12 seeds ~ Indoor 8-9 weeks/Outdoor Oct.  
Compact plants with a nice easy Indica buzz, diesel, grapefruity aromas. Great closet strain, low odor.
- RM-76 Nutcruncher ~ \$15/seed or \$120/12 seeds ~ Indoor 8 weeks/Outdoor Early Oct.  
G-13 x Headstash, powerful chocolatey Indica, fat yields, mold resistance, low odor. Great meds.
- RM-77 G-SUS ~ \$9/seed or \$80/12 seeds ~ Indoor 8 weeks/Outdoor Oct.  
Godbud x G-13, supreme coughlock high and rich taste will bring you into the lap of God. Stinky!
- RM-78 Señor Garcia ~ \$10/seed or \$80/12 seeds ~ Indoor 10-12 weeks/Outdoor Dec.  
Oregon Purple Thai x Panama Red, some trippy weed named in honor of Jerry Garcia.
- RM-83 Blue Nepalese ~ \$8/seed or \$60/12 seeds ~ Indoor 9 weeks/Outdoor Sept.  
An early outdoor sativa, fruity aromas, nice euphoric high.
- RM-86 Red Congolese ~ \$20/seed or \$150/12 seeds ~ Indoor 12 weeks/Outdoor Late Oct.  
A superior sweet Sativa F1 with a happy high, creative weed for artists. Nice yields, great bag appeal, good SOG strain.
- RM-89 Nigerian Nightmare ~ \$8/seed, \$60/12 seeds or \$80/24 seeds ~ Indoor 7-8 weeks/Outdoor Mid-Late Sept.  
Great fast outdoor strain with skunky chunky nuggies, good mold resistance. Easy to grow.
- RM-90 Tropical Timewarp ~ \$11/seed or \$100/12 seeds ~ Indoor 10-11 weeks/Outdoor Early Nov.  
High yielding sativa with the giggly long lasting high of the old days, exotic fruity and grassy aroma.
- RM-91 Timewarp x Headstash ~ \$11/seed or \$100/12 seeds ~ Indoor 7-8 weeks/Outdoor Late Sept.-Early Oct.  
Great indoors or outdoors with excellent yields of greasy fruity chunky nuggies, great mold resistance.
- RM-93 - Reeferman's Grapefruit ~ \$15/seed or \$120/12 seeds ~ Indoor 8 weeks / Outdoor Late Oct.  
Exceptional sweet grapefruity Indica, super frosty, great SOG plant
- RM-96 King's Kross ~ \$15/seed or \$120/12 seeds ~ Indoor 8-9 weeks/Outdoor November  
Winner 2005 ICMAG Cup for Best Hash, A highly coveted Vancouver Island strain, with piney kush aromas, strong indica.
- RM-98 Reeferman's Champagne ~ \$15/seed or \$120/12 seeds ~ Indoor 9 weeks/Outdoor Late Oct.  
Old school hashplant that tastes like bubbly sweet champagne, great SOG strain, awesome bag appeal.

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# YENZO'S STORY

## Back in the glittering 70's, the Hepatitis C phenomenon was not known, only the more typical Hepatitis B. Back then I became a professional boxer and it is all too common in the sport to exchange blood as it is a part of the game.

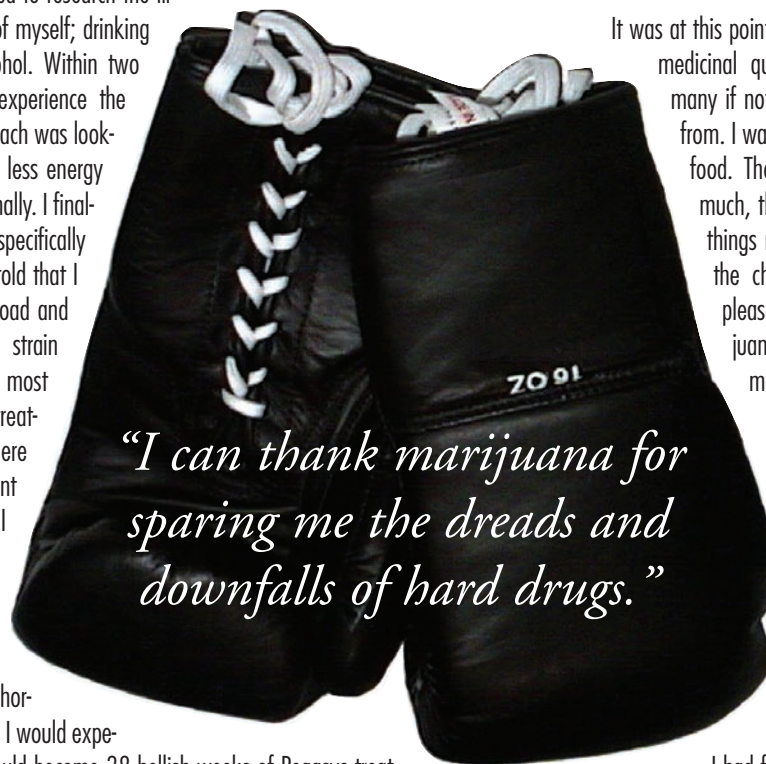
Then came the 90's, and one day after making a blood donation I received a letter saying that my blood donation could not be used due to elevated enzymes and that I should consult a doctor in order to find out the reason. I did not think too much of it and after a regular physical I was told that I was positive for Hepatitis C. I started to research the illness, and to take better care of myself; drinking milk thistle, not drinking alcohol. Within two years, I began to seriously experience the effects of Hepatitis C. My stomach was looking bloated I was feeling way less energy and getting nauseated occasionally. I finally decided to consult a doctor specifically about the Hep. C. I was then told that I have a huge amount of viral load and that I have the very worse strain (genotype1A) that it is the most stubborn and resistant to treatment. My doc told me that there is a 30% chance that treatment would work for me but that if I did not begin treatment my body would not be able to tolerate it later on. So, I agreed to give it a try. This was after being told about the horrendous and severe side effects I would experience while enduring what would become 38 hellish weeks of Pegasys treatment. I could not believe the way the treatment package was delivered to me, in a portable icebox. It came with an instructional video, showing a patient self injecting medication directly into the liver, and the needle was quite long, with the instructions to inject the entire needle directly into the liver or stomach. It hurt, especially feeling when the contents were entering me. It is a burning feeling that made me feel like I was doing hard drugs or something! Between injections and eating 12 pills each day I immediately began to feel the unpleasant side effects on the very first day of treatment. It felt as if all the energy and strength was being sapped from my body. As the days turned into weeks I felt more and more depressed and my mood was swinging madly. The weak-

