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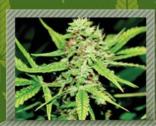
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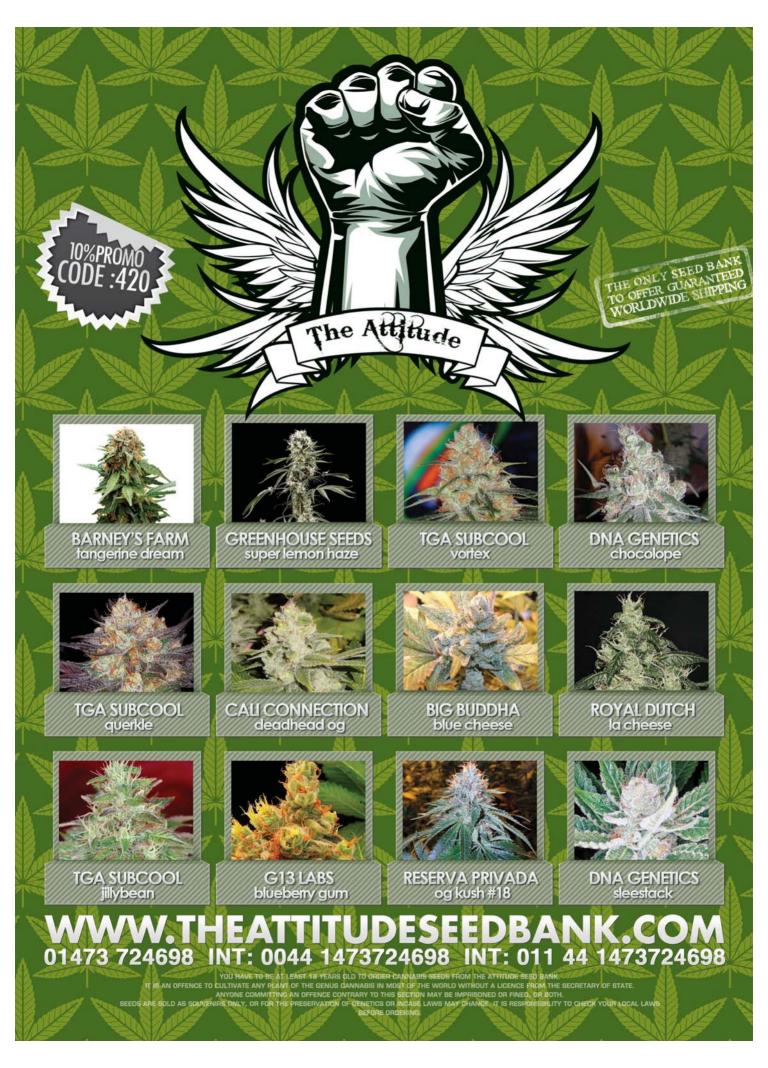
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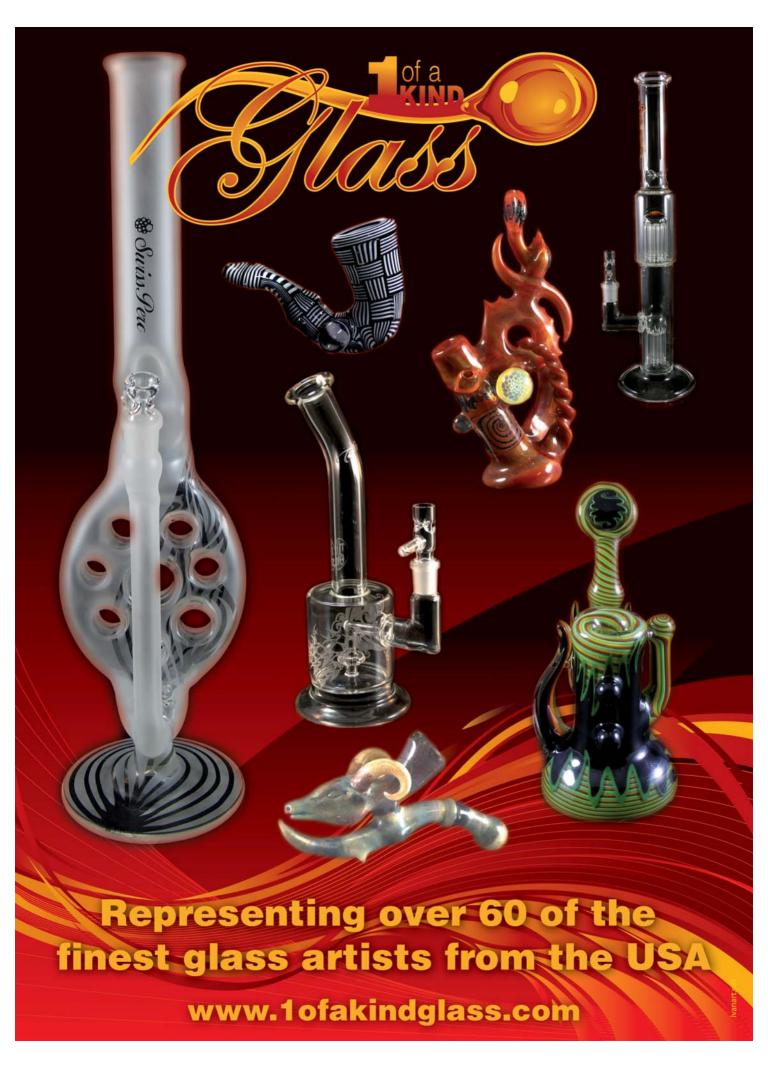
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Treating Yourself



### Canadian Activists Forming a United Front!

I write this with only four days to go until the second **Treating Yourself Expo** which has taken about ten months to execute. This year promises to be a fantastic event and we have people coming from as far as Japan, which is an enormous compliment.

Following the recent set back of a majority Conservative Government being voted in, headed by Stephen Harper, people in the cannabis movement are waiting in fear and anticipation. Harper promised to move forward with his introduction of mandatory minimum sentences within the first one hundred days which would affect cannabis users and growers. This threat has bought positive changes in a once fragmented movement and we are closing ranks and forming a unified front. There is now positive, open communication between the West coast activists and those of us in Toronto. **Jodie Emery, Jeremiah Vandermeer and other prominent activists are attending the Treating Yourself Expo** and promoting the release of Marc Emery. This marks a new era of solidarity which should allow us to put forth a stronger voice on a political level. The next stage would be to branch out and recruit people from outside the movement to support the medical benefits for using medical cannabis. **Examples of these ambassadors can be heard at the Treating Yourself Expo such as Mary Lynn Mathre and Dr. Robert Melamede.** 

Upon reflection, it is with enormous sadness that I mention Michelle Rainey. Those of you who attended the Expo last year or who have watched the DVD of the show will remember how she hosted the events and interviewed a vast range of people. Michelle was also my sounding block and good friend. She died shortly after the show from cancer and to those who knew her, remember her as someone who showed professionalism, diplomacy and love. I have decided to create a Michelle Rainey award for an activist who personifies the essence of Michelle who often took on the role of unsung hero.

I find it disheartening that I have to continually battle with various government agencies as a result of my outspokenness against Health Canada. It makes me consider that it is time to relocate Treating Yourself out of Canada and out of the reach of the Harper Government. It's ironic that a successful Canadian business is being sabotaged by the Canadian Government. They dearly only support companies that are supportive towards prohibition.

On lighter note, I hope that you enjoy this latest issue of the magazine and continue to support those who need it such as Marc Emery and other prisoners of the drug war.

Take Care and Peace Marco Renda

Marco Renda - Federal Exemptee - Publisher & Editor in Chief Treating Yourself, The Alternative Medicine Journal - weedmaster@treatingyourself.com



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### **Submission info**

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

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

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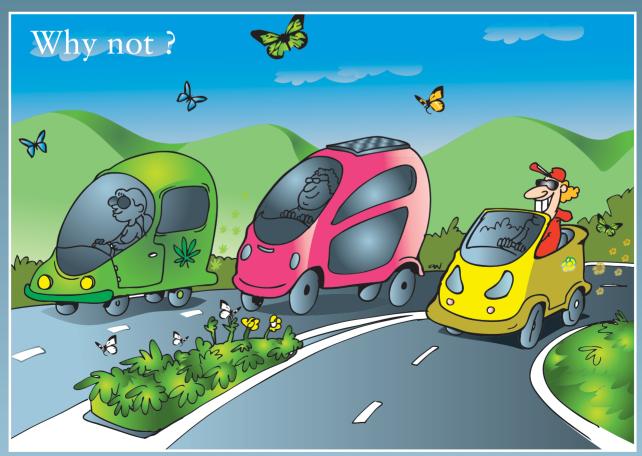
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t was, has been, and always will be my intention to teach as many people to grow their own medicine as I possibly can: the simple act of nurturing a seed, watching it sprout and grow into a seedling, watering and feeding that seedling until it is a plant, watching it outgrow its container like a hermit crab outgrows its shell. Going from literally a few drops of water that it takes to germinate one single seed all the way up to the gallons of water it takes to finish flushing a full-bodied plant during its final stage. The progression is as mesmerizing and as therapeutic as the actual medicine is.

The medicine I am referring to is also known as grass, weed, pot, marijuana, marihuana, ganja, etc.... I call it a life saver.

I've suffered from arthritis for as long as i care to remember. (The

lower case i was intended!) Many people suffer from many ailments that can be treated with cannabis. For some it is simply a life enhancer, but for many it is life.

My wife, Michelle Rainey, lost her battle with cancer in October last vear, and I know for a fact that medicinal-grade cannabis greatly extended not only her life but her quality of life as well. So much information about this miraculous plant has been and continues to be repressed that it should make the average person mad. Her whole life was dedicated to enlightening everyone she touched, that marijuana helped ease her Crohn's symptoms as well as let her eat, live, and work with minimal difficulty.

We are all dealt a set of cards, and what we do with them is entirely up to us. Some folks are dealt a nice hand, like Howard Hughes or Charlie Sheen, and muck it all up. Some are dealt lousy cards, but maybe a wild card will pop up later in life. I know that cannabis is my wild card, and let me tell you, reader, this has been one hell of a ride, the ups, the downs, the daily grinder. I wouldn't trade it for the whole world.

I miss Michelle and I had to take a few months off from writing because I was afraid I'd short-out my keyboard with all the salt water spewing from somewhere behind my ocular members, making it difficult to see and write. I'm still in the process of starting The Michelle Rainey Foundation, and the Web site is coming together nicely.

On St. Patrick's Day (March 17, 2011), I had the honor and privilege to go on Vancouver's classic rock radio station Rock101 with Brother Jake. I was on air with Mike Reno,

famous frontman of Loverboy, as well as Al Harlow of Prism, promoting medicinal marijuana and discussing Michelle's life's work, and in walks B.C.'s brand new Premier Christy Clark, I can't believe I got to be on the radio and meet our babelicious Premier. Word has it she believes in medicinal cannabis, too - woo hoo! One down and only about a million more politicians to go. I also dropped a shout-out to Treating Yourself magazine, saying, "TY is the only journal for patients done by patients." Like I also said on the air, I do still need to drop an overthe-counter pain remedy when the pain in my back gets to be too much, but for most of the last 12 years, cannabis has been my main medicine in my arsenal against arthritis.

If you live in Canada and you have a doctor's diagnosis of one of the many ailments cannabis is known to treat, you can get a specialist to sign and then you send off about 30 pages of forms to Health Canada. In a year or less, you will be licensed to grow, possess, and use cannabis to heal you. Now, in keeping with my original goal of teaching everyone possible to grow pot, I am also adding the desire for everyone with anything

from simple dermatitis to intraocular eye pressure (which is something that 80% of us all have) to go get signed. Get their license, force Health Canada to expand their Medical Marijuana Access Division, or whatever they're calling it now, force the whole bureaucratic member to swell like buds in bloom, crashing the system and freeing the thousands of people forced to live in fear of reprisal. Everyone from the doctors who are bullied not to sign marijuana patients' forms, all the way up to and including the fact that cannabis hemp has been removed from collegiate doctors' curriculums for more than three decades, leaving fledgling doctors literally in the dark about a plant, a plant that does have healing powers. I don't get it.

I've personally educated my chiropractor, his staff, and many friends or their significant others who never puffed, ever. Some still don't personally partake in the medicinal benefits, but at least they have a viable understanding of what IT is, and what it isn't. I feel good when I dispel a myth or two, or when a premenstrual cramp is alleviated with a single puff of potent pot, and I see their eyes soften up, and breathe a sigh of relief. That makes me happy. To know that we are doing good.

Growing your own medicine should be as simple as growing your own vegetables or fruit. Man has done this for centuries, but in the last half of the last century, more and more things keep coming from stores that aren't using any more ingredients. We have become a society of shoppers, and if we cannot find it at the shopping center, we give up. Cheer up, you will still need to shop for some staples, like pots, lights, timers, soil, etc., but you will not have to shop for swag any more. No more tentative, waiting-for-my-so-and-so to get back from wherever-the-hell. No, you will be the one who is in the driver's seat, calling the shots, and providing for you and your loved

Making a difference in someone's life will make a difference in your life. It surely has in mine. There are as many varied ways to grow marijuana as there are as many varied personalities. There's no real secret, just persistence; knowledge will come in time. Every journey begins with the first step. Good luck and stay informed....

#### Cartoon -



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# Kingston Compassion Club Society Opens it's doors.

Kingston, Ontario, Canada, **21/05/2011**– The KCCS is raising the bar. We are the first and only unionized medical cannabis dispensary in Canada, with the Industrial Worker's of the World Health and Social Services Workers 610. We are also nonprofit and a worker's cooperative. We are the first and only one in Kingston. The KCCS is also a cannabis research centre, conducting cannabinoid profiles on our strains and clinical studies.

We are located in a doctors office in the doctor-run Medical Arts Building in Kingston, Ontario. We have 100% support from the local medical community, as well as the Queen's University School of Medicine and registered member of ICRS, ICAM, MCA and other medical associations, as well as the Canadian Institute of Health Researchers.

The Kingston Whig-Standard has done a article on our official opening, here is the link:

http://www.thewhig.com/Article Display.aspx?e=3134604

Our website is running and has much more information on the KCCS and how we are raising the bar for the medical cannabis industry.

The KCCS was founded and is run by the sick, half of our staff are on the Federal MMAR program. We have over 100 years of collective cannabis experience, and some of the best cultivators in Canada on contract. At the KCCS we are bringing a much needed clinical environment and science to medical cannabis dispensaries.

Contact Information:

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# Medical Marijuana Advocates Sue Federal Government over Rescheduling Delay

Writ filed today in DC Circuit Court for unreasonable delay in answering 9-year-old petition

### americansforsafeaccess.org

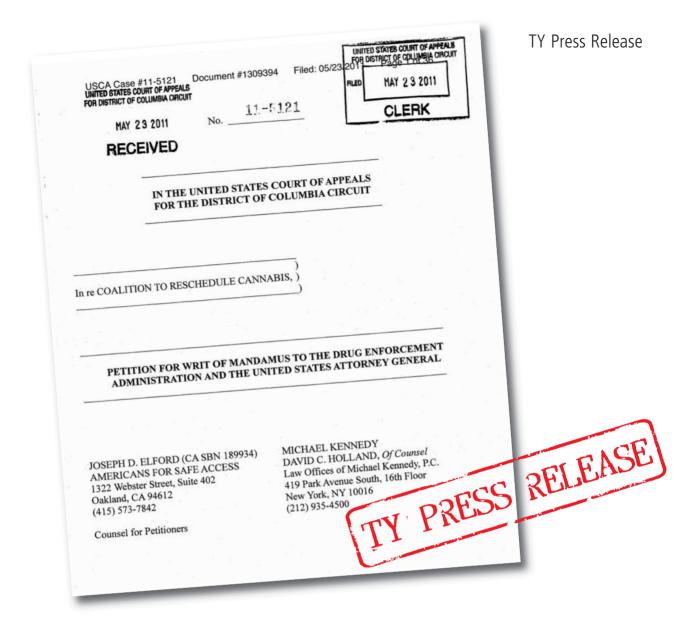
WASHINGTON - May 23 - A Coalition of advocacy groups and patients filed suit in the DC Circuit Court today to compel the Obama administration to answer a 9-year-old petition to reclassify medical marijuana. The Coalition for Rescheduling Cannabis (CRC) has never received an answer to its 2002 petition, despite a formal recommendation in 2006 from the Department of Health and Human Services (HHS) to the Drug Enforcement Administration (DEA), the final arbiter in the rescheduling process. As recently as July 2010, the DEA issued a 54-page "Position on Marijuana," but failed to even mention the pending CRC petition. Plaintiffs in the case include the CRC, Americans for Safe Access (ASA), Patients Out of Time, as well as individually named patients, one of whom is listed on the CRC petition but died in 2005.

"The federal government's strategy has been delay, delay, delay," said Joe Elford, Chief Counsel of ASA and lead counsel on the writ. "It is far past time for the government to answer our rescheduling petition, but unfortunately we've been forced to go to court in order to get resolution." The writ of mandamus filed today accuses the government of unreasonable delay in violation of the Administrative Procedures Act. A previous cannabis (marijuana) rescheduling petition filed in 1972 went unanswered for 22 years before being denied.

The writ argues that cannabis is not a dangerous drug and that ample evidence of its therapeutic value exists based on scientific studies in the US and around the world. "Despite numerous peer-reviewed scientific studies establishing that marijuana is effective" in treating numerous medical conditions, the government "continues to deprive seriously ill persons of this needed, and often life-saving therapy by maintaining marijuana as a Schedule I substance." The writ calls out the government for unlawfully failing to answer the petition despite an Inter-Agency Advisory issued by the Food and Drug Administration in 2006 and "almost five years after receiving a 41-page memorandum from HHS stating its scientific evaluation and recommendations."

The two largest physician groups in the country -- the American Medical Association and the American College of Physicians -- have both called on the federal government to review marijuana's status as a Schedule I substance with no accepted medical use and a high potential for abuse. The National Cancer Institute, a part of the National Institutes of Health, added cannabis to its website earlier this year as a Complementary Alternative Medicine (CAM) and recognized that, "Cannabis has been used for medicinal purposes for thousands of years prior to its current status as an illegal substance."

Medical marijuana has now been decriminalized in 16 states and the District of Columbia, and has an 80% approval rating among Americans according to several polls. In a 1988 ruling on a prior reschedul-



ing petition, the DEA's own Administrative Law Judge Francis Young recommended in favor of reclassification stating "Marijuana, in its natural form, is one of the safest therapeutically active substances known to man."

A formal rejection of the CRC petition would enable the group to challenge in court the government's assertion that marijuana has no medical value. "Adhering to outdated public policy that ignores science has created a war zone for doctors and their patients who are seeking use cannabis therapeutics," said Steph Sherer, Executive Director of ASA and a plaintiff in the writ. Jon Gettman, who filed the rescheduling petition on behalf of the CRC added that, "The Obama Administration's refusal to act on this petition is an

irresponsible stalling tactic."

A synthetic form of THC, the main chemical ingredient in the cannabis plant, is currently classified Schedule III for its use in a prescribed pill trademarked as Marinol®. The pill goes off-patent this year and companies vying to sell generic versions are petitioning the government to also reclassify the more economical, naturally-derived THC (from the plant) to Schedule III. The rescheduling process involves federal agencies such as the National Institute on Drug Abuse, HHS, and DEA. On average, it takes 6 months from HHS review to final action, whereas it's been nearly 5 years since HHS issued its recommendation on the CRC petition, more than twice as long as any other rescheduling petition reviewed since 2002.

Further information:

### Writ filed today:

http://AmericansForSafeAccess.org/downloads/CRC\_Writ.pdf

### ASA backgrounder on rescheduling:

http://AmericansForSafeAccess.org/downloads/Rescheduling\_Backgrounder.pdf

### CRC rescheduling petition:

http://www.drugscience.org/PDF/Petition\_ Final 2002.pdf

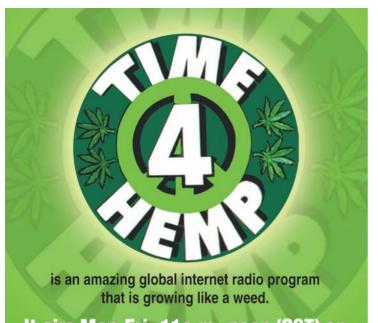
### 2006 HHS recommendation:

http://AmericansForSafeAccess.org/downloads/HHS\_Rescheduling\_Recommendatio n ndf

### 2010 DEA Position on Marijuana:

http://www.justice.gov/dea/marijuana po sition july10.pdf

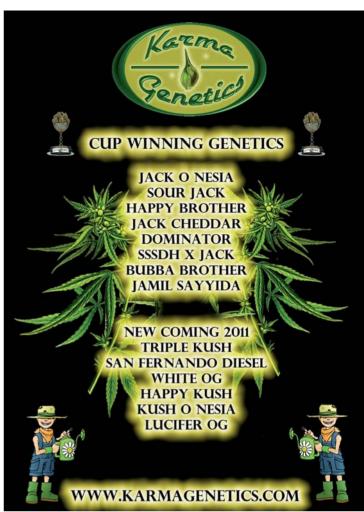
Americans for Safe Access is the nation's largest organization of patients, medical professionals, scientists and concerned citizens promoting safe and legal access to cannabis for therapeutic use and research.



## It airs Mon-Fri, 11a.m.-noon (CST) on www.AmericanFreedomRadio.com

Be sure to check out the **www.Time4Hemp.com** website as well for newly released programs along with the fantastic archives found there. Past guests on the series include Willie Nelson, Congressman Barney Frank, Senator Mike Gravel, Dr. Tim Leary and most of the founders of the Marijuana Movement.

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Contact for MPP: Morgan Fox, MPP communications manager 202-905-2031 or mfox@mpp.org

DOVER, DELAWARE - Today, Gov. Jack Markell signed SB 17 into law, making it legal for Delaware residents with certain serious medical conditions to use medical marijuana with a doctor's recommendation. The bill had bipartisan sponsors and support in the legislature. This makes Delaware the 16th state, along with the District of Columbia, to pass an effective medical marijuana law.

The law goes into effect on July 1 and will permit people diagnosed with cancer, HIV/AIDS, multiple sclerosis, decompensated cirrhosis, otrophic lateral sclerosis (ALS), agitation of Alzheimer's disease, PTSD, intractable nausea, severe seizures, severe and persistent muscle spasms, wasting syndrome, and severe debilitating pain that has not responded to other treatments or for which other treatments produced serious side effects to possess up to six ounces of marijuana without fear of arrest. Qualified patients will not be able to cultivate their own medicine, but they will be able to obtain medical marijuana from state-licensed compassion centers regulated by the Delaware Department of Health and Social

With more than 124,000 members and supporters nationwide, the Marijuana Policy Project is the largest marijuana policy reform organization in the United States. For more information, please visit www.mpp.org.

Services, which will also issue medical marijuana ID cards to patients who receive a recommendation from their doctor. Public use of marijuana and driving under the influence are prohibited.

"There are so many people in Delaware who are suffering unimaginable pain that this will help, and we want to be able to do what we can to provide much-needed relief for those citizens," said Senate Majority Whip Margaret Rose Henry, D-Wilmington East, who sponsored the legislation. "I am very grateful that so many of my colleagues were able to look past the myths surrounding marijuana and into the eyes and hearts of those who were crying out for our help. Needless to say, I am profoundly grateful to Gov. Markell for his support of this important legislation."

"Today is an amazing victory for seriously ill Delaware patients, who have been waiting a very long time for the chance to use the medicine they need without fear," said Noah Mamber, legislative analyst for the Marijuana Policy Project, who lobbied and mobilized patients, professionals, and grassroots activists in support of the bill. "SB17 is the most comprehensive, tightly-written medical marijuana bill in the country, and with this vote, the Delaware Legislature proved that compassion is not a red or a blue issue. It's a human issue."

Chris McNeely, a Dagsboro National Guard veteran and chronic pain patient with severe wasting syndrome, said, "Until this law was passed, I was afraid to use medical marijuana, even though it helped me in the past, because if I was arrested and put in jail, they could not properly care for me, and I could actually die. I am so happy I will be able to get legal relief soon."

Finally Someone Wrote It Down!

# Medical Marijuana Tax Plan and State Structuring

by Mark

### "They (the government) should just legalize and tax marijuana!"

ave you ever heard someone say, "They government) should just legalize and tax marijuana!" Well, I have. So I started to look at the tax plans in the states that have medical marijuana laws to see what they had. For the most part, there is not one solid plan among them. Some say that "It's medicine and you can't tax medicine." This is true. However, a pharmacist is not distributing medical marijuana; it is being treated as a controlled, over-the-counter medication. Therefore, it can be taxed on the medication aspect just like aspirin, not to mention the plant's origin is considered an herb, and herbs can be a taxed product also.

Hello. Allow me to introduce myself. My name is Mark. I am a carpenter by trade and I have been following the medical marijuana laws since 1996. When California passed Proposition 215, it was ground-breaking legislation. Now in 2011, we have 15 states that have legislation on medical marijuana and a handful of states with legislation in the works. All of them have one thing in common: not one has been able to figure out the best way to set up the business end of medical marijuana! Well, I have taken the time to write a detailed plan of how, I think, to properly run this industry and produce the most tax revenue to the benefit of everyone.

This document started as an idea discussed over a game of cribbage. Then 20 people put in their input and sug-

gestions, and most suggestions were implemented in this idea because each one addressed a past, current, or future concern. The use of medical marijuana should be a constitutional right because it directly coincides with the pursuit of happiness.

This idea outlines the safest, most economical way for patients to acquire a quality product that has met minimum standards and guidelines at the most competitive price available. This way, patients will know that the medicine that they are putting into their already illness-struck bodies has met guidelines to guarantee effectiveness and safety. The following plan will outline my thoughts on how any state can make the next groundbreaking legislation. I have taken ideas from all over and put them into what has become a sensible and simple way to regulate the business of medical marijuana, by explaining every aspect, from licensing to inspections, law enforcement, commercial growers, patients, dispensaries, the relief on the judicial system, and, most important, to create a whole new tax base.

This idea is not going to be all that difficult to accomplish if the structure of the outline is followed. I feel that the total expense, including all licensing costs, insurance costs, employment costs, income and sales taxes, business expenses, and growing costs, will all be able to be achieved for approximately \$10 per gram or less. Right now, market prices are dictated by the black market, and patients are paying between \$14.29 and \$17.15 per gram. The immediate drop in the price will

ease pressure on the pocketbooks of the ill.

This program may only have 10,000 patients in its first year. However, as time goes on, more people are going to get ill and will be able to benefit from medical marijuana. In 10 years, there may be 200,000 patients in a state that benefit from medical marijuana. This is all the more reason to implement this idea from the beginning and set it up with a good, solid foundation to build from.

In this outline, the dispensaries and commercial growers, who together are considered the caregivers, are expected to go above and beyond just their businesses. They should have to provide pro-bono work, just like lawyers, to help the seriously ill. This could be showing patients how to grow their own; however, if patients are seriously ill, then odds are that they will need the usable product right now and not in four months. This could also be as simple as delivering patients' medicine directly to them and possibly helping with administering the medicine, or charitably donating product to the county, to help provide to the individuals that are on a fixed income a way to get the medicine they need without having to find money they don't have. This will instill a sense of integrity in this industry. This pro-bono clause should be part of the licensing requirements. If applicants refuse to participate with this clause, they will not qualify for the licensing.

These dispensaries will allow greater



control of product quality, cost control, and ultimately taxation of the product. In every industry, there are quality standards that have to be met. This industry should be no different. Some states designate a caregiver to grow the medical marijuana for the patients. The problem with this idea is that each caregiver can only take care of a few patients. Now, you may ask, what's wrong with that? The problem with the designated caregiver laws is that, for example, in the state of Michigan, where there are 200,004 people who have been issued medical marijuana cards, the state will need 33,334 growers to take care of that many people. That is a lot of people to create quality medical marijuana. Another problem is that patients are stuck with caregivers; if they don't know how to grow medical marijuana, patients are not getting what they need. Patients can't shop around for the best product or price. Not to mention, where is the sales tax?

What if a caregiver is two weeks from harvest and a mold issue wipes out the whole crop? All of the patients who need this medicine, and have been waiting for three and a half months for the medicine, are now left with no alternative but to break the law to get their medicine. At the dispensary, patients can find what they need. That could be medical marijuana, prebaked goods, cooking oils, or plant clones. The sales can be tracked and taxed at the dispensaries. They cannot be tracked with the caregiver legislation. Another major downfall to the caregiver legislation is that the complete lack of competition allows the caregiver to price-gouge the patient. Patients can't do anything about it because they have to designate the caregiver or do it themselves, although in some cases doing it themselves is next to impossible.

These dispensaries should be able to purchase from outside sources. This will allow the dispensaries the ability to obtain illness-specific strains from different sources. This will also allow the patients the chance to find the medicine that works the best for them. This will raise the quality control of something that is supposed to be of

medicinal grade; this means that it should hold a minimum THC or CBD count, and the product should not be full of growth chemicals. These criteria should be included in the law because medical has to hold some standards.

The purchasing by dispensaries from licensed commercial growers will also allow for the income paid to the commercial growers to be tracked and taxed as income, whereas the caregiver legislation has no possible way to track or tax medical marijuana.

In this idea, a revolutionary new split tax payment is used. The trickle-down effect has proven to only work for the top of the pyramid. With the split tax, the money that is intended for a specific destination is sent directly to that destination, without a delay or interruption from the state. This split tax is designed to help immediately with the shortfalls that the trickle-down effect has created. This split tax will also greatly reduce the amount of time it will take to realize if someone is getting delinquent on taxes.

### NEWS

Properly regulating medical marijuana could potentially balance out our health care costs, or at least slow the increase of our premiums, by using less of the outrageously priced prescription medications, and if you have done any research you know that there are preventative benefits that cannabis provides to the human body. Because of this fact alone, the pharmaceutical companies stand to lose a lot of money if this idea is passed.

However, there is nothing in this idea that states that the pharmaceutical companies are excluded from applying for the licensing.

This is an industry, and it should be treated as such. We need to tax and regulate this industry, from its inception into the mainstream culture. There also need to be quality standards for medical marijuana. It should have a minimum percentage of the

active ingredients THC or CBD. The plant should be flushed of all chemical fertilizers before it is harvested and consumed. The growers should have to have some knowledge of how plants grow. It's not as easy as just sticking a seed in the ground and you end up with medical marijuana. Like any medical prescriptions, medical marijuana needs care and knowledge in order for the product to turn out properly.

Here are a few different questions (Q:), comments (C:), and statements (S:) about medical marijuana, along with the answers to them. (If you, the reader, have specific questions or have something to add or dispute, please write it down on the back of any page).

### C: The government won't legalize medical marijuana because it can't tax it.

A: Medical marijuana can be taxed if a business pyramid structure is established from the inception of this industry. The following outline describes how to track production and taxable sales.

### C: If the law gets changed, "they" will have to apologize.

A: No one who is seeking reform of marijuana laws in this country is looking for an apology. The whole idea behind changing the marijuana laws in this country is that the people of this country should have access to safe, natural medication that grows as a finished product. (It does not have to be altered chemically in any way to be ready for human consumption.)

### C: It will never pass in the state of Wisconsin!

A: So far, this comment is true. The reason that it baffles me is that this state has an 80.3% approval rating, and rising, for medical marijuana. That leads me to believe that it is our fault that people are suffering needlessly. We need to utilize our civil rights and tell our state representatives to vote for this societal change.

I was sitting on the sidelines waiting just like you, watching as everything around us falls apart. We need to change this path we're on. This idea is more than legalizing medical marijuana; it's about serious social reform.

### S: If it is legalized (medically), everyone will grow their own.

A: Yes, some people will grow their own medicine. But let's look at the number of people who grow their own vegetables. The actual number is low in comparison to the total population. Then you have to take into account that crop damage does happen, and most people will give up when they find out how much work it actually takes to produce medical marijuana. Most people after failure will opt to purchase the medicine from the dispensary, not to mention the startup costs that can range from \$1,000 and up. If I were on a fixed income and seriously ill, I don't think that growing my own would actually be a viable option.

### Q: What if patients grow their own and don't grow enough to get through to the next harvest?

A: Patients will be allowed to buy from the dispensary to offset their shortage. Patients who grow their own will have the right to utilize all goods and services provided by the dispensaries.

### C: It won't get legalized because it makes the justice system too much money.

A: Illegal marijuana use does net the justice system a lot of money; however, the justice system could bring in a lot more money if it received tax dollars instead of restitution money. Unfortunately, legalizing medical marijuana is not going to solve all of the crime in this world. But it will stop people who are fighting illnesses from being prosecuted and going to jail or prison for trying to get well. The beds in the prisons are not going to suddenly become empty either. They will just be filled with more people who truly should be in jail and not out on the streets

### C: A bill (Jackie Rickert Medical Marijuana Act) will never pass on its first time through.

A: This is not the first time this type of bill has tried to make it through the capitol of Wisconsin. Lobbyists have been trying to get this legislation passed since 1996. However, due to the lack of support, most bills died before they were ever launched.

### C: This bill is just a circus and a bunch of hippies who want to get high!

A: This statement is derived from sheer ignorance. The fact is these bills are designed to help your neighbor going through chemotherapy, your grandmother with MS, your son or daughter who returned from war and now suffers from post-traumatic stress disorder. Please talk to people with these conditions and ask them how the medications are treating them. There are so many things that medical marijuana can treat that if you are antimedical marijuana, please educate yourself on the subject. The next person that could benefit from it could be you. If after educating yourself you still don't believe in it, you can still benefit from the break on your personal taxes.

You are always going to have people who break the law. Look at the current pharmaceutical pill abuse. That industry is regulated and there is still crime involved with it. But the industry is still allowed to operate without much opposition because it is the right thing to do for the people who need those types of medications. Just like in the pharmaceutical industry, if medical marijuana laws are being broken, then criminal charges should be brought forth and prosecuted.

In July 2010, the local, state, and federal government launched a raid in the forests in northeast Wisconsin. They found 50,000 plants that were being grown by the Mexican drug cartel. If you were to be conservative on the number, you are still looking at 12,000 pounds of cannabis. But the question that no one has asked is, "Why?" The answer to that is because there is a demand for it here. Let's stop acting like it does not happen here and properly address this situation; then we can stop funneling money to the cartel when we, as a country, need it more!

### Government Regulation

### **State**

The government needs to create an office in the Department of Health Services to oversee commercial medical marijuana growers and medical marijuana dispensaries. For lack of a better name, I will call this department the Department of Medical Marijuana. This department will also oversee the operations of its county offices and will select the final review board. This office will be in charge of the licensing of dispensaries and commercial growers, budgeting its county branches, data recovery, and data analysis. The data recovered should be used to fine-tune this idea.

### **Data Recovery**

It all starts with the central control computer that is controlled by the Department of Medical Marijuana. This computer will be linked to all of the licensed dispensaries. The central computer system will be designed to track information. Here's how it works. On the back of the medical marijuana card\* is a magnetic strip just like there is on a credit card. The dispensary counter will have a card scanner. Patients will swipe their issued medical card; their picture and their information (that is in the Department of Medical Marijuana's computer) will come up on the dispensary's computer screen. This will allow the dispensary clerk to verify that the patient has a valid medical marijuana card. The Department of Medical Marijuana will be able to monitor if patients are overbuying and possibly reselling illegally by using the data collected. It will also allow the Department of Medical Marijuana to monitor the marijuana purchases by the dispensaries, pergram sales, plant sales, and all other related sales at each licensed dispensary. With proper guidelines, this should allow the Department of Medical Marijuana the ability to monitor the activity of all legal medical marijuana sales.

Commercial growers will also be issued a data card to track sales to the dispensaries. This will ensure that the proper income taxes will be paid, quality standards are met, and that the dispensaries are only purchasing from licensed commercial growers, eliminating the cartel's ability to market their product here.

Patients will be issued a medical marijuana card. The medical marijuana card will have photo identification, name, issuing county, and a magnetic strip on the back. The magnetic strip is for computer verification that the patient's card is valid. This strip can also hold information as to a patient's seller's license\*.