ness was so physical I found myself always leaning on the wall or slumping in a chair. I had no kind of energy. Every time I would eat, I would feel full after just a few forkfuls. The feeling of impending doom and sadness was overbearing.

It was at this point when I realized that whenever I had medicinal quality marijuana, it helped alleviate many if not all of the symptoms I was suffering from. I was better able to eat and hold down my food. The marijuana also lifted my mood so much, that I was able to think about positive things rather than the nightmares caused by the chemicals being injected. I even had pleasant dreams sleeping after taking marijuana, a very thankful relief. There were many days when I had no marijuana to provide relief, and the difference was glaring. It is no mistake, it is no placebo type thing, marijuana is a pure and wholesome effective medicine that enabled me to deal with it all (my illness) and enabled me to go on and not give up. And it is illegal.

Before I became a professional boxer, I had first tried marijuana as a young experimenting musician. I can remember my first reaction. It was a pleasant feeling and made humor larger than life! I laughed and had the munchies. Whenever I played my bass guitar or on percussion, the experience took on a broader realm. I had tried drinking and other drugs at the time and nothing gave me the safe, coordinated, euphoric state of consciousness that marijuana could. I began to use it to try elevating my creativity much in the way I had read that the Jazz giants did. I found they were on to something.

Growing up in the inner ghettos of the South Bronx, I was surrounded by drug users and as a young kid was exposed to the street horrors. But marijuana was



*"I can thank marijuana for sparing me the dreads and downfalls of hard drugs."*

never something that I saw as a threat. Because I was so satisfied with smoking it I never had the urge to try getting into something harder. I can thank marijuana for sparing me the dreads and downfalls of hard drugs. Cannabis ain't no damn "gateway drug" as the Babylon system calls it. I have had many years of enjoying the recreational herb and to experience deeper prayer and meditation, bringing me into a more solid foundation of inner consciousness. I see cannabis as a blessing, and when I began treatment for Hepatitis C, I was already aware of the benefits of medical marijuana and I utilized it myself. As I said before, there were many days and weeks when I had no marijuana. When I tried street grade marijuana rather than medical marijuana, there was no relief. Those were the most difficult days. It was those days when I felt the full blown side effects from the Pegasys treatment. My nausea was severe instead of mild, my appetite was non-existent. I drank way less water than I could have and my nights were long and unwelcome. I couldn't stand anything. If it was not of medicinal quality, then it was practically ineffective. To doubters that say medicinal marijuana use is bogus, or an excuse to "get high", I say that I am living proof. I know that cannabis used to treat health ailments is the safest, most tolerable, and incredibly effective medicine that can be used. I would have never made it through the entire 48 weeks of self-injecting (directly into the liver) and daily pill swallowing. I would have lost even more weight. Eating is vital when undergoing this treatment, especially as it causes you to have zero appetite.

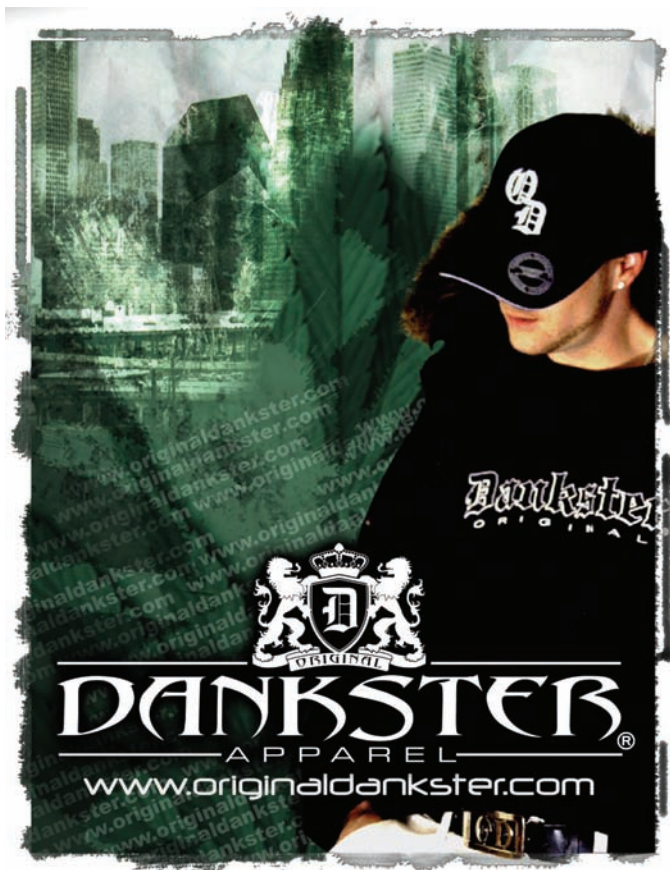
Today it is six months after finishing off the Pegasys treatment. I am still going