### Licensina

The licensing fees should easily be able to pay for the creation and operation of the Department of Medical Marijuana. All licenses will carry a fee, which per county will pay for the set-up and operation of the Department of Medical Marijuana. These fees will have no other financial destination: if there is a fee surplus, save it. In the future, changes may have to happen. All commercial growers and dispensaries are to follow all building codes. All dispensaries and commercial growers applying for a license will have to file their certificate of business liability insurance, provide an FEIN number, and agree to a pro-bono clause to qualify (2.5% of gross business for the previous year). All licenses are to be posted in plain sight, hanging in a frame. An individual's criminal record should be evaluated by omitting all marijuana charges. I don't feel that it is right to exclude individuals from getting the licensing if they are convicted felons only for growing marijuana or possession of parapher-

There should be a license limit per owner (two dispensary licenses per person). This is to prevent monopolizing of the industry. However, if the Department of Medical Marijuana does not receive enough applications to fill the allotted amount for the dispensary licenses, and it has additional licenses left, it can open the unfilled licenses up to the current license holders.

### **Dispensary licensing**

The license will state the business name, address, license holder's name, the local inspector's name, and contact information. The dispensary will pay a straight \$1,000 licensing fee per year per location. As a requirement of licensing, all dispensaries will have to provide pro-bono work. The Department of Medical Marijuana should set a limit on the number of >>

dispensaries in one area; one dispensary per 1,000 people should be enough. The dispensary will have to have a point of sales computer that is linked to a central computer at the Department of Medical Marijuana. The licensing requires that when purchasing from commercial growers, the dispensary provide all information required (i.e. quantity purchased, active ingredient percentages, amount of money per gram paid to the grower, and grower identification card number) to the Department of Medical Marijuana database. Dispensaries will be able to cross-reference the grower with the central database to prevent accidentally purchasing illegal medical marijuana.

### **Commercial Growers**

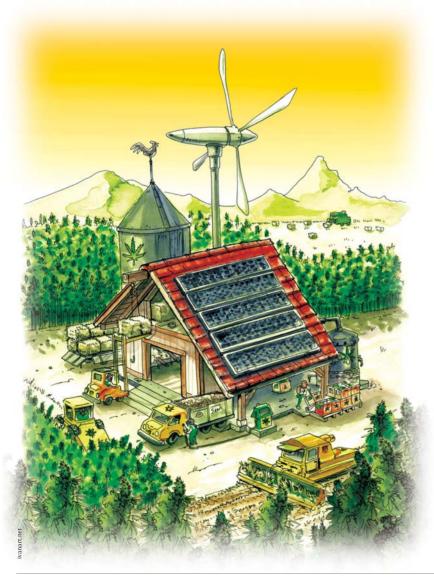
The license will state the business name, address, license holder's name, the local inspector's name and contact information, the square footage of the garden, and the maximum number of plants. The licensing department has the right to inspect an operation at any time when providing proper identification. It will have the right to terminate the licensing if any laws are broken. All decisions will be final after a review board hears the case of the termination of licensing. If the decision made by the county inspector to suspend licensing is overturned by the review board, it will be the responsibility of that county's Department of Medical

Marijuana to reimburse the grower or dispensary for lost earnings during the down time. This will keep the inspectors honest, and will ensure that a solid case is to be presented to the review board. If a commercial grower wants to own a dispensary, it will have to apply for both licenses. The licensing of a commercial grower will be based off of the square footage that is used for growing medical marijuana\* (planting stations, trimming, and drying areas are not included in the licensing square footage). Outdoor crops will require special licensing. All growing areas will have to have the ability to be locked and secured. Multiple licenses should be allowed on one parcel of land as long as they are in separate, secure structures, there are proper licenses to cover the square footage, the plant numbers are correct, and all of the other licensing requirements are met. The growers' license number will also be the medical marijuana tax reference number. The grower will be issued a sales card with a magnetic strip on the back, photo identification, and all other licensing information necessary. This card is to be swiped in the dispensary's card reader before any sales take place.

\*Example: If a grower has a 600square-foot vegetative room and a 600-square-foot flowering room, the total of this garden is 1,200 square feet. Therefore, the licensing for one year will be \$1,200.



only applies to patient gardens. If patients grow more than they need, they should be able to apply for a patient seller's license. This will allow them to sell their extra to the dispensary. The quality standards will have to be met in order to be purchased by the dispensary. The seller's license information can be added to the patient medical marijuana card's magnetic strip. The limits of this license are that the patient cannot sell more than 1.5 pounds per year or 681 grams. If patients want to sell more, they will have to apply for a commercial grower's license.



### County Branch of the Department of Medical Marijuana

The counties will all have their own sub-branches of the Department of Medical Marijuana. These offices will oversee inspections, process patient applications, issue medical marijuana cards to the patients, and act as a liaison to law enforcement and Department of Medical Marijuana license holders.

### County Inspectors

The inspectors will be located in the county offices; that way, the local law enforcement, commercial growers, and dispensaries have an inspector they can call on if there are any issues that need to be resolved.

### **Commercial Growers**

Have to allow inspectors into their operation when the agent provides proper identification. Law enforcement can enter without a warrant as long as accompanied by the local inspector. Growers must have the licensing posted visibly and in plain sight. If any laws are broken (i.e. too many plants, too many square feet, EPA violations, illegal sales, tax evasion...), the inspector has the right to follow whatever action is deemed necessary to correct the problem, such as issuing warnings, issuing citations, or license termination. No more than three warnings per year, or the licensing can be terminated.

\*Example: If a grower is using more square footage than the license allows, a fine and license upgrade would be fitting for the offense; however, this offense will not happen in that order again, or the licensing can be terminated. The proper procedure

would be to increase the square footage on the license and then the growing area.

\*Example: If a grower is dumping chemicals: immediate license termination, EPA called in, and possible criminal charges.

\*Example: If a grower has a few too many plants, cut down the extra plants and issue a warning.

### **Dispensaries**

Inspectors have the right to inspect the operation at any time; the agents must provide proper identification before entry. This is to ensure the dispensaries are selling medical marijuana that meets or exceeds the medical minimum guidelines, and to make sure all other department regulations are being met.

the operation and stops the patients from getting their medicine. Now the law enforcement office can contact the local inspector's office. The inspector can verify any information necessary and/or go to the facility to inspect it.

Law enforcement won't have to come up with a warrant, waste taxpayer dollars dismantling a legal growing operation, the courts' time, the law enforcement department's time, and as a result stop the patients who need the medicine from being able to receive it. It does take approximately four months to have a usable product. This time is critical to the patient. Law enforcement should also be held accountable for its actions and should treat these future patients and business owners with respect. Smash and grab tactics that have been used in other states should not be tolerated by our local law enforcement.



### **Law Enforcement**

Law enforcement will benefit from the creation of this department. It will allow law enforcement to know who is a legitimate operation and who is not. In other states, law enforcement is unintentionally clogging up the courts with cases against people who are operating to the letter of the law. Meanwhile, it tears down

### **Judicial**

The judicial system and law enforcement will be able to stop using less than desirable tactics to generate revenue. The current prosecution of marijuana users is costing the taxpayers in this state millions of dollars per year. Currently, the court system will prosecute a citizen for possession of marijuana. ⊳

- \*Example: I know of a very recent case where the individual was arrested for possession of 2 grams of marijuana. The sentencing options that were presented to the individual were:
  - 30 days in jail- taxpayers pay \$1,500. (The cost to house an inmate is approximately \$50 per day; that's \$1,500 for every 30 days.)
  - 30 days in Huber- taxpayers pay \$ 950; individual is charged \$550 fee.
  - 30 days on house arrest but cannot work: charged \$550 fee.
  - And \$80 in court costs.

All of these options result in the loss of this individual's employment, residence, and now the taxpayers will pay for the incarceration. Why waste money on this any longer? We need our laws to be reformed also. If the state wasn't strapped for cash, this wouldn't be happening. The state, counties, townships, schools, and the taxpayers would all be able to take a breath and not have to worry about the next round of job cuts.

#### **Commercial Growers**

Commercial growers will have to obtain the proper licensing to begin cultivation. All building codes must be met to qualify. Certificate of liability insurance and FEIN number must be submitted with the license application. The grower also accepts having to do pro-bono work as part of the license requirements when the application is accepted. The grower will be issued a license number/grower number on the dispensary data card and display the license. This number will be used on tax forms and for tracking sales to dispensaries. Commercial growers must abide by all laws set forth by the state Department of Medical Marijuana.

### **Dispensaries**

Dispensaries will have the ability to obtain licensing through the state Department of Medical Marijuana. This licensing application will require a certificate of liability insurance and a FEIN number. The dispensary accepts having to do pro-bono work as part of the licensing requirements. The dispensary shall be able to purchase and sell medical marijuana and all other related goods and services. Dispensaries must abide by all laws set forth by the Department of Medical Marijuana.

#### **Patients**

Patients will have to get their recommendation from a doctor. The medical card will be issued by the county in which the patient resides, branch of Department of Medical Marijuana. Patients will have to pay a \$150 processing fee or \$50 if they qualify for the pro-bono assistance for the medical marijuana card. Patients shall be allowed to grow 12 plants for their own personal use. Patients with fixed incomes should also be granted the same discount as they receive elsewhere. If patients grow too much product, they will have to obtain a seller's license from the Department of Medical Marijuana before they can legally sell the product. The product will have to meet all minimum standards in order to be purchased by the dispensaries. All patients must swipe the card to verify that the card is valid. Dispensaries will provide the amount sold to each patient when processing the information.

Dispensaries will be allowed to provide all goods and services related to patients receiving medical marijuana.

### **Taxes**

The creation of a new tax base is the ultimate goal. There will be new tax forms that will have to be created to direct the tax money according to this outline. All of the taxes generated at the dispensary level will be paid directly to the designated institution

on a monthly basis. Payments are to be received no later than the 15th of the following month, or an additional late fee will be imposed; no more than two months behind on the taxes, or the licensing can be terminated. This will allow immediate relief where it is needed the most. And this is the basis for what I call the trickle-up: it ensures that the tax revenue goes directly back where it came from, into the community. Hopefully, with this direct surge of tax dollars into the community, cities and towns might be more accepting of the idea of medical marijuana and the potential of real tax relief that it can bring!

### **Commercial Grower's Taxes**

Will be subject to all business taxes related to their business, and all income taxes that apply.

### **Patient's Seller License**

**Taxes**- Income taxes apply.

### **Dispensaries' Taxes**

I feel that a \$2 per gram tax (or 5% sales tax and a 20% sin tax) should be imposed at the dispensary level. This tax is to be added to the per-gram sale, just as gasoline is taxed per gallon, and is to be divided in the following breakdown:



### 1.State- \$1 per gram

- •First expense to be covered by this dollar is the school districts that need additional funding to cover any budget
- •\$0.10 of each dollar should be used to help retired citizens of the state offset the shortage from Social Security.
- •\$0.20 of each dollar should be put into savings. Each year that passes, put \$0.02 less away. Stop this decline when \$0.04 is all that is being set aside.

The rest of the dollar should be spent on the state deficit.

- 2.County- \$0.10 per gram sold in its county.
- 3.County Sheriff- \$0.10 per gram sold in its county.
- **4.Municipality- \$0.20 per gram** sold at dispensaries in the municipality's limits.
- **5.Public school district-\$0.35 per gram** sold at dispensaries that are located in the school district's limits.
- **6.Veterans Affairs Hospital- \$0.25 per gram** sold in the state.

All plant clones sold should have a \$4-per-plant tax to be divided in the same manner as the per-gram percentages.

All processed goods will have a standard sales tax.

All soldiers that are admitted into the VA hospitals shall be tax exempt. Any grower or dispensary that donates to the VA, county human services, or any hospital that can use the benefits of medical marijuana should receive a pro-bono donation voucher. (If the pro-bono quidelines are exceeded, a tax donation voucher may be issued by the donation recipient.)

### \*Example:

### If 2,000 pounds of medical marijuana are sold at the dispensaries, it will generate the following taxes.

### 20,000 patients

### If there are **20,000 patients** in the state, each patient uses on average about 1 gram per day, which means in 45 days that 2,000 pounds is used.

### **Every 45 days**

2,000 lbs. = 908,000 grams(eight 45-day cycles annually).

### 20,000 patients paying taxes every 45 days will generate:

1.State- \$908,000 2.County-\$ 90.800 3.County Sheriff- \$90,800 4. Municipality- \$181,600 5. Public School Districts-\$317,800 6.VA Hospitals-\$227,000

### Annually

### 20,000 patients will generate

1.State-\$7,264,000 2.County-\$ 726,400 3. County Sheriff- \$726,400 4. Municipality-\$1,452,800.00 5. Public School Districts-\$2,542,400 6.VA Hospitals-\$1,816,000.00

### **200,000** patients

If there are 200,000 patients in the state, each patient uses on average 1 gram per day, which means in 4.5 days that 2,000 pounds is used.

### **Every 4.5 days**

1.State- \$908,000.00 2.County- \$ 90,800.00 3.County Sheriff- \$90,800.00 4. Municipality- \$181,600.00 5. Public School Districts \$317,800.00 6.VA Hospitals-\$227,000.00

### Annually

1.State- \$73,548,000 2.County-\$ 7,354,800 3.County Sheriff- \$7,354,800 4. Municipality-\$14,709,600 5. Public School Districts-\$25,741,800 6.VA Hospitals-\$18,387,000.00

That makes \$1,816,000.00 in 4.5 days (\$379,096,000 annually) with a \$2-per-gram tax at the dispensaries. That's not including income taxes, processed goods, and live plant clones. >

### **Jobs**

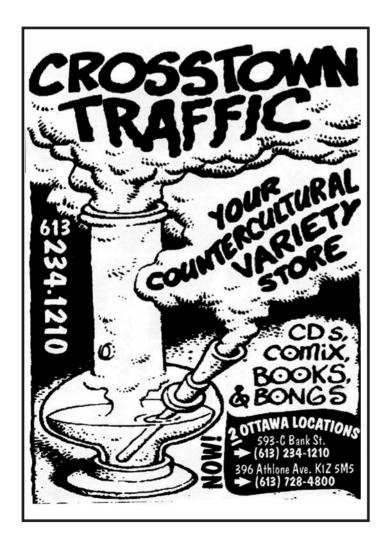
Now, here we go with job creation. A 2,000-square-foot operation will need at least six full-time workers and six to eight people for security. The construction of this industry will increase the work in the building trades. By having to follow building codes, the likelihood that places will be burning down declines. The growth of this industry in any state will put a surge into the economy. One retail location could employ 20plus people. The regulation of this industry will create hundreds of state and county jobs in the Department of Medical Marijuana, not to mention the numerous technical jobs at the dispensaries testing the quality of the medical marijuana.

To sum up this idea: if the state takes the reins and structures this industry in this fashion, it will take what is currently a black-market industry and make it produce real tax dollars. The sheer number of people that will benefit from this medication will easily support the numbers that I have used in my examples. With the ability to monitor all of the transactions, there will be no problems tracking the tax dollars from production to

This draft has been read and critiqued by many people. This is a conglomeration of everyone's ideas and questions. If you, the reader, have any questions or comments, please write them on this document and return it to your friend who gave this to you. Thank you for your time and your input.

Contact your local state representatives and tell them to support the Jacki Rickert Medical Marijuana Act and this tax plan. Let's do this right! This idea is will benefit us all for a long time.

This idea is not affiliated with the Jacki Rickert Medical Marijuana Act. But we do strongly support it, and urge your support also. We need as much support as we can get to change the future. Meanwhile, patients will continue to go to jail for their medicine. Please help stop this horrible cycle. 🍨





### On Any Anniversary,

### Celebrate!





Bob with cigs The five legal smokers

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ueled by mixed messages, the United States government's marijuana prohibition creates the kind of numbers game that would make any sports writer ecstatic.

Attorney General Eric Holder announces the federal government will respect states' rights; Drug Enforcement Administration (DEA) raids on cannabis businesses immediately jump 80 percent. The federal government that categorizes marijuana as a Schedule I drug with no medical benefit holds patents raving about the neuroprotectant and antioxidant value of the same plant. It busts growers and dispensaries running medical marijuana businesses in states with medical marijuana programs, confiscating supposedly confidential records at the same time. It courts tincture shops, extolling the virtues of "pharmaceutical-grade" weed. The National Cancer Institute (NCI), a federal agency, lines up with the American Medical Association. the American College of Physicians, and the American Nurses Association

in its recent recognition of cannabis as a Complementary Alternative Medicine. Its cousin, the U.S. Department of Health and Human Services, cherry-picks respondents for bogus surveys and continues to insist that marijuana is a dangerous drug with no medical value.

Within the DEA, craziness trumps reason. In 1988, the DEA's own Judge Francis L. Young finds, "The evidence in this record clearly shows that marijuana has been accepted as capable of relieving the distress of great numbers of very ill people." Much like rescheduling petitions galore, his judicial recommendation is ignored.

Every year brings fresh anniversaries.

The National Organization for the Reform of Marijuana Laws (NORML) incorporated 40 years ago. Its founder, Keith Stroup, actually got the ball rolling with a meeting in October 1970, not long after legislators signed off on the Controlled Substances Act, which categorized

the weed that's never killed anyone as more harmful than synthetic methamphetamines. NORML submitted the first petition for rescheduling to be ignored when it applied in 1972 to move cannabis from Schedule I, based on medical use.

When they signed off on the Controlled Substances Act, legislators were assured that the rescheduling would occur if a study, the National Report on Marihuana and Drug Abuse, was favorable. That 1972 study concluded that "neither the marijuana user nor the drug itself can be said to constitute a danger to public safety." As that document, known as the Shafer Commission's report, and NORML's petition application approach their 40-year anniversaries, the Coalition for Rescheduling Cannabis (CRC) is ready to celebrate a10-year anniversary of its federal petition to reschedule. No surprise, but no response from the feds on any of this stuff!

Yet more milestones can be found in the realm of the patient movement, ▷

### O'Leary faults the federal government for keeping medical marijuana out of reach





Alice O'Leary & MaryLynn Mathre - George McMahon, Irvin Rosenfeld & Elvy Musikka photos by Michael Aldrich, Patients Out of Time 2006

where those in need of therapeutic benefit have altered the playing field by raising awareness.

L'ENFANT PLAZA STATION WASHINGTON, D. C. 20024

It's been 10 years since the passing of Bob Randall, whose influence on the medical marijuana movement is significant.

Suffering from glaucoma, he realized in the 1970s that the plant he'd been using for recreation actually helped his condition by reducing ocular pressure. Told in his 20s that he'd be blind in two years, he became a strong advocate for medicinal marijuana and also retained his vision for the rest of his life. His anger over the denial of a simple medical solution, his compassion toward those in need, and his communication finesse made him an ideal advocate. With a master's degree in rhetoric from the University of South Florida and his speaking acumen, Randall was well equipped for the battles to come.

He and Alice O'Leary, his wife, were arrested in 1975 for growing his medical marijuana on their balcony in

Washington, D.C. Within days, Randall was conducting his own investigation. He was shocked to learn that individuals within the National Institute of Drug Abuse (NIDA) and the Food and Drug Administration (FDA) understood that marijuana could help individuals with glaucoma.

"That just made him madder than hell," said O'Leary. "I don't know of any other way to put it. It irritated him that we were arrested for something that federal agents knew could be helpful. So we decided to fight the charges, which we did, and we won, and it was huge news."

Concurrent with the legal fight, they'd petitioned the federal government through the FDA for legal access to federal supplies of marijuana for treatment of glaucoma, which he received in November 1976. Another anniversary: 35 years have passed since the first federal patient received his government-supplied weed. Randall was the first patient in the government's Compassionate Investigational New Drug (IND) Program.

Over the years, Randall was encouraged by the federal government to remain silent. His now-famous reply, "Having won, why go mum?" is the

guiding principle that keeps patients above water. He clearly understood that without patient stories, the movement would slip back into the federal realm of myth and lies.

Wanting to help others, Randall created protocols for prospective patients for glaucoma, multiple sclerosis, chronic pain, and AIDS. With his help, several patients were accepted into the program. Together, Randall and O'Leary founded the Alliance for Cannabis Therapeutics in 1981 (30 years!) to educate patients.

Despite the federal strategy of keeping a lid on positive news, word of the federal patients found its way into the mainstream. In 1990, at NORML's annual convention, a panel discussion among five patients was filmed by C-Span. Randall moderated, and all five discussed their medical conditions and experiences with marijuana. The two-hour video, which included other speakers, was a hit among people who had no idea that cannabis could do more than get them high. NORML's phones were ringing off the hook for quite some time. People wanted to know how to get into the

"This really was the first time that the patients had a chance to meet and bond, and for us to realize the power

### of patients. "What the federal government is doing is morally wrong," she said.

of the patient," said Mary Lynn Mathre, cofounder of Patients Out of Time. "We knew that it was an historic moment."

After the conference, the patients continued their discussion in a private setting. The resulting video, Marijuana as Medicine, was released two years later and also created a media sensation. Both can be viewed via www.medicalcannabis.com.

By 1992, faced with growing evidence that cannabis was helping an awful lot of folks and a surge in people applying to get into the IND, the first Bush Administration shut the program down. While the numbers vary, the federal government states that there were 15 patients in the program at that time. The government strategy has been to continue supplying the chosen few with a monthly supply of cannabis until they die.

"The federal government played its trump card, and they played it very well, when they shut down the compassionate IND program, because, ultimately, what they did was they totally shut down research" said O'Leary. "They absolutely cut off at the knees any opportunity to use the federal government as a platform for moving medical marijuana forward."

In 1995, after watching two of the federal patients die and alarmed by what they viewed as urgency on the medical front, Mathre and her husband, Al Byrne, left NORML, where they had been board members and held various other positions. They started Patients Out of Time along with several of the federal patients.

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

Carrying on the work begun by Randall and O'Leary's Alliance for Cannabis Therapeutics, Patients Out of Time's fresh focus has been to pull together doctors, nurses, and clinicians, in addition to patients. Promoting the science of the plant has been a key motivator of Mathre during most of her career as a nurse. The emphasis on the science behind the medicine led to the organization's professional conferences, which are approved by the American Medical Association (AMA) and the American Nurses Association (ANA) for continuing education credits.

"That's where Mary Lynn and Al have been so effective and so important to this movement," said O'Leary. "They've organized these conferences where clinicians come together. They have advanced the movement tremendously, and my hat is off to them."

Irv Rosenfeld is a walking, talking federal cannabis patient who is not being studied in any in-depth scientific fashion. Since 1983, he has benefited from a can of 300 marijuana cigarettes every 25 days, care of the IND program. His rare bone condition, multiple congenital cartilaginous exostoses, is characterized by bony protrusions or tumors constantly popping up at the ends of long bones. Diagnosed when he was 10 years old, the condition prevented him from attending public school, left him in constant pain, and necessitated several surgeries. During a late-night college poker game in the 1970s, smoking on a rare occasion, he realized that cannabis alleviated his pain. Over time, cannabis use allowed him to wean himself off the addictive levels of prescription drugs, like Dilaudid, Quaaludes, and morphine, that he had been taking for years.

Randall guided him through the complicated process necessary to be accepted into the program. Rosenfeld, a Patients Out of Time board member, is one of four remaining patients in the federal program that refuses to test results or admit new patients.

Discouraged when Bush I shut the door on its compassionate care, he had high hopes that a Democrat in the White House would reopen the program to others in need.

"We did have assurances from the Clinton Administration that they were going to reopen the Compassionate Care protocols," he said. "We were very disappointed when that didn't happen."

Follow the message of the media for a while and you'll realize that the numbers game and stories about busts and stoners are sound bites that keep the train wreck at dysfunction junction. For the comprehensive medical story, visit Patients Out of Time's Web site, www.medicalcannabis.com, which is chock full of videos from its medical professionals.

"When we started Patients Out of Time, we decided that we should always stay focused on patients," said Mathre. "Because we're volunteers, we can always say that we're doing it because we believe in it. Nobody can say that we're doing it for the money."

Randall, who contracted AIDS, continued to advocate for patients until his death in 2001.

O'Leary faults the federal government for keeping medical marijuana out of reach of patients. "What the federal government is doing is morally wrong," she said.

After her husband died, she decided to move on. A nurse, she specializes in hospice care and is a grief counselor.

"I will be forever grateful for Robert that he did not extract from me a deathbed promise to carry on the good fight," she said. "I did for 25 years. What is happening throughout the United States is not the way to provide or receive medical care. It's half-assed, and you can quote me on that. Cannabis is a gift, and we are not using it properly."



n our collective movement, there are millions of us, all working to free ourselves from the jackboot of law enforcement pressing down upon all of our throats.

Whenever any of us gets arrested, the costs of litigation are staggering. With the investigators, forensic experts, and the ever-present ticking of the per-hour charge from everyone involved, the money needed to win these cases grows exponentially.

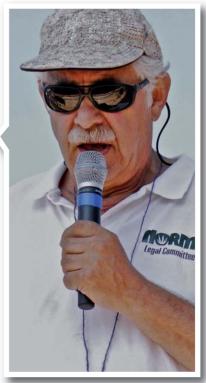
For many of us within this greater community of activists, reporters, and those risking it all to supply the herb, these dangers of a lack of funding are what have put many of us in jail.

What I want to share is a few stories of Mitzvah: giving without expecting anything in return, or even for it being

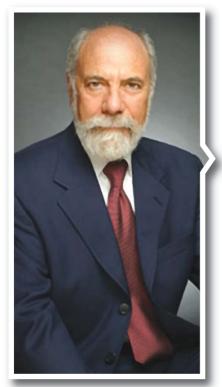
known who did these good deeds.

Several of this country's top attorneys gave in the fashion of Mitzvah to help me with my cases. I may not have personally deserved it, but the cases most certainly did merit the help.

Jeff Steinborn is a well-known attorney in Seattle, Washington, having written Avoiding and Defending Pot Busts, http://www.potbust.org/publications/av oiding%20&%20defending%20potbusts.pd, which is freely offered on the Internet and is widely used by lawyers, prosecutors, and activists alike. I hear many complaints that while he is very good, he charges too much. His firm does have a very high level of wins against the prosecutors in the Seattle area, while he has changed many statutes with these precedent-setting cases. Regularly speaking at Seattle Hempfest, Jeff is also a board member







of Washington NORML and serves in more capacities volunteering and helping Seattle than this article has room for. In my own case, he came and spoke in front of the Canadian Refugee board, costing me only the plane fare and hotel costs. He is a true friend in Seattle.

Then there is **Bruce Margolin**, who was considered the number-one criminal defense attorney in the U.S. in 1999. The firm he leads is called the Super Lawyers of LA.

Bruce wrote *The Margolin Guide to Marijuana Laws*,

http://www.1800420laws.com/CM/Custom/TOCMargolinGuide.asp, again freely offered on the Internet. He is another lawyer who has given in many ways that the general public never hears about. For me, Bruce accepted collect calls from LocTel, the world's most expensive phone service, from

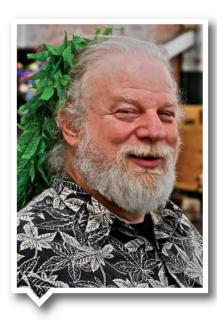
SeaTac Federal Detention Center while I was there, to help me with my case. This was many, many hours of help while he was not even my attorney.

Locally where I live, here in Portland, Oregon, there is **Leland Berger**, who comes from the neighboring community where I grew up, literally blocks



away from me, Cheltenham, Pennsylvania. Leland has helped to write legal briefs with this country's top attorneys, worked for next to nothing defending cannabis patients' rights, such as cases of patients being denied their right to concealed weapons permits. Leland has a very long history of standing with patients in Salem, Oregon, at numerous conferences, and at many, many events, including his annually speaking at Seattle Hempfest. Lee is my constant voice of reason when it comes to law, answering questions and providing guidance for creating sane responses to our detractors: someone I consider a Freedom Fighter, quietly doing the work of searching for legal arguments, while brainstorming the next step in the ascent from the darkness of these cannabis laws and their contribution to the devastation of our society.

He helped me when I was in need, with a way to provide assistance when I had no money, and allowed me to work off the costs, helping us both.



Don E. Wirtshafter

(http://www.robertdespain.com/node/48) really needs a shout out of thanks from an entire tribe of ours! He is the Rainbow Family attorney, representing the unfortunate family members who have run-ins with local law

enforcement and Homeland Security thugs, who annually harass the July 4 gathering of the tribes, the National Gathering. He has each year rounded up lawyers from the local area to represent and help this tribe of ours that is almost entirely cultural creatives, with very little money and a profile that has them stopped everywhere the family goes. He was the attorney helping those busted in Costa Rica for growing hemp. He represented the hemp seeds seized at the US/Canadian border and so many more cases for our freedom. Don has come to my defense in more ways than I can mention and is a friend who, like all these attorneys, has lived this proud tradition of Mitzvah in quiet ways, knowing it is and was the right thing to do!

I want to acknowledge another couple that has been teaching, testifying as activists, and helping in so many ways:



**Chris Conrad** 

(http://www.chrisconrad.com) and his life partner Mikki Norris (http://www.equalrights4all.org/mikki/mikki\_home.htm) have been vigilant in helping patients and those who have run afoul of law enforcement.

**Dr. Frank Lucido** has been literally standing on the line while being at the nuclear test site in Nevada, while helping other doctors prescribe this sacramental herb, plus testifying and

teaching other doctors to come to patients' aid.

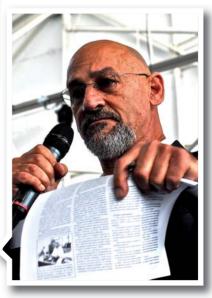
I can personally thank them all for being my friends, helping me when I needed help (and had no money), as well as having helped so many, many others.

They, like all these folks who practice Mitzvah, never had to help me, or anyone; it just comes naturally from their hearts.

To all of those attorneys, friends, and associates who have helped over the years, I say thank you, knowing that all of you have earned a far greater gift of merit for these selfless acts, joining the many blessings that have come from having compassionate hearts (their true wealth) than I or any of those they have helped could have ever given any of them in return.

Never look at giving as a loss; never expect anything of material value in return. My teacher taught us that as one of the main principles of our way of life. This is a path to build merit; what cannot be bought is far more valuable to bring true happiness to one's life, to honor one's ancestors, and extend that karma to one's own children.

Blessings be!





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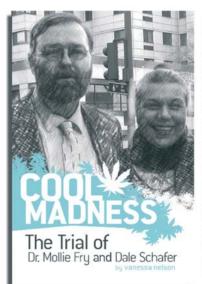
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is the riveting true story of a medical marijuana doctor undergoing a federal trial for the first time in history. The main character of Cool Madness is Dr. Marion "Mollie" Fry, a cancer survivor who learned about the benefits of medical marijuana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

COOL MADNESS, The Trial of Dr. Mollie Fry and Dale Schafer is the riveting true story of a

### BOOKS BY VANESSA NELSON

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

### www.MMAPUB.com



# Two more herbalAire Vaporizers given away!

### Our latest 2 winners are Jason and Aaron

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

Thanks to all those who have responded to our contest. We have received many letters from eligible people around the world.

Judging the entries is never easy, but we believe we have chosen two more winners who are truly deserving of a HerbalAire.



Jason Becker



**Aaron Foster** 

Hello TY Members. I have got some great news!

Each and every issue I will be

Giving away 2 Herbal Aire Vaporizer

to some needy medical patient!

### The rules are very simple:

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

Please note I expect a lot of inquiries so only the most in need please apply.

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HEW! Delivering this kid was like delivering a hurricane!" When our son was born, those were our doctor's words! Storm was an emergency breech C-section. It was the best day of my (our) life!

From the very beginning, we had a special bond. Looking back, I believe I know why now. Moms know. Storm was an amazing baby! He was the cutest baby ever! Clever and advanced — well advanced, happy, curious, and loving, but something was just not right. Storm cried every night. Yes, many babies cry a lot, and it lasts a while - with Storm it lasted until he was 14. That was how old he was when I introduced him to cannabis.

Gasp! A mother giving her child cannabis at 14!? The horror!! I am

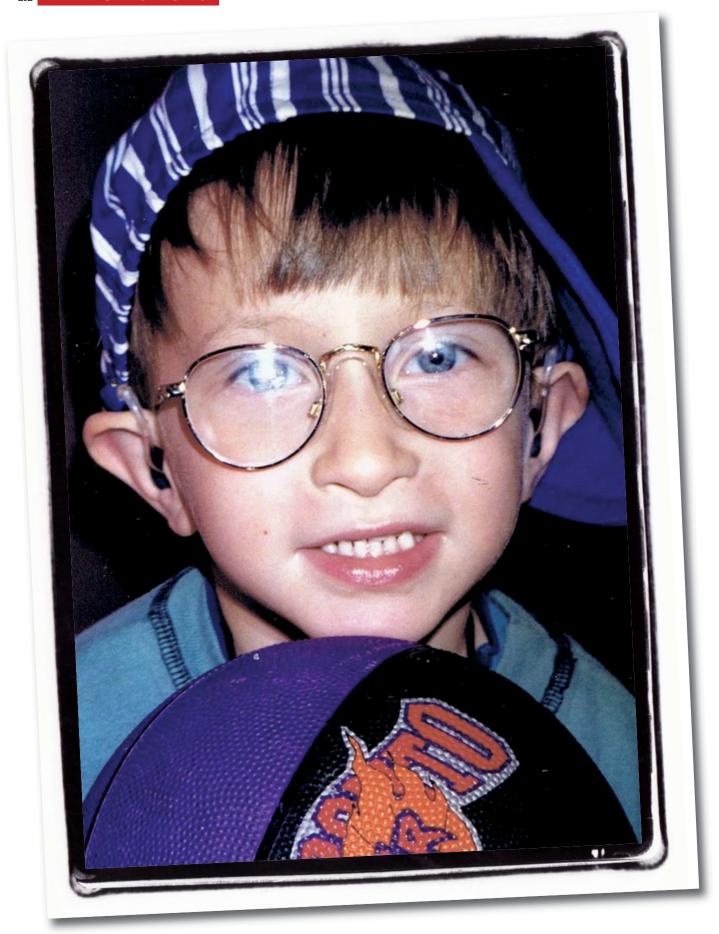


sure many people did and will continue to think that way. Horror? NO.

Horror is watching your baby, your child, scream in agony day after day, week after week, year after year, and know that there is nothing that can be done. Ask any mother. From the time our son was born, he would scream. Not cry - SCREAM. It would continue for hours, usually until he would pass out from exhaustion, and nothing was able to soothe him — we tried everything! It was so fierce, the screaming, many times my husband and I would panic and undress Storm, thinking he must have been bit by a bug or jabbed with a pin. Something physically sticking him to cause him to scream like that! Several trips to the emergency room, only to be told, "There is nothing wrong that we can see." Only to turn around and come home to have it happen over and over again.

There were also many other little things that Storm did. He would constantly rub his hands and feet, even in the infant stage. He was not happy when he could not see me. I remember crying to my doctor, telling him, "I swear I can't even leave the room... and every night. SCREAMING." I was exhausted.

I was blessed that I was able to stay⊳



home with Storm - my husband worked and supported us financially, so Storm and I were very close. I worried about what was going on, but I was toldtime and time again - it's probably growing - there was always a reason. Unless you witness it firsthand, you might think the same. Part of the problem was that Storm did not speak. Many people shared their opinions on this also. The fact was that Storm could not hear. Storm was such an amazing, little, alert baby who was advanced in most ways that doctors thought nothing of it, not realizing he was deaf, only that he was just going to speak late. It was not until he was almost three, when a fire alarm went off in his room, that we realized he was hearing impaired.

How could we not know!? Trust me, no one did — again, because he was so smart. He knew how to ask me for things and his dad and grandma and a few others. After many tests and x-rays (thank God for those x-rays), Storm was diagnosed as being moderately to severely hearing impaired. Every time a parent finds out that there is something wrong with a child, it is devastating.

Heartbreaking. We only want the best for our children. No one wants to hear there is anything wrong with a child.

Hearing impaired; we can deal with this! I remember at the time someone close to me saving, "It could be worse...." I have come to the conclusion that you should not say that, ever. Storm got his first hearing aids, went to a special school earlier than most children, and I bought all I could find on sign language, placemats, books, toys, etc. We were ready to adjust to a life with hearing aids. Storm took to them instantly! He could hear!! He started to learn and speak words! I still laugh at his fascination, as many little boys have, with trucks! The 'T" could not be sounded out, and when he saw a big truck go by, he would vell out, "FUCK!!" "FUCK!" The looks we would get! It still makes me giggle. We learned early — hearing aids are not always noticed, and people ASSumptions. So be it. There is so much to learn when someone you love can't hear. Mostly patience. We were never ashamed that our son wore hearing aids and we wanted to teach him the same.

From the start, I let him make decisions - he was the one, after all, wearing them! He usually liked to choose blue or green ear molds and often took them out and handed them to people to try when they asked about them! I remember a mom saying to me, "You should be ashamed of yourself letting your kid stick candy in his ears! What example is he setting to the other children?" REALLY!! It was at a Boy Scout function. A friend of mine also heard the comment and quickly put this mom in place before I had the chance. People would also stare. Not much you can do about it. I would ask them if they had any questions or sometimes, I admit it, I would just GLARE.

Soon I could spell in sign and was teaching Storm and my husband. We knew many words and were going to be OK.

The pain and screaming never stopped, though. Night and day. All I could do was hold Storm and try to calm him down. Sometimes I would ⊳



Left: Storm 5 years old, a typical happy little boy. Above: Mom and Storm (11 months) at the zoo

before he was diagnosed Right: Storm always curious





Storm already in school at an early age to try to catch up with his speech

be so tired, Norm and I would take turns, rotate nights, but Storm usually wanted me, and I always went. Many nights it would start around 10 and then again at 3. Always the same: Storm screaming. He could hardly talk and usually did NOT want to even be touched. He did not know the words to describe what was happening to him. He did not have to. We could see the physical anguish in his face and body language with every episode of pain he endured.

This is when I was introduced to cannabis again — I had smoked from time to time over the years, but was never really big on it. I usually preferred to consume alcohol. I had a very close and good friend that was always telling me — you have to get some sleep or you're going to get sick. Easier said than done. How could I sleep through it — sleeping pills were NOT an option. I had to be there for Storm. Long before the screaming, he would become restless. I could hear him toss and turn and

start to moan in his sleep and knew what was soon to follow.

My friend (someone I never would have ever expectcannabis) offered me a joint to help sleep. It The worked. next day, I woke up alert and refreshed to the day ahead. I used cannabis on and off to help me sleep and sometimes iust to unwind. My life was not about getting high. It was about my son

and husband. At the time I was freelancing — painting murals in schools and offices, and teaching kids cartooning from time to time to help with the bills. I was on Cityline (a popular television show here in Canada) with a few murals and was getting busy. We considered putting Storm into daycare with a neighbor who lived a few doors away. I took him to see how he would like it, and he wanted some juice. I explained to the woman, "He wants juice." She turned and said, "Well, when he's here, unless he asks for it properly he's not getting it." I took Storm home and never returned. The murals and all else could wait.

The pain was not just in the evening. Storm wanted to be carried everywhere. I thought it was normal and never minded, so I just did it. As he got bigger and heavier, it became harder. Whenever we went anywhere, the visits were always cut short from Storm expressing that he could not walk anymore as his feet hurt. Feet and hands mostly. This was at the mall, Wonderland, parks, everywhere. Followed by screaming and crying and passing out to sleep. I

knew there was something wrong and had to find out what.

As time went on, at night we could not even touch Storm. He would scream even louder if we tried to comfort him. It was like his body would react with pain to touch. We were afraid to hold him; we really thought that we were hurting him. I cannot tell you how many times he fell asleep in my arms after crying. I would lie there and cry too. Norm also. We could not stand it! We could not understand it. All we were told was to give him Tylenol. We gave him Tylenol daily. For years. I still pray that we did not cause him any internal damage. This too was a chore as HE HATED medicine, as most kids do, unless it was bubblegum flavor, and even that was a task getting him to take. It became such a battle, we decided we were hurting him more by forcing him to take medicine that never seemed to help much anyway.

I took Storm to his doctor again, but this time I was not my usual friendly self. I told the doctor, "There is SOMETHING wrong. I want tests done. This is NOT normal." Our doctor has always been patient and caring. Looking back now, I understand. Storm did LOOK normal. Nothing that could be seen, and unless you witnessed firsthand the screaming, you just figured I was a sensitive mom, I guess. My doctor said OK, I'll book some tests. We were soon at the Hospital for Sick Children in Toronto, and the tests started. Weeks. I still do not like to remember all the tests and Storm having to go through it all on top of everything he dealt with. One time, it took four adults to hold him down, him begging me not to let them hurt him anymore. After a few days, I had one doctor ask me if I knew what "Munchausen by proxy" was. I did not, but when I found out, I FREAKED! I was so angry, it still raises the hackles on the back of my neck. All just part of the lesson, looking back now. A couple of weeks later and the results were in. This is when

"...it could be worse..." got worse.

Thank GOD for the x-rays taken when he was two! It was one of the first clues. Doctors could see how the bones had fused since the last x-ray! They had something to compare. I was not crazy! It just kept getting worse the following days. I remember telling my husband I did not want to hear any more. Every appointment was accompanied with more bad news.

Storm's hearing loss would progress.

He was losing his vision and had to get his first pair or glasses.

All his bones in his body were slowly fusing together, starting with the smallest, which included his hands and feet and spine.

He would continue to suffer with chronic pain every day of his life.

Progressive to terminal. No treatment; no cure.

At the time, the doctors told us they expected he would be completely deaf around the age of 10 and possibly in a wheelchair at 12 and not expected to live long after that. No treatment; no cure.

Sitting here now, the tears pour from my eyes. It still hurts as if it was yesterday. I remember coming home and being physically ill. It was the worst thing they could have said. My head spinning, my heart breaking. How are we to continue to watch our son suffer like this every day? Not to mention what we were learning about multiple synostosis syndrome. NOT MUCH! At the time, it was considered an ORPHAN disease because it was so rare. There were no known cases in Canada or the U.S.A.

We met with more doctors. Some explained and some just talked; of course, a child psychiatrist, genetic doctors, and more. This was also one

#### Some symptoms of multiple synostosis syndrome:

Fusion of nasal bone and frontal process of the maxilla. Short philtrum. Multiple fusion of midphalangeal ioints. Fusion of elbow bones. Fusion of carpal bones. Fusion of tarsal bones. Clinodactyly. Brachydactyly. phalangeal Distal bone hypoplasia. Aplasia of distal bone phalanges. Aplasia of fingernails. Aplasia of toenails. Limited forearm pronation. Limited forearm supination. Limited rotation of hips.



Abduction of shoulders. Vertebral anomalies. Fusion of middle ear ossicles. Conductive deafness. Sunken chest. Prominent costochondral junction.

of my first rude awakenings. The genetic doctor explained a life lesson to my husband and me. Our son's disease was "so rare, no one would be putting any money into research for a disease that only one kid has." REALITY. It was like a final slap.

We also met with the pain clinic and discussed a future of prescribed drugs to help ease our son's pain. The future was not looking very bright at the time. Doctors suggested some more tests "to learn," but we said No. Storm had been through enough tests and pain and would continue to do so. I was not going to put him through anything else unless they said it would help him — but of course, it couldn't.

I went into a sort of shock, I think, after all that. I cried a lot and I was angry. I was angry with the hospital, the doctors..., myself, my husband, and GOD. I had one thing that kept me going - Storm. He was and always will be the love of my life, and along with all the pain and suffering, he was our little GIFT from God! When not in pain, he was a happy, normal little boy! He made us laugh all the time, and the one thing that instantly happened — as with anyone - when you are faced with a fact that you could lose someone you cherish — you LOVE him even more!

I cherish every second to this day. What does not kill us makes us stronger. Many parents separate when they have a child with such serious medical issues. My husband and I grew closer over the years. We were the only ones that could completely understand what each was going through. To this day, my husband has a difficult time talking about Storm's pain.

I started to search online and found nothing. Today, I still do not find more than I knew then. I became obsessed, looking for a cure! Making myself crazy. I wrote to doctors in Canada and the U.S.A No one could help. I did not stop there, of course. We did go to the Shriners Hospital in Montreal to do it all over again, only to come out with the same conclusions. Storm's fingers started to fuse, so sign language was no longer an option. Again looking back, I was so angry. I know now that it was not the hospital's fault or any of the doctors' (don't shoot the messenger) that they could not do anything. I guess they have to prepare you for the worstcase scenario. No treatment; no cure. No hope.

What did I do? What would you do? I learned to PRAY. We had been attending mass every Sunday since we moved to our small town. Storm

was just one year old when we moved here. I love the community and was blessed to live here with so many wonderful people that have become our friends over the years. There was a fundraiser for Storm, and he was granted his wish from the Starlight Foundation. It was all so bittersweet. We had an amazing time and were able to provide Storm with a few things that financially we would not have been able to do otherwise, including new hearing aids! I am thankful for such organizations

that provide sunshine in such times for families who already are dealing with so much. I wish there were more.

What were our options? I prayed all the time. Still do. I'm not sure if you would call it praying or begging. I did a lot of both. Still do. To date, God has answered my prayers. Storm is here with us. He is the love of my life and our inspiration. His condition is slower than doctors guessed it would be. Thank God! I still pray that they were wrong. I pray for a miracle every day.

Over the years, we get x-rays, and they continue to confirm what we already know. Storm's disease is progressing. We don't need the

x-rays to tell us this. As the years continued, so did the pain. I can tell you it became worse as Storm got older. He learned to express with more words, words that no parent wants to hear. He started to understand what was happening to him. The pain continued and became stronger. Night and day. We could not go anywhere without planning and medication, but eventually the pain would kick in and our life was ruled by it. As Storm got older, we had many conversations about all of this. Most of them very sad.

What do you say? What do you say to your child when he is screaming with pain night after night and begs you to take it away? Asks you WHY??? To make it stop! WHAT do you say or DO?? The problems with prescribed medications were many. They took too long to work. They caused upset stomach, constipation or diarrhea, sleepiness, and depression. Often he would vomit up what we gave him right after. Storm hated taking medicine.



Storm and his favorite dog Tequila.

She got a little too curioius about the hamster ball!

He did not like how it made him feel, and it was a battle. One I did not want to push because I had looked into the side effects of a life on medication, and they were as grim as the bone disease. This was not something he would be taking occasionally. He needed to control his pain, and in order to do that, he had to take it all the time. Every day, every few hours, for the rest of his life. The talks that Storm and I have had over the years are very personal and heartwrenching. Too much to even share. Talks that I pray parents do not have

to have with their children ever.

At the age of 12, Storm had mentioned how he did not know how we were going to live this life of pain and pharmaceuticals. Suffer or be drugged out and sit on the sofa. Storm has always been so interested in everything. He did not want to sit on the sofa and play video games all day. We encouraged Storm to do whatever he wanted!! Knowing all too well life is short and we wanted

him to experience all that life had to offer - that we were able to provide. The problem was that whenever he did do anything fun, he paid for it later. A day at Wonderland usually meant two days of severe pain. Imagine watching your child walk, and each step looks like he is walking on glass. It hurts that much to put his feet on the ground. See his fingers fusing together, knowing as time goes on, it will only get worse. Time for something drastic.

Although I have told people over the years how bad it was — it was never really anything you could see. Still cannot. If he was in pain, he was at home, and we would try to make him comfortable. A few times when family or friends have slept over, they have witnessed it firsthand. I remember my cousin

almost in tears when he stayed with us, after seeing Storm night af-ter night and how we were dealing so well.

What were our options? My parents were the only ones I would trust with Storm for a long period of time, and they have shed a few tears themselves over the years with what their grandson has had to endure. I never trusted anyone with sleepovers. It was difficult enough for us to help him through it. I have shared with a few people what it is really like, but they

find it very sad, and I have even lost a few friends because they have a hard time dealing with it. I used to stress over such things, but I don't anymore. My concern for my son comes above all else — especially others' feelings.

I started to do some research online. Pain control. Cannabis kept coming up. I had smoked it myself and knew that I had not seen dragons or had any strange hallucinations or anything else, for that matter. I did not

giggling, or wanting to take a nap as serious side effects. I knew you did not have a hangover the next day or did anything so stupid like when you consume too much alcohol. What I was reading seemed almost too good to be true. I continually read that no one had ever died from cannabis use unlike what I was reading about some of our other medicine options. I spoke with my husband. talked a long time about it. going over all the what if's. There

see the munchies,

were many! Weeks later and we both agreed we should let him try cannabis.

A few days later, we had purchased a bong (I read it was one of the better ways to use cannabis — not as harmful as smoking). I'll admit I had no clue then about edibles (I wish I did!) and I'm not much of a cook or baker! WE are also a family of NON-smokers. Never have.

I called Storm upstairs and told him I

wanted to talk to him and show him something. When I showed him the cannabis and bong and told him we wanted him to try it, he immediately asked us, "IS this a TEST??! I don't smoke drugs!" Clearly, while he was growing up, we had asked him not to try drugs, and he had not. PROOF that Norman and I had been doing a great job raising our son.

I explained all I had found out about helping people with pain and just thought it was a more natural reme-



Storm and Hunny, mom Georgia and dad Norman the summer Storm became a legal cannabis patient.

dy and we thought he should at least try it. He did. Keep in mind we made sure he had nothing else in his system for a few days — this was easy. As I've said a million times before, he hated medicine! The results were almost INSTANT. He said he felt great. That night again, he tried a bit more and slept the night through!!! DO you understand the meaning of that!? I still am amazed myself when I think about it. For the next couple of weeks, he would come and ask when he said he was sore and

again usually at bedtime. Within minutes he would feel better. No one knew; no one could tell. My son was not stoned; he was medicated.

His attitude started to change. His mood was better — as was ours! Do you know what it is like to watch your child suffer such agonizing pain for hours on end and you have no control whatsoever!? I pray you never do. We could not get over it. Several symptoms stopped completely! Now what? Storm knew he could not tell anyone because we

could all get into serious trouble. At that point, I already did not care. It was a miracle medicine. eased our son's pain, and we did not have to watch him suffer, so it eased our pain also. In my mind, there was no turning back. Legally or illegally, cannabis was his medicine.

The next step was to approach the doctor. I had no idea what the doctor would say. He has known of Storm's condition since he was diagnosed and has wit-

nessed firsthand some of the things we have had to deal with over the years. He told Storm, "Prove to me why you think this would di-rectly help your condition." I thought that was great! Don't forget: Storm was only 14.

He did exactly that. The next week, we went back with all the research Storm himself had done. After going over it, the doctor agreed. He also told us Storm was his first patient that he was granting medicinal mari-



Mom and son at 1st Treating Yourself Expo 2010! Our education to a better day. Storm and his dream Volcano! ha ha ha

A cartoon by Goergia each drawn and inspired by LOVE.

juana to and might be the only one, but he was willing to see how it helped Storm.

At 15, his papers came back in the mail from Health Canada, and Storm was legal to smoke cannabis! The hard part over - so we thought! Well, the hard part was over. From the first puff, we saw the results, and that is what mattered most to US! Results we had not ever seen with any other medication. Not to mention we did not have a fear of overdoses or liver damage or organs shutting down! From a PLANT! Again, God had answered my prayers. Believe in God or not, that is up to you. When I pray to God for a miracle every day, I figure the least I can do is show my respect and share with others what we know to be true. See it to BELIEVE IT. I say many times I am amazed where this path has taken us, but I am not one to question it. My son is here and he is pain free... well, NOT pain free, but pain controlled.

Storm being only 15, we kept it hush-

hush. The first two compassion clubs I contacted did not take me seriously. One could not believe a 15 year old had his license, and the other never returned my calls. One finally did: C.A.L.M. I believe everything and everyone happens for a reason. C.A.L.M. took the time, taught us so much, explained the different strains, and more. I will be forever grateful to them for helping us on this journey. They made a difficult time easier and

It has been just four years. Storm is now 18! We see how cannabis has changed our lives for the better. We started to feel an obligation to others. TELL them how cannabis has helped. I tell every doctor I meet that Storm uses cannabis with fantastic results for his pain. We are NOT ashamed of our son's medicine. Would I be ashamed if he was using morphine to help him? NO. Why? Because morphine is socially acceptable in this society - cannabis is not!? The more I learn every day, the more passionate I become. STORM is living PROOF. Like MANY others.

I want other parents to know cannabis is an option. HAD I known what I know now, I would have been baking brownies when he was four!!!

When you see your child suffer, you will do whatever it takes to stop the pain. If you doubt this, wait until the next time your baby cries because he hurt himself. Then think about our situation.

HOW amazing will it be for parents who want to try cannabis for seriously ill children to have doctors support them and perhaps even educate them so they know where to start!

If we can ease some child's pain, especially children with terminal illness and not just that! I pay close attention to cannabis in the news. There are children all over now benefiting from cannabis! A 2 1/2 year old with a brain tumor, children with OCD, autism, and more! Not to mention countless adults who have finally found relief. More moms like myself are standing up and demanding research, having courage in a time when cannabis is NOT yet fully









appreciated for what it is and still has a silly negative stigma attached to it.

I do feel the truth can only be kept hidden for so long before all realize how we have been misled and lied to about cannabis. I don't want vou to trust me on that - I want you to EDUCATE yourself. Once you do look into it, it is hard to denv. Research from all around the world is coming in. I am not a scholar or doctor, and my grammar sucks. I am a mother who loves her child with every breath I take. We did not ask to be on this path but we are and we will not lie or keep quiet. That would be a sin. I have no intentions of purposely pissing off the Big Guy! He placed the plant here. God makes NO mistakes.

Cartooning. I have always wanted to be a cartoonist for as long as I can remember. I went to Sheridan College for animation. I drew and painted to keep my mind elsewhere. To keep my sanity. My favorite distraction. For our son, a side effect of cannabis had been laughter! What a FANTASTIC side effect to have! Inspired, the ideas started to come. I got a phone call one night from Mike Peters (creator of Mother Goose & Grimm). He called to tell me to keep it up! During our conversation, I mentioned I was thinking about drawing some strips about medicinal marijuana. He said GO FOR IT! Draw what you know! It was what we knew!

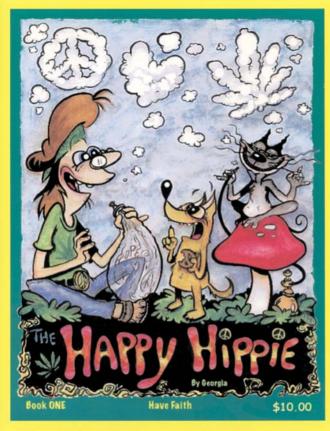
Before I knew it, The Happy Hippie was published in a medicinal magazine called Treating Yourself! Another blessing! I did not contact Treating Yourself directly. I contacted another artist who was featured in the magazine to tell him how inspired I was by his drawings. As fate would have it, he liked my cartoons too. The Happy Hippie appeared in the magazine soon after our initial e-mail. Before the strip was in the magazine, we had purchased several issues. It was soon our favorite, educating us on several levels. So when I saw my strip in it, I could not believe it! I am honored to this date.

I did not tell people right away that it is based on a true story. As I continue

to learn, my strip has become somewhat more serious. I have realized the problem surrounding cannabis and the terrible way patients are being treated. Like criminals. I have no intentions of stopping my cartooning and want cannabis legalized so that I do not have to worry about a future where my son might have difficulty getting what he needs: MEDICINE to control his pain.

I still have many days where I worry. I still see the pain and am well aware of the diagnoses and prognoses. I wish I could forget the years of pain and not worry about what the future might bring. I am a MOM. Moms worry. Some days are easier than others. Some days I don't feel like drawing, but God soon gives me a little push... the next thing I know, I'm at my desk. Hopefully with a smile, I just might make someone curious enough to research for himself! I am now currently in six different publications, all of them great, and all I am proud to be a part of.

My son at 18 is an amazing young ⊳



Medicinal Cannabis Cartoons

The Happy Hippie book for more info check out: www.georgiatoons.com

Mom and Storm, prom night. A proud moment!

man. He is much more educated on the subject of cannabis than I am. He continues to teach me daily. He works very hard. Never sleeps in. He works out with his body and pushes himself beyond his pain. He became an honor student shortly after starting cannabis! Free to focus on education and not pain! Determined not to let his bone disease rob him of one moment of this precious life. People are always commenting on how well spoken he is and how he seems much older than he is. What he has endured has made him more mature for his years. Should you get to know him, you can't help but be impressed! He is also very funny and handsome, if I do say so myself! (HUGE pride grin.)

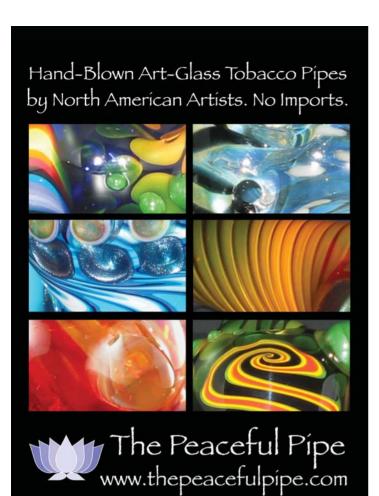
I truly believe Storm is here for a reason! To teach us all about cannabis. Living proof. He wants to work with plants, horticulture, botany. Whatever he does, he does it well, and his dad and I are confident he will not only contribute to this world but make it a better place in the process. When I get down, he reminds me of how much he loves me, and everything seems better. Not one day has gone by where we have neglected to say I LOVE you.

So time to speak up! I do it best with my cartoons, my son with his words. This is not a story to us, but our life. As parents, we still struggle and worry. For now, we take it one day at a time. With love, we cannot fail. Even my comic book! I never thought four years ago I'd have a comic book! It is so much more to me than that. It is my way of spreading the word! Even after several proofreaders, it has a few typos, but I figure people will see the LOVE and get past the few mistakes. God keeping me humble. Please share this story with others, Be the change you want to see. It should be about CHOICE.

The problems with cannabis have been going on for far too long, from what I have been learning.

I still do not like to talk about our son's bone disease. I tear up instantly. I hope I can change minds and hearts with my drawing. I thank all who have supported me to date and the amazing people I have met along this journey. For the record: they are not criminals; they are some of the most compassionate people I have had the pleasure of knowing. Time to work together. We all make mistakes. I do not judge anyone. I have not walked in their

shoes. I am grateful that God has me on this path. I feel blessed to have been educated, finally!













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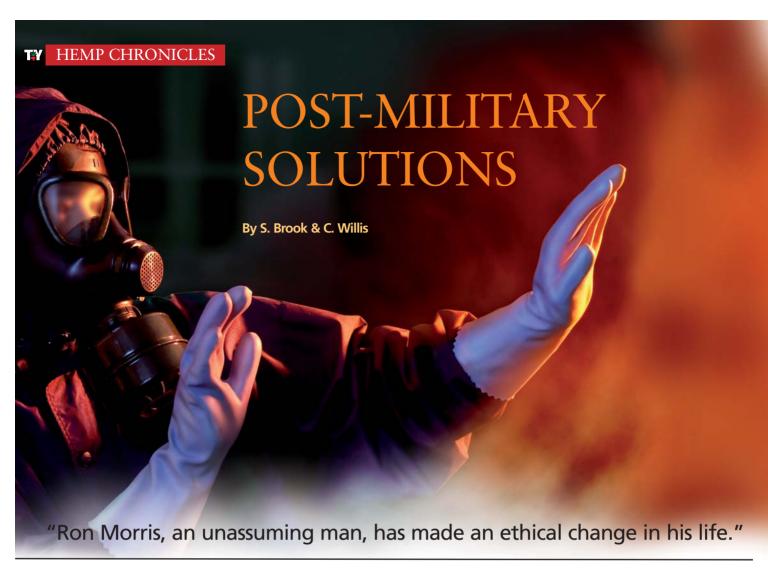


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Former US Air Force Sergeant Ron Morris adamantly disagrees. With America in chaos on behalf of a notably uncertain Vietnam War in 1969, Morris remained Stateside — presumably at an arm's length from the blood, chemical warfare, and cerebral aftermath of the destruction abroad. Sadly, the missile technician's Tucson, Arizona, base would prove equally volatile.

Involved in a covert nuclear arms project, Morris underwent federally induced affliction. The technical sergeant's exposure to noxious cartridge gases, interchanging Agent Orange and napalm, was a bestial attack on internal and surface cellular tissues. Treated solely for the latter, Morris was persecuted by National

Guard physicians and superiors. His resolve would be independent.

Damaged physically and subjectively, his one diversion was illicit cannabis.

Back home in Ten Thousand Islands, Florida, in '85, a then middle-aged Morris stumbled into more adversity. While operating a large Cat in Everglades National Park, he overturned the mighty earth-mover in evasion of a mangrove swamp fire. In addition to his own contusions and broken bones, he witnessed the grim death of a friend/coworker. His employer provided no compensation insurance.

Having developed synthetic drug allergies, a result of the '69 military chemical overload, Morris was forced to medicate "herbally" — again, unlawfully.

While cruising the lustrous summer marshes in his riverboat in 2005, Morris made a healthful decision. As

he drew deeply from his pipe, observing two airborne dolphins glistening momentarily in the sun, he committed to an Oregon medical marijuana prospect. Plagued by his unsettling past, he intended to alleviate his bodily and neurological symptoms justifiably. He'd been gnawed up and spat out by defective systemic administration. No one would direct the retired sergeant/laborer if he failed to guide himself.

The present day observes Morris living happily in Eagle Point, Oregon — and medicating constitutionally. Utilizing the contemporary aspects of medical cannabis, Morris supplements questionable health benefits, tangible ailment, and post-traumatic stress disorder via the once notorious seedling. Therapeutic grass now surpasses a mere Vietnam-era, LSD-congruent counterculture staple; it provides life-supporting balance for an undermined human being.



TREATING YOURSELF: You initially recognized cannabis as medicine upon your exposure to lethal missile propellant while in the service. Why marijuana over "better established," FDA-approved prescription remedies?

MORRIS: The first time I experienced cannabis, I obtained higher levels of physical and clairvoyant peace than with the pills the doctors had prescribed. The chemical exposure overloaded my system, inducing allergies to conventional pharmaceutical substances. There were certainly no medical marijuana liberties in Arizona or Florida at the time — and but scarcely now — so it wasn't easy. But absolutely, I knew cannabis was for me from the onset.

#### Q: Positioning yourself between the leak and a volatile aspirant, you safeguarded the entire base. Can you disclose details?

A: I was 110 feet below the ground surface in the inner tube of a Titan II missile — the last of the liquid-burning projectiles prior to solid-fuel Minuteman missiles.

I was simply doing routine maintenance when a leak developed between the gaskets, separating the nitric and trioxide gases. The combination creates hydrazine. If an oxidizer comes in contact with hydrazine, it becomes a major explosive. As I stood in the corner deflecting the hissing gases from the elements, it burned quickly through my protective suit, instantly penetrating my flesh. I felt inconceivable pain everywhere — my skin, lungs, eyes, teeth, gums. An ER chopper saved my life.

Forced to use traditional drugs prior to

my cannabis breakthrough, shortly thereafter I became allergic to chemical medications.

## Q: The military doctors and officers slighted you. Why couldn't they see beyond the external damage?

A: They lacked competence, therefore denied what they failed to see. All they did is change skin grafts on my arm. The old ones sheared off like ropes! I lost respect for the Army division of the American Medical Association, and later all mainstream doctors.

I was left 100 percent undiagnosed by any medical professional for my post-exposure lung and abdominal problems. The internal and cerebral burns/scars far exceeded the obvious, yet went undetected. I was reduced from sergeant to a laborer, then inferred a neurotic by the higher ranked. I don't believe any of them were bright enough to take into account that the poison released in the Titan II silo went into my lungs and stomach, contaminating my system. It was a no-brainer!

I was destined for self-treatment. The medical world is a cash-cow fraud. Millions internationally suffer pointlessly. The AMA exploits the sick, raking in billions annually, then criminalizes a failsafe medicine like cannabis. Behold pending legalization.

## Q: You also sustained injuries and life-jarring desolation apart from the U. S. Army. What happened at the gator-infested waters near the Florida Gulf?

A: I was operating a large Cat, cutting a line in the old canal during a marsh fire. Still chemically sensitive via my crushing experience in the missile silo, I became disoriented, as I'd inhaled dense black diesel and wood smoke for several hours. In my incoherent state, I hit a bank wrong, rolling the gigantic machine. Stuck in the water for over an hour, the chill numbed my injuries. By the time I escaped, attempting to hot-foot it to the road, I

realized my back and leg were hurt. The worst of it, nonetheless, was my pal and fellow employee Marco had died in the flames of another swamp fire accident, much like mine, earlier that day.

### Q: What physical pain does medical cannabis diminish currently?

A: I still experience back pain, the result of a cracked vertebra when I rolled the Cat in Florida. I also have sciatic nerve problems from my hips down my legs, arthritis, and fatigue. I still have lung and abdominal disturbances from the chemical exposure. The green, earth-given treatment lends me a hand on every front — sans the hideous side effects of standard pill-popping.

#### Q: You lived with post-traumatic stress disorder for years before you realized you had it. How does medical cannabis aid in managing the innermost anxieties?

A: Though I never went to Vietnam, I've been living my own private war, post-service. Ironically, the liquid-fueled missiles were replaced by the solid firing material of the Minuteman version for the dangers of Titan II repair — yet I was basically left to suffer for that exact reason! I wasn't even the assailant! That in itself is another trauma — the frustration. I was ridiculed by the servicemen. It, too. hurt me badly.

Front-line survivors of Vietnam and the Gulf War were also denied proper treatment for chemical/bacterial warfare tainting, which provoked immune dysfunction, central nervous system damage, post-traumatic stress disorder, and often death.

After the service, I became a recluse. I pulled the blinds down, didn't watch TV. I hated crowds. I challenge anyone to face what I did and walk away.

The medical cannabis keeps me much more stable. It calms my anxieties and helps me focus. It allows me to relax and enjoy life's perfections: mountains, horses, oranges....

## Buddha Seeds

## White Dwarf

### Autoflowering

White Dwarf is an auto flowering variety with pervasive scent and sweet flavour which comes up from the crossing of two powerful cannabis indica.

White Dwarf blooms in 2 months after sowing regardless of photoperiod. Such thing makes it perfect for early crops.

Besides that, it is a small-sized discreet plant which can grow up away from the onlookers

Its resistance and short cycle reduce the chances of having problems during its growth; this variety is a safe bet for beginners.

#### HARVEST IN 65 DAYS

5 Feminized Seeds 40€

### Red Dwarf

#### Autoflowering

From the auto flowering parental strain that led to White Dwarf, hybridized with an exceptional skunk type female, and crossed to maintain the auto-flowering pattern, is born Red Dwarf: a compact, female, auto-flowering, resinous plant with intense smell and extreme power.

The low branching and compact bud make it ideal for growing indoors and outdoors in reduced spaces.

HARVEST IN 60 DAYS

5 Feminized Seeds 30€

### Deimos

#### Autoflowering

Deimos is a hybrid which origins are mostly indica (Northern Lights), a work of selection of 7 generations in order to obtain the features of a Classic in an auto flowering plant.

Deimos is big sized plant, with good growht in width and high. The selection of the more branched specimens has prevailed; long lateral branches which yield buds as big as that of the central branch. This way productivity increases but the plant remains discreet in size, between 70 and 80 cm. Due to its nature Daimos becomes the perfect autoflowering plant for outdoor and Indoor.

The power of Deimos turns more than one pale, it's a devastating plant, its taste is classic sweet and tangy, a perfect plant to relax, introspection, go to the movies, medicinal use, or just to knock down that friend, who's an "expert "on the issue.

#### HARVEST IN 65 DAYS

5 Feminized Seeds 40€

### Duasar

#### No Autoflowering

Quasar, which comes from a pure indica and a backcrossed sativa, unifies the best of both strains into a choice hybrid. Highly vigorous growth that reduces indoor cultivation timing; it also yields radiant outdoor plants. It has a powerful structure that easily stands the weight of several buds, hard and compact to the point they seem pressed.

Astonishing potency, strong effect with a hard disposition to euphoria without ner-

With Quasar a perfect balance between indi-ca & sativa has been achieved, it will surely satisfy sybarites for its quality as well as co-mercial growers for its quantity.

5 Feminized Seeds 456



#### Autoflowering

Syrup is a hybrid obtained by crossing autoflowering varieties with the sweetest of

It has a fruity flavour with hints of ginger and elderberry, but its real beauty lies in its

With dense and heavy smoke that you can almost chew, its effects are heavily narcotic and ideal for medicinal use.

Indoors it is an ideal plant for the sea of green technique; outdoors it is discreet enough to be ideal for gardens and balconies. In terms of taste it is a real delicacy and is quick enough for even the most impatient grower!

#### HARVEST IN 57 DAYS

5 Feminized Seeds 35€

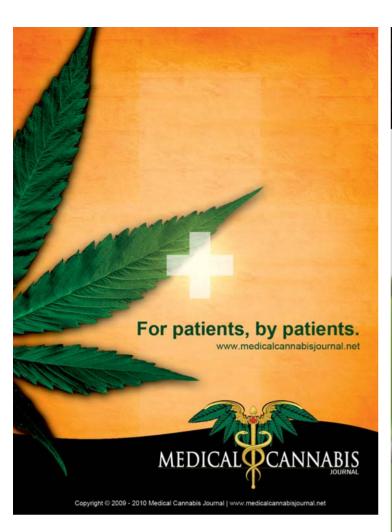


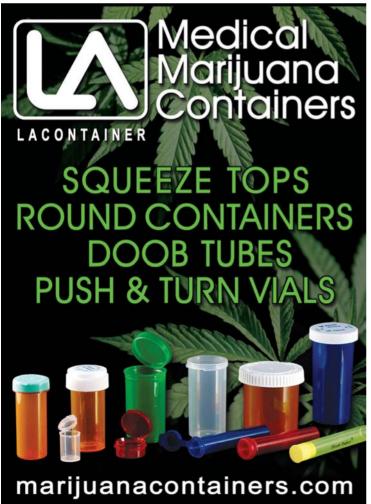
If growing outdoors we recommend that you plant it towards the end of the season to avoid it growing to a

5 Feminized Seeds 45€



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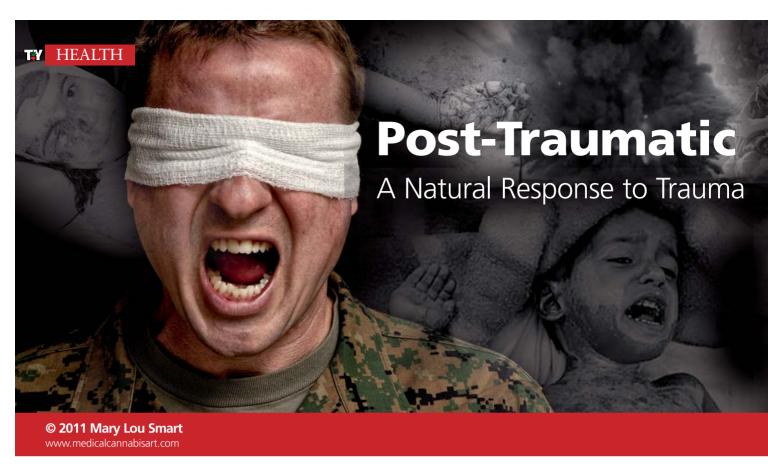
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The Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association, defines post-traumatic stress disorder (PTSD) as the development of characteristic symptoms following exposure to an extreme traumatic stressor. Reactions include helplessness, fear and horror. Persistent memories of the event, or events, lead to dreams, nightmares, obsessive thoughts and flashbacks (actual recreations of an event).

hile the walking wounded suffering from life's traumatic episodes are everywhere, military veterans experience post-traumatic stress in higher numbers and therefore receive more press.

Viewing it as a natural response to unnatural events, Mary Lynn Mathre, RN, CSN and CARN, a Vietnamera Navy nurse and president and co-founder of Patients Out of Time, says that she'd be more curious about combat veterans who return from war without post-traumatic stress syndrome. Patients Out of Time is the leading educator for health care professionals and the public on the therapeutic use of cannabis.

"Frankly, if you talk to a lot of the vets, if they go to cannabis, they do so much better," she said. "A lot of the vets coming back are committing suicide. This is a huge story that needs to be told."

#### **Drugs Aplenty for the Traumatized**

In February, The New York Times published a story written by James Dao about the United States Veterans

Administration (VA) dispensing a cornucopia of prescription drugs to soldiers returning from Iraq and Afghanistan with PTSD diagnoses. Many are also on pain medications, and many are mixing, matching and self-medicating. With easy access to the likes of Ativan, Adderall Ambien, Celexa, Effexor, Elavil, Haldol, Klonopin, Lunesta, Prozac, Paxil, Restoril, Risperdal, Ritalin, Seroquel, Trazodone, Valium, Wellbutrin, Xanax and Zoloft, many who are trying so hard to cope end up dying. These deaths are often labeled as accidental. None are being treated by the VA with cannabis, the only medication that's never killed anyone and has long been associated with weaning patients off of strong narcotics.

The VA's been sending returning vets out on the streets with loads of prescription medications for decades. Its own personnel report a shortage of counselors to treat veterans and a lack of resources to track the multiple medications. Although in recent directives it acknowledges that veterans in states with medical marijuana programs will be permitted to use cannabis in tandem with medical treatment offered through the VA, for the



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most part this federal entity refuses to acknowledge the medicinal benefit of cannabis.