through severe symptoms as a direct result of the treatment. I never had a problem sleeping until the treatment, but now I have a severe case of insomnia along with muscle spasms. I can't seem to fully regain my normal body weight and I feel cold when no one else does. My doctor says it could take a year before I am back to "normal". I know that something changed within me, ever since getting on Pegasys.

I am grateful to be healthy and alive. I hope that Hepatitis C will not become the epidemic it is predicted to be. Many retired boxers are testing positive. There is something profound that happens to you when a doctor tells you that you are facing your own death. You discover things about yourself you wouldn't otherwise be aware of. I became aware of the undisputable medicinal value of marijuana. It is about time that more of the medical community begins to take advantage of this most incredible and effective medicine that, yes, is also such a pleasure to take. It should be made available to those who choose it over dangerous chemicals. Stop the lies being told about marijuana. Marijuana should be free as any plant that grows. I have never heard of an overdose from marijuana.

*"Free the herb. Free the people. The more people smoke Ganja, the more Babylon fall" [Bob Marley]*

*EFrain Diaz*





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# HEMPFEST 2005:

## THE 7 LEAF REUNION BASH



## It was another amazing year @ HEMP FEST

despite the rumors of a RCMP/OPP/DEA possible raid, the monsoon rains on Saturday and the sound problems we experienced Saturday Night. The weekend started off with a nice gathering Wednesday night of 40 or so travelers and volunteers. Thursday people started to arrive, by dusk most of the premier campsites were full and we had 350 people enjoying the stars, campfires and each other's company. We had a little show down at the beach and the Northern Lights were out and drifting above us.

Come Friday the campers were lined up the drive to come in at some points and there was a steady stream all day long. There were free give-aways all day long from the stage, pipes, papers, shirts, hats, stickers, cards and even pot was given away. Friday night Pailface Boogie, The 12 Gauge Ready and The Marantz Project entertained us. Robert Neron, Marco Renda, Diane Bruce, Steven Bacon and Rob Waddell made speeches.

Saturday Morning we awoke to monsoon

rains that lasted for 5 hrs, it rained hard as you can imagine, then it would rain harder, and when you thought it could not possibly rain any harder than it was, it did. That rain storm was incredible, people were waking up in lakes where there once was nice ground to camp, tents were flooded, as well as allot of clothing and sleeping gear. But the sun came out and dried things up, allot of

the swamped out campers moved their campsite to higher ground, some just left their tents and moved. I remember driving by one tent and he said "Hey don't get my tent wet", yet his tent was in 4" of water and in the middle of a 100' pond that formed around him. He was laughing as he called that out to us as he was in a

*"Once the smoke had cleared we brought out the Big Buds and had the BIG BUD WEIGH OFF"*

good mood and laughing about his circumstance; he eventually gave up on his tent and left it. We donated it to the local Salvation Army Thrift Store. Now that the rain had stopped the

ground in some places became very muddy and slippery as it is like a dirt, sand clay mixture and it makes the most excellent Mud Slide, so what do you do when it rains and your all wet? Play in the Mud and that's what a number of people did and became the Mud People of Hempfest 2005.



# "PEOPLE WERE SO STONED, COUGHING, EYES CRYING, WE SAW IT ALL. I EVEN CAUGHT SOME ONE SAYING ..." I DON'T KNOW WHAT TO DO , I DON'T KNOW TO WHO TO PASS THE JOINTS TOO " ( AS HE HAS 3 LIT JOINTS IN HAND.)"

The rain was so bad it took out the sound system and we were with out a P.A system for most of the day till about 5 PM, which at that time we got the contests underway. We also still had thousands of dollars of free stuff to give away as well as 5 pounds of marijuana that was donated to the festival to be given out free to those attending. Once we had a nice crowd assembled we got into the Contests.

The first contest was the Rolling Competition for Best Roller, defending his title was Robert Neron and he went up against Adam and Martin. We could use more participation in this contest, but when others view the competition they get a little scared we think. Robert rolled a very nice Peace Sign Joint as well as a 9 Leaf cannabis joint. Adam rolled a nice circle joint with a Dutch Tulip on the tip. Martin rolled a three stage Roger Ram Jet. All joints smoked and burned nice but in the end, Robert Neron lost his title that he has been defending the past two years, the crowd picked Martin as the Best Roller @ Hempfest 2005.

Next up was the Junkyard Bong Wars Sponsored by CHILLS CANADA. Even with the rain people still had time to get some work done on their entries and we had several weird looking contraptions to smoke out of and judge. From an old BBQ to discarded jugs with birch bark , pill bottles and a few other contraptions we saw it all, however in the end the guys with the Modified BBQ took home the trophy for BEST ORIGINAL JUNKYARD BONG as well as a Neon Green 5' Of Fury Acrylic Bong courtesy of CHILLS CANADA. For the Modified Category the Mellon Bong took home the honors and the trophy for BEST MODI-

FIED JUNKYARD BONG as well as A Retro 20" Old School Glass Bong from CHILLS CANADA.

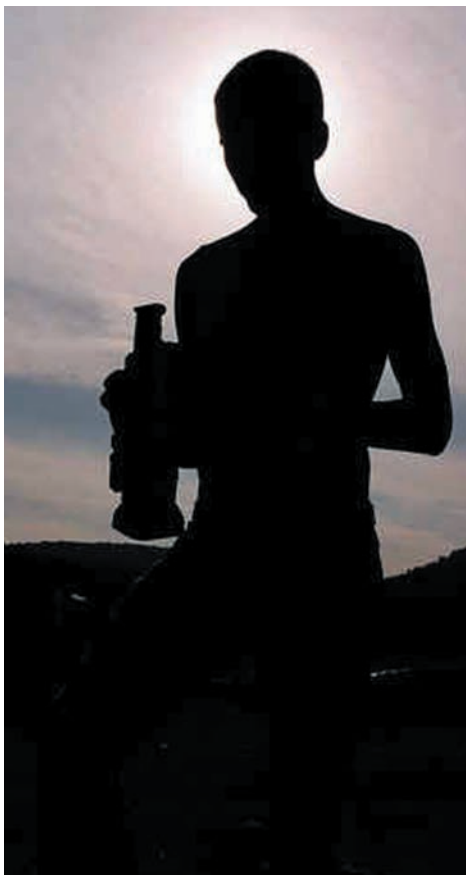
After the Junkyard Bong War we moved to the 1-gram Sprint, which consisted of two heats of 15. Each contestant filled his or her bowl with a weighed gram of Willy's Widow, which was provided. On the start gun they light their bowl and start to smoke, the winner of heat 1 faced off against the winner of heat 2 for the title of Fastest 1 Gram Sprint of Hempfest 2005. The two finalists had a good buzz when they started the finals and both were shaking when it was complete. It was a close race with the title and bragging rights going to Jack. He also received a Purple Nightmare from CHILLS CANADA.

Once the smoke had cleared we brought out the Big Buds and had the BIG BUD WEIGH OFF. There were several fine specimens displayed, Afghani, Willy Jack, Northern Lights, California Orange and a few others. Robert Neron walked away with the Trophy for Biggest

Bud and bragging rights till next year. His entry of Willy Jack weighed in at 28.8 grams of fully mature and cured cannabis. All entries were disbursed amongst the crowd.

After the fun and games were over and before the evenings entertainment kicked in, we had other draws to do and more free bud to give away. TY had their draws for Volcanoes and Kelly from KDK had a few things to draw as well including a Volcano and a Got Vape Vaporizer, also raffled off were some nice works of art from Sam's Custom Crafts and Laplaya Glass.

Saturday night we all settled in and watched the Puff Mama Wayward Comedy Show, these guys were hilari-



ous and a must see for everyone. After the Puff Mama Show we had the Aerosmith Tribute show, which started off rocking, but 4 songs in the main breaker switched off and when they turned the power back on the soundboard was no longer operational. There we were without a PA system. Thank-fully Pailface Boogie had a PA we could use to direct people to the second stage and to make announcements. Around 2 AM we were back up and running with the sound, unfortunately Aeroforce had left, and the majority of revelers had gone to the second stage or bed, as it was a long day for most. But SIN CITY took to the stage and played some good old Rock & Roll till 4:20 AM then partied around the main fire with some acoustic stuff till daybreak.



Sunday's activities consisted of a few bands that got rain delayed from the previous day, more free give-a-ways, more mud people and lots of farewells and goodbyes till next year. Sunday also featured a Bubble Hash making demonstration by Steven Bacon, always a crowd pleaser.

Ahhhhhh!! SUNDAY'S, if you where not there, you definitely missed some thing. As most volunteers and hosts and guest's are not working that night and we get to party too. Some one said PARTY....did we ever. At 12:00 midnight Robert Neron opened a 1/2 lb of the Willy's Widow and yelled out loud that we would try smoking it ( 1/2 lbs ) by 4 20 am at which time he was going go to bed as it is a long drive the next morning .

He must have rolled 500 joints and lit them all (or we tried) one after the other. At first we were at least 75 to start with but by 4 am, only 13 of us were sitting at the tables to get high for the ONLY 420 we celebrated, even the camera crew were so stoned that they had to go to bed as they were not able to stay up for another 20 minutes he he he.

People were so stoned, coughing, eyes crying, we saw it all. I even caught some one saying ..." I don't know what to do , I don't know to who to pass the joints too " ( as he has 3 lit joints in hand and so did most of every one

else there ) Someone said " You wanted to get high , you either smoke the joints or pass it " . He replied " But every one else has 3 joints too ". Ha ha ha...We had a blast.