Despite decades of clinical studies overseas that have convinced authorities in other countries to treat wounded soldiers with cannabis, the federal government continues to classify marijuana as a Schedule I drug with no medical benefit under the Controlled Substances Act.

"Israel and Czechoslovakia are using it for their soldiers right now," said Al Byrne, co-founder of Patient's Out of Time, past executive director of NORML, Vietnam veteran and retired Navy officer. "They've decided that the therapeutic value is so great that their soldiers can have it. These are the same guys that our guys are fighting next to in Afghanistan. They get hurt; they get cannabis. Our guys get hurt; they don't get cannabis."

Michael Krawitz, founding director of Veterans for Medical Cannabis Access, is a 100-percent disabled Air Force vet injured in the 1980s who experiences considerable pain. Over the years, his knowledge of standard pain treatment has grown along with the pain medications he has been prescribed. He hated Ultram, a synthetic, narcotic pain killer whose negative side effects were "so horrible that they made taking the medication

unbearable." After his Ultram experience, he insisted on researching each new drug before agreeing to take it, which he did when Amitriptyline was offered. He told his doctor that the negative side effects that he'd read about - seizures, dizziness, drowsiness, impaired thinking, sexual complications, suicidal thoughts and fatal reactions when combined with other drugs - made him reluctant to use it. With Ultram, the warnings he'd read stated that up to 40 percent of the patients taking it experience the same side effects. A series of other medications came with similar warnings. He also refused to take Vioxx, Celebrex and Lyrica.

To counter the depressing aspects of pain medications, he was given antidepressants. "When I first started being treated as a disabled vet at the VA in Omaha, they routinely gave me huge jars of Zoloft, antidepressants, with my pain killers," he said. "They just automatically give you Zoloft; they just automatically do, probably a lot of hospitals do, to counter the depressive effects of the narcotics."

Krawitz read about Zoloft and decided not to use it. "I looked them up in the book and the effects seemed to be less than the cannabis could provide, so I never took them up. I just used cannabis."



#### The Land of Enchantment

Numerous studies point to the endocannabinoid system's strong role in regulating emotions. Such studies, along with considerable patient testimony, convinced lawmakers to include PTSD as the only psychiatric indication qualifying for a recommendation in New Mexico's medical cannabis program.

Bryan Krumm, psychiatric nurse practitioner, is on Patient Out of Time's advisory board and has spoken at its biennial conferences. He has petitioned the federal government in an effort to have cannabis moved from Schedule I to protect patients as well as medical professionals. Krumm helped draft New Mexico's medical cannabis legislation, pushing for the addition of PTSD as an approved condition. New Mexico's is the only medical cannabis program in the United States recognizing PTSD as a qualifying condition.

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

Many of Krumm's patients suffer from post-traumatic stress. The greatest number of people applying for a recommendation in New Mexico receive it for post-traumatic stress. As of February 16, PTSD was the qualifying condition for 1,105 of New Mexico's 3,218 medical cannabis patients.

"I've seen some very significant benefits in helping with that, which go above and beyond what I've been able to do with just traditional pharmaceuticals," he said. "Probably the vast majority of patients that I have in the program still require pharmaceutical treatment. But quite often the traditional pharmaceuticals are not able to manage the anxiety, not able to stop the nightmares, the flashbacks, the constant, recurring thoughts that people get, and that's where cannabis is very helpful."

Animal studies point to hyperactivation of the amygdala, the part of the brain involved in emotional regulation. Shown in research to perform a primary role in the processing and memory of emotional reactions, the amygdalae have a large number of cannabinoid receptors, as do other areas of the brain feeding into them.

"Activating those receptors helps turn off or slow down the hyperactivity," Krumm said. "So we see things like a decrease in anxiety, a lessening of depression. With patients with chronic suicidal behavior, we've seen it take away suicidality when they would not remit with traditional pharmaceuticals. Another big thing, with PTSD we see mood swings with irritability and anger. Cannabis really helps to control that. It has the advantage of working very quickly when working with the inhaled route in being able to suppress those types of emotions and allow people to function better."

#### Therapeutic Benefit

Pushing to have the D taken out of PTSD, Patients Out of Time would rather see it called post-traumatic stress syndrome.

"This is a natural response to an abnormal stress, so why do you call it a disorder?," Mary Lynn Mathre asks. "It's post-traumatic stress. It's a syndrome. To call it a disorder adds insult to injury. This is what happens when you really are stressed with something above and beyond normal day-to-day stressors."

For extreme emotional trauma, Mathre says that cannabis therapy is a safe solution.

"The basic science is showing that cannabis helps with the forgetting," she said. "It helps patients to calm down."

Ervin Dargan's seen the connection between his stuttering and post-traumatic stress syndrome.

Less than one percent of stutterers carry the condition into adulthood. Dargan's anxiety over past and future speech was great, which only exacerbated his torment.

"If you're traumatized by an embarrassing episode of stuttering, you tend to dread it," he said. "It becomes a cumulative stress that stays. I was one of the ones that didn't grow out of it."

There is no known cure for stuttering. Its impact can be severe, causing ongoing feelings of shame, embarrassment and frustration.

"Stuttering is a tough nut to crack," he said. "I went to speech therapy when I was a teenager, and that didn't seem to work. You can wear headphones, and that seems to work, but it also seems that most things for stuttering work for a little while and then they don't."

While Dargan is quick to distinguish between the severity of war and his experiences, he feels that the end result of trauma can be similar.

"The vets definitely deserve to have their post-traumatic stress up there, up front, but there definitely are others that deal with the effects of built-up stress," he said.

For Dargan, 54, cannabis is the only treatment he's tried that has provided lasting benefit. While occasionally smoking heavily-seeded, low-grade marijuana in the 70s and 80s, he noticed that it seemed to help his speech. In the late 1990s, visiting friends who consistently smoked strong weed, he realized the full benefit of high-quality, seedless, sinsimellia product, which did the trick. He's stuck with it ever since.

"If I give it up for awhile, I notice after about a week that my tension starts to rise again and I start to stutter more," he said.

Dargan's experience instilled a desire to advocate for patients and medical cannabis. A videographer by trade, he combines his skill with patient / writer, Mark Pedersen, in documenting personal profiles on www.cannabispatientnetwork.com. He also films and provides website support for Patients Out of Time, www.medicalcannabis.com.

"I tell people that I'm thankful that I was a stutterer because it helped me to communicate," he said. "I look ahead in a conversation to think of words. When you stutter, the desire to communicate is overwhelming because that's the one thing that you can't do. It can be extremely frustrating, but I think the overall experience helped me to communicate better."

#### Cartoon -



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## Cannabis for Seniors, their Doctors, and Caregivers



While this article is entitled Cannabis for Seniors, its intent is to inform and reassure new patients of any age or background who have no history or experience of using cannabis, and who will have a great many questions. Also, with many jurisdictions now considering medical marijuana programs, there will be many doctors and other health professionals with questions as well.

#### So You Want to Use Medical **Marijuana**

Congratulations! With all the hype, outright lies, and disinformation about this simple plant concocted by governments and spread by the mainstream media, you deserve a great deal of credit for being able to think and make decisions for yourself. Even though that sounds easy, many people never really progress to that point.

Cannabis, properly used, will alleviate or even outright cure many conditions... hopefully including yours. But there are a few basic things you should know before you get started:



- It's not a dangerous drug. Cannabis is actually one of the safest substances in the world. Fewer people have died from using cannabis than from drinking too much clean water. This is a safe statement to make, because nobody has ever died from it.
- You won't become a drug addict. Cannabis itself is less physically addictive — if at all — than common drinks like coffee and tea. The only reason you might become habituated, or used to using cannabis, is that you would prefer to live with less pain, depression, anxiety, nausea, or whatever medical reason you'll be using it for.
- The goal is not to get high. So please don't pay attention to the dosage and delivery advice given by (generally well-meaning) people who smoke marijuana for fun, or what we call recreational users. Depending on your particular physical condition, following some of that advice could lead to an uncomfortable experience. As a new patient, you'll want to start slowly, and too much too soon might give you the entirely wrong idea about cannabis as medicine.
- You don't even have to smoke cannabis. As you no doubt know, smoking cigarettes is very bad for your health. Most of that is because tobacco smoke contains over a dozen known carcinogens, many unique to tobacco itself. However, some of these — as well as other unhealthy compounds, such as carbon monoxide — may be found when any organic substance is smoked, even cannabis. So smoking cannabis is not recommended for long-term use, although it still has a place in cannabis medicine, because inhaling is the fastest method of delivery.

### How to Take Your First Doses Carefully.

Whether your first time ends up being a few puffs on a joint or a few bites of a magic brownie, the most important concept is "few"...and the other one is "slowly."

Because cannabis doesn't work quite the way many other drugs do, only experience will, in the end, teach you how much you should take, and what method works best for you. Some people can't inhale smoke, or even vapor, without excessive coughing or lung irritation. Some people have problems eating anything, even cookies or brownies. Fortunately, cannabis works well using a number of different delivery systems, which I'll cover in more detail later. In any case, this section will teach you how to get your experience as carefully as possible.

If you have no experience with cannabis whatsoever, and no way of knowing if it will work for you or not, then the safest, easiest way of trying it is to inhale it (assuming your medical condition so permits).

This does not necessarily mean smoking it, however, because in recent years products called vaporizers have been developed. Vaporizers heat the cannabis up to just the right temperature so that the beneficial substances turn to vapor — rather than burning them until they turn to smoke — and the result is far healthier and easier on your lungs than smoking. Vaporizers also are very efficient and frugal in the amount of cannabis they use.

Vaporizers are expensive, though, so you won't want to buy one until you find out for sure whether inhaling cannabis will work for you. Some compassion centers, dispensaries, and collectives have vaporizers available for patients to use, and that would be an ideal way to try before you buy.

If you do end up smoking, there's a safest way there too, and that's to use a simple glass pipe, which lets you see exactly what you're putting in and doesn't add any of its own chemicals to the mix. Joints and blunts (which are often made using tobacco) are the last resorts, as are bongs, which are favored by recreational users for the same reason they're bad for medical users: they get you too high too fast. These will also make you cough your head off (well, not literally, but it's not pleasant either). So let's assume you're trying a glass pipe or vaporizer. It will help if a more experienced user shows you how to do things like grind the cannabis, heat and hold the device, and so on. But the first thing to remember is, don't fill up the whole bowl! Following this rule helps you avoid taking too much accidentally, or wasting it, for that matter. A large pinch (perhaps 0.1 gram) is plenty.

Much has been said about the proper way to inhale, but the most effective way is to inhale slowly, in such a way that it feels like the vapor or smoke is going deep into your belly. That will ensure that it actually gets into your lungs. Take one good inhalation, hold it for a count of five seconds, and then release it.

And now you'll have to wait a bit, because although the molecules are already working in your body, you will not feel the full effects of that inhalation for ten minutes or so. Some of the smoke or vapor is also absorbed by the inside of your mouth and nose, and it takes longer to feel that portion of it.

After the ten minutes have passed, see how you feel. Now stand up and see if you feel any differently. Standing up will lower your blood pressure a bit, and if you're approaching too high, that will be the best way to find out. If you don't feel too high or dizzy, and the effects of the cannabis have not helped you sufficiently, then it's time for another inhalation. Repeat as desired, but remember to wait the ten minutes between inhalations, at least the first few times.

Basically, that's all there is to it. At some point, you may well feel high, dizzy, giddy, or even a bit silly, but depending on your medical condition, odds are that first you'll feel some relief. And that's what you're looking for. Inhaling your medicine gives you very quick results, and it's easy to learn when you've had just enough.

#### When Inhaling Just Won't Do

Generally, people who can't inhale cannabis use edibles, tinctures, or capsules (all of which you can learn to make yourself). The main thing to remember about these oral methods of delivery is that they take a lot longer to take effect, but they generally last a lot longer too.

A tincture is sometimes called an extract... and yes, it's exactly like vanilla extract. All it means is that the herb in question — in this case, cannabis — is soaked in alcohol until the active compounds dissolve; then the mixture is filtered to remove the solids. ▷



shfood con

If tinctures are made properly, you'll only need a dropperful or two to feel the effects. There are two ways of using these. If you need fast relief, you can squirt the dropper right under your tongue, hold it there as long as you can stand the burning sensation, and then swallow. This will take effect in five to ten minutes. You can also add it to virtually any drink (coffee usually works well for this, at least as far as taste is concerned) and discreetly take your medication in almost any social situation.

Because tinctures are made with alcohol, they can cause problems for alcoholics or people who refuse to use alcohol for moral or religious reasons. They can also cause problems for otherwise legal patients who may not be impaired from their cannabis medicine, but could potentially be charged for driving with detectable alcohol on their breath! For these reasons, some people use glycerin-based tinctures, although these have to be made carefully if they're going to work well.

hempnewstv.wordpress.com/tag/green-dragon-tincture/

The active compounds in cannabis can be extracted directly into alcohol (as above) or any food substance with a high fat or oil content, and then used for cooking or baking. In theory, this means that any dish made from whole milk, cream, butter, cheese, lard, or oil could be made to work. In practice, it takes some experience and imagination to come up with foods that actually taste good with cannabis in them. Some that seem to be perennial favorites include brownies, cookies, cake, and even ice cream and pizza!

Edibles that are available in dispensaries or compassion clubs are made by a wide variety of suppliers. Until some kind of consistent labeling is introduced, the actual amount of a dose used by one baker may be two, three, or five times as much as that used by another. It's especially important for you to take it slowly with edibles, since there's a variable time delay between when you take it and when you start feeling it. So you can easily ingest too much without realizing it.

The safest way, unless you've eaten exactly the same thing before, is to try an eighth of a serving and wait a minimum of two hours before trying more. This assumes you're not eating on an empty stomach; if you happen to take too small of a piece with no other food, there may be a longer delay than usual before your body completes the digestive process. I learned of this effect when I took a cannabis capsule by itself and nothing happened for four hours, when suddenly it all hit me at once and I couldn't stand up for another 45 minutes.

> If you feel nothing after two hours, it's safe to take another piece the same size, wait two hours, and so on. But as soon as you feel anything, you should stop taking more, because the full effects might take another 45 minutes or so from there.

While the effects of inhaled cannabis might last two to three hours, ingested cannabis often lasts

from four to eight hours, and sometimes more. That's another good reason not to eat too much too quickly; if you eat too much, it won't kill you, but you may be surprised to learn that you can easily ingest enough to get you to the level of an LSD trip. Some friends of mine baked cookies that do that if I eat more than one-quarter of a cookie... and remember, you will be up there for at least six hours, so please be careful. If you do take too much, the best thing is to lie down and try to go to sleep.

#### Repeatable Doses, Repeatable Results

By now, you're probably wondering if there's any consistent way of using cannabis at all! Certainly, although it makes a lot of sense to go through the process of trying different delivery methods, types of cannabis, and finding the right dosage range for you, because everyone is different. This is how pharmacies worked in the old days, where your physician and pharmacist would discuss the correct medication and dosage for you, and the pharmacist would make exactly what you required.

You should consider keeping a log of your cannabis intake, including things like dosage, type, time of day, how you felt before and after, how long it took to feel effects, and so on. All this information can help you or your caregiver figure out how you're responding to the medication. When you're more or less settled on what actually works for you, it's time to think about standardizing on a true medical dosage.

There are several factors involved in a medical dose of cannabis. There's the exact nature of the medication; the actual amount and delivery method of the dose; and the patient's physical and mental state when receiving the dose. Let's discuss these one by one.

By exact nature of the medication, I'm referring to the fact that there are various strengths and species of cannabis available, and literally hundreds of different strains — even different parts of the plant have different qualities. There's also a large variation in quality and concentration, from Mexican ditch weed to primo BC Bud, and from leaves to flowers to hash (concentrated resin)... far more than can be covered in this article.

Instead of being bewildered by all this, simply decide to look at it as an opportunity: you will always have an alternative choice of medication, if necessary. But once you find some medicine that works well for you, you should take steps to get a good supply of that exact kind... the same strain from the same supplier, harvested at the same time.

ble. That way, you won't be forced into constantly experimenting just to get the same relief you had with "that great stuff, that one time."

We've discussed determining the amount and delivery method already in general, but there are more details you should know. If you'll be smoking or vaporizing, remember that three inhalations (or whatever your dose is) will only give you the same amount of medicine every time if you actually take the same size breaths the same way every time, all other things being equal. This is why health-care professionals teach people with asthma to use their

When it comes to baked goods, unfortunately, there's no real consistency. Even if you make brownies in identical molds, or cut things exactly, the mixture itself is never perfectly homogeneous, so one piece can be much stronger than a seemingly identical piece right next to it.

inhalers consistently as well.

The best way to work with

edibles is to remember that liquids can always be measured. So when you want to repeat doses exactly, things like tinctures, cannabis-infused cooking oil, and butter can be your best friends. The ultimate in convenience and repeatability is taking your medicine in the form of capsules. These can be made from either activated dry cannabis, or cannabis-infused coconut oil.

Finally, it's important to remember that cannabis can help you in a number of ways, especially when some days are worse than others. Once you're familiar with its effects, you'll see that on days when you have more pain or symptoms, you'll need more medicine to deal with the problem. Your own experience will tell you when to stop, if you have to do and cured in the same way, if possisomething that requires that you not get loopy temporarily from taking too much. Similarly, sometimes you feel you won't need it, and it's perfectly all right to skip a dose too. Being more aware of how your body and mind feel is the first step toward feeling better, and feeling better about vourself too!

In the late 1800s and early 1900s, topicals and extracts containing cannabis were all the rage. The catalogs of pharmaceutical giants of the day, including Eli Lilly, E.R. Squibb & Sons, and Park-Davis, were filled with medications containing cannabis. Extracts from the plant, which was grown all over the United States, were used in tonics, lotions, tinctures, and ointments to treat everything from inflammation and eczema to corns, cuts, and migraines. Druggist-supply catalogs were filled with bottles and cans, and apothecaries made their own concoctions to keep costs down. It was widely accepted that age-old remedies containing cannabis worked.

The Marihuana Tax Act of 1937 was legislation that took a sensible medical benefit away from the general population. In the only hearing prior to the late Friday afternoon, late August, pre-air conditioning House floor vote, the American Medical Association's legal representative testified that the professional organization was dead-set against the tax act. He insisted that there had been no data collected to justify the need for a tax and that the scare tactics piecing the legislation together were unfounded.

His testimony was ignored and legislators were duped. They did not connect the relatively unknown slang term marihuana with the well-known scientific name



## For Surface Issues, Cann

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cannabis. After the act was approved, any druggist wanting to use cannabis was required to apply for a license and pay the tax. At a time when faster and more convenient delivery methods such as hypodermic needles were preferred anyway, the legislation effectively shut down the medical use of cannabis. In 1942, cannabis was taken out of the U.S. Pharmacopeia and the prohibition was in place. Medical cannabis - marihuana had never been associated with the medicine - drifted into the realm of folklore.

Seven decades later, with medical marijuana programs in 15 states, cannabis is once again finding its way into medicine cabinets via the topical preparations of yesteryear. This time around, there is no shortage of scientific research to explain why the plant works so well.

In healthy bodies, endocannabinoids have a role in regulating inflammation. In 1992, scientists Raphael Mechoulam and William Devane identified anandamide, Sanskrit for "eternal bliss," as a natural brain molecule that binds to the brain's cannabinoid receptor. Endocannabinoids, which are able to pass through the blood / brain barrier (endorphins are not), are likely to be creating the desirable natural high that kicks in after exercise.

United States Patent # 6,630,507 B1, owned by the United States of America as represented by the Department of Health and Human Services, Washington D.C., entitled Cannabinoids as Antioxidants and Neuroprotectants, is a federal rhapsody of the usefulness of cannabinoids in treating myriad oxidation-associated diseases, including inflammatory and autoimmune diseases, and as neuroprotectants, which could mean anything from stroke to head injury, Altzheimer's, Parkinson's, or dementia.

From head to toe, the human body is chock full of endocannabinoid receptors. When cannabis is applied in the location of these receptors, beaucoup studies show that it is well received.



tributing the scent of either lavender or vanilla. In business for two years, Doc Green's uses a proprietary formula that it maintains cooks longer and at lower temperatures than other cannabis lotions, thus avoiding the strong cooked-marijuana scent of, say, a pot brownie. A 4-ounce bottle sells in dispensaries for approximately \$25.

"The beauty of the lotion as designed is that it penetrates into the skin, down into the muscles and deeper tissue," said Daniel Kosmal, president. "People are using it for muscle spasms, cramped muscles, tendonitis, and arthritis."

Testing patients medicating solely with lotions, the company found that urinalysis did not turn up THC or other cannabis elements in the blood. The creams are reported to work well locally without a psychoactive effect.

"People like to smoke it and use marijuana recreationally, which is fine by us, but when they need to go to work and they want to get through the day, topicals seem to be the way to do that," Kosmal said. "From what I can see, this really is the future. This is an amazing application of cannabis because it gives benefit right in the location where it's most needed."

Constantly in pain, Onna is unable to wean herself from narcotics. She's also suffering from spinal calcification,

## abis Lotions Hit the Spot

No surprise, then, that when it comes to surface issues, cannabis is a perfect, natural fit, bringing fast relief that can last for hours.

Onna, who requested anonymity, is a California resident with lupus, fibromyalgia, and Sjogren's syndrome. Sjogren's is an autoimmune, inflammatory disease. A medical cannabis patient, she discovered the benefits of lotions and creams while visiting a dispensary near Palm Springs. After trying a sample of Doc Green's Therapeutic Healing Cream, she was surprised to find that the pain in her lower back, directly at the spot of application, disappeared immediately.

"I'm constantly in pain, so I'm having to find alternative ways to medicate myself where I'm not just constantly taking narcotic pain medication," she said. "Lotions have really helped."

Doc Green's combines cannabis extracts with deep penetrating shea butter lotion infused with essential oils conwhich might require surgery. When her lupus is active, she needs cortesteroids for inflammation and pain. She said that cortesteroids eat a hole in her stomach and make her too hyper to sleep.

"Your body takes such a beating from being on the hard medicine," she said. "There are times when I've had pain that it can't even touch; when that happens, I take prescription drugs and have even had epidural pain blocks to get back around to the normal and out of the pain zone."

When her pain is at manageable levels, she relies on Doc Green's.

"The lotions have helped me a lot," she said. "They've helped many people I know too."

Onna, who said that she does not like strong fragrances, prefers the milder scent of vanilla to lavender and would rather have a completely unscented product.









"I think you'll find that people with complicated health issues usually have problems with odors and smells," she said.

In Colorado, James Kennedy, founded Apothecanna, which features a full line of topical preparations, including Pain Crème, Lip Buzz, Body Budder, and Super Salve. Using lab-tested, C02-extracted oils infused into formulas containing fragrant herbs, he's gaining market share. Seventy-five wellness centers currently carry Apothecanna's products.

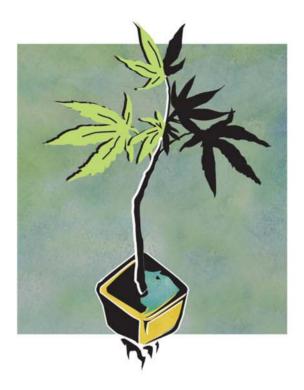
Apothecanna works to keep the scent of cannabis out of lotions and uses pure plant essences of peppermint, wintergreen, ravensara, juniper, clove, and lavender for their soothing and aromatic properties. Kennedy's background is the beauty industry; he's held creative design positions at Aveda and Johnson & Johnson.

"The big difference between our products and other topicals on the market is the fact that ours are made to feel like professional cosmetic products," he said. "Most of what I see out there are made of greasy wax and olive oil. I call them hippie balms."

Because patients visiting dispensaries for the first time are either used to smoking or expect to be smoking or using a vaporizer, learning about the age-old topical applications is a process. To introduce patients into the medicinal ways of yesteryear, many offer sample sizes. Apothecanna's 8ounce bottle of pain cream sells for approximately \$30; trial sizes are available for \$5.

"At first, people are hesitant to spend money on topicals," he said. "When they realize how well the infused products work, they return for more." 🍨

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What the Ding-Dong Is Decarboxylation?



#### Decarboxylation:

why you never heard of it, why you should understand it, and how to do it.

#### Little-known fact: there's little or no THC in raw marijuana.

That's right. It's only when people process it —generally by smoking, vaporizing, or cooking it — that the THC becomes usable by the body. And that chemical process is called decarboxylation.

There's an awful lot of misinformation floating around about decarboxylation. Some of it stems from the fact that the main precursor to the THC molecule has about half a dozen names, all of them perfectly valid. So, for instance, the Wikipedia article on Decarboxylation says (in different places) that 11-nor-9-Carboxy-THC and Δ9-Tetrahydrocannabinolic acid both decarboxylate to THC upon heating. Other sources refer separately to THCA, tetrahydrocannabinol carboxylic acid, and THC-COOH (which is how we'll refer to it from here on).

Not only are all these exactly the same molecule, but to make matters worse, it also happens to be the main metabolite of THC as well! So the way it works is THC-COOH + heat = THC, which in your body metabolizes

right back to THC-COOH again (and that's what they look for in drug testing for marijuana, by the way). Think of it as recycling.

#### Tale of the Tail

The reason I recommend calling it simply THC-COOH is because that name makes it easier to visualize the process of decarboxylation itself, which literally consists of the extra carboxylic acid "tail" being "snipped off" the molecule to leave the THC we all know and love. This usually happens by adding heat, but the process of curing converts THC-COOH to pure THC as well.

That's why uncured bud not only doesn't taste good when you smoke it, but doesn't really give you a proper high or the right medicinal effect: you're not getting the normal mix of cannabinoids you'd expect. The flip side of that is why eating raw cannabis or putting it into food is often quite a good idea for many patients, precisely because you don't get the psychoactive effects of THC. Without THC, the relative level of CBD is higher, and this new mix can give people more pain relief with less effect on the brain.

And that's why generations of pot smokers never even heard of decarboxylation. When you smoke or vaporize, it's done automatically by the heat. Decarboxylation began to come to people's attention when serious work started on using cannabis medicinally. But there were hints all along, if you know where to look, and that would be in The Alice B. Toklas Cookbook.

#### **Tokeless Brownies**

Alice B. Toklas was infamous for her "canibus" brownie recipe, which was also infamous for being extremely vague on how much of the crucial material to use. So people have been throwing random handfuls of weed in brownie mix for decades, cooking at different temperatures, and getting wildly different results. There are three main reasons for this problem:

#### • Incorrect dosing.

Many people just use way too much or too little. A gram per dose is usually a good starting point for many patients.

#### • Cooking at too high a temperature.

This essentially vaporizes out the THC before it gets to you (look for recipes that cook at 325°F (160°C) or less to prevent this).

• Green marijuana just can't decarboxylate fully in the short time it takes to cook brownies.

The end result is that brownies often have the reputation of putting people on the floor with heavy body effects. That's because the last two factors artificially lower the amount of THC in the finished product, letting the effects of the other cannabinoids take over. And it's not just brownies; many people know stories about friends wasting large amounts of expensive cannabis trying to make edibles that didn't perform up to expectations.

#### The Secret Recipe

So, in the interest of creating better medicine, here is an effective procedure for decarboxylating cannabis in your oven, whether the final result is intended for use in making edibles, tinctures, or capsules. You should use a ther-

mometer to check that the oven is actually at the temperature you set it to, before you use it for such a heat-sensitive operation.

Many people simply put their marijuana on a cookie sheet, but if you do that, you'll be pouring crispy cannabis off a hot, flat surface, and I can almost guarantee you'll be spilling some. Instead, I recommend using aluminum foil to make a kind of flat bowl with a folded spout, and putting that on a cookie sheet.

#### Decarboxylation Bowl: Not fancy, but functional

Now preheat your oven to 225°F (105°C). You can now just heat your cannabis for 60 minutes, or use the slightly more complex and effective (and patented!) method of 225°F (105°C) for 15 minutes, followed by 250°F (120°C) for 60 minutes. Either way, be prepared, because your kitchen will smell like a pot party.

Take it out of the oven, let it cool for five minutes or so, and now it will be brown and brittle and very easy to grind to small particle size (more like oregano, rather than powder). You can use a regular weed or spice grinder, a mortar and pestle, or even a coffee grinder or small blender.

The result is fully activated cannabis, which can be put directly in gelatin capsules, added to recipes (preferably next to ingredients with a high fat content), or used to make cannabutter or canna oil. And because it retains all the THC of the original material as well as all the other cannabinoids, it is quite powerful.

If you use a vaporizer on a regular basis, you can use the ABV (Already Been Vaped remains, sometimes called duff) in the same manner, because vaporizing also decarboxylates. But you'll have to use between 25% and 33% more of it to make up for the THC that's already been vaporized. The good news is that it will now help you twice!

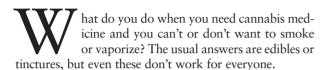


#### How to Make Your Own

## Canna-Caps

by Old Hippie

BeyondChronic.com



Most tinctures are made from alcohol, which is a problem for alcoholics. Glycerin tinctures are sometimes available at compassion clubs, but many people have reported that they often don't work in reasonable doses.

Edibles — assuming you're not allergic to something in them - often work a bit too well, leaving you couchlocked or too high to function. So wouldn't it be great if there was a simple pill you could take that could give you the relief you need at the dose you want?

Some medical marijuana dispensaries sell Canna-Caps, which has quickly become almost a generic name for any capsule filled with cannabis since its association with the groundbreaking work of Dr. Paul Hornby. Dr. Hornby's original idea was for standardized doses of THC, and to have all ingredients tested for pesticides, heavy metals, and other contaminants.

Most of the Canna-Caps made and sold at dispensaries vary a great deal in potency, although products from the same supplier are often consistent. I obtained and tested some that seemed quite strong to me, but it turns out they were actually discontinued by the dispensary because most people complained they didn't do anything!

So the ultimate answer is to make your own, to whatever dose helps you best. My philosophy on desired strength is that with ingredients (such as cannabutter or canna oil), you want to make them very strong, because then you have the option to use just a little, or even dilute it for taste, if you like. But with capsules, you can't take any less than a single dose, so if it's too strong, you're kind of stuck.

When you ingest cannabis, it's generally recommended to do two things to it, so that the body can process it most efficiently. The first is to decarboxylate the cannabis, which converts the THC-COOH found in the plant to psychoactive and pain-relieving THC. This



is done automatically when you smoke or vaporize it, which is why many people have never heard of it. The other is to bind the cannabinoids to fat or oil so it will be absorbed easily through the digestive system.

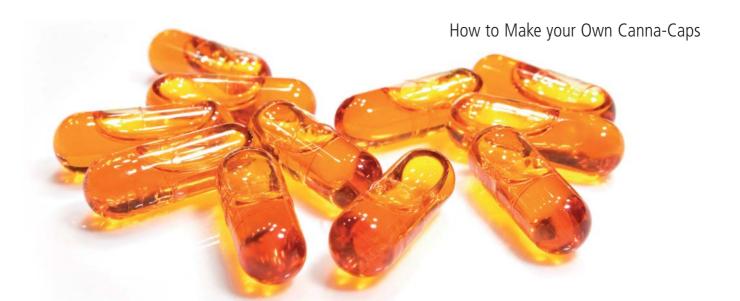
You can use the first process to easily make "dry" capsules (also known as TruCannaCaps), or both processes together to make "wet" capsules, using vegetable oil. These oil-based capsules can be made with smaller capsules (#0) and are easier for some people to take; and finely ground plant matter (as used in dry capsules) may cause stomach upset or nausea in some patients. Just grinding up cannabis buds and stuffing them into capsules is a waste of time and money, though.... it won't work at all.

#### **Math Management**

I calculated that a manageable dose for myself would be 0.1 gram, which corresponds to about a bowl's worth. I knew I wanted to extract to coconut oil: it works well for this purpose, being almost 100% fat; and it's very stable, not subject to going rancid. What you're looking for is organic virgin coconut oil, which is non-hydrogenated. You can actually use almost any vegetable oil (ironically, not hemp oil: it doesn't like heat), if you like. Then I did some research on fillable capsules and did some math: #00 capsule = 0.95 ml capacity (I figured this to be 0.75 ml for calculation convenience and because you can't fill it up all the way.)

1 tsp = 5 ml1 TBSP = 15 ml 1 fl oz = 30 ml2 TBSP of oil = 30 ml = 40 capsules So if each dose is 0.1 gram, we need 4 grams of cannabis for 40 capsules.

I guesstimated that 2 tablespoons of coconut oil was the minimum I could reasonably deal with in my mini 16 ounce Crock-Pot (a.k.a. Little Dipper), and I had previously bought 50 empty #00 gelatin capsules (do not use the vegetarian starch kind, as they will disintegrate), so it all seemed good. If you have a full-size Crock-Pot, you will not even be able to see this tiny quantity of oil on the bottom, so use it as a water bath as detailed below.



#### The procedure went as follows:

- Weigh the cannabis. If you don't have access to an accurate scale, 1/3 cup of ground cannabis powder weighs about 7 grams. It's actually easier to grind the cannabis after Step 3, though.
- Make a little bowl or basket out of aluminum foil, and put the cannabis in it. This will help keep it from burning or sticking to the baking sheet. Put the foil basket on the baking sheet and put it in your oven.
- Decarboxylate the cannabis by baking it. I used 250°F for 22 minutes because it's worked for me in the past, but more recent information suggests that 250°F for a full hour is even better. This step will make your kitchen smell quite weedy, by the way.
- Now is a good time to **grind the cannabis**; it's more brittle after decarboxylation, and the more surface area exposed, the more efficiently it will bind to the fat in the coconut oil. I grind to "small particle" size for this step; some people like to go to fine powder.
- Measure out the oil. Coconut oil is solid at less than 76°F, but a tablespoon is still a tablespoon.
- Now put the oil and ground cannabis into an uncovered mason jar (which can withstand heat) in the top of a double boiler; in water inside a full-size Crock-Pot set on warm (it's lower heat than low); or in a water bath (jar in about 2 inches of boiling water in a cooking pot). The idea is to safely heat the mixture to between 180°F and 220°F so that the cannabinoids will chemically bind to the oil. The longer you heat the mixture, the better, which is why a Crock-Pot is ideal for this. Two to six hours is recommended; I happened to use three hours. Be sure to check the water regularly so that it doesn't boil out, breaking your jar and ruining all your work and material. Stir the mixture around every 15 minutes, if you can.

- When you're done, or otherwise bored with this, you'll have some lovely green fluid. Let it cool down to 100°F or so (the idea is not to burn yourself!), and then you can filter out the plant material (using a paper coffee filter and a garlic press or potato ricer to squeeze out every last drop), or not, as you prefer.
- Now you fill the "large end" of the capsules by using an oral syringe. I'll assume you have access to something like a Cap-M-Quik filler to hold the capsule halves up (you won't need the optional tamper unless you want to experiment with putting powder into capsules too). Don't try to fill the capsules all the way or too fast; let the oil settle so any bubbles go out while you work on the next capsule. Then, when you've got them all, go back if necessary. I ended up with about 44 capsules, so it all worked pretty well. Be sure to push hard enough to feel the "click" when putting the small end of the capsule on, so you know it's sealed properly.



Dry your hands and gently wipe off the capsules as you take them out and put them away (ideally into a standard pill bottle in the refrigerator, where the oil is less likely to go bad even after months). Oh, and rinse everything you used off with hot water now, before the oil re-solidifies! ⊳

#### THY HEALTH



The last step is from Space Oddity, by David Bowie: "Now it's time to try the capsule if you dare..."

:-) I found them to be just right for me; a bit of a surprisingly sharp peak for about 15 minutes, but after that, quite easy to handle. Don't test more than one at a time the first time, and be sure to wait at least two hours before deciding that a capsule "didn't work at all."

#### **Discreet and Repeat**

It turned out that the 2 tablespoons of oil were exactly enough to saturate the 4 grams of ground cannabis I was using, so with those quantities, it would have been impossible to make it any stronger (and #00 capsules are about the largest most people can comfortably swallow in the first place). When I filtered my oil, I put it into a calibrated shot glass to measure it, and it's a good thing I did, because I found I had lost 15 ml of oil to the filter paper and absorption by the plant particles. I added another tablespoon of oil to get back to the proper dosage. Otherwise, I would have ended up with 20 very strong capsules! Next time I made capsules, I used three tablespoons of oil at the beginning to compensate, and everything came out perfectly.

If you're as sensitive as I am, the quantities I used will probably be good for you, but lots of people have higher tolerance and need stronger capsules. Using the three tablespoons of oil and extra cannabis will make it stronger; grinding the cannabis to powder will let you get even more of it in; and after that, you could always

grind up hash, which is more concentrated to start with.