I'm sure a few of you will remember SUNDAYS and I'm sure a few of them will stay for the "Sunday Staff Party" next year. As you never know what could happened there. But remember, the only way to earn the right to stay for the Sunday Night Staff Party is to

become a larger part of this festival. So sign up today for next year's event.

When it was all said and done, we had 900 people @ Hempfest 2005, down from previous years. But we all had an excellent time even with the rain, sound troubles and thoughts of an "Example Raid" as some people put it. The thought of a RAID and the fact we had monsoon rains no doubt held some people back. However, those that choose to remain at home surely regret not attending North America's Premier Cannabis Event.

*We would like to thank the Sponsors of Hempfest 2005 for their support for our 7th Annual Hempfest*

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For those wanting to check out pictures and to get a Limited Edition Hempfest 2005 Event T Shirt visit [/www.planetarypride.com](http://www.planetarypride.com).

We have received a very special request for next year's festival and we will accommodate their special request. Next year there we will be having a Wedding.

See everyone @ HEMPFEST 2006: WEDDING BELLS - AUGUST 24,25,26,27

# A TY MEMBER'S SENSIBLE POINT OF VIEW

**As it stands, most law-abiding citizens** are forced to commit illegal acts simply to acquire Marijuana for their own use, be it for pleasure or medicinal use. Cryptic telephone calls must be made to friends who know other friends who met this guy in a bar once and who might be able to find something for you through his cousin's friends...for a ridiculously high price, that is. Then you may find yourself meeting this unknown person-- the drug "pusher"-- in a very unsavory neighborhood. He asks you what you want. You tell him. He smiles convincingly and takes your money. "You wait right here..." he tells you. "...I'll be back in a minute."

Waiting for him to return with your purchase, or perhaps not return at all, the buyer realizes that they are actually standing in a dark area of an unfamiliar street in a not-so-nice part of town, with scary-looking faces staring and wondering what a decent sort of person is doing in this part of town. They also may be wondering if you have any cash with you. Then the obvious question fills their mind...What am I doing here?!

Now, maybe your "connection" conveniently slinks away into the night, leaving you standing in that terrible place for what seems like an eternity before the penny drops and you realize you've been "ripped off". Or, maybe he simply bags up something that looks like Marijuana (Oregano is a common herb used for this purpose since it closely resembles Marijuana in its "manicured" state) and shoves that in your hand as he shoots furtive glances back over his shoulders like he's expecting the police to turn up at any moment. You try to see what you've just bought but he tells you, "No! Not here, dude! Just look at it when you get back to your car..."

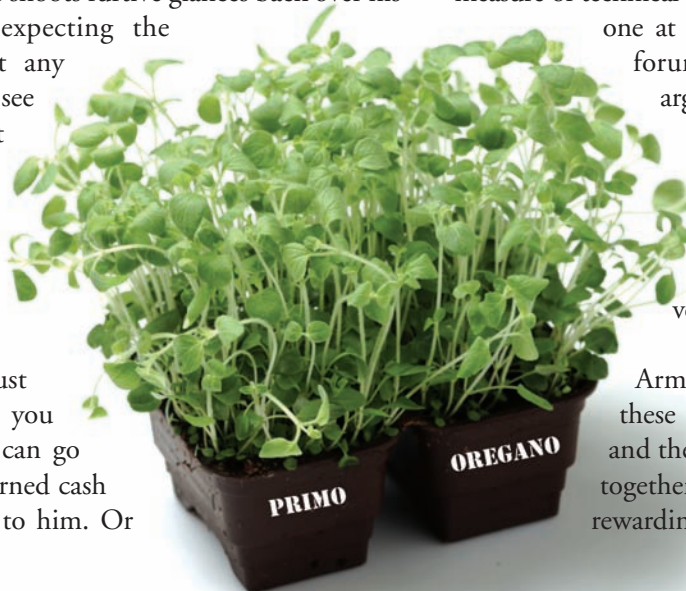
Let's face it...he's just interested in getting you out of his hair so he can go and spend the hard-earned cash you just handed over to him. Or

maybe things don't go as planned at all and there's trouble of some sort. It may arrive in the form of violence against you (robbery, rape, all just because you're in the wrong neighborhood at the wrong time), or perhaps the police make an appearance and you are taken in for questioning, which could lead to financial problems in securing legal counsel, court fees, job loss, a ruined reputation, etc.

Sounds pretty scary, doesn't it? Well don't despair, my friends. All of these undesirable events could have easily been prevented. Dealing with dodgy people is simply not the way to go! Stay home, stay safe, and stay happy!

Growing high-quality Marijuana for your own personal "head stash" really doesn't have to involve rocket science. It's a simple matter of using your common sense and a small measure of technical knowledge which is available to anyone at any time in the form of Cannabis forums ([TreatingYourself.com](http://TreatingYourself.com) is arguably the best of these and is geared toward the medical grower/user) where people who also grow their own medicine can chat and post messages asking questions about how to grow a decent crop. They are very keen to help!

Armed with knowledge gained from these forums you can make the lighting and the nutrients and the air-flow all work together to make your grow a fun and most rewarding challenge!