#### **How Dry I Am**

Making "dry" capsules, on the other hand, is simplicity itself. Just decarboxylate the cannabis (following Steps 1 through 4 above), grind to powder size, and use your Cap-M-Quik to fill up the capsules. You're all done!

You might want to try filling up a few different-size capsules first, though, before you commit to buying one particular size in quantity. And if you happen to use a vaporizer, your AVB (Already-Vaped Bud) or "duff" that some people actually throw away can be ground up and put straight into capsules, where they'll help you one last time.

Capsules are neat, discreet, stealthy, and green. They work pretty much the same every time. And because they're all the same dose, you can take two or more if you need them, and still have a pretty good idea how they'll affect you.



## INTRODUCING A REVOLUTION IN PORTABLE VAPORIZERS



#### VAPORIZATION

The vaporization method involves the heating of herbs with hot air to specific temperatures. This allows the active ingredient to be released at a temperature below the combustion point, allowing pure vapour without any first hand or second hand smoke.

#### PRODUCT DETAILS

The Vapir NO2 is the next generation of portable vaporizers, utilizing a revolutionary stainless steel encased, pure brass heating element that delivers completely clean heat for a fresh and dense vapor! Hand held, portable, plug in, up to 1 hour on battery, extra batteries available, digital temperature control, everything you need.

#### FEATURES:

- \* 1 year warranty standard
- \* Easy to use out of the box
- \* Heats up fast!
- \* Internal re-chargeable battery (also has plug-in option)
- \* Temperature memory to ensure consistent results
- \* Temperature control within 2-5 degrees
- Simultaneously charges battery while vaporizing
   Displays temperatures in Celsius and Fahrenheit
   Compact and portable for usage on-the-go

#### KIT INCLUDES:

- \* NO<sub>2</sub> Portable Vaporizer + Battery with power cord
- \* X-Tip, Cleaning Brush, Tube Attachr
- \* 2 Bamboo Cleaning Sticks, Loading Spoon \* 2 Mesh Screens installed + 4 Additional Mesh Screens

#### ALSO AVAILABLE:

- \* car adapter
- \* 20 pack screens
- \* external battery charger

Most compact portable vaporizers available on the market employ a heating system which is powered either directly by flame (usually using a lighter) or through a butane heating mechanism; vaporization is often inconsistent and flavor can be affected. With the clean flameless heat created by the NO2, customers can now enjoy the true flavor and essence of their favorite herbs.

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by Jeremy Norrie TreatingYourself.com FutureofFighting.com RLDDVD.com

he medical marijuana scene is growing all over the world, but possibly the place where it is growing the most is in Colorado. I was invited to Denver and got to take a peek at what was described to me as an 85,000 SQ FT 600,000 WATT growing warehouse of absolutely massive proportions. I have got to tell you, it was everything they said it was. This is one huge pot-growing monstrosity, with all kinds of things going on. We got a deep look inside the workings of the place and we even have a small interview with one of the owners. First let me tell you what I experienced.

I came inside of what I thought was going to be a semi-reasonable size place to grow pot, but what I found was a warehouse of such huge size, I felt like a small city could be built inside it. They had a clone list of what looked like a thousand strains, and when I entered the first room, all I could see was babies. I have no idea how many thousands of plants they must have in this place, and they even have a variety of growing techniques. They were using soil in some cases, but in other areas they were using rock wool and still others they had clay. All kinds of strains and mediums are being used here, and the result is absolutely heavenly marijuana. Don't take my word for it; let's talk to one of the guys behind it all.

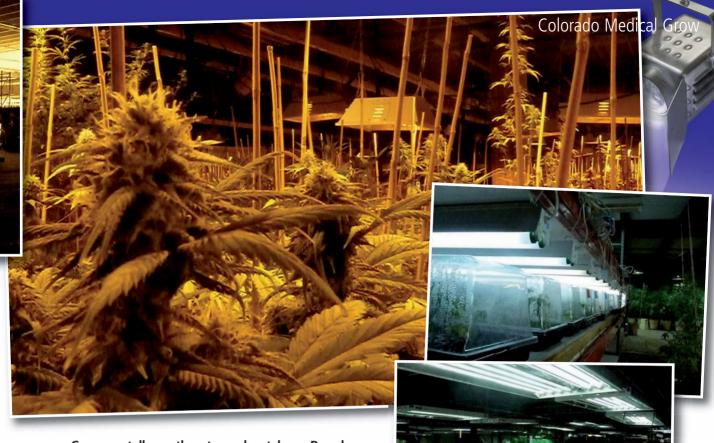
## Thanks for taking the time to talk with me today. Can you tell me a little bit about how you got started in the medical marijuana industry and how you ended up in Colorado?

Pete: I've had a passion for cannabis as a medicine since I was 17 because I saw how it helped my uncle with AIDS to sleep and with his appetite. After college, I found myself in Oakland and made an appointment with Dr. Frank lucido in Berkeley. We discussed treatment for my patella realignment surgery I had in '97, and I told him I was a cannabis smoker and it had helped with the pain. I was the 14,000th card holder in Oakland's OCBC system in 2002; I've had my recommendation ever since and believe in the

healing properties of cannabis. After years of home-growing medical grade cannabis for mmc's, I saw Colorado as an opportunity to help more people who need medicinal cannabis.

### How and why is Colorado such a great place for medical marijuana?

Pete: The MMJ law is a part of the Colorado constitution and is very strong protecting the patients and the growers. The state has a department that is staffed to regulate and control the industry, and to create a model that's being adopted by other states. This affords us a unique level of protection.



#### Can you tell me the story about how Broadway Wellness was started and how you ended up working in this massive warehouse?

Pete: Having many years of growing experience, I set out to grow a variety of top-quality flowers. Keeping a micro approach but applying it to a commercial-sized warehouse is a huge task. While we were hunting for a grow space, we lucked into this one, but having experienced managers and detail-oriented staff members is key. It hasn't all been easy, and we have had our share of drama. People in the company share a passion for the amazing properties of cannabis and understand its value. Surround yourself with good people and good things will happen. People feel the momentum and want to be a part of it.

#### What amazing things have you experienced working with the warehouse facility?

Pete: To be honest, just to be involved in such an enterprise is amazing. Using forklifts to move flood tables across a warehouse bigger than Costco never gets boring. The crew makes it what it is. Organization and preparation are your friends, and keeping a firm grasp on priorities each and every day is critical. Creating a team where everyone can be counted on keeps things manageable. Being surrounded by family and friends who all contribute to the success of our company is the most amazing thing about it.

#### Do you have anything coming up in the future that you can tell our readers about?

Pete: Since we opened, we have won five different awards for our concentrate company, Essential Extracts, and hope to continue with the High Times cannabis awards in April. Our seed division, Missing Link Genetics, has a full line of new strains debuting in the spring. Last but not least, we have created a very large DWC hydro bucket to suit our very large space requirements called the Brutus Maximus.

Thanks again for talking with us; it was really great of you to take the time out of your busy schedule. I think all of our readers are going to be blown away by what you are doing out there in Colorado. I wish you well and look forward to my next visit. Lastly, congratulations also on winning the second place prize for flower (Blue Dream 26%THC) and the first place for concentrates (Purple Ernie Oil 79% Cannibinoids) at the Kush Con.

Make sure you all catch up with us again next time. I hope you will be able to use this article to educate yourself a little more about the scene in Colorado and what is going on out there. Maybe you have been thinking about moving and maybe getting involved in the medical marijuana scene that is erupting out there. Think about it, but enjoy it if you can; next issue, we will talk about more cannabis-related news. Don't forget to check out www.FutureofFighting.com to bet on fights and get the latest news about UFC and Mixed Martial Arts, also www.RLDDVD.com for the very best DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype, and find what works for you. Good luck. 🏰



here are many different aspects to the culture and personalities involved in the cannabis industry. Traveling the world, we get to meet people from all over, and recently we met the man behind the Glass Gripper, Mr. Philly Blunts. His product is simple but very useful; as such, it has taken off like wildfire. He was recently the host of a huge party during the CHAMPS 2011 event in Las Vegas. We tried to get some time to do the interview then, but it was too wild, so it had to wait till now.

His party was at the Palms Casino, but it wasn't in a club or a bar. No, this party was at the private Hugh Hefner Penthouse Suite. That is right, and it was all decorated with classy Playboy memorabilia and what have you. Somehow, there were Vortex Glass & Gravity Vortex pieces all over. My friend Isaac from Dub Glass was giving guests dabs upstairs, and White Deer from Essential Vape came by and made a generous donation. This place was absolutely epic and totally amazing.

The suite had its own elevator, for starters. There were a few bedrooms; one had a bed that automatically rotated, while another had a TV that came out of the bottom bedpost. There were pictures of playmates and Playboy logos all over the place, with the most unreal pool outside that had glass walls revealing the hottest view of the Las Vegas Strip. At the edge, it was a straight drop down 30-plus floors. There was one room with a wall of windows that had big-screen TVs mounted so you could see the incredible view right behind the TVs. There was also a huge performance from some great hip hop stars; it was hot. That place was at a level not many people will ever reach in life, and thanks to Glass Gripper, we were able to party like cannabis rock stars that night. When the smoke was clear, we were finally able to sit down and talk with Phil from Glass Gripper and find out a little more about his story and his great ideas.



Thanks for taking the time to talk with us for our readers this issue. I am sure there are a number of them using your product already. Tell us first about how you entered into the cannabis industry. I understand you used to own a head shop?

Philly: It's my pleasure to have the opportunity to speak with you guys and share my story. It all started when I moved down from New Jersey to Sarasota, Florida, in 2004. A few years later, my brother and I opened a pizzeria on Siesta Key called Solorzano Brothers Pizzeria. I then noticed a smoke shop going out of business and realized I had to capitalize on this opportunity. We then opened a smoke shop selling fine cigars, tobacco, beer, wine, glass pipes, and other tobacco accessories. After interacting with customers, I realized that there was a high demand for some kind of protection for your glass pieces of art. One night, when I was extremely high chillin' at the crib, I came up with a genius idea. I found some soft foam material in my kitchen, cut it to size, and glued it to the bottom of my bong. After putting the material on the bottom, I couldn't believe the difference: no more clinking, chipping, or breaking my bong ever again! And that's how Glass Gripper all started.

## Do you have any strange or interesting stories from those days? Anything weird happen at the shop or any incredible customers?

Philly: LOL! I could write a book with all the stories I have from my smoke shop, and soon will. It just so happens that my smoke shop was located on this little island called Siesta Key,





where tons of beautiful people come to party and get wild for spring break. Luckily for the ladies, Glass Grippers are great bikini tops and leave no tan lines, wink wink.

## Was the product a success right away? What things did you do that worked to grow your company? And how popular is the Glass Gripper now?

Philly: The product was an instant success with customers. Everyone that walked in wanted a Glass Gripper. What really launched my product was when I came out in two different magazines in the same month, High Times and Skunk Magazine. This all happened while I was at the Champs trade show in Las Vegas, Nevada, in 2008 promoting my product Glass Gripper for the very first time. After returning from the trade show, orders just kept coming, in and that's when I realized this was going to be something big. Now I travel to shows all around the world, to places such as Vegas, Cali, Amsterdam, Spain, Toronto, and many more to come. Glass Gripper is now known worldwide.

# The party at the Hugh Hefner Villa Suite at the Palms was incredible! There were free food and drinks with live performers and tons of smokers, but no problems! How did you pull that off?

Philly: I'm glad you guys at Treating Yourself magazine had an incredible time at my penthouse party. I'm so happy everything went so smooth, considering the amount of time and effort that was put into this event. I wouldn't have been able to pull it off without the help of all my wonderful sponsors

and friends, including Treating Yourself magazine, Green Glass Clean, Vortex, Tokeez, Hemp Beach TV, The Digger One Hitter, Mike's Worldwide Imports, Smoke Clear, Alternative Lifesystems, Skunk Magazine, Henry Hemp, Geno's Wholesale, Big Magazine, Zong, Blue Dot, Magnum Detox, I Network, Los Marijuanos, Swisher Streets, Skywriter, Sota, and everyone else who showed love for Philly Blunts and the Glass Gripper party.

Should we be expecting more big things like this from your company? Can you tell us about any projects you have coming up in the future? And lastly, what's the best way for an interested reader to get more info about how to buy one of your products?

Philly: That was my first Glass Gripper party and certainly not my last. One of my newest projects is an up-and-coming rapper that goes by the name of Sota. I had him perform at my Vegas Hugh Hefner Penthouse party and he killed it! You can listen to his music, book him for events, and support the movement by going to glassgripper.net. Readers can find out more information and also buy my product at glassgripper.net.

## Thank you for taking the time to talk with us. We all look forward to what Glass Gripper is going to do in the future!

Make sure you all catch up with us again next time. I hope you will be able to use this article to find yourself a Glass Gripper. Maybe you have been thinking about some way to protect your water pipes, and this will help you find what you needed. Next issue, we will talk about more cannabis-related news.

If you enjoy these articles, follow me @Professor420 on Twitter for more personal stories and behind-the-scenes details and pictures from my articles, including things that don't make it into the magazine, and get them as they happen live.

Also, don't forget to check out www.FutureofFighting.com to bet on fights and get the latest news about UFC and other mixed martial arts. Also, go to www.RLDDVD.com for the very best DVD about Amsterdam's Red Light District. Take it easy, have fun, don't believe the hype! Find success and make it work for you. Good luck.



After the successful opening of the Canadian Cannabis Learning Centre, Michael and I were able to talk about the open house and its accessibility.

#### Q: How did the CCLC open house go?

A: We feel that the open house went well. Our goal was to introduce ourselves to the cannabis community in an informal setting and let everyone know who we are and what our goals are. We were very well received and have made some invaluable friendships that will help us in spreading our message of Educate to Medicate! Our thanks go out to the exhibitors who took the time to come out and help educate people along with us. Just the fact that we got TY's attention makes it an unequivocal success!

#### How many attended the CCLC open house?

A: We had about 100 people come through the open house. We are very proud of the fact that we had at least 40 MMAR patients all hanging out together, renewing old friendships and creating new ones! A very valuable exchange of information was spread through these wise minds to people new to the culture. We are pleased to announce that we have signed our first growers and are on our way to our first grower-patient partnering!

#### How has the response been since you opened?

A: The response has been extremely positive. People are very curious as to what we do, and when informed of our goal, which is to educate, license, and partner them, their curiosity turns to desire to learn with us. We currently have five growers going through our program and are looking for MMAR patients to partner them with!

## Is CCLC operating as a compassion center as well as a learning center?

A: No, we are compassionate in our teaching and support but have no intention of getting in the compassion center industry.

# Is the CCLC going to open to the general public in order to help spread the education? Or is it a members-only venue?

A: The CCLC is and always has been open to the public, and we are always on the lookout for people in need of cannabis education and medication information. We also need MMAR patients to partner with our certified growers. People are always welcome to contact us at any time with any questions or thoughts that they might have! We are people for people!

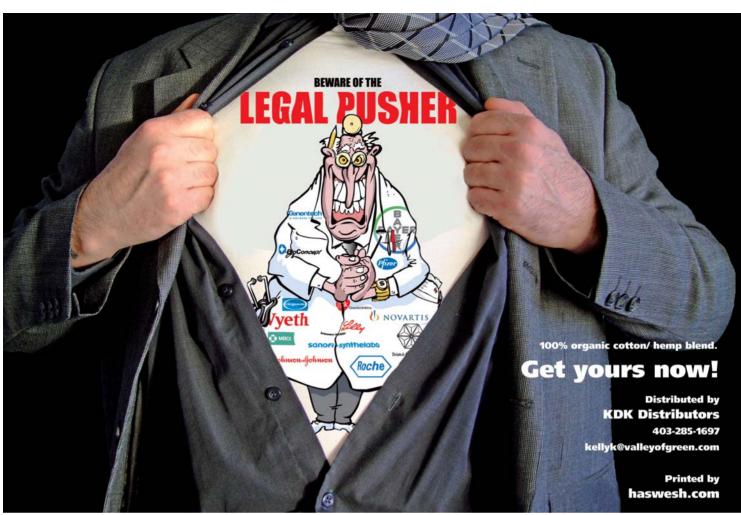
## Is the CCLC working with other cannabis businesses in the community, such as stores or compassion centers?

A: We work with every honest and like-minded aspect of the industry to help educate; there is no such thing as too much knowledge! We are aligned with a number of stores and suppliers for educational material and growing supplies. There is a list of friends of the CCLC on our brochure.

#### Is anything that you'd like to add?

A: We'd like to thank you in advance for this. We'd also like to thank the many friends of the CCLC. Some of these people are P.A.C.E., Purity Hemp Products, Treating Yourself, Clandestiny, L.E.A.P., Sha Sha Organic Foods, Hempola, and Canada Number1seedbank, as well as The Green Party of Canada.

You can reach the CCLC or Michael at michael@cannabiscentre.ca.





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Mr. Magoo's Hash Oil



Mr. Magoo's Hash Oil



Mr. Magoo's Hash Oil



Physical Test

Mr. Magoo's Hash Oil Strain:

Mr. Magoo Breeder: 420 Grower Grower:

Skunk.mad & family Judge: February 2, 2011 Date:

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

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

3. Colors that are present in the trichome heads under magnification: Cloudy 70% Amber 20%

**4. Colors present in the buds** *and/or on a scale 1-9 light-dark:* Brown 2, Black 9

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

**6. Aroma descriptors:** scale from 1-9 upon freshly broken bud where a one indicates a subtle presence and 9 indicates a pronounced presence. Earthy 2, Hash 7,

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

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

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

Comment - This is some excellent alcohol-extracted hash oil. Very black and very sticky, like it should be. Made from sugar trim from a great high trichome producing strain.





#### Smoke Test

- ${f 1.}$  Utensils: Small glass pipe, Headquarter papers, Hot knives smoked up a RooR down tube with  ${f 14.5}$ mm cone attachment
- **2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence Earthy 2, Licorice 1, Petroleum 2, Hash 9, Spice 2
- **3. Taste:** 8 *Impression of the taste from* 1-10 *unpleasant-delicious.*
- **4. State of dryness:** 1-10 wet-dry where 5 is ideal.
- **5. Smoke ability:** 10 *smoke ability of the sample from* 1-10 *harsh-smooth.*
- **6. Smoke expansion:** 3 *smoke expantion in the lungs from* 1-10 *stable-explodes.*

Smoke Test Comments: - We tried this hash oil, but in a few different ways. But we found it best smoked pure with hot knives or a skillet attachment for a bong. The smoke is extremely thick, which is very kind on the lungs and throat. We found this hash oil very good for mild/moderate pain relief, but it worked best for me at night as a sleep aid.

#### **FOLLOW UP QUESTIONS**

- **1. Dosage:** 3-4 small drops on a hot knife or skillet/l joint mixed with bud to reach desired effects.
- **2. Effect onset:** 1 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence: 80% Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- **4. Indica influence:** 20% indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- **5. Potency:** 9 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: 2 hrs
- **7. Tolerance build up:** 3 Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.

Morning/wake up 1 Day/work 3 Evening/relax 6 Night/sleep 9

- **9. Overall satisfaction:** 8 Rate your overall satisfaction from 1-10 poor-Holy Grail.
- **10. Ability and conditions:** 3 Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use? Yes
- **12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

P Ability to rest or sit still - Paranoia relief
P Anxiety relief - Sex drive
- Appetite P Sleep
- Audio perception - Speech process
P Humor perception - Taste perception

P Humor perception - Taste perception
- Imagination/creativity - Thought process
P Pain relief - Visual perception

#### **Extended Medical Survey:**

- ADD/ADHD P Depression - Muscular movement disorders
- Allergic rhinitis - Diarrhea - Nausea
- Amphetamine Dependence - Epilepsy - Panic Attack
- Anorexia - Glaucoma - Peripheral nerve pain
- Arthritis/Musculoskeletar pain - Hepatitis - Post traumatic Stress Disorder

Anorexia
 Arthritis/Musculoskeletar pain
 Asthma/Cough
 Bipolar disorder
 Glaucoma
 Hepatitis
 Hepatitis
 Hepatitis
 High blood pressure/Racingpulse
 Sedative/Opiate Dependence
 Schizophrenia

Cancer/Chemotherapy
 Chronic fatigue
 Migraine/vascular headache

- Crohn's/IBS - Muscle Spasm

#### **FINAL COMMENTS: -**

Being a long-term insomniac, I am always on the lookout for different methods to consume the beneficial elements, and this hash oil is by far the best extracted oil condiment I have tried. If sleep issues are a problem, then this may be your answer. It not only works well for sleep problems, but for anxiety relief, and it will help with mild/moderate pain. Thank you, Mr Magoo, for introducing me to this great hash oil.



**Spasticity in Multiple Sclerosis** 



Skywalker Skywalker



Skywalker



Skywalker



### Physical Exam

Skywalker f2 13 Strain:

Artisan du bonheur Breeder:

Skunk-mad Grower:

Skunk-mad & ball family Judge:

Date: November 30, 2010

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

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

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

Cloudy 50% Amber 50% Dark -

**4. Colors present in the buds** and/or on a scale 1-9 light-dark: Green 7, Blue 5, White 7, Rust 7, Purple 5

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

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

Berry 6, Pepper 5, Blueberry 9, Fruit 7, Hash 7, Skunk 8

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

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

**9. Weeks cured:** 8–12 *If know the number of weeks your sample has been cured.* 

#### Comment -

This is by far the one of the best-looking buds I've had the pleasure to both grow and smoke. The buds are extremely dense and the crystal content is amazing. Under the scope the thrichomes were very long stemmed with very big heads and harvested when 50 percent had a nice amber color to them.





#### Smoke Test

- 1. Utensils: Top-Vapor Vaporizer, Headquarter papers
- **2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence Berry 6, Blueberry 7, Fruit 7, Hash 7, Skunk 8, Musk 6, Spice 4
- **3. Taste:** 10 *Impression of the taste from* 1-10 *unpleasant-delicious.*
- **4. State of dryness: 5** 1-10 wet-dry where 5 is ideal.
- **5. Smoke ability:** 10 *smoke ability of the sample from* 1-10 *harsh-smooth.*
- **6. Smoke expansion:** 9 *smoke expantion in the lungs from* 1-10 *stable-explodes.*

Smoke Test Comments: - This bud was cured for two months before this smoke test. I can say that this strain, once cured, has great medicinal properties. By far the densest bud I've had the pleasure to grow and smoke.

The Skywalker produces some of the thickest smoke I've tried, and you can feel it explode in your lungs like a bomb. It is a very smooth smoke both on the inhale and exhale. I'm very impressed with this strain. The effect is immediate and devastatingly strong; excellent for pain issues and insomnia. This strain has excellent medicinal properties, with a very pleasing aftertaste of ripe blueberries.

#### **FOLLOW UP OUESTIONS**

- **1. Dosage:** 2 joints, 1 vaporizer bowl to reach desired effects.
- **2. Effect onset:** 1 Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence: 3 Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence: 7 indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- **5. Potency:** 10 Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect: -2-3 hrs
- **7. Tolerance build up: 0** *Rate of how quickly tolerance builds from* 0-10 *none-rapid.*
- 8. Usability: from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.
  - Morning/wake up 2 Day/work 3 Evening/relax 8 Night/sleep 10
- **9. Overall satisfaction: 9** *Rate your overall satisfaction from* 1-10 *poor-Holy Grail.* **10. Ability and conditions:** 8 Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use? **no**
- **12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect
  - Ability to rest or sit still Paranoia relief Р Anxiety relief Sex drive Appetite
  - Sleep Audio perception Speech process **Humor perception** Taste perception
  - Imagination/creativity Thought process Pain relief Visual perception

#### **Extended Medical Survey:**

P ADD/ADHD Depression Muscle Spasm

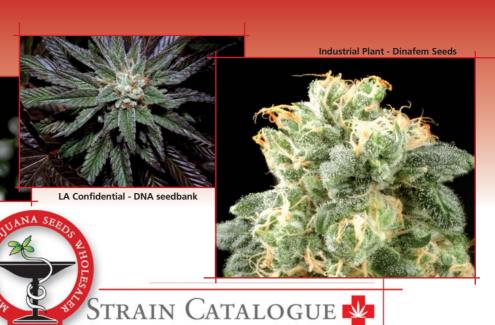
Allergic rhinitis Diarrhea Muscular movement disorders **Amphetamine Dependence** Epilepsy

Glaucoma Panic Attack Anorexia Arthritis/Musculoskeletar pain Hepatitis Peripheral nerve pain

High blood pressure/Racingpulse Post traumatic Stress Disorder Asthma/Cough Sedative/Opiate Dependence Bipolar disorder Insomnia Cancer/Chemotherapy N Schizophrenia

P Crohn's/IBS Migraine/vascular headache **Spasticity in Multiple Sclerosis** 

FINAL COMMENTS: - I have been a medical marijuana smoker for the last 15 years and this is the first strain I've come across that has helped my panic attacks and insomnia, I would not recommend this strain for during the day, as you won't get any work done as it is very, very strong. This is a very high-grade medical strain that I recommend to anyone that comes across it. Thank you, artisan, for creating a devastatingly strong strain. Your hard work has definitely paid off.





Peacemaker- FMS Seeds

Sensi Star - Paradise Seeds

#### **BARNEYS FARM**

\$69.00
\$78.00
\$62.00
\$78.00

AUTOFLOWERING FEMINIZ	ZED PACKS of 5
Little Cheese	\$39.00
Pineapple Express	\$41.00

FEMINIZED PACKS of 5

\$59.00
\$51.00
\$54.00
\$51.00
\$59.00
\$42.00
\$59.00
\$57.00
\$57.00
\$56.00
\$56.00
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\$48.00
\$41.00
\$42.00
\$51.00
\$44.00
\$44.00

BC BUD DEPOT	
REGULAR PACKS OF 12	
BC God Bud	\$105
The Purps	\$105
BC Mango	\$90
BC Blueberry	\$90
BC Sweet Tooth	\$90
BC Sweet God	\$90
The Black	\$90
Texada Timewarp	\$90
BC Pine Warp	\$90
Purple Buddha	\$75
Burmese	\$75
Jack Herer Feminized	\$150

#### **BUDDHA SEEDS**

FEMINIZED	PACKS O	F 5	
White D	warf		\$60.00
Red Dwa	arf		\$45.00
Deimos			\$60.00
Syrup			\$55.00
Quasar			\$70.00
Pulsar			\$70.00

#### **CASH CROP KEN**

REGULAR PACKS OF 10	
Kenny's Mix Mostly Indica	\$30.00
Jas Bud Kish x Burmese	\$45.00
Kish x Juicy Fruit	\$45.00
OG Nukush	\$45.00
Posh Kish x Honey Pot Kush	\$45.00
Purple Nukush	\$45.00
Nuken x Purple Kush	\$45.00
Rene x Nuken	\$45.00
Watermelon x Nuken	\$45.00
White Widow x Nuken	\$45.00
Bubba Kush X Nuken	\$45.00
Mental Floss X Nuken	\$45.00
Kish	\$75.00
Nuken	\$75.00



DINAFEM SEEDS	
FEMINIZED PACKS OF 5	
White Widow	\$75.00
Shark Attack	\$50.00
Moby Dick	\$83.00
Blue Widow	\$60.00
Blue Hash	\$66.00
California Hash Plant	\$72.00
Moby Hash	\$74.00
Power Kush	\$53.00
Critical+	\$68.00
Diesel	\$48.00
Blue Fruit	\$53.00
Industrial Plant	\$74.00
Original Amnesia NEW	\$65.00
Cheese	\$53.00
White Siberian	\$50.00
Moby Dick #2	\$71.00
Critical Jack	\$56.00
Cloud #9	\$45.00
Sweet Deep Grapefruit	\$48.00

AUTOFLOWERING FEMINIZ	ZED PACKS of
Fruit	\$45.00
Haze	\$60.00
Critical+	\$60.00
Roadrunner	\$60.00
Roadrunner#2	\$54.00
Critical Jack NEW	\$56.00



#### **DNA/ RESERVA PRIVADA**

FEMINIZED PACKS OF 6

60 Day Wonder Autoflower\$83.00 C13 Haze \$60.00 Cannadential \$75.00 Chocolope \$90.00 Connie Chung Hashplant Haze \$83.00 \$60.00 Kushberry LA Confidential \$75.00 \$90.00 LA Woman \$90.00 Lemon Skunk \$60.00 \$83.00 ReCon Rocklock \$60.00 Sharksbreath '09 Sleestack Sour Cream \$60.00 \$90.00 \$60.00 Sweet Haze Cole Train \$60.00 \$75.00 Confidential Cheese \$75.00 Kandy Kush \$90.00 OG Kush \$105.00 R.K.S. \$60.00 Silver Bubble \$60.00 Sour Kush \$105.00 The OG #18 \$105.00



#### **FINEST MEDICINAL SEEDS**

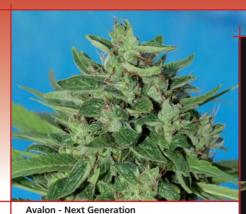
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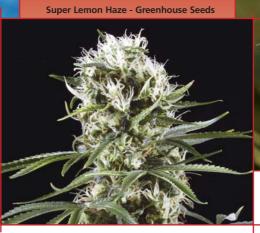
\$90.00

FEMINIZED INDICA PACKS OF 5		
Citrus Skunk	\$75.00	
Medifemss	\$75.00	
Medi Kush	\$75.00	
Peace Maker	\$75.00	
Skunk NL	\$75.00	
White Rhino	\$75.00	
White Widow	\$75.00	

FEMINIZED SATIVA PACKS OF 5 Amnesia Haze \$95.00 \$95.00 G13 NL 5 Haze \$95.00









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Big Bang	\$30.00
The Church	\$35.00
A.M.S	\$35.00
Kalashnikova	\$35.00
Super Bud	\$35.00
Excodus Cheese	\$35.00
Lady Burn 1974	\$38.00
Arjan's Haze #3	\$38.00
Lemon Skunk	\$38.00
Greenhouse Thai	\$38.00
Diamond Girl	\$38.00
Cheese	\$42.00
Pure Kush	\$42.00
Himalaya Gold	\$48.00
Moby Dick	\$48.00
Trainwreck	\$48.00
NL5	\$48.00
Alaskan Ice	\$48.00
King's Kush	\$48.00
Chemdog	\$48.00
Jack Herer	\$48.00
Super Critical	\$48.00
K-Train	\$52.00
Bubba Kush	\$52.00
Kaia Kush	\$52.00
Damns Sour	\$52.00
White Widow	\$55.00
White Rhino	\$55.00
Great White Shark	\$55.00
El Nino	\$55.00
Super Silver Haze	\$62.00
Nevill's Haze	\$62.00
Hawaiian Snow	\$62.00
Arjan's Haze #1	\$62.00
Arjan's Haze #2	\$62.00
Arjan's Ultra Haze #1	
Arjan's Ultra Haze #2	
Arjan's Strawberry Haze	
Super Lemon Haze	\$68.00

autoflowering strains

Green-o-Matic

Sat/Ind mix A

Sat/Ind mix B

Sat/Ind mix C

Sat/Ind mix D

Indica mix E

Indica mix F

Indica mix G

Indica mix H

Black & White

Indica mix I

Rasta K

Sativa Mix

mix packs

Big Bang Autoflowering\$48.00

Super Critical Auto \$60.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$48.00

\$52.00

#### KANNABIA

FEMINIZED PACKS OF 5	
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Big band	\$44.00
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Kannabia special	\$44.00
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La reina de africa	\$44.00
Mataro blue	\$44.00
Original berry	\$44.00
Power skunk	\$44.00
Smile	\$44.00
Thai fantasy	\$44.00
White domina	\$44.00
Queso	\$44.00
Afrodite auto	\$44.00
Big band auto	\$44.00
Bcn diesel auto	\$44.00
Kannabia special auto	\$44.00
La blanca auto	\$44.00
Mataro blue auto	\$44.00
Power skunk auto	\$44.00
Smile auto	\$44.00
Thai fantasy auto	\$44.00
White domina auto	\$44.00
Flash auto	\$44.00
Gnomo auto	\$44.00

#### MR.NICE MD NICE

MR NICE	
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ASH Afghan Skunk x Afghan Haze	\$86.00
Black Widow	\$102.00
Critical Haze	\$120.00
Critical Mass	\$102.00
Critical Skunk	\$86.00
Devil	\$86.00
Dreamtime	\$53.00
Early Queen	\$68.00
Early Queen x Afghan Haze	\$102.00
Early Skunk Haze	\$120.00
Early Skunk	\$86.00
G13 x Haze	\$120.00
G13 x Skunk	\$86.00
G13 x Widow	\$102.00
La Nina	\$120.00
Angel Heart	\$102.00
MangoHazex Afghan Skunk	
Mango Haze	\$173.00
Angel's Breathe	\$120.00
Mango Haze x Afghan Haze	¢102.00
Mango x Widow	\$102.00
M.Kush x Afghan Haze	
M.Kush x Skunk	\$86.00
Medicine Man	\$120.00
Neville's Haze	\$173.00
Neville's Haze x Mango	
Neville`s Skunk)	\$102.00
Neville's Haze x Afghan Skur NL5 x Haze	\$120.00
NL5 x Haze NL5 xAfghan	\$86.0
NL5x Skunk	\$86.0
N.H.S NLx Haze/ Skunk	\$102.0





#### **NEXT GENERATION**

REGULAR FACES OF TO	
Diablo	\$80.00
Grape Fruit Haze	\$80.00
Medicine	\$80.00
Romulan Diesel	\$80.00
Romulan Haze	\$80.00
Avalon	\$80.00
Blue Dynamite	\$80.00
Bonkers	\$80.00
Dynamite	\$80.00
Grape Fruit Kush	\$80.00
Island Sweet Skunk	\$80.00
Romulan	\$80.00
Romulan Max	\$80.00
Romulan x Hash Plant	\$80.00
Romulan x Time Warp	\$80.00
Time Warp	\$80.00
FEMINIZED PACKS OF 10	
Grapefruit Diesel	\$140.00



#### **NIRVANA**

Regular Packs Contain 10 Seeds Feminized Packs Contain 5 Seeds Aurora Indica R\$30/F\$38 Bubblelicious R\$30/F\$38 Chrystal R\$30/F\$38 R\$30/F\$38 Indoor Mix R\$30/F\$38 Medusa R\$30/F\$38 Papaya R\$30/F\$38 Snow White R\$30/F\$38 White Castle R\$30/F\$38 White Rhino R\$30/F\$38 White Widow R\$30/F\$38



#### **PARADISE**

FAILADISE	
FEMINIZED PACKS OF 5	
Dutch Dragon	\$60.00
Sensi Star	\$90.00
Nebula	\$75.00
Magic Bud	\$45.00
Opium	\$75.00
Sweet Purpleoetnik#1	\$60.00
Wappa	\$45.00
Ice Cream	\$75.00
Jacky White	\$75.00
White Berry	\$75.00
Delahaze	\$75.00
Automaria	\$60.00
Acid	\$75.00
Pandora	\$60.00
Lucid Bolt	\$75.00
Vertigo	\$60.00
Alikush	\$75.00
Atomical Haze	\$90.00
Automaria II	\$60.00
COLLECTION PACKS OF 6	
Sativa Pack	\$87.00
Indica Pack	\$87.00



Photo of seeds: www.stallonedavide.com



MK Ultrawreck - THSeeds



Querkle - TGA



## STRAIN CATALOGUE

TGA

REGULAR PACKS OF 10

Agent Orange

Apollo-13 BX

Cheese Quake Chernobyl

Jack The Ripper Jack Cleaner 2

Pandora`s Box

Space Bomb

THE CALI CONNECTION

Jamaican Me Crazy \$110.00

REGULAR PACKS OF 10

Space Jill The 3rd Dimension

The Void

Tahoe OG

Sour OG

Ogiesel

Chem3 OG

Chem 4 OG

Chem Valley Kush

Corleone Kush

Julius Cesar

Blackwater

Jamaican OG

Jamaican D

Hazey OG Purple Diesel

Regulator Kush

Chem 4

Larry OG Deadhead OG

Vortex The Flav

Dairy Queen Deep Purple

Jilly Bean

Qleaner Qrazy Train Querkle









## FEMINIZED PACKS OF 5 Cannatonic

\$85.00 \$85.00 Sour P \$60.00 Critical Haze



#### **ROYAL QUEEN SEEDS**

FEMINIZED PACKS OF 5	
Ice	\$52.00
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Fruit Spirit	\$52.00
Power Flower	\$52.00
Shining SIlver Haze	\$52.00
Amnesia Haze	\$60.00
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Northern Light	\$52.00
Skunk #1	\$45.00
Critical	\$52.00
Indoor Mix	\$45.00
Outdoor Mix	\$45.00
Special Kush #1	\$20.00
Special Queen #1	\$21.00
Royal Cheese	\$52.00
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#### **SERIOUS SEEDS**

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Bubble Gum	\$105.00
Chronic	\$105.00
Kali Mist	\$120.00
White Russian	\$105.00

EMINIZED PACKS OF 5	
4K47	\$120.00
Chronic	\$105.00
White Russian	\$105.00



#### **SOMA**

REGULAR PACKS OF 10 Amnesia Haze Regular \$195.00 Buddha's Sister \$120.00 Sogouda \$150.00 Lavender \$120.00 Kushadelic \$150.00 NYC Diesel \$195.00 Somantra \$150.00 FEMINIZED PACKS OF 10 Hash Heaven \$195.00 NYC Diesel \$210.00

Lavender \$150.00



\$105.00 \$105.00

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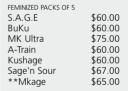
\$110.00

\$110.00 \$110.00

\$110.00

#### THSEEDS REGULAR PACKS OF 10

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Mendocino Madness	\$60.00
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The Hog	\$150.00
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Kushage	\$105.00
Burmese Kush	\$110.00
Da Purps	\$90.00
A-Train	\$105.00
Wreckage	\$90.00
Lambo	\$120.00
Darkstar	\$125.00
Skunkage	\$45.00
Cold Creed Kush	\$120.00
**Mkage	\$120.00











Lavender - Soma Seeds

Cannatonic- Resin Seeds











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346A Princess Street Kingston, ON, K7L1B6 T: (613) 549-3669

155 Montreal Road, Cornwall, ON, K6H1B2 T: (613) 932-8469

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The Altered Native 172 Broadway Unit 1 Orangeville, Ontario T: (519) 942-2828

134 Guelph Street Unit 1 Georgetown, Ontario T: (905) 877-7884

The Different Strokes Company 95 King Street North Uptown Waterloo, Ontario T: (519) 746-1500

Where Heads Meet .ca 162 Ottawa ST N Hamilton, Ontario L8H 373 T:(905)548 6338







By Shantibaba

ately the most notable question I am asked on my website is from medicinal growers and patients. The questions range from how to grow a plant so it is acceptable for sick people to use, and how to control the flowering of cannabis so the product is without harmful substances? These are the sorts of questions coming from people who 5 years ago did not consider using Cannabis to relieve their medical conditions. So I feel it is the time to outline some general guidelines to help those who are curious to minimize contaminations on their plants and the subsequent products.

Realizing everything you do can influence the outcome of a product should be motivational to those who wish to control as many things in their lives as they physically can. From eating foods that have been grown with good quality products and natural sun, to recycling the waste by-products of your cultivations.

Hippocrates advised, "Let your food be your medicine, and your medicine be your food," humans have grown medicinal plants alongside, or overlapping with, food crops for hundreds of years with excellent results.

#### Dr Xiaorui Zhang

(Coordinator Traditional Medicine (TRM), Department of Essential Drugs and Medicines Policy (EDM), World Health Organization) said,

Traditional medicines, particularly herbal medicines, have been increasingly used Worldwide during the last two decades. Unfortunately, the number of reports of patients experiencing negative health consequences caused by the use of herbal medicines has also been increasing. Analysis and studies have revealed a variety of reasons for such problems. One of the major causes of reported adverse events is directly linked to the poor quality of herbal medicines, including raw medicinal plant materials. It has therefore been recognized that insufficient attention has been pai to the quality assurance and contro of herbal medicines.

# How do you grow a Medicinal grade plant at home?

If you want to regulate yourself based on WHO (World Health Organization) suggestions for growing Medicinal herbs then follow these points and treat each stage equally as important.



**Site selection for cultivation;** water source, soil type, climate, average rainfall, prevailing winds and directions, slope or gradient of the land, closeness to industry...are all things to consider if growing outside not indoors.



- Climate; length of day, seasonal rainfall, field temperature day and night, sunlight intensity and hours, shading.



il; best to take several samples and get it tested to know what is missing or in excess. But nutrients, organic matter, sandy or clay or limestone type of ground, drainage limits in case of excessive water or drought, moisture retention, fertility, ph and EC, use of fertilizers the type and how often it is necessary...are important attributes to get correct before planting. Sterilized potting mix in bags is the only way to protect against unwanted weeds and pests for indoor and to start clean. ⊳

#### **CULTIVATION**



Irrigation/Drainage; where is the water source and is it affected by any other people or industry before it gets to the site? A lab test on the water is essential to adapt water base nutrient fertilizers to the needs of the plants in cultivation. Quickness to drain large rains, and how effected by leeching is the ground...so you can prepare for slow release fertilizers or liquid feeding regimes.

Plant Maintenance and Protection; pruning, cleaning lower branches, tipping, bud nipping, shading to maximize the best product and highest quality of the substance, whether pesticides or herbicides are to be used then it should be documented and the products used are done sparingly to do their job, follow guidelines of maximum doses and how to use the product, general plant health maintenance and preventative pest and herb control as organically as possible.

**Harvest**; should be done at the optimal time ,time of harvest depends upon the plant part in question for harvest, time of harvest should be determined by quality and quantity of the biologically active constituents rather than vegetative yield, harvest after the morning dew or rains to reduce the risk of microbial fermentation and moulds, avoid harvesting any material decomposing to reduce mould risks and keeping air moving as the drying process goes on will reduce air born moulds risks and keep the product clean and fresh.





**Storage;** air sealed and stored inside a refrigerator to maintain the freshness and weight, moisture content is the most important factor to gauge in drying and storing, preferably keeping the final product in a humidor situation is the most correct and clean store for potential medicine.

#### **Miscellaneous**

#### Hand washing

cleanliness is godliness for young plants, cloning and health of mothers and fathers.



## Disinfect facilities

weekly regime of cleaning all well used areas or surfaces with H2O2 (peroxide) is a great preventative action to hygiene and plant health.



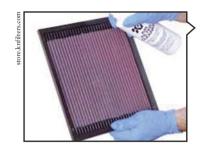
Storage of all new products-is a must. Things should be kept dry and clean away from all influences or water or chemical residues, dry and cool under key and lock is safest and surest. ⊳



supplemental lamps for all year growing climate means cleaning lamps with alcohol after each crop to reduce any unwanted influences.







#### Ventilation

cleaning the ventilators and filters and blades are a necessity every few weeks to stop unwanted particles from circulating in the air.



#### **Correct labeling**

noting the exact dates of germination and change of light or treatments, so no chance of mess up with staff.



all facets dates and chemicals used- all chemical treatments should be written in a book for all to see as well as all details of the grow...kind of a diary filled out with factual info by those who do the jobs and

dated so all facets of

the grow can be pre-

**Documentation** of

cisely calculated and scrutinized. Like a car has a service book it is imperative this exists for each crop from beginning to end, so the years after similar difficulties or increases in yields etc...can be understood by anyone reading at the history of cultivations. This is probably the most important document in the end of a crop for the purchaser of the medicine and its applications.

Good Agricultural Practices is a general rule for any product used in human consumption. Most contamination comes on to the products in handling if not packed hermetically or stored in cool dry places in sealed containers. Taking a cue from the way pharmacies keep their products cool and dry and stored out of sunlight in well ventilated rooms is obviously the model to standardize for the end user/patient.

Until a set of guidelines is drawn up and agreed upon by the various departments in charge of these important things, it may be best to follow good sense. As a general rule, if you would use the product after growing it then it should be good enough for others. If there is any doubt or you know of some possible contamination then it is better to directly test for this or make the buyer aware of this, as knowing is already better than not knowing!

We will inevitable mess up from time to time, that is the history of manmade events, but doing our best and being open and honest about all the processes and history of the plants will already be far more therapeutic than walking blind or leaving it up to companies with eyes only for profit and efficiency. To avoid messing up and to make a standard product that can be on a market as a consistent reliable product, one needs to make a selection of a plant and clone it. Cloning a selected mother is simple, but selection is where the real work lays.

If you want to make something special and good for yourself and others then take every step of the way thoroughly and with knowledge of all that can cause dramas, since in the end Natural grown medicines are at the mercy of many elements in Nature. Only by using greenhouse structures or tunnels can we attempt to control some elements of Climate, which in turn allow a plant to grow to its potential.

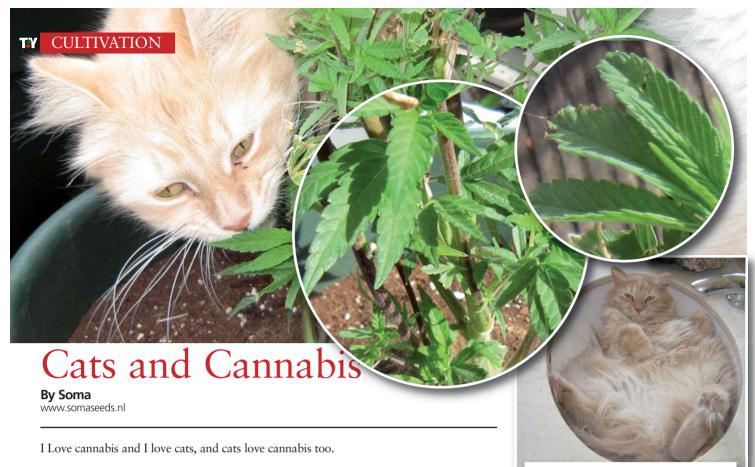
Personal cleanliness and cleanliness of the areas of work reduce all nasty contaminants and pests entering in the first place. There are no real secret to making a good product except to be vigilant at all times of the crop and try to be as consistent in all facets that constitute growing and processing the medicinal plant. .





NEW Official MNS packet! All enquires for sales, wholesale and retail, questions about MNS products and an online catalogue with loads of photos plus free helpdesk supporting all MNS growers... moderated by Shantibaba, Nevil and Howard Marks.

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In the animal kingdom there are many animals, which like to eat cannabis, Deer, rabbits, goats, horses, cows, and bats just to name a few. Cats however are the domesticated animals of choice for relishing this Sacred plant. As a breeder of cannabis I am always working with new strains of this delicious plant. From time to time I have new clones of varieties I am doing experiments with, and I cannot leave them unprotected for a moment without one of my cats trying to chomp on some.

On my outdoor roof garden I have 3 plants. My cats think that they are theirs. They are catnip lovers so eating plants is a common occurrence for them. Now that it's spring and there are 3 outside plants they are thrilled they can get some nibbles. This year I will let my cats shape my plants, and the plants will end up being for them and me in a symbiotic relationship. Later on in the summer when the plants are bigger I will remember to thank my cats for the haircut they got. I have been breeding cannabis for 31 years. I started breeding Siberian Forest cats in 2006. It only figures that my cats would end up being cannabis connoisseurs, finding my weed to be so delicious. I started with a female named Sativa and a male named Indica. They had many cats, Ganja Girl and Peridot are but 2 of them. They all eat marijuana leaves.

The first thing that I noticed from my cat super cropping technique is that the cats eating the top shoots made the lower shoots grow faster to make up for the loss. The main stalk got much thicker as the cat's actions challenged the plant growing upwards.

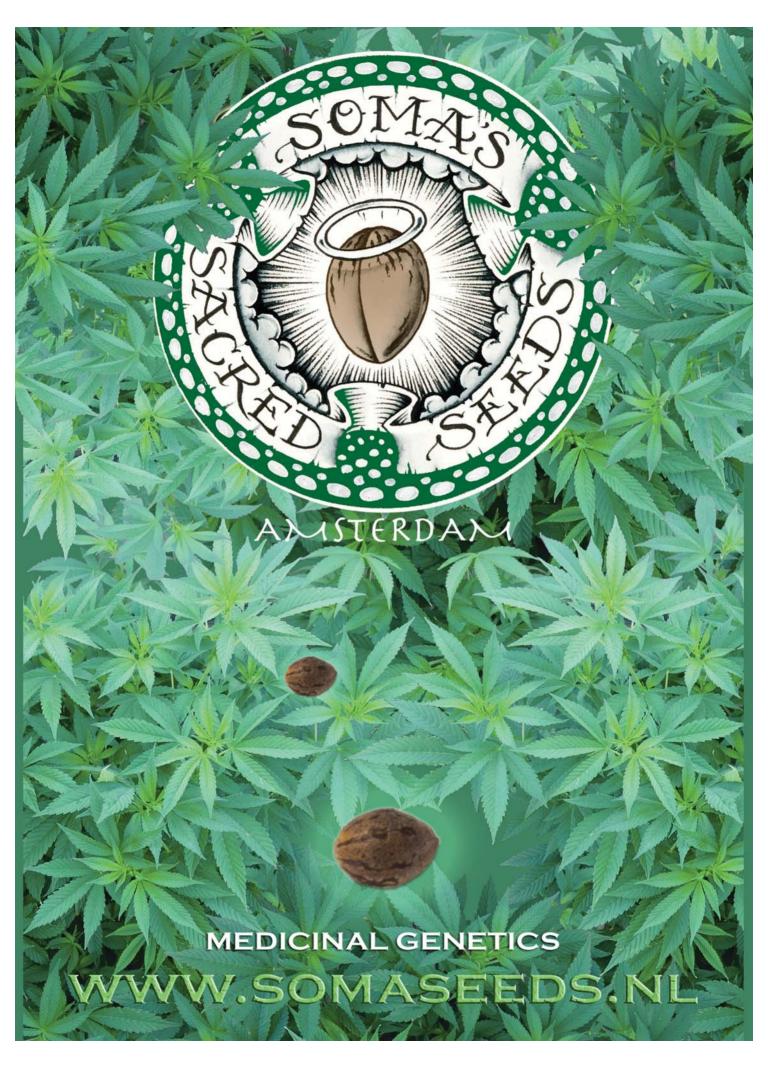
The way they go after it with such enthusiasm tells me that besides how good I know that it is, other creatures feel the same way, and they don't even smoke it.

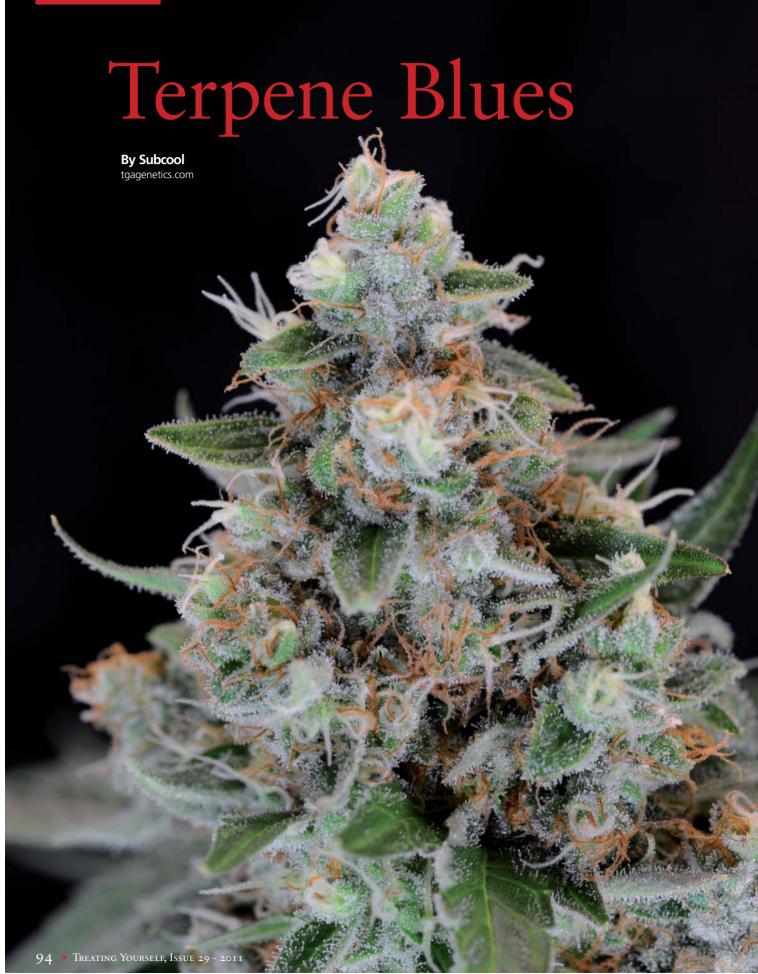
Growing seeds taught me how to be a nurturing being, and I just applied that to my cats along with everything else around me.

The 3 plants on my roof are Soma-licious and it's as if the cats know the name and think it's delicious.

Soma-licious is my upcoming strain and is starting to make its way into some great coffee shops in Amsterdam. Being a cross of Lavender and L.A. Confidential it is a great mainly Indica strain. In the last part of flowering this plant turns a deep purple, with violet calyxes. It has a great hashy-earthy aroma and taste and has a very deeply felt high. On the seed package its written, so delicious it tastes nutritious. I know my cats think so.

Clockwise from top
Ganja Girl eating some fresh shoots
The bottom branches get forced to grow out
Chewed leaves
Peridot after a few leaves
All starts with a seed







have spent a good majority of my cannabis breeding life chasing the smells and flavors of the finished flowers. I only started understanding terpenes' true role and their connection with the type of high over the last five years. Ed Rosenthal and I disagree on many things, but the one thing we do agree on is the link to terpenes and our understanding of the plant.

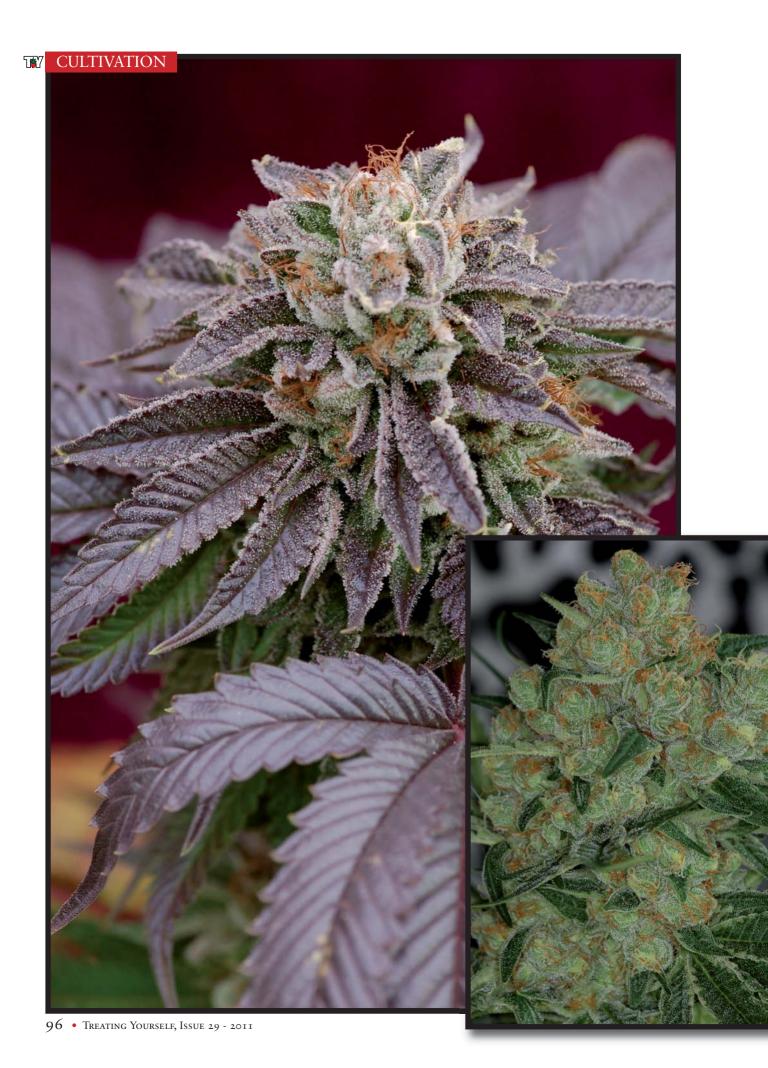
As a breeder, I manipulate the aroma and cannabis by selective breeding. I believe that specific terpenes modulate the physiological and psychoactive effects of cannabis. This is why even though two strains that are tested using modern gas chromagraphy test extremely close on paper, they may have a completely different effect from each other.

Terpenes most likely play a role in the plant kingdom in deterring pests and possible environmental stress. Terpenes are made by many types of plants and are often the building blocks of the essential oils. Other terpenes, such as limonene, seem to induce relaxation. This maybe why Jack the Ripper seems to reduce nerve pain. It is known to have an almost analgesic effect. Because of this diversity, I feel that it's imperative we fight for the right to use raw cannabis and not synthetics like Marinol, which seems to have a much lesser degree of therapeutic effect. There are more than 120 kinds of terpenes in cannabis, and one day I hope to be able to measure these and open up endless opportunities for developing new flavors and effects.

Now that I have dazzled you with some science, let me break this down in plain talk. I love fruity-smelling cannabis, so my simple goal when I started selective breeding was to collect and create every fruit flavor that I enjoyed. Lemon, orange, grape, cherry, berry, melon, and even hopefully one day banana, my goal was to be able to make fruit loop hashish. That was many years ago, but over two decades I was actually able to do just that.

It wasn't till recently, after talking with Ed, that I started noticing the profound difference in effect in each of the terpene profiles. We noticed that the lemon-smelling strains like Jack Herer and Jack's Cleaner had a really strong capacity to lessen nerve pain. The orange strains seemed to improve the mood of a patient, and most seasoned growers are familiar with the almost euphoric buzz of California Orange. The grape strains always seem to have a higher ratio of CBDs and help with sleep and pain relief, especially when used in medibles and tinctures. The most interesting aspect to me as a breeder is when we use plants that display these terpene profiles in breeding, the hybrids that are dominant in the parents' smell also carry the same type of high or effect. We can even combine the effects of two different strains, creating not only a different terpene profile but a completely new type of effect.

When I met MzJill, she had a cutting called Melvin that we renamed together as Orange Velvet. I am sure it's a close relative of the Cali Orange, based on growth patterns, taste, and high type. The high is really upbeat and works well as



## Certain smells in cannabis can be a great indicator to the type of high.

an antidepressant, but it lacks real lasting potency. The Space Queen that we found in the old BCGA seeds from Vic High gave us a super-potent cherry-tasting strain with a high resin production. I was using it to create Jack the Ripper, and MzJill suggested we combine the orange and cherry at the same time to create Jillybean. While taking on her mother's mood, elevating high type combined with the Space Queen, the antidepressant cannabis now came with blistering potency and a long-lasting effect. The orange-candy-mango tasting hash is no joke either, but that's another article.:)

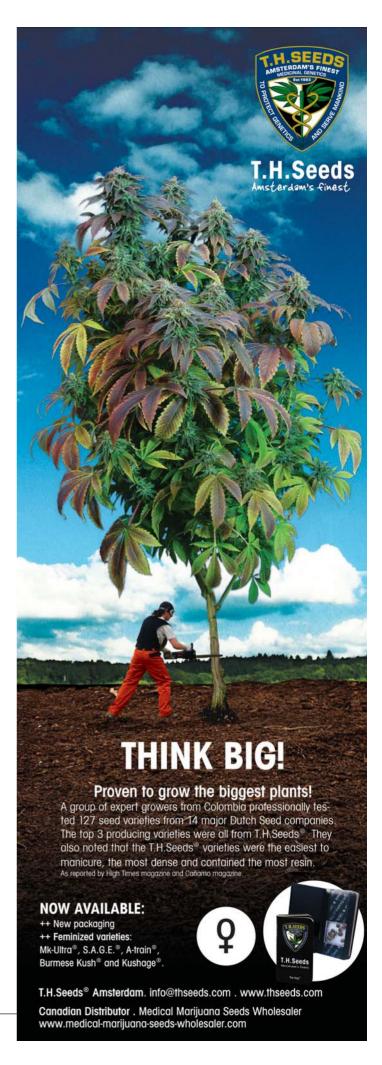
There are certainly terpene profiles that do not carry a fruity flavor. Bubba Kush has a very distinct smell and taste that I associate with Kush hybrids, one that I don't particularly enjoy the flavor of. However, I know that when I smell those specific terpenes in a strain, it will have a heavy sedation effect. Extracts like hash or BHO extract made from these strains are almost opiate-like in the ability to provide pain relief and help with insomnia. Tracking these terpene profiles can tell a grower or breeder a great deal about the way a strain or hybrid will interact with medical marijuana users.

Some of the most interesting data came from one of our new creations, Cheese Quake, an Exodus Cheese and Purple Urkle hybrid. We fell in love with this strain as soon as it was cured. The flavor is of a cheese Danish covered with grapes; the smoke is very smooth, and a seasoned smoker will enjoy several bowls just based on flavor alone. The high is upbeat and happy, with some added pain relief and also a calming effect from the Urkle. I'd rate the high profile as high as a 9. When we had many of the TGA strains tested at Steep Hill Lab in Oakland, California, many of the hybrids tested in the 18% range, with one strain, Chernobyl, coming in at a staggering 22% THC. Cheese Quake tested at a very low number compared to our other strains, coming in at 9.5% THC. I knew at that point that this new procedure of testing medicinal cannabis would only tell us so much. It can only indicate raw potency and not the terpene profile. I need to add that we also test for CBN and CBD, but again, the numbers can be really close between two strains and have a completely different effect.

I would also like to talk about hops just a moment, as it's in the same botanical family, Cannabaceae, which also produces terpenes. These resins are used for manipulating the flavor of beer, so for you home brewers out there, the next time you make a batch of your favorite ale, consider adding a few nice Skunk or Jillybean buds to the mix.

I will continue to explore terpene profiles in cannabis, and I hope other growers and breeders will use this knowledge and do their own research so that we can continue to learn about the secrets locked inside this wonderful plant cannabis.

You can read my detailed notes on over 40 strains in my new book Dank 2.0, released on 3/17/11



### Air Pruning with

# Superoot Air-Pots



#### The real benefits of using Superoots Air-Pots are that they:

- 1. Eliminate root circling.
- 2. Reduce growing time in the nursery.
- 3. Simplify production.
- 4. Double at least the shelf life of stock.
- 5. Reduce losses dramatically.
- 6. Ensure superior performance in extremes of weather.
- 7. Are made of recycled HDPE.

#### **Air Pruning**

Air pruning is a much misused term and refers basically to any method of propagating a plant where you kill the root tips using dry air. Now why would you want to kill your root tips, I hear you say? Because when the roots go out of the holes in the Air-Pots, they are dried off and killed, or "air-pruned," which releases their dominance. This release of dominance creates more secondary roots, and we all know that a healthy root zone produces healthy, productive plants.

#### **Air-Pots**

Air-Pots get the best out of all plants because they develop a remarkable root system, and vigorous roots support healthy and prolific plants.

Like many clever tools, the concept behind Air-Pots is actually very simple: the Air-Pot "air-prunes" roots, and this constant pruning prevents any root circling and promotes the growth of more and more feeder roots. It is these fine, fibrous roots that use all the available water and food very efficiently to help develop great top growth and excellent fruit/bud. But good roots can only develop in healthy soil/compost — soil that is alive. Air-Pots also allow more air and better drainage than in any other container, another vital element that makes Air-Pot-grown plants much healthier and happier.

The Superoots Air-Pot is a recyclable, reusable plastic container that actively enhances the quality of the root systems of plants. This revolutionary approach to containerizing tree stock produces fabulous, non-spiraling root systems that are impossible to develop in any other available container.

Made of recycled HDPE, the Superoots Air-Pot is circular in shape, with a perforated sidewall, which is textured like an egg carton. There are no flat surfaces to deflect roots and

start the spiraling process.

The inward-pointing cones direct the root toward the holes in the outward-pointing cones, where the air density in the soil is too great and therefore the apical cells at the very tip of the root dehydrate, or are air-pruned.

The response of the plant to this air pruning is to send out more roots to compensate for the loss, which leads to the build-up of a dense and fibrous radial root system in a dramatically short time.

Superoots Air-Pots can be made to any diameter in a variety of heights and can be used as pots complete with base or without a base.

#### **How Do Air-Pots Work?**

Superoots Air-Pots have unusual cuspated walls made up of closed, inward-pointing cones and open-ended, outward-pointing cones. There are no flat surfaces on the inside of the container to deflect roots and start the spiraling process.

The inward-pointing cones direct the roots farther outward to the open-ended cones where, because the air density in the soil is too great, the roots dehydrate and are effectively pruned.

The plant responds to this air pruning by sending out more roots to compensate for the loss, which leads to a dense root system with a vast number of active, white-tipped roots.

The porosity of the Air-Pot also creates better conditions for bacterial activity and thus increases the amount of nutrients available to the plant. With so much root right back to the stem, the root system is very efficient in its use of all the available water and nutrients. Plant vigor and health are therefore guaranteed.

#### Air Pruning with Superoot Air-pots



#### **Benefits of Using Air-Pots**

- 1 Eliminate root circling.
  - The three-dimensional cone shape of the Air-Pot wall and continuous air pruning eliminate root circling.
- Reduce growing time in the nursery.
- 3 The rapid build-up of new white roots fills the root ball, resulting in plants being available for harvest much more quickly.
- Double at least the shelf life of stock.
  This is proving a crucial benefit not only to nurseries, but also to garden centers, where stock sometimes is held for a full extra season, and also to landscape customers whose planting schedule is often delayed. As long as the water and nutrient requirement are taken into account, the root structure in the Air-Pot just keeps getting better.
- 5 Ensure superior performance in extremes of weather.

With continuous air pruning, new root is always being generated, particularly from the base of the stem. Not only is the system therefore more efficient in its use of all the available water and nutrients, it is significantly less vulnerable to extremes of cold and heat, which so badly affect the mass of root at the outer edge of a traditional container.

- 6 Reduce losses dramatically.
  Immediate re-establishment after transplant means that losses are greatly reduced and makes the guarantee of nursery stock a realistic possibility and a positive selling point.
- **Simplify production.**Small stock can be pla

Small stock can be planted direct into 30/50/80 liter containers, making several pottings unnecessary. In the US, stock is grown for four years in the same container. In Australia, production time for some species is reduced by nearly half. In the UK, current trials also indicate a significant reduction.





#### **Using the Air-Pots**

Superoots Air-Pots can come as pots complete with base, or be used without a base. When used without a base, rootpruning fabric should be used, ideally, but alternatives are concrete, plastic, or a chemically treated ground cover fabric.

The Air-Pot containers must be assembled so that the cones with holes are pointing outward. Thus, the closed inward-pointing cones direct the roots out to the open-ended cones, where they are pruned by the air at the outer edge.

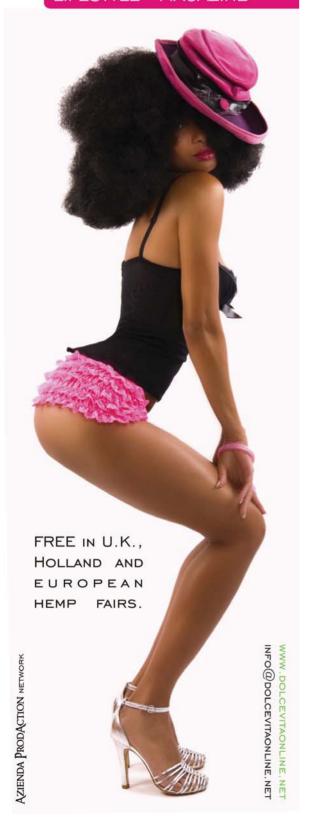
The containers can be made to any diameter in a variety of heights, which makes it easy for the grower to produce a rootball of varied dimensions to suit the tree or the client.

With the great majority of roots growing laterally and being pruned, rooting down is never a problem. The root systems of plants grown in the Superoots Air-Pot normally lock up the potting mix in about two months to allow the lifting of the plant without the loss of the mix out of the bottom.

Air-Pots come in various sizes, ranging from 1 liter (0.27 gallon) to 1,800 liters (479 gallons). The Air-Pots come flat packed for easy storage, are very simple to assemble, and make repotting so much easier.

# Dolce Vita

THE NEW ALTERNATIVE LIFESTYLE MAGAZINE



Introducing Spanish Seed Company

# Kannabia (

he story of Kannabia starts in the late 90s. In the beginning, Kannabia had a very complete catalog of different regular strains from a lot of different places in the world. It was one of the first seed banks in Spain that includes feminized varieties. The bank was really well known in Spain, but it didn't have any success in other countries.

But in the year 2008, Kannabia started a new project, with new owners and breeders taking away all the regular seeds from our catalog and working only with feminized seeds. We have remixed the old Kannabia genetics to make them easier to grow indoors. We are doing hundreds of tests everyday to be innovating continuously, to keep the quality level of the seeds as high as we can, and to make our varieties even better. We have made a very complete and indicapredominant catalog. Our plants are fast, very productive, and contain very high THC levels. We have a team with many professional growers with many years of experience taking care of the project and working for the correct development of our genetics. We have an exhaustive breeding program, which includes more than 40 stabilized genetics, and we are studying new crosses and selecting new genetics to make new strains. Today, Kannabia is better known outside Spain. Varieties like Mataró Blue, BCN Diesel, Kannabia Special, or White Domina are really well known by growers all over the world.

At Kannabia Seeds Company, we are quite clear that our efforts are oriented toward growers. Taking their concerns and suggestions into account, we have decided to launch several new proposals to continue to make the growing and optimal development of our varieties even easier.

With this aim, we have 16 standard feminized varieties and 12 auto-flowering feminized varieties. We have also extended our range of mix packs from three to eight new ways for you to enjoy several of our genetic developments at the same time. Our seeds are the result of an intensive selection of varieties involving countless hours of work in order to stabilize the genetics and try to adapt them to growers' needs. On our Web site www.kannabia.es you will find the best way to optimize the growing of our varieties.

Kannabia keeps growing — and so does out catalog. We are pleased to present a new variety for 2011: Queso (Cheese x Mazar). This completes a selection of varieties recommended for growing indoors and outdoors.

We really want to invite you to enjoy our passion for plants. We firmly believe that plants can change the world and people's lives in a better way. We want everyone to plant, even for one time. Just to try.



#### **BCN DIESEL**

This is our cross between an NY Diesel XXX from the United States that was passed on to us by a good grower from Barcelona (hence its name, in homage to the strain's city of birth) and a very indica-rich Afghan plant from Dutch growers. The resulting cross flowers early and is quite a lot more productive than the original Diesel. To keep the cross stable, we crossed the variety again with our Black Domina. After a long selection process of the resulting varieties, we opted for the one with the most noticeable Diesel characteristics that met our parameters for yield and speed of growth. The resulting hybrid combines all the vigorous growth and yield of an indica with the structure, smell, and flavor of the original Diesel.

When growing your first BCN crop, you should bear in mind that it can reach a considerable size in next to no time, and growing, you should also remember that the vigor of the hybrid means that the plant will grow quite a few centimeters more once it has started flowering. We recommend about 15 to 20 days' growth (from seed) before switching to flowering.\*

\*All growing times should be adapted to the size of the plant pot and the available growing area.

When flowering, the plant demands large amounts of fertilizer, although the lemon-green color of the leaves may mislead you into thinking that it needs more. This is not usually the case. Try to keep the EC levels during flowering between 1.8 and 2.2 so as not to overfertilize the plant and saturate the roots.

From the beginning, the plant gives off a penetrating odor, which becomes a stench throughout the flowering cycle.

The best results with this variety are obtained outdoors using a chemical (mineral compound) fertilizer. That way you will bring out all the Diesel flavor while making the most of all of the indica component's yield potential. Indoors, the plant is notable for being well suited genetically for SOG growing.

BCN Diesel will be ready in eight weeks, although certain seeds may need another week to reinforce the flavor and ripen properly. We therefore recommend using carbohydrates from the second week of flowering onward.

The effects of this plant are quite psychedelic but very smooth, lively, and energetic. Ideal for creative types.

Your harvest will consist of buds heavily laden with trichomes that will give you an insatiable appetite. After a short burst of activity, a sense of relaxation will wash over your whole body. Owing to its high THC levels, it is recommended for medicinal use.



#### WHITE DOMINA

One of the jewels in the crown, a much-improved variety with the features of the indica plants it originated from.

This is without a doubt the most indica of all our crosses — a prodigy of nature whose genetics have been improved generation after generation. As it is a plant that is nearly 100% indica, it will need 20 days' vegetative growth to reach the ideal height and form stems that, while not very long, have only a short gap between the nodes. Combine this with an excellent calyx-leaf ratio and you have a plant that forms a dense, compact central bud bursting with flowers. The plant's vigorous growth is evident from the first shoots. A large central bud with the other "arms" up high, from which several rock-hard buds will sprout. Outdoors, the plant never exceeds 2 m tall, and indoors, once it reaches 35-40 cm, you can move on to flowering for optimal results. Ideal for "sea of green" and SCROG.