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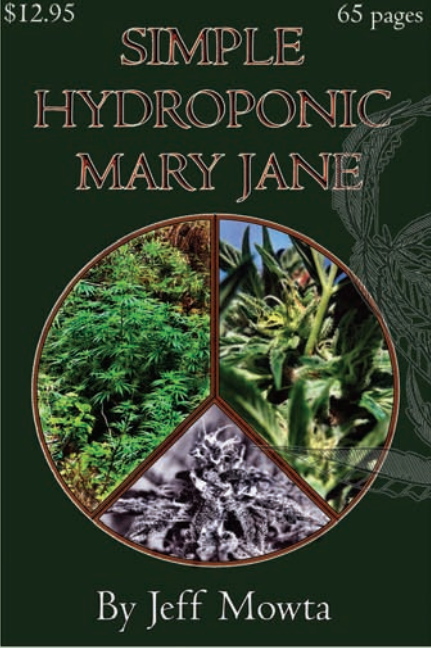
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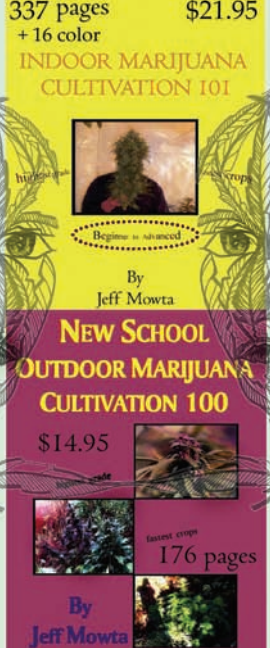
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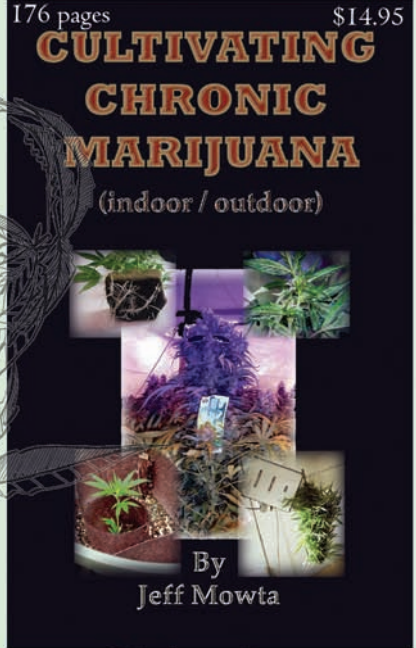
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# VAPORIZER “SHOOT OUT”

When some uninformed folks think or hear about medicinal marijuana they automatically associate a “smoking culture” with the act of medicating. In this enlightened day and age of better health consciousness we know that there are risks and harms involved with any action.

We know that tobacco smoke causes cancer (something that can NOT be said about cannabis) and this can create quite a “stigma” for medicinal marijuana users. There can also be existing health concerns that make “smoking” marijuana either un-desirable or impossible for some patients. There is also the possibility that a cannabis patient is not a smoker, and as such would rather NOT treat themselves with a medicine that requires them to smoke.

For some medicinal patients this is overcome by ingesting their cannabis, but for a great MANY medicinal users their “Number 1” preferred way to medicate is to inhale their medication, quite often this is a direct result to the medicines efficaciousness as an inhalant. To solve this need/desire to medicate by means of inhalation the “Vaporizer” was invented! It was discovered that when cannabis is heated to a temperature between 180-200 degrees Celsius (356 - 392 degrees Fahrenheit) that cannabis would release it's THC and other pharmaceutically beneficial cannabinoids in the form of a “Vapor”.

This vapor when inhaled is much “smoother and cooler” than the “smoke” that is produced from a joint or a pipe, it is also devoid of harmful tars. This fact alone makes a very strong case for ANY medicinal marijuana patient to own and use a vaporizer!

Studies have shown that even water pipes are not as effective at reducing “tars” from cannabis therapy as well as a vaporizer.

Now that we have discussed briefly the reasons to try/buy a vaporizer we

should touch base on the various “basic formats” that are available.

One of the very first vaporizer's available was a “globe” shaped unit with what essentially amounted to a soldering iron heating element with a brass or (eww!) copper plate/cup screwed onto its end to receive the ground up meds. This plate was then heated by the soldering iron element; often this was accomplished with little or no control over the heat being applied to the meds. The patient was then supposed to inhale the resulting “vapor”

(smoke due to uncontrolled combustion), these units are still sold to date... but the serious medicinal user is **STRONGLY** advised against them! The lack of reliable temperature control and the questionable materials used to manufacture these units put them squarely into the “party favor” category, NOT the “medicinal” category. (Even as a “party toy” you **MUST** know that what you are inhaling will not harm you i.e.: the heating element and med holder materials... are they potentially toxic?). This style of vaporizer uses direct contact between the meds and the heating surface to achieve vaporization.



A preferred method of vaporization involves heating the meds with a finely controlled heating element. Some units currently manufactured utilize a “base station” that contains a precisely controlled heating element; this base station is then used to heat a “cigarette holder” style med holder to the appropriate temperature. It is then withdrawn and the vapors inhaled. There are even a couple of designs that save the vapor in a “balloon”, a great many advances have come since the day's of the “Globe” vaporizer.

The most preferred method of vaporization for many folks is achieved by means of “convection”. Whereby precisely temperature controlled heated air is forced through the ground meds either by means of a small fan or blower or by means of the patient providing suction on the vapor delivery tube. These

"newer/high-tech" vaporizers are utilizing greatly improved heating elements, heating elements that do NOT release harmful or toxic substances such as chromium etc. Also the more advanced Vaporizers are temperature controlled to a very tight margin.