It withstands both an excess and a lack of fertilizer (recovering within a few days, with the typical strength of indica varieties) as well as periods of drought.

For optimal ripening, make sure that you use only P-K components and carbohydrates in the final weeks of flowering. Ideal for hydroponic systems, thanks to the stability of its

structure and its flowering times.

Keep the pH between 5.8 and 6.2, and increase the EC from 1.2 in the first few weeks up to 2.2 in the final weeks. The flowering cycle when grown indoors is 50 to 55 days, while outdoors, the plants will be ready to be harvested by mid-September.

Its resin production is spectacular, and the THC levels that you can obtain will turn you into a fan of this variety. The smell is reminiscent of linseed air freshener mixed with tangy fruits during flowering. When smoked, the favor is of lime and lemon, with a hint of piquancy, leaving your mouth dry after a couple of tokes. The high is mild but constant, with a very gradual, pleasant come-down.

One effect of smoking is the incredible appetite it gives you. It will take you little more than seven weeks to get the best results from this variety, with a medium-to-high yield reaching 500 g/m2 and 400 grams per plant outdoors.

Thanks to its genetics that have been specially adapted to Mediterranean climates, you can expect to harvest between early and mid-September, avoiding mold or any other issues later on.

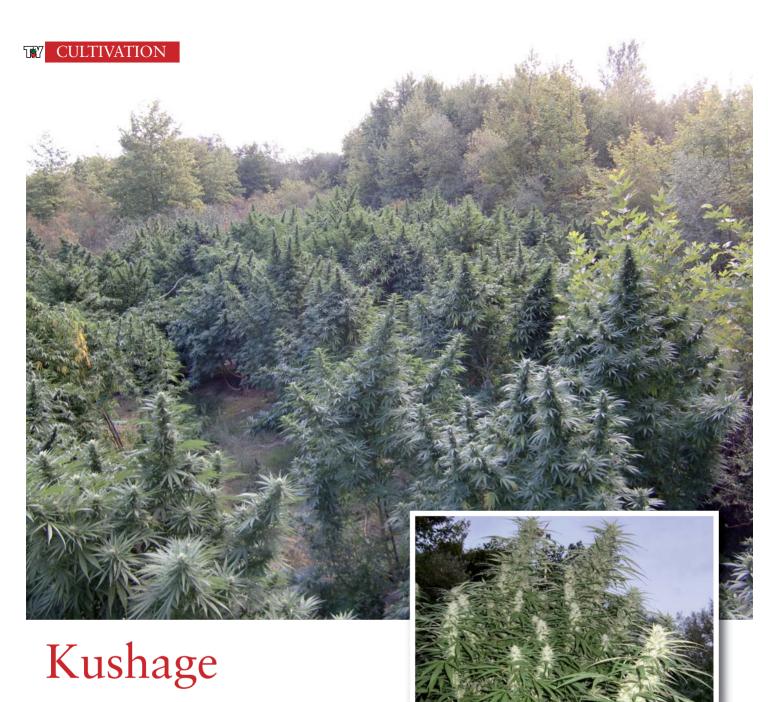


# FinestMedicinalSeeds



#### Disclaime

The possession and transport of viable cannabis seeds is illegal in many countries, particularly in the USA. We do not promote the germination and growth of these seeds where prohibited by law. Our strains are intended for medicinal and research purposes only.



The above photos you're witnessing are Kushage plants grown unrestricted in southern Europe.

The Kushage is a combination of two of the best medical strains: the OG Kush from LA and the SAGE from Big Sur/Santa Cruz.

OG Kush is one of the strongest indica strains, which is good for serious medical conditions. But it can tend to make you a bit of a couch potato as well. This is balanced out with the mostly sativa S.A.G.E. The S.A.G.E. plant consistently tests with an average THC level of 21%+, but gives a very clean and functional high. The combination of these two Cali medical strains has brought us into the Kushage.







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by Franco

he Strain Hunters are back! In 2008, we explored the jungles of Malawi to retrieve the genetics of the original Malawi Gold; in 2009, we climbed the steep valleys of Himachal Pradesh, India, to document the production of the finest black hashish in the world. And in 2010, we decided to continue on our quest to find the best hashish and the landraces it comes from, this time in Morocco.

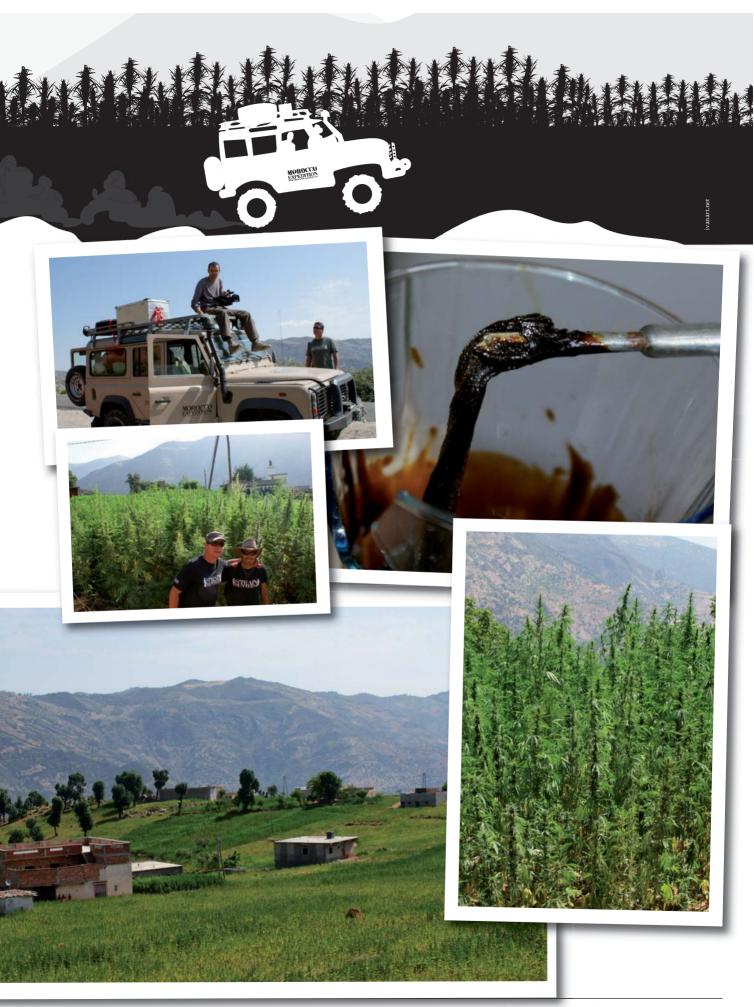
The large majority of the hashish produced worldwide (up to 70% of the total annual world production) comes from a relatively small mountain region in the north of Morocco, called Rif. In Dutch coffee shops, the sale of Moroccan hashish has been one of the backbones of the industry since the 1970s. And from London to Rome to Madrid to Cape Town, Moroccan hashish is consumed daily by huge numbers of people. Moroccan hashish was first produced after Asian and Arab merchants introduced the cannabis plant to the region, between 1,000 and 1,200 years ago. But it wasn't until recently (1960s) that hashish production reached export levels, becoming the number-one commercial output in the region of the Rif, and representing a significant proportion of Morocco's GDP (unofficial sources estimate it at roughly 30%).

There are social and historical reasons for this: the Berbers, inhabitants of the Rif, always maintained their independence from the Arab dynasties ruling the country. But they were crucial in fighting European colonial powers for the formation of modern Morocco. In exchange for the help offered fighting French and Spanish troops, King Muhammad V granted the Berbers freedom to administer their land. This freedom allowed them to rapidly convert the local agricultural production (olives, figs) into cannabis production, and to produce hashish. To this day, the document granting the Berbers freedom over the Rif region is exposed in the National Museum in Marrakesh.

Since the independence of Morocco from colonial powers in the 1950s, hashish has become a very sought-after commodity, especially in Europe. This demand spruced a rapid process of organization and restructuring of local society in function of hashish production on a large, almost industrial scale.

Considering this background, we devoted ourselves to collect information and connect with local contacts in the spring of 2010. Strain Hunters Morocco wasn't just an idea. It now was an ongoing project and the continuation of a great adventure.

By March, I managed to reconnect with an old friend, a European working in the Rif for more than 10 years, actively involved in the production of hashish. He invited me to have a look around the farms where he was working, and I did not hesitate: in the following three months, I visited him several times, alone or with Arjan, and soon after the first trip, we both agreed this would be a great chance to document the production of Moroccan hashish and to retrieve original Moroccan genetics as well. By June, we had prepared the logistics necessary to support two filming trips, to be realized in





July and then in September. We decided to double up on the filming trips because of the sheer amount of material to be covered, and because in Morocco the cannabis harvest spans an unusually large number of months, from June all the way

to October. This is due to the different cannabis genetics that are cultivated in the Rif: some valleys produce original Moroccan landraces, which are semi-auto-flowering and are harvested in June-July; other valleys produce genetics imported from Pakistan or Afghanistan in the 1990s that are harvested later, in September or October (these strains produce larger harvests, more resin, and ultimately a higher quality and quantity of hashish).

During both filming trips, we visited two very different valleys to be able to document different landscapes, genetics, and philosophies of production. First, we approached the more organized, industrial-like farmers, growing Pakistani and Afghan genetics mixed with local landraces. Then we moved on to a more remote area, where farmers are still producing local landraces.

During the first filming trip, in July, we had the chance to see the Pakistani and Afghan genetics in full growth, while the Moroccan landrace was already being harvested. When we came back in September, we witnessed the finishing of flowering of the imported genetics, as well as the manufacturing process of hashish production.

In Morocco, plants are harvested, then stored to dry, slowly, for up to one month. Once dry, the plants are

beaten on top of a set of fine screens, using sticks, so that the resin glands detach and form a brown-yellowish powder. This is called "pollen," and once pressed into bricks, it becomes hashish, ready for transport and export.

Moroccan hashish available around the world is of many qualities, all different mixtures of local landrace and imported genetics. When it is made from local landraces, the hashish is light brown or yellow in color, with a dry, sandy texture; the flavor tends to be sweet and flowery, very smooth; the effect is usually mild and body-like. When hashish is made from Pakistani or Afghan genetics, it gains a dark brown color, with red hues. The aroma and flavor are intense, sweet, pungent; and the effect is usually strong, long-lasting, and very stoned. Quality also determines market price, and during the last years there has been a steady increase in the market price for stronger, more aromatic hashish. Market factors like this are pushing Moroccan farmers to cultivate imported genetics, rather than the local ones.

During our travels in Morocco, and particularly in the Rif region, we witnessed how the farming cycle linked to

#### Strain Hunters Morocco Expedition



hashish production is to integrate part of the rural lifestyle of the Berbers, and how it dictates the rhythm of life and the rhythm of work. In the Rif, children are sent to school with money from the hashish trade, and most of the population directly or indirectly benefits from it. In Morocco, hashish is not a drug in the hands of criminal cartels or organized crime; it is an agricultural product that drives the local economy at all levels. Maybe this is the reason why the Moroccan government struggles between the demands of the international community (to stop the hashish production and eradicate plantations) and the demands of its own people (whose lives depend most-

> ly on the hashish trade). It is a very delicate political and social situation, and there is no easy solution in sight. The most likely outcome is that eradication programs, already in place and sponsored by international money, will continue. At the same time, it is clear that the Moroccan government has no real intention to stop the flow of hashish toward Europe and the rest of the world.

> After completing our documentary, we realized once more that cannabis is a crop that helps the poorest people of the planet in their quest to survive and to improve their quality of life.

> We would like to thank our guides, and all the people of the Rif, for the help they gave realizing Strain Hunters Morocco. Without them, it would have never happened.

> Check out www.strainhunters.com for updates on the release date! 🍨



## Seedmania

#### **MASSIVE REDUCTION ON ALL SEEDS!**

#### R = Regular SeedsF = Feminised Seeds

BARNEY'S FARM 10 Seeds (Reg.&Fem.)
Amnesia Lemon E52.50/S105R £59/S120F
Blue cheese £38/S75R £105R £59/S120F
Blue cheese £38/S75R £40/S90F
Crimea Blue £40/S80R £40/S90F
G13 Haze £51/S102R £78/S155F
Honey B £41/S82R £46/S92F
Laughing Buddha £46/S92R £72/S145F
LS, D £46/S92R £59/S120F
Morning Glory £37/S76R £60/S120F
Night Shade £37/S76R £59/S120F
Phatt Fruity £35/S70R £42.50/\$45F

Red Cherry Berry £33/571R £44.50/\$94F Red Diesel £42/889R £62/\$129F Red Dragon £54/\$115R £67/\$140F Sweet Tooth £41/\$87R £66.50/\$139F Top Dawg £38/\$87R £51/\$108F Utopia £54/\$115R £67/\$138F Violator Kush £46/\$95R £72/\$145F

#### BIG BUDDHA 10 Seeds (Fem.)

Blue Cheese £45/\$90F Cheese £45/\$90F G-Bomb £45/\$90F Buddha Haze £45/\$90F

8 Ball Kush £37/\$75R

#### DANK DAIRY 10 Seeds (Reg.) Jack's Surprise £45/\$90R

Jack's Surprise £45/\$90R Lemon Venom £54/\$108R Pablo Cheese £40/\$80R

#### DINAFEM 10 Seeds (Fem.)

Blue Hash £77/\$155F Blue Widow £69/\$140F Cali Hash Plant £80/\$162F Critical+ £79/\$160F Moby Dick £96/\$193F Moby Hash £87/\$170F Powerkush £61/\$120F Royal Haze £103/\$206F Santa Sativa £99/\$200F Shark Attack £83.50/\$168F Super Silver £92/\$185F White Widow £87.50/\$174F

#### DUTCH PASSION 10 Seeds (Fem.)

Blue berry £106.50/\$210F Blue Moonshine £97.50/\$195F Brainstorm £44.50/\$91F California Orange £71/\$145F Dolce Vita £80/\$161F Durban Poison £66.50/\$130F Flo £106.50/\$215F Frisian Dew £66.50/\$125F Green Spirit £71/\$142F Hollands Hope £57.70/\$115F Isis £97.50/\$197F Jorge's Diamonds £80/\$161F Khola £62/\$125F Masterkush £71/\$142F Mazar £84 25/\$169F Oasis £75.50/\$1531 Orange Bud £62/\$129F Passion #1 £57.70/\$115F Power Plant £75.50/\$153F Purple #1 £57.70/\$1156 Sacra Frasca £71/\$142F Shaman £48.80/\$98F Skunk #11 £44.30/\$91F Skunk Passion £62/\$125F Skywalker £111/\$223F Strawberry Cough £84,25/\$169F Super Haze £71/\$142F Trance £57,70/\$115F wilight £53.20/\$116F Ultra Skunk £75.50/\$151F Voodoo £53.20/\$116F White Widow £97.50/\$196F

#### DNA GENETICS 13 Seeds (Reg.)

Annunaki £60/\$120R C13 Haze £50/\$100R Cannalope Haze £66/\$132R Cannadential £60/\$120R Connie Chung £66/\$132R L.A. Confidential £75/\$150R Lemon Skunk £60/\$120R Pure Afghan £27/\$54R Sour Cream £60/\$120R Super Cannalope £50/\$100R Sweet Haze £30/\$60R

#### FLYING DUTCHMAN 10 Seeds (Reg.&Fem.)

Afghanica £31/\$67R Amsterdam Mist £75/\$152F Arctic Sun £40/\$80R Aurora B £28/\$56R Blueberry Skunk £79/\$172F Dame Blanche £79/\$172F Dutch Delight £61/\$133F Royal Orange £31/\$67R Early Durban £23/\$50R Edelweiss £70/\$151F Feminised Mix £49/\$108F Flying Dragon £61/\$132F a Con Dios £31/\$67R G Force £57/\$123F Hayleys Comet £36/\$79R Haze Mist £45/\$98R Kerala Krush £27/\$60R Mixed Sativa Diva's £36/\$79R Nepal Kush £97/\$205F Original Haze £58/\$129R Pineapple Punch £40/\$87R Pot of Gold £40/\$87R Skunk £79/\$172F Real McCov £40/\$87R Skunk #1 £52/\$112F Skunk Classic £70/\$151F Swazi Safari £40/\$87R Temple Haze £88/\$191F Thai Tanic £27/\$60R The Pure £15/\$35R Titan's Haze £45/\$98R Voyager £61/\$133F White Widow £88/\$193F

#### GREENHOUSE 10 Seeds (Fem.) Alaskan Ice £43/\$86F

AMS £29/\$60F Arian's Haze #1 £57/\$120F Arjan's Haze #2 £57/\$120F Arjan's Haze #3 £52/\$110F Arjan's Strawberry Haze £61/\$122F Arjan's Ultra Haze #1 £61/\$122F Arian's Liltra Haze #2 £61/\$122F Big Bang £24/\$48F Bubba Kush £47/£94F Cheese £38/£79F Chemdog £43/\$86F The church £29/\$59F El Ninio £52/\$109F Great White Shark £52/\$109F Hawaiian Snow £71/\$143F Himalaya Gold £43/\$88F Jack Herer £43/\$88F K-Train £47/\$98F Kaia Kush £47/\$98F King's Kush £43/\$86F Lemon Skunk £33/\$66F Neville's haze £71/\$144F NL5 Haze Mist £43/\$868 Super Silver Haze £66/\$132F Train Wreck £43/\$86F White Widow £57/\$115F White Rhino £57/\$115F

#### HOMEGROWN FANTASEEDS 10 Seeds (Reg.)

Afghani £26/\$52R Armageddon £53/\$106R Australian Blue £53/\$106R Amazing Haze £53/\$106R Big Bud £31/\$62R Blue Haze £53/\$106R Blue pearl £53/\$106R California Orange £26/\$52R Carmella £31/\$62R Cheese £53/\$106R Citral £26/\$52R Early Girl £22/\$44R Eclipse £49/\$100R First Lady £53/\$106R Flashback £31/\$62R Fourway £26/\$52R Genie Of The Lamp £45/\$90R Haze £40/\$80R Indoor Mix £18/\$36R Jah Herer £53/\$106R

Kamamist £49/\$99R
K2 £26/\$52R
Mango £26/\$52R
Millennium £40/\$80R
Northern Light £35/\$70R
Original Misty £49/\$100R
Outdoor Mix £13/\$25R
Purple £22/\$44R
Shiva £26/\$52R
Shiva £49/\$100R
Skunt #1 £22/\$44R
Super Crystal £53/\$106R
Top 44 £31/\$62R

#### KIWI SEEDS 15 Seeds (Reg.)

2 Pounder £51/\$102R Algeria £66/\$134R Daddy's Girl £47/\$95R Hindu Kush £32/\$64R Indoor Mix £37/\$75R Kiwiskunk £23/\$50R Mako Haze £94/\$190R Milky Way £51/\$102R Mt Cook £47/\$95R Outdoor Mix £37/\$61R South Star £56/\$113R Tasman Haze £66/\$134R White Island £51/\$103R

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

Biddy Early £30/\$68R/F Biddy Sister £30/\$68R Double Dutch £55/\$120F Exile £55/\$120R/F Motivation £55/\$120R/F Warlock £45/\$102R/F

#### PYRAMID SEEDS 12 Seeds (Fem.) Now available as single seeds just divide the price by 12.

White Widow £100/\$200F New York City £110/\$220F Northern Lights £100/\$200F Shark £95/\$190F Pipi £95/\$190F Nefertiti £105/\$210F Wembley £100/\$200F Lennon £110/\$220F Galaxy £65/\$130F

#### RESERVA PRIVADA 6 Seeds (Fem.)

R.K.S £35/\$79F Silver Bubble £35/\$79F Snowcap Romulan £50/\$110F Tora Bora £50/\$110F

#### SEEDSMAN 10 Seeds (Reg&Fem.) Afghani #1 £20/\$45R

African Buzz £20/\$45R Ata Tundra £20/\$45R Columbian Red Haze £20/\$45R Early Durban £20/\$45R Haze Mix £13/\$30R Hash Passion £20/\$45R Hindu Kush Skunk £20/\$45R Hawaiian Skunk £20/\$45R Indian Haze £13/\$30R Indian Skunk £20/\$45R Jungle Wreck £20/\$45R Narkush £20/\$45R Mana Mia £35/\$80 Mama Thai £20/\$45R Mazari £35/\$80F Nemesis £35/\$80F Northern Lights £20/\$45R Northern Soul £35/\$80F Outdoor Mix £13/\$30R Original Haze £13/\$30R Original Skunk #1 £35/\$80F Power Africa £35/\$80F Purple Bud £20/\$45R Skunk Haze £13/\$30R Skunk Mix £13/\$30R Swazi Skunk £20/\$45R Skunk #1 £20/\$45R Sugar Haze £20/\$45R Velvet Bud £35/\$80F White Widow £20/\$45R £35/\$80F Top Skunk 44 £20/\$45R

#### SENSI SEEDBANK 10 Seeds (Reg&Fem.) Afghani #1 £45/\$98R

American Dream £61/\$129R Big Bud £78/\$176R £88/189F Black Domina £85/\$184R California Indica £39/\$88R Durban £49/\$109R Early Girl £49/\$109R Early Pearl £49/\$109R Early Skunk £29/\$65R Ed Rosenthal Superbud £125/\$270R First Lady £45/\$98R Four Way £46/\$100R Fruity Juice £88/\$189R Guerrilla's Gusto £22/\$53R Hash plant £106/\$222R Hawaiian Indica £61/\$130R Hindu Kush £29/\$65R Indoor Mix (25 Seeds) £49/\$109R Jack Flash £88/\$189R Jack Flash #5 £97/\$204F Jack Herer £133/\$280R Jamaican Pearl £49/\$109R Maple Leaf Indica £45/\$98R Marley's Collie £106/\$222R Mexican Sativa £20/\$45R Mother's Finest £71/\$155R Mr Nice G13 x Hashplant £126/\$271R Northern Lights £97/\$204R Northern Lights #5 x Haze £121/\$259R Outdoor Mix (25 Seeds) £39/\$91R Ruderalis Indica £20/\$45R Ruderalis Skunk £40/\$92R Sensi Skunk £23/\$51R Shiva Shanti £30/\$71R Shiva Shanti II F20/\$45R Shiva Skunk £59/\$134R Silver Haze £78/\$169R £88/\$189F Silver Pearl £61/\$136R Skunk #1 £26/\$60R £35/\$76F Skunk Kush £73/\$158R Super Skunk £39/\$91R £49/\$109F Sensi Female Mix £67/\$146F

#### SERIOUS SEEDS 11 Seeds (Reg.)

AK47 £60/\$131R Bubble Gum £55/\$121R Chronic £55/\$121R Kali Mist £60/\$131R White Russian £55/\$121R

#### SEEDISM 5 Seeds (Fem.)

Nevilleberry £45/\$90F White Skunk £45/\$90F Killa Watt £45/\$90F AppleJack £45/\$90F BLZBud £45/\$90F

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#### Deep Green Fest

Richmond, California 4/23/11

By Lexx

"What a long strange trip it's been," to quote the Grateful Dead.

There has been much said about this 4/20 date, with its significance to an entire counterculture, representing the cannabis movement as a whole, with the celebrations 'round the world growing larger every year on that date.

For more years than I care to think of, the environmental movement, the peace movement, as well as the many movements organized around civil rights and justice, have shied away from associating with our cannabis movement.

This has always been a hard point for the cannabis community, as almost every activist has a fondness for cannabis for relaxing, for brainstorming, and for partying, as their conscious choice of a safe intoxicant.

This is all a bit too hypocritical for me, having called many on their lack of support, but more importantly, their ignorance of how this one issue has been the dividing force within our community for more than 40 years, since Nixon launched the War on Drugs, directly targeting our community and culture.

We cannot associate with a substance that is illegal, when literally it is that substance that has brought everyone here, awakened us all from our stupor, started us making informed decisions, with us calling on our lawmakers for change.

This one plant's use by our culture has been allowing us to see through this brainwashing that has permeated the American landscape.

What this plant's use has done is to enable us to make decisions either based upon the TV life, aka the corporate view of what our lives should be, or by breaking that brainwashing, enabling us to look back at how our ancestors had taught us to treat our land, reflecting our integrity in our stewardship of the land and resources as the precious commodities they are, by basing our actions on the principles of seven generations and how what we do today affects seven generations to come.

As a counterculture, we have the responsibility to leave this legacy, as well as leaving little to no footprint where we have been, in regard to impact on our planet.

This is the basis of this gathering, Deep Green, seeking to bring back the roots of our medical cannabis culture into the

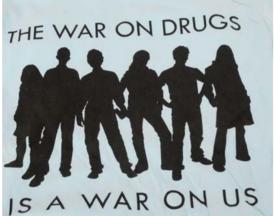
















Buddha









heart of the awakened, consciously active people's movement.

With the aggression of the far right wing, their new spew is how much energy it takes to grow our cannabis inside with lights. They have a point, and they have no place to speak from, both being valid as starting points.

In the case of our use of electricity to grow our cannabis indoors, this high-side figure that they use is actually about twice what it really takes; add savings on their basic equation, like using no pumps —they are not needed with dirt — as well as filtering, cooling the air, and much more —again not needed with dirt — with the equation costing now about a third of what they are professing with dirt-based growing.

Consider that the majority of those decrying our electricity use do not mention their own use, abuse, and inconsideration in all their actions, from their McMansions to their Hummers, yachts to trips around the world; abuse is their first name.

However, the idea of leaving a carbon footprint where there should be none, with growing in the sun, is our new starting point, like the miles per gallon figure, constantly getting higher mileage with each improvement to our transportation's fuel economy.

More efficient lighting, with movers, reflecting surfaces on the walls, gravity-designed irrigation systems, venting with passive conveyance for this heat energy — all of these tweaks combined will make our indoor scene cleaner. The time is coming soon when electric and clean vehicles will have become the norm, cannabis in all its forms will be legal, "Out of the Shadows," fueled by the sun based on the dynamics of sustainability, and the practice for all uses of energy.

Recycling to green engineering, all were birthed from inside our movement, nurtured within our culture, raised up with our values, instilled with the commitment to do what is the right thing to do, leaving the world a better place with each passing generation.

This has always been the Hippie mantra, being passed on now to the next generation, who, judging by their fire, this Deep Green Fest's influence is going to be a hard force to stop. Stealthfully sneaking in amongst the crowd was Wavy Gravy, Tony Serra, Mountain Girl, and Jerry Beisler, representing the pioneers of our culture. Add that Todd McCormick, Dr. Frank Lucido, Dr. Detroit, Swami Beyondananda, Don E. Wirtshafter, The Clean Green Team, Angel Raich, Los Marijuanos, super DJs of Hip Hop to Trip Hop, Drum and Bass, and, of course, Treating Yourself were there partying till dawn with energy efficiency showcased with every beat! Chosen because of its green profile was the Craneway Pavilion in Richmond California, home of Rosie the Riveter, now a favorite spot for North Bay events.

This is the legacy of the producer Michael Gosney of Earthdance, Dynamic presenters like Steve DeAngelo of Harborside Health Center, Ed "Ask Ed" Rosenthal, David Bronner of Dr. Bronner's Magic Soaps, Mike Whitty, University of San Francisco, Chris Conrad, Mikki Norris, West Coast Leaf, Ngaio Bealum, West Coast Cannabis, plus experts in cultivation, testing for contaminants, products for improving efficiency of energy use, proving all the work that went into the "Clean Green" medicine.

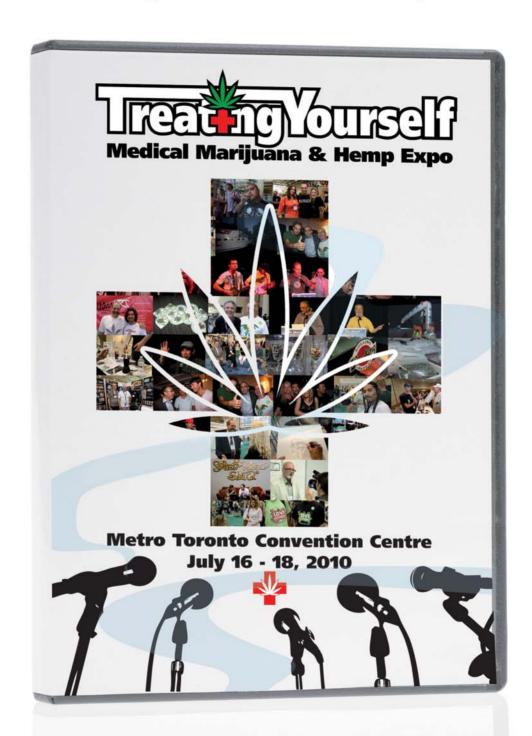
This is the destination for our entire community of forward-thinking entrepreneurs — efficiency, integration — all while building the community as a whole inclusively and not from exclusivity.

Harborside's motto and Steve DeAngelo's vision: **"Out of the Shadows and Into the Light."**The mantra of this event:



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Canadian Cannabis Learning Centre

## Open House

#### Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

he Ministry of Education's grade six curriculum here in Ontario, Canada, mentions that during the health part of the program, the teachers must talk to the children about medical marijuana, but it ends there. While there are some high schools that have extended this teaching into grade nine, it seems they don't teach them everything about cannabis but what they want them to believe.

If you were involved in one of those classes, you know that you weren't taught about the science behind cannabis, never mind learning how to grow it.

To help people with this, Michael and Dnise Azaria opened up the Canadian Cannabis Learning Centre, which is dedicated to the advancement of medical cannabis in Canada as an established Industry. Its primary goal is to partner certified CCLC patients with CCLC-certified cannabis growers.

#### Certification Programs for Growers

The certification program for growers is specifically designated to provide growers everything they need to know about producing medical cannabis. It offers classes that include a garden introductory course for certified production. This has been designed to provide students with the history of medical licensing in Canada and di erent methods of production available, including an overview of each one.

Once you have passed the beginner's course, you will have the opportunity to participate in the advanced production class. Upon completion of the advanced course, the students have four more levels of courses available to them.

The CCLC also offers patient-grower partnering, physician support, and baking, as well as different methods of medical cannabis ingestion courses. The courses available and their costs can be seen at the Web site http://www.cannabiscentre.ca.





From top to bottom

Some who attended the Open House Kelly of NORML, Stefan & Stephen of the Green Party Stefan & Robert Neron discussing the laws Hemp display

#### **Open House**

When we arrived at the open house, the first thing we did was unload and find ourselves a parking spot. While we were unloading, we noticed a police car sitting across the street from us, which made people wonder why it was there. Upon further investigation, Michael reported that the police set up across the street every Saturday as part of their traffic control program.

Upon entering the hall, we spotted several tables set up in the middle of the hall and display tables set up around the outer walls of the room. While up

front, there was a CCLC display and raffle table set up for people to come to talk to them about their courses or to enter a drawing. We picked out an area near the corner, which allowed us to angle our table and provide us with some extra room.

After getting everything set up, I was able to take a walk around the place to see what else was happening. I found out that some of the tables were set up to display a history of hemp as well as a couple of tables that contained food for those attending. Over in the far corner from us was Georgia Peschel, the Cultivating Compassion artist. Down the wall from us was Dale of Canada Number 1 Seedbank

Throughout the day, people came into the hall and mingled with others. It was a day to allow for many people to catch up with some old friends while making new ones. It was good to see Kelly Coulter from NORML Canada and Erin Mahoney. Both of these ladies spoke to the gathering about the laws or shared an experience that they had gone through while dealing with Health Canada. Even the local Green Party candidate Stephan showed up and spoke about the financial benefits for Canada if cannabis became a taxed and regulated item.

Treating Yourself editor and publisher Marco Renda and his friend Scrumptious made a stop into the center to see how things were going. While there, Marco taped an interview with Michael and visited with an old friend, Laurence Cherniak. Ben Fudge, founder of Oshawa Cannabis Day, also dropped in with a few friends, including Bongman. Ben and I talked about his coming meeting with his local city council over accessibility for medical consumers to consume their medication in public peacefully.

Midway through the day, P.A.C.E. participant Scott showed up to help out at the booth. While working the booth, the two of us agreed that it was good to see several familiar faces come to the open house. While attending shows, where people don't expect to see us, we're not surprised that they have never heard of Treating Yourself. But I was surprised when some people attending a cannabis event hadn't heard of it yet. I passed them a free copy of TY, as we did with everyone else throughout the day. They thanked us for the magazine and then they told us that they would be attending the Treating Yourself Expo in June. Along with the free magazines that we handed out, we also supplied everyone with a P.A.C.E. educational brochure as well as the Treating Yourself Expo Show guide.

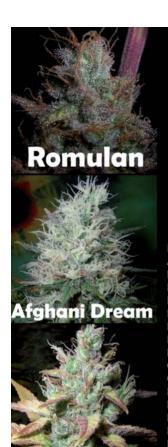
At 4:20 p.m., all activities came to a stop. This time was used to remember others as well to hold the open house raffle draw. Everyone who entered the hall had a chance to fill out a raffle form and enter into the draw drum located at the CCLC table. Prizes were donated from the CCLC, Number 1 Seedbank, Laurence Cherniak, and the Compassion Cultivator artist Georgia.

As the day slowly wound down, people packed their things away and headed out the door. From my location in the room, it appears that the Canadian Cannabis Learning Centre's open house was a success. You can find out more by going to its Web site, located at www.cannabiscentre.ca.

Until the next time, Canadian Cannabis Learning Centre is keeping People Advocating Cannabis Education.



From top to bottom Erin speaks to those in attendance Harmonica music by Lawrence **Georgia of Cultivating Compassion** Trying to ligh up Bongman



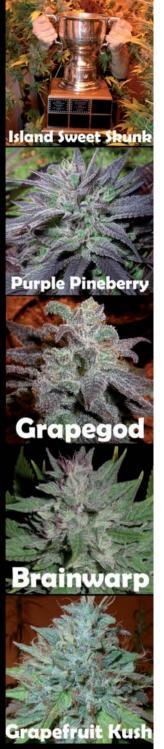
ulan Diesel

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## Keeping PA & E

#### Al Graham

P.A.C.E.

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#### **Everywhere**

hroughout my lifetime, I've heard many people talking about the February blahs. Some say it's the time that causes this, as the human body absorbs the least amount of daylight then than at any time of year. This year, P.A.C.E. people didn't suffer from any February blahs, as we were too busy to even take a break. In our last article, I touched on the start of this year as being busy; today, I still agree with that.

The events and our activities that we have been doing have grabbed media attention. Our actions over the last few months have produced several articles on cannabis and our activities in the local media. This would include everything from showing our movies to the general public or participating in local political events. In doing so, the local media are now People Advocating Cannabis Education.

#### P.A.C.E. Social@Hippy Chick's

The P.A.C.E. Social allows those who make P.A.C.E. happen a time to get together and have a good, relaxing time with like-minded people. While they are like minded, it doesn't mean you're preaching to the choir. For us, that choir can always use information about cannabis.

These socials are always centered on the Grow Op board game. This game lets you to rent a house or a commercial building to grow your medication while also trying to outdo the police car that travels around the game board. There is lots of good and bad karma in this game, as there are karma cards that give you money or cards that make you take your garden down.

After sending out the invites, the names of those wanting to play got larger and we ran into a problem. The problem was that Hippy Chick's place would only hold three tables, and we ended up with more wanting to play than there was space available. To fix this, we made our social day into a social weekend.

On Saturday, Hippy Chick had her friends Kerri, Gord, Jeff, and Gail attend their first-ever tournament. All four of them had never heard of this game until now, but that wouldn't stop them from being competitive. These four were joined by Fourtwenty Deb, Suzuki Bob, Hippy Chick, and myself, all of us Grow Op game experienced.

Normally we get things started in the morning, but Hippy Chick needed some time to do some running around, so we got things going after lunch. This would allow us to play for about three hours before wrapping things up for a potluck dinner.

The two tables had shared some good stories as the day went along. You'd hear the table opposite cheer as someone was able to sell off a garden to the moaning and despairing sounds of being busted by the police car. The experienced players always help out the inexperienced so that everyone is ensured a good game and not one of frustration because they don't know how to play the game.

The stories and the situations that happen to people change from game to game, but one thing that has stayed the same is that no experienced person has ever won the day; this has





always gone to the rookies. Of course, this day was no different, as Gord had the green thumb award given to him for being the top grower. This allowed Gord to win the coveted P.A.C.E. Salad Bowl, a small green bowl shaped like a trophy bowl.

After the game, we all enjoyed a great potluck meal, which included

some pineapple chicken, cabbage casserole, roasted chicken, salads, and many other foods. Before everyone departed, we held a raffle draw, which saw people head home with prizes donated to us by BMA Hydroponics of Belleville, Treating Yourself magazine, and P.A.C.E.

The following day brought us back to Hippy Chick's for round two. This time around, we put people at all three tables. Hippy Chick, Fourtwenty Deb, and I were the only returning competitors as another dozen people collected together to do this once again. Back in October, we had one of these social days, which Dan won. Dan liked that game so much he returned along with Wally and Sharon, Pete, Lynda, Hydro Deb, Nathan, my son Adam, and a few others.

People gathered at Hippy's place around 11 a.m., and we got going by 11:30. Instead of playing two separate games and combining the scores, we chose to do what we did the day before: play one three-plus hour game. Before we got started, we decided to make two rule changes. These two changes would allow the players to auction off the benefits of the game square that they had landed on. This created a frenzy of auctions throughout the day as players battled for the right to buy equipment or sell off their garden.

Part-way through the game, we all stopped for a potluck lunch. Like the day before, we all gathered up for a big meal before we got back to the game.

Saturday's game saw four rookies play, while on this day we only had one. With only one rookie present, would the rookie winning streak come to an end?

Throughout the day, you could once again hear those moans of agony as people got busted by the police or if they had to remove their crop to satisfy a karma card. But over on one table, there was a pile of cheering going on. We found out a week after the game why they got to cheer so often. It appears that they had mistaken our rule change. This can happen, but next time around, we'll make sure everyone follows the same rules.

When it comes to the rookie winning streak, you know the saying, "all good things must come to an end," and so did this streak. Adam broke this streak with a high score of over 600,000, leaving the only rookie present in the dust. Adam went home with his Salad Bowl trophy and cannabis-labeled seed bag for his growing efforts.

#### **Cannabis Educational Movies**

The cold winter months can make one hibernate, but P.A.C.E. works to bring these people out of the cold and into a nice warm cafe. Once we get them to this warm location, we then fire up the movie projector so that they can become better educated on cannabis.



This winter, we were able to present the movies The Union, What If Cannabis Cured Cancer, Emperor of Hemp, and Waiting to Inhale at the Grind House Cafe in Campbellford and The Studio, located in Belleville, Canada. We present these movies free of charge to the open public in order to help educate them on cannabis. We have four themes that we touch on. These would be science, patient testimonial, history, and prohibition.

Our movies are attended by young people, but they are mainly attended by those that some call "older people," which is what I assume young people call those over 40. This I discovered after reading an article that included P.A.C.E. in it. This article appeared in a local alternative magazine called The Link, where the article writer calls me an "older person," while I like to think of it as middle-aged. Our attendance numbers have been staying pretty steady, but what we like about it is that it's not the same people all the time. We usually get about 35 to 40 people per weekend, and of those, sometimes almost half are new attendees, while other weekends it will be less.

During our patient testimonial movies in March, we chose to show the movie Waiting to Inhale, about WAMM and other compassion groups fighting for the right to consume cannabis for medical purposes. Throughout the movie, you get to hear from several patients. Before each movie, people get to hear parts of my story, so with this being patient related, we wanted to get the patients involved. We did this by giving patients some time to come up to the front of the room to talk about their situation and why they use cannabis medically. >



Mike places info on the seats with Chief in the background

This experience proved to be a big eye opener for those who listened. While those in attendance may already be cannabis users, it doesn't mean that they know everything. So for them to hear the stories from these people would allow them to take this experience and share it with others. The volunteer speakers were people who suffered with chronic pain: MS, fibro, as well as hep C. One spoke about her addiction issues and how she used cannabis to get herself off of methadone. Of the five people who spoke, three were former methadone users. Two of them used it for pain relief, while the other was using it to combat a heroin addiction. The person with MS talked about waking up in the middle of the night with his legs and body in a lot of pain. He went on to say it was easier and much quicker for him to take a few inhales of cannabis to get things to settle down than to take a pill. All those in attendance are now able to talk to people about what they learned from these people, thus making them better informed. The speakers themselves also commented that it was a great experience for them as well. For them to get up and speak publicly about their conditions made them feel upbeat from the experience, and they all said that they'd do it again.

Our April movie brought a documentary on Jack Herer to the screen. Jack was a force in our movement, and with it being the anniversary of his death, P.A.C.E. chose to celebrate this man with a showing of this movie. The documentary highlighted the activities of this man and how he got started in the movement. It was a touching situation for some in the room, as one lady commented to me that it brought tears to her eyes watching it. Since Jack was into politics, and Canada was into an election, we chose to finish off the day with some political talk. Leading up to the movie day, P.A.C.E. surveyed the federal parties on their views of cannabis. We then shared with everyone in attendance the responses that we got back in order to help make them more informed voters.

#### **National Home Show**

In early March, Treating Yourself, MedCannAccess, and P.A.C.E. attended the National Home Show. The best way to describe this is to say that The National Home Show is one big mother of a show. This ten-day show would be the longest that we have ever attended. The middle of the week proved to be a bit slower than what we are used to doing, but the weekends sure produced crowds. To look after some of the education, P.A.C.E. gathered up seven people that would take turns attending the show. Our volunteers would then work the Treating Yourself booth with those who participated from MedCannAccess. All week long, we were not only able to promote TY magazine, the Treating Yourself Expo, P.A.C.E., and MedCannAccess, but we gave away thousands of TY show guides stuffed with information to those who stopped by.

#### **Bill S-10 Information Session**

As a voter, I would like to know that my politicians are not only looking after my safety but also over my wallet. The Canadian government controlled by Stephen Harper seems to like giving out policies and having them voted on without informing the opposition what it's going to cost. As of this

writing, Mr. Harper has lost the confidence of the house because he won't reveal the costs for some of his policies, such as Bill S-10. This is the government's bill to lock up people with mandatory minimum penalties for growing just six cannabis plants. As a medicinal user of cannabis, this scares the hell out of me. I know that around 1 million Canadians medicate with cannabis, while only 6,000 of us have a license to do so. This will leave the rest of the people open to prosecution and will get them time sharing a space with a person with a violent record.

To help educate the public on this bill, P.A.C.E and NORML Canada teamed up to put on a Bill S-10 information session. Kelly Coulter had contacted us to see if we could help her and NORML Executive Director Marc-Boris St-Maurice find a location in Belleville as well give a hand with putting a speaker panel together. Even though P.A.C.E. was about to attend the ten-day-long National Home Show as well as preparing for another movie, we knew we had to make time to help Kelly out.

I directed Kelly toward our movie location in downtown Belleville called The Studio, knowing that the owner, Patricia, could possibly accommodate them. After much running around, phone calls, and e-mails, everything was set to go for the first of March.

When we arrived, Boris had the projector set up and ready to go, with Kelly greeting us at the door. The chairs were set up and some people had already started to fill them. Something told me that this was going to be an interesting night.

Boris got things rolling with some footage on the economics of prohibition, with the panel getting involved afterward. This panel consisted of Gary Magwood, a local activist, Matt Gearhead, Compassion Center operator, and me. Matt brought up the effects of prohibition and how it has affected the hemp industry. He talked about the lost jobs and lost revenue for farmers and that these jobs are sent to other parts of the world. The cost of the new prison system was discussed and reviewed, and many were surprised to hear the numbers never dropped below the billions.

From there, we made our way into the medical part of the program. The panel talked about the effects that Bill S-10 would have on the million Canadians without a license and what they will be subject to. Knowing that a million people could possibly go to jail for treating their conditions was hard for many to understand. Why would the government want to mandatorily lock up sick and ill people?

Just as we were entering into the social justice aspect part of the night, three Belleville city police officers walked in. I found out afterward that the business owner was outside when the police walked up, so they were invited in. When they entered, Boris invited them to sit down and join in, but they refused. Instead, they stood over us and watched. The discussion changed some at that point, but people didn't clam up, so it was good to see that their intimidation didn't stop everyone from speaking.



Al and Matt listening to Kelly

The final segment was on how to improve things for cannabis users, whether medical or recreation oriented. One that got a lot of talk was a suggestion by Gary. His suggestion was

simple: just come out of the closet, as the gay community did. He does have a plan there.

When we departed for home, we spotted two more officers across the road. We have been informed that they were over there taking pictures of people as they were leaving the place. I have since been informed by one group of people that they were in fact followed by one officer to their vehicle.

The following day, the information session made its way into the local papers, complete with a picture of the police in attendance. The whole experience made many people question what the police were doing at an information session. Were we doing anything illegal? Is it illegal to discuss laws with people? We're not the only ones that were curious, as the Belleville Intelligencer newspaper published an article about this. It also wondered what harm was happening to society at a political information meeting and what did it cost taxpayers of Belleville to have a total of five police officers attending a public meeting discussing laws. While they were doing this, it makes one wonder what laws were broken while they tried to intimidate us.

Despite the issue with the police, more than 40 people attended the information session. Many of them went home with knowledge of Bill S-10 that they didn't have before attending. Many of them left wondering where Stephen Harper is leading Canada, and they didn't like it.

Thank you to Kelly and Boris, who drove from Montreal to attend this event, and to all who attended.

#### **Canadian Cannabis Learning Centre**

The education never stops at P.A.C.E., as it feels like we are at an event somewhere every two weeks or sooner.

This particular weekend, P.A.C.E. and Treating Yourself attended the grand opening of the Canadian Cannabis Learning Centre.

This event was held in a hall at a located on Bloor Street West in Toronto. This location provided plenty of public parking as well as the subway system and bus routes close by.

When we entered the hall, it was set up with tables along the outer walls for us to display our information and education. These tables were occupied by Dale of Canada's Number One Seedbank, Treating Yourself-P.A.C.E, Georgia of the Compassionate Cultivator cartoons, as well as a table set up with hemp products. Spread throughout the place were several tables for those attending to sit at, as well as an excellent-looking table of food placed off to the side.

Throughout the day, many people came to see what the opening was about. Some stayed and some left, depending on what they had planned for the day, but at least those who couldn't stay all day still made an attempt to come out to have a look.

Marco even made a visit to the CCLC open house, as we needed some more magazines to hand out. While he was there, he joined in with everyone else who was saying hi to people that they hadn't seen for some time.

The day was sort of like a gathering of people who hadn't seen each other for some time or had never met each other in person but only on a social network. As I sat back in the booth, people were seen hugging and shaking hands every time I looked around. Something tells me CCLC would have liked the karma that was floating around most of this day to keep flowing.

Hats off go to Michael and Denise for their great hospitality and open house. The CLCC are people advocating cannabis education.

#### Cartoon -







www.georgiatoons.com



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or several years now I have been helping Treating Yourself magazine at various shows throughout the greater Toronto area. But never before have we had to deal with a ten day show.

The National Home Show comes but once a year and this massive ten day event attracts over 700 different vendors from every kind of business. There was aisle after aisle of home furnishings to outdoor furniture to even fake grass. Want a hot tub with an actual waterfalls or one that you could practice swimming against the current in it. Take a test drive in a car or buy your favourite movie DVD's at a bargain price. You could even meet TV celebrities as they participated in many demonstrations and greeting sessions throughout the week. If you wanted a new house, this place had them as well. Every morning, without delay, these houses had line ups at them as people waited their turn to do a walkthrough.

When I was informed that Treating Yourself was participating in this show I told Marco that we would have to call in reinforcements for this one.

The emails went out seeking help and I must say that it didn't take long for the answers to come in as everyone I asked said yes. While some had to check on a few things there was no hesitation in anyone's decision. While my friend Mike couldn't make it, due to unplanned surgery, I was able to recruit several people. Knowing that MedCannAccess was also joining Treating Yourself and P.A.C.E. at the booth let us know that they would be supplying half of the volunteers.

The first three days brought P.A.C.E. participants HydroDeb and Char to the booth. Deb has done this before but Char was getting her first crack at it. I met the two of them at the booth on the opening door and the two of them were awestruck at the massive size of the show. Even though Deb and I were in the day before, setting up the booth, she was still surprised at its size once everyone was setup and ready to go.

Marco had requested a hard wall booth with a nice facia across the front. This facia came with MedCannAccess and Treating Yourself emblazed right into it. We hang up four TY Expo posters on the walls as well as hanging up the TY and MedCannAccess banners. With it being a corner booth we had two tables in front of us that allowed for our display of show guides, TY magazines, P.A.C.E. brochures and MedCannAccess information. I spent some time with the ladies as they got prepared for the weekend ahead of them. A check under the table before I left showed that they would have plenty of magazines, TY Expo Show Guides and Expo flyers to get them on their way.

Throughout the weekend the ladies and I were in constant contact. The two of them found themselves extra busy because the MedCannAccess volunteer became sick. The two ladies told me that they would be fine looking after the booth themselves but if there was a problem, help was only a call away.

When Monday arrived the trip into the city was light due to it being "Family Day", a provincial holiday in the middle of longest darkest part of the year. A quick look around the booth showed that the ladies where busy handing out the free magazines so a call was placed to the distributor to please bring us some more.

Shortly afterwards my assistant for the day, Jo Anne arrived. Before this day Jo Anne and I had never met. She had emailed Marco about helping out with Treating Yourself at some of these shows so he passed the letter onto me and I contacted Jo Anne. Before she knew it we had talked on the phone and she was willing to help out whenever I needed her. Our friend Mike from MedCannAccess arrived on time and was super eager to get at things. He informed me about how he had missed a shift over the weekend due to a severe cold and had hoped that Char and Hydro Deb did alright without the help.

During Jo Anne's time in the booth she hardly ever sat down. When she did she was busy putting brochures, show guides and MedCannAccess information together into one nice package for us to hand out. If she wasn't doing that she was talking with people or tidying up around the booth.

The next day brought our friend Jim into the booth to work with JoAnne. Jim had sent me a text message early in the







day asking about handing out the paperwork. The rules at these shows only allow you to stay in your booth to hand out stuff. But Jim wanted more as he wanted to walk around this massive show and hand out the information but unfortunately while I admire his eagerness we didn't want to break the rules.

Jim attended this day even though he had just had some resent surgery. While he reported some discomfort having to talk to people after dental surgery he wasn't about to give up the chance to help educate people at this show. Jim reported to me that the traffic was light on this day but it was mid week but with people at work it was expected.

Wednesday brought Jen to the booth. Jen has worked at a couple of TY shows to date and loves participating in them. She loves reaching out to those that are in medical need and to those who need more education in order to make a proper informed decision on medical cannabis. When she arrived she called me on the cell to send out a SOS as she was lost within the show. After some looking around I was able to locate her amongst all the displays and bring her to the booth.

Our friend Sheena also returned to help out. Sheena plugged away helping and sharing the information with many people. Having people like Sheena and Mike from MedCannAccess allows people to learn how compassion centres operate. With them there they can also let people know that they do verify with your doctor that you are an ill person and not just someone looking to get stoned. This was the first time that Jen and Sheena had meet but you'd never know it as the two of them acted and talked like old friends.

The following day Jen returned with Jo Anne. With it getting closer to the weekend Jen reported that the day was busier than Wednesday. The two of them were joined by some help from MedCannAccess as Sandra showed up to help out for the day. The three of them reported that they had a good informative day educating everyone who stopped by.

The final days of the show brought Sharon, Gayle and me

to the booth. This would be Sharon's first time appearing at these shows and with her just finishing up a public relations course at college she would be able to put some of her training to work.

Gayle has attended these shows many times over the years. She enjoys talking to the people and informing them on the wonderful benefits of cannabis. While she isn't a patient, being the spouse of one, puts her in a position of seeing and watching cannabis therapeutic benefits. This allows her to explain what she experiences which allows others, in the same position, to learn from her experience.

We weren't alone though as Sandra once again joined us with Sheena making a return on Sunday. What we found over the years is that people attitudes are changing. People are still surprised to see us but people are acknowledging that they are aware of Treating Yourself magazine. At one time I couldn't write that as there would be whole shows where no one had even heard of TY.

We had one lady who came to our booth sitting in a wheel chair. She explained her condition and that she had a large list of painkillers that she had been on. She informed us that she was tired of these pills and was wondering about cannabis. BUT there was a problem. She wanted to try cannabis but she had read and heard about the psychosis concerns about the plant. I say it is a far question due to all the publicity but this is where education comes in. This is where people, like this person, should do all the research that they can do before trying any drug not just cannabis. While there are many studies that point people in both directs there is one that really stands out for me. This would be the UK study that showed cannabis consumption went up by four hundred percent over a twenty year period. If cannabis did cause psychosis then the psychosis rates should have gone up by twenty nine percent. What they did find though is that the rates actually went down.

There was one couple that stopped by the booth that were into baking. They saw our baked cookies on our stand and asked us who baked them and if they were cannabis loaded. We informed them that they were just display cookies and that they were just regular cookies. This discussion quickly

turned into a baked conversation as our new friend and his partner were bakers in Wasaga Beach. As the conversation went along we found out that our baker friend was at one time an ambulance attendant who is now suffering from a bad back injury. The injury was so bad that he had to quit his job and start doing something else, which turned into the bakery. After talking with us for some time the two of them proceeded to check out the rest of the show but I bet the baking he does for himself has changed forever.

When things wrapped up I contacted some of the volunteers to see what they thought about the show. Hydro Deb wrote me to say that "I found the experience at the Home Show to be a very positive one. To be able to forward the progress of bringing cannabis to the mainstream as a serious alternative to pharma meds without the "stoner stigma" is truly memorable. I found that once you started to talk to people about alternative means of ingestion of cannabis as medicine, perceptions started to change. Several people stated that their support groups for Fibromyalgia and MS were recommending medical cannabis as an alternative to "traditional" medications. Thanks to you and Marco for the opportunity to participate to this very worthwhile cause."

Sharon wrote to say that "At first, I was nervous to do the

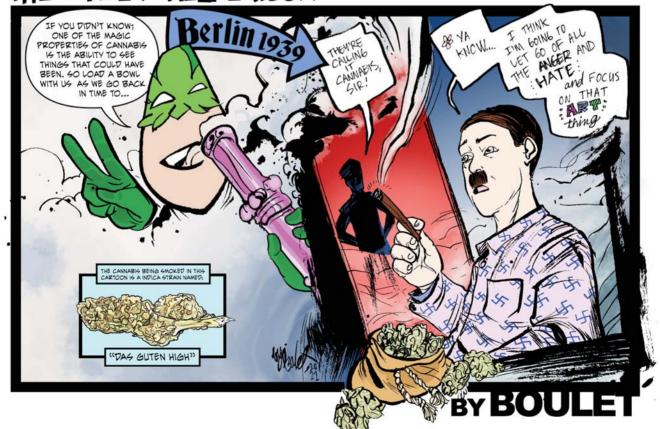
Home Show in Toronto because I knew that it would be a show with lots of people, and many who don't share my views on cannabis. I was so scared that I was going to get tarred and feathered by an angry, anti-cannabis mob. But, I went and worked at the Treating Yourself, P.A.C.E., MedCanAccess booth anyway. And it ended up being probably the best experiences of my life. I was able to meet lots of people, many of whom already used cannabis previously, but didn't understand or didn't know the medicinal benefits from it. When they heard that there was an entire Expo dedicated to alternative medicine, it made their day!

Yes, there were people who weren't pleased that there was a cannabis-related booth, but the ones who had enough patience to stop and talk, and express their opinions really made the difference for me. There were some people who were shy to approach the booth, but would quietly say "I appreciate what you're doing", those people made my time there worthwhile.

Thank you for having me behind the booth and I would do it again in a heartbeat!"

Treating Yourself is helping People Advocating Cannbis Education at the National Home Show

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#### Al Graham

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can remember a moment in time when I talked to Treating Yourself Editor and Publisher Marco Renda about the events and shows that TreatingYourself would be participating in. At that time we were participating in two events but it was really just one show location per year. I can tell you times have changed.

It now seems that every couple of weeks Marco is calling to let us know that we'll be required at yet another show. This issue alone is a good example of this as TY has participated in three public events since the last publication.

This time around TY appeared at the Total Health Show at the Metro Toronto Convention Centre in downtown Toronto. Treating Yourself wasn't alone as MedCannAccess and P.A.C.E. participants joined in to help out.

When Wally and I arrived we hauled our weekend supplies up to our booth location before setting them up. Once we had our display up Wally and I started to prepare for the show when Blaine from MedCannAccess arrived. Blaine took one look around and informed us that his table was smaller than ours and thought the set up should be changed to accommodate the smaller table. Once things were repositioned we realized that the new table didn't have a cloth covering the storage underneath it. We once again made another change to our set up as we moved the large blanket with the cannabis leaf on it from the TY table over to the MedCannAccess one.

When we do these shows it's amazing how people approach us and some of them don't even allow you to get set up before wanting to talk to you about TY. They also talk to us about their latest adventure with cannabis but you just keep plugging along while trying to get things up or out on display.

Even after being in publication for over 5 years TY is still being found by many people that have never heard of it. It just goes to show that no matter what you do to promote your business such as running ads on the radio, give away free magazines, make the front page of several local papers and hold the only cannabis Expo in the country, doesn't mean that everyone will hear about you. Attending these shows allows TY to reach out to those who may not watch much TV, read the papers or even magazines but it does reach out directly to the person in a personal way.





Our booth was located near one of the many stages that were set up around the large hall that we were in. This stage featured music as well as speakers that talked about the affects of cell phones on our health to medical mushrooms. When we spotted the mushrooms on the sign we could hardly wait to hear this seminar. While we had the stage on one side of us across from us was the MS Society of Canada booth and on the other side was a financial adviser. All of them were very nice people but people we thought we wouldn't hear from but we did.

The first day of the show was only five hours long which made for a bit of a short day but Saturdays eleven hour marathon would make up for that. When Saturday arrived Marco made his usual stop in to see how things were going. For the first time in the years Marco wanted us to make some adjustments to the booth set up. Sure it may happen here or there with an item or two but this time around he was looking for the tables to be moved as well as a relocation of the new P.A.C.E. banners. After a quick review of things we quickly reset the booth into its third configuration within twenty four hours.

Our table display consisted of TY Expo brochures, the latest issue of TY, MedCannAccess information as well as the P.A.C.E. alternative consumption display and medical information pamphlets. While the back wall was covered





with the MedCannAccess and Treating Yourself banners. One of the two P.A.C.E. stand up banners was placed in a location that would attract people from another aisle as they walked near us. This banner features a colour photo of a Humber Valley Kush blown up with all of its crystal and purple colours being shown proudly. While it wasn't a real plant it did attract people with some of them even taking photos of it. The second banner, which looks like our brochure was placed along the back wall beside the other banners.

Throughout the weekend MedCannAccess workers such as Justin and Sheena joined Blaine, Isata, Wally and I at the booth to help spread the truth of the cannabis plant. All of us but Wally and Isata were experienced at doing this. Wally never stopped talking with the people, whether they were for cannabis or against it, it didn't matter to him as he just kept going with the education that he knew. If we needed some papers folded he was there. If it was helping others along the way, he was there as well. Meanwhile Isata's first time out on Sunday she appeared a bit nervous at first but she quickly found her place in the booth as she looked after stocking the magazines and talking with the people.

As with all the other shows we do people are surprised to see us but then some have told us that they had hoped that we would be here. Does this mean that people are hearing more and more about TY at these shows? Does it mean that we are making a difference? Does it mean that the word is spreading? We would like to hope so. Even though we find people who have never heard of TY, having more people acknowledge TY's presence tells me that we are making a difference. There is no other way that you can look at it when people come to these shows hoping that we'll be present.

What we also find is that many people believe that older people do not consume cannabis. If you spent a day in the booth you would never think that again as a majority of the people who approach us are well over fifty years of age. While this is a surprise to some it's no longer one that the booth workers hold as they have seen the truth for themselves. The people that are now sixty or seventy years of age were around twenty - thirty years of age at the height of the drug movement in the late sixties early seventies. Because of this we feel older people do consume cannabis. The age of the people coming to the booth was one of the things Wally talked to me about on the way home afterwards. I told him it's something that we have seen since we started doing these shows and I explained to him why. He agreed it made since. I think he has been converted from stereo typing older people as none consumers of our medication.

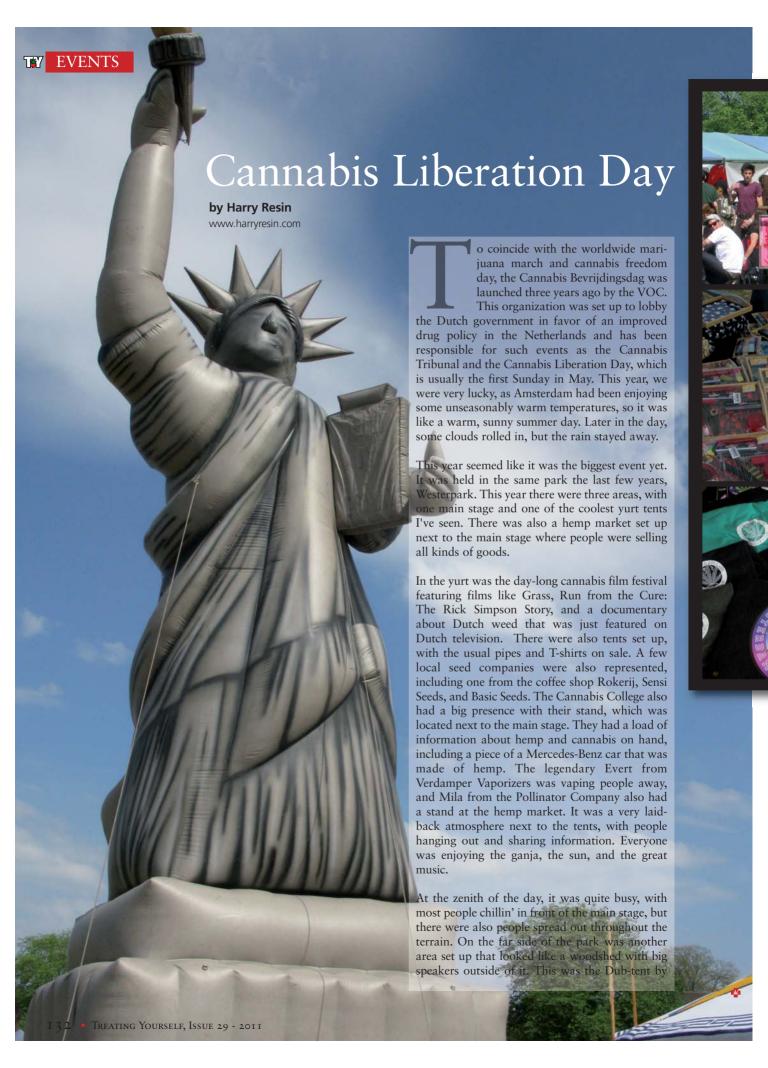
Many of these older people tell us about old times as well as the situation at home where a loved one is taking medical heroin. That's right medical heroin is something that is out there but we don't all know that. In order to keep people calm they call it something else such as oxy-cotin or percoets so that no one knows. People that are taking medical heroin always talk about the dopey, fogged feeling that they go through while taking these pills and they want that to stop. If people are getting dopy fogging feelings from pharmaceuticals then why is the euphoric feeling of consuming cannabis wrong and used as an excuse for it not to be used as a medication?

Throughout the weekend but closer to the closing, the booths around us did open up. The MS people were spotted taken some of our information from our display and one of their workers, a man in a wheel chair, did make his way over to see us. Wally spent some time with the man as they discussed everything from cannabinoid receptors to the two of them consuming cannabis in their younger days of life. Meanwhile the financial people that were beside us took home some information for a loved one whether it was a friend of family member didn't matter to us. Just the fact that they were regular people wanting to help out someone that they know is suffering, is letting us know the education is getting to the people. Someday let's hope these people speak up and say its time, it's time to do this right.

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dancing in the grass and cooking up some barbecues nearby. It was a real festival atmosphere. Next to the dub tent was the Hunter's Bar tent, which was busy throughout the day as people stopped in for drinks.

On the main stage, there were various bands like Rootical Transformation, Def P & the Howling Coyotes, and EinsteinBarbie. The music was really good, ranging from some Dutch rap and hip hop to some rock and roll. In between the music were some speakers like Jackie Woerlee, a Dutch medical advocate, Joep Oomen from Encod, an organization that fights European drug policy, and Myranda Bruin, a coffee shop owner and a member of the VOC.

It was amazing to see the diverse groups of people that were there that day. It really shows how cannabis is really a community-based plant that brings people together. I was also surprised by how many families were present. It really demonstrated how a peaceful, fun-loving group of people could come together to celebrate something that they all love. It was really a great cannabis liberation day. It makes me feel grateful for the improvements we have already made and hopeful that governmental policies will continue to change. Hope you enjoyed your local cannabis freedom day. 🍨

## TOTAL Open House!



#### Al Graham

P.A.C.E.

www.peopleadvocatingcannabiseducation.org

hen most businesses start up, they also open up an office, but Treating Yourself is not like every business. Over the last six years, TY editor and publisher Marco Renda hasn't followed the regular routines of setting up a business, as he didn't open an office to get TY off of the ground. Instead, Marco ran TY from his living room, kitchen table, or a spare room at home.

Over the years that I have known Marco, I have been able to visit him at his home and I have seen how a home can be taken over when it thinks it's become an office. A perfect example would be last year as he prepared for the TY Expo. When I was visiting him just before last year's expo, his residence resembled more of a storage area than a place to live. His living room, kitchen, spare room, and one other area was filled with box after box of items for last year's Expo. This year, that will all change.

For approximately a year now, I have heard Marco talk about setting up an office. I know he's looked at several different options, such as a storefront or getting others involved, but in the end Marco chose to set up one that didn't have a storefront and he decided to keep it simple.

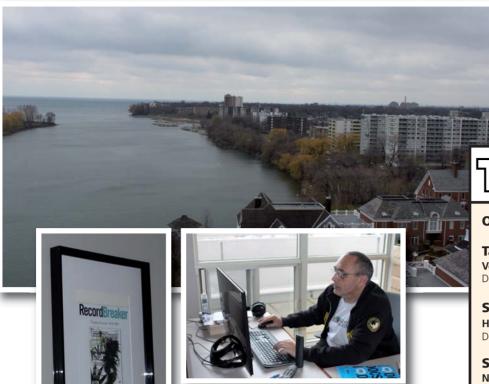
On April 20, the cannabis community's day for celebrating our herb, Marco held the grand opening of the new Treating Yourself office. While he doesn't have that storefront he once looked for, he is located near his home. He's so close that one day he joked with me that he could drive to work without going outside. When we arrived for his open house, we found out he wasn't kidding. When we entered his office, we couldn't believe the view, as it can only be described as nothing short of breathtaking. In every direction that you look, you are amazed as to what you can see. When you look out his windows, you see one of three things: the marina that sits at the base of the building, you see clear across the city skyline,

or you're looking out into the wide open skies that cover Lake Ontario.

The TY open house was more of a meet and greet session than a celebration party. People appeared throughout the day to come in and take a look around, enter into a drawing, and enjoy some lunch. There were no speakers arranged or bands that were to perform. It was more of a day to come out and see the new home of TY and gather with friends while enjoying a bite to eat.

Throughout the day, the open house attracted many people. Some of these people have been with TY since Marco first started the TY Web site. This would include people such as Lady Di, Mamahawk, Clayton, and Pothead Pete. There were also his long-time friends, such as the two Jims, Hashimotto, Naomi, and Fourtwenty Deb that attended. There were also people in attendance that are involved in the movement but are not connected to TY, such as Amy Anonymous, Gary, as well as Davin and his friends. While I walked around speaking to people, my wife, Gayle, spent some time talking with the Cultivating Compassion artist Georgia and her son Storm. Other people, such as Bongman and the owners of the Canadian Cannabis Learning Centre, Michael and Denise, also stopped in for a visit.

People enjoyed a lunch of sandwiches, wraps, fruit, and baked goods from the local bakery, while music from a small radio played steadily in the background. Due to a water problem at his office, Marco had to move the main event to a banquet hall nearby. Because of this, Marco



One of the views from the TY office TY award hanging on the wall Marco at his desk in the new office

had to set up site tours to his office. As people finished up their lunch, Marco was always standing waiting and eager to do another tour.

Everyone I talked to after their tours was really impressed with his setup. His office isn't something that is lavishly covered in fine art, but the walls do hold a few awards that TY has won over the years. He does have a couch and a large desk there for himself, while his assistant, Sandra, also has a desk to work from. Along one wall sits a TV and stereo, but there is nothing that is covered in gold plate, and no fancy expenditures are on display.

Everyone who attended the open house was given a free Treating Yourself magazine, the just-released issue 28, as well as a door-prize ballot. I heard lots of good comments on the newest issue, and many in attendance were very happy to get a copy of it.

When the day ended, those that were remaining turned their attention to the door prize draw. One by one, Marco called out the names of the prize winners. He started with the smaller prizes, such as a free one-year subscription, and made his way up to the three vaporizers that were to be given away. At this point, no winners had been present, but that was soon to come to an end. When he got to vaporizers, the place went quiet as he was about to read out the first winner. When he said the name Sarah, a small scream was heard, but when the last name was read, that small scream turned into a loud one as Sarah was present to hear her name called. She told me afterward that she was really excited to win the Vapir NO2 because it was mobile and she could take it with her wherever she went.

While the day may have come to a close shortly afterward, it was really the beginning of the next step in the continuous growth of Treating Yourself magazine.

Congratulations, Marco, on your open house!!!!!!

#### Open House DOOR PRIZE WINNERS

#### Tamara L

**Volcano Vaporizer**Donated by Treating Yourself

#### Skully

**Herbal Air**Donated by KDK Distributors

#### Sarah N.

**No 2 Vap** Donated by Vaporizer.ca

#### **Davin C**

One VIP Pass
Donated by Treating Yourself

#### **Craig T**

One VIP Pass

Donated by Treating Yourself

#### Sabrina D

**Cultivating Compassion Georgia Picture**Donated by Georgia Peschel

#### David M

**Happy Hippie Comic Book** Donated by Georgia Peschel

#### Darren M

**One-year subscription Treating Yourself journal** Donated by Treating Yourself

#### **Richard C**

**One-year subscription Treating Yourself journal** Donated by Treating Yourself

#### Chris

**One-year subscription Treating Yourself journal** Donated by Treating Yourself

#### **Red Cap Dan**

**Three-day pass Treating Yourself Expo**Donated by Treating Yourself

#### Amy B

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#### **Answer the following TY QUESTION:**

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Who is the founder of RooR and where is he from?



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#### Please mail completed entry form to:

Treating Yourself, Attn: RooR contest, 250 The East Mall, P.O. Box 36531, Etobicoke, Ontario. M9B 3Y8 Canada

#### Only 1 entry per person.

If more than 1 entry is received then you will be disqualified from the contest.

#### Deadline for contest entry is August 1/11

Winners name will be announced in Treating Yourself issue # 31 Winner will be contacted by phone / mail / email so please be sure to provide your contact information in full.

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



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Please keep those entries coming. We know there are many more lucky winners.





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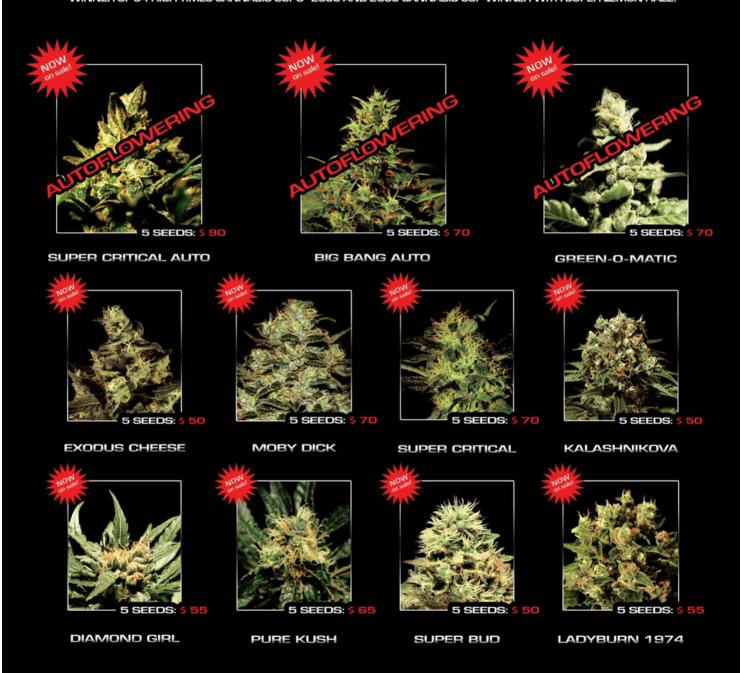
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