A vaporizer is also considered as a "stealth" device, since it does NOT "combust" your meds... There isn't the familiar "odor" associated with "burning cannabis".

I have personal experience with three highly respected vaporizer manufacturer's products and will give my impression of each of these products. This is by no means meant to be a "definitive" guide to ALL vaporizers, I know for a fact that there are a LOT of "players" vying for Top Spot in this ever increasingly technological approach to cannabis medication.



immediately above the quartz crystal element. A small fan located inside the unit encourages heated air through the meds, the patient then "sips" the vapor through a mouthpiece. I found the "learning curve" for the "Vapir" to be very short and in no time at all I was enjoying my meds in vapor form. The all digital heating controls are simple to use and understand. Air2 has gone to great lengths to improve upon their original design; they now can supply a unit called the "Vapir One 3.0" that can temporarily store vaporized meds in a plastic balloon. (Optional kit)

My second commercial vaporizer is/was the "Fogger". This is a great unit; it's roughly the size and shape of a CD rom device for a computer. The Fogger uses a FAR Infra Red heating element to provide vaporizing heat.

The Fogger is unique in that it is equipped with a "learning controller" temperature setting is easily accomplished by means of a digital display.



The three units that I have either owned or had a reasonable amount of experience with are as follows, 1: The base model "Vapir" (Nichohale Edition) 2: The "Fogger" 3: Last but by no means least The "Volcano"

The very first vaporizer that I owned I made myself. It was a globe style vape that employed convection style heating, however it utilized a cigarette lighter element from a car and was difficult to control heat and the element was found to "off gas" offensive elements. It did serve to prove to me the effectiveness of a vaporizer.

I finally decided to buy my first commercial vaporizer; I bought a "Vapir" made by "Air2" and provided by "Vaporizers.ca". The unit I bought was the earliest model available; it was the "Nichohale" version. The Vapir loads meds in a stainless steel mesh "covered basket" (at least one spare is normally supplied with the unit) this basket is then loaded into a cartridge tray. The cartridge tray is then slid into the Vapir, where it rests

This "learning controller" samples the temperature drop inside the unit after each of your "last" 90 inhalations and adjusts the heat output accordingly. With the "Fogger" you simply place your ground meds into a glass receptacle, this glass med holder is then inserted into a "ground glass" fitting inside the machine. A large diameter surgical tube connects the med holder to a glass mouth piece. For extra "strong" herbs the glass mouth piece can be removed and replaced with a water pipe (bought separately) to even further cool the medicine.

The third and final unit that I will review is the "Volcano". This is by far the nicest vaporizer I have ever used. It is a "space age" design (looks like a "Flying Saucer" when it doesn't have it's bag attached) and not "unpleasant" to look at on a coffee table as it lacks the "clinical equipment" feel of some of the other vaporizers. The vapor is produced by heating the meds with a medically "safe" heating element; this heated air is con-

trolled with a simple to use and simple to understand dial adjustment. The meds are placed into a special filling chamber, regular "oven bags" are used to contain vaporized meds; a fan in the base of the unit forces the vapor into the "oven bag balloon". Once trapped in the balloon the vapors are contained for a period of time, a special easy to use mouth piece is then attached and the vapors are then "sipped" from the balloon through this one way spring action mouthpiece.

My overall impression of these three units is VERY good! All three of the units pictured here are owned by medicinal patients that use them on a daily basis for their cannabis treatments (these are all well loved machines as the pictures show)

I like the "Vapir" offerings as I consider them to be the least expensive vaporizer of "medicinal grade". The "Vapir" in all of its model revisions can be purchased from our sponsor "Vaporizers.ca".

The "Fogger" is my "Number 2" choice among the three reviewed; I have found the Fogger to be extremely reliable. I have used the Fogger for just over a year and the biggest complaint I have is the method of loading meds. The glass med carrier is inserted into the unit parallel to the table top, thus making it relatively easy for your ground meds to spill out

before the carrier is fully inserted. Other than this slight flaw I have found the Fogger to be a "tireless workhorse" that seems to squeeze every last drop of vapor from your meds. The "learning" controller is a definite asset for a tube style vape!

My "Number 1" choice of vaporizer is without question the "Volcano". The sheer beauty and simplicity of use, coupled with the first class components that are used to manufacture the "Volcano" place it most definitely at the "Head of the Class". The Volcano is by far the easiest vaporizer to use that I have ever experienced. The "Volcano" can also be purchased from our sponsor "Vaporizers.ca". My experience with the "Volcano" is rather limited as I can not afford to buy one of my own, but I will say that my limited experience with this unit was most definitely very pleasurable.

In closing I would HIGHLY recommend to anyone who medicates with cannabis that they explore the world of vaporizers. Your health and the health of those around you is important, a vaporizer will go a long way to help reduce any potential harms from cannabis therapy.

**Author: Gord Hume, partially disabled CDN Army Veteran. Health Canada licensed marijuana grower/consumer.**



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# Buddy's Ring of Fire

There is no describing the delight that I felt when I went to the post office and picked up my package. I wasn't really sure what it would be. It was from the States, that much was evident by the packaging. U.S. Postal Service, Express Mail, Extremely Urgent (I liked that.), it read on the Outside. From Hawaii. Then I knew.

The Celebration pipe ([www.celebrationpipes.ca](http://www.celebrationpipes.ca)) that I won from a Contest from Treating Yourself ([www.treatingyourself.com](http://www.treatingyourself.com)) had arrived!! I sat in the car and carefully opened the package. Inside the outer envelope was a box and inside the box was another box. This one green, printed across the top Celebration Pipes. I opened this box and inside was a Certificate of Authenticity, dated and signed by the Artist, also a black velvet bag. It had a nice weight to it as I picked it up and when I pulled open the drawstrings and peered inside, the warm reflections of Gold sparkled in my eyes. "Ooohhhhhh!" escaped my lips, I pulled it out and the smile on my face broadened into a Cheshire Grin. It was Beautiful. Probably the most beautiful pipe I've ever had the pleasure of possessing. I placed it back into its pouch, back into the box and put it in under the car seat, knowing that I would have to wait until tonight to delight in its promise of pleasure.

A little background; I used to smoke just for pleasure. Now I smoke mostly for pain relief (I have a spinal fusion at S1 - L5 plus some other angry discs.) and usually at night before I go to bed. It helps me to sleep. And I need all of the help I can get, I don't sleep much. Ask anyone.

Shoot forward to the night time. My work is done, or at least as much work as I feel like doing this night. I have been hoarding a small piece of Beaver Dung, awaiting the arrival of this prize. Then I realized; I don't have a screen!! Now where I live, I have to travel an hour in each direction to get such a thing. I'm not using foil. I refuse. I take out the pipe to see what I might be able to do and lo and behold, the fine folks at Celebration Pipes took care of me there as well.

Right where it should be was a nice silver screen! Thanks Guys! I shut out the lights and used the glare of my monitor to see by. I carefully took out my Dung, pinched off a small piece and place it into the bowl. With the reflection of the blue light bouncing around the golden bowl, I lost sight of the Dung

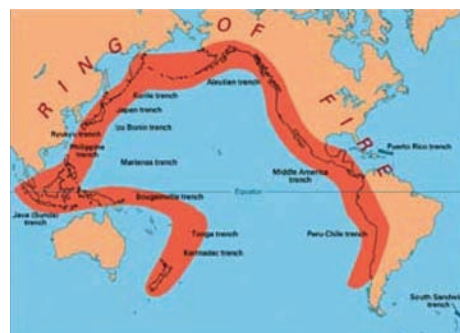
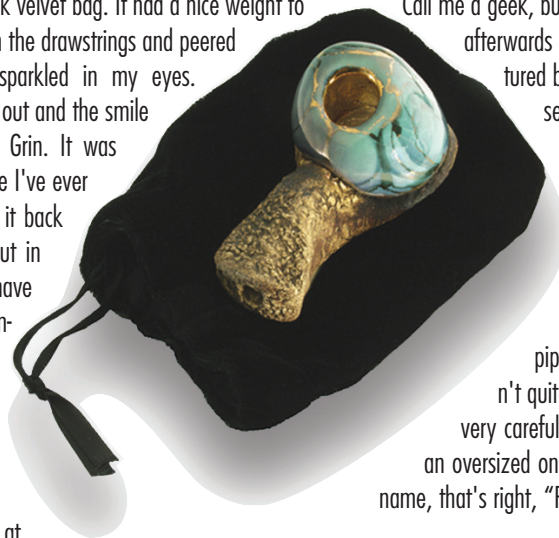
and thought that I had dropped it, but no it was just hidden in the soft light.

When I hit it with the lighter and then removed the flame, the glow from the dung reflected around the gold inside of the bowl, creating a Ring of Fire! It's very cool.

Call me a geek, but the first thing I thought was, 'Sauron's Ring!' But afterwards what stuck in my head was 'The Ring of Fire' (pictured below). All of the Pacific Rim Countries have a lot of seismic activity (Volcanoes and Earthquakes). And if you look in the Pacific, right in the middle of the Ring of Fire, sits Hawaii. Sweet. It's a very cool and beautiful pipe and I'm lucky to have it.

I do have one criticism, but it's not really about the pipe, it's about the screen. The way that the pipe is constructed a standard sized screen really doesn't quite do the job. It doesn't sit well inside and has to be very carefully placed. So, if you include a screen, it should be an oversized one. I gave my pipe (#30 in the 22kt Gold finish) a name, that's right, "Fire Ring".

It's a pipe that's well worth it. It's one of the very few pipes that I've ever enjoyed smoking from. The smoke comes through cool and tasty; very flavorful and it's virtually unbreakable!



*I fell in to a burning  
ring of fire  
I went down,  
down, down  
And the flames went  
higher.  
And it burns,  
burns, burns  
The ring of fire  
The ring of fire.*

# GENERAL CONTEST RULES

1. You must be a resident of Planet Earth and have reached the age of consent in your state, province or country.
2. No purchase is necessary to enter. Hand drawn facsimiles of entries will be accepted. No mechanical reproductions will be accepted in any format.
3. Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.
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14. By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.

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City: \_\_\_\_\_

Prov/State: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

Are you a member of TreatingYourself.com? YES! \_\_\_\_ NO! \_\_\_\_

If yes, what is your TY screen name: \_\_\_\_\_?

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