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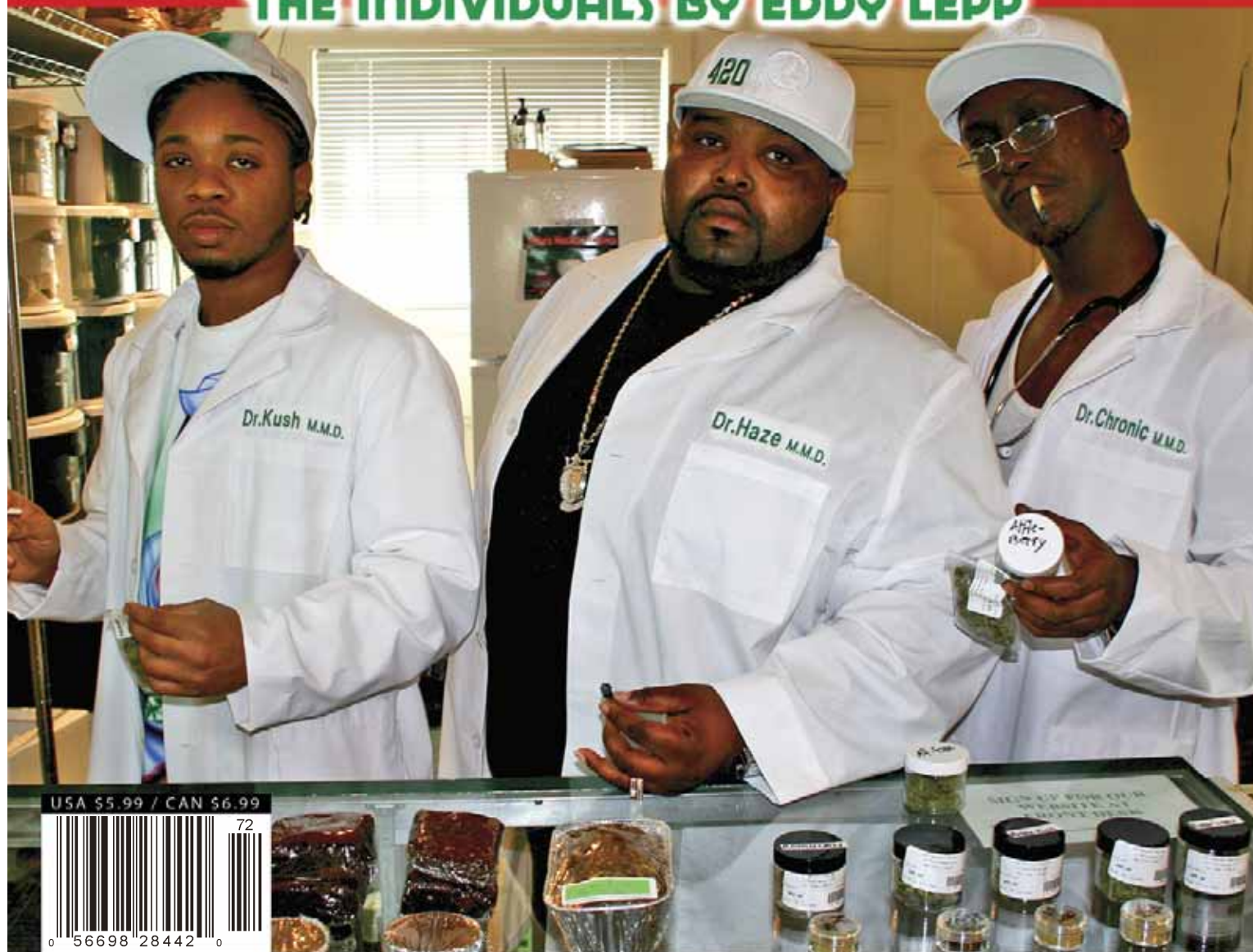
Treating Yourself

Issue 8

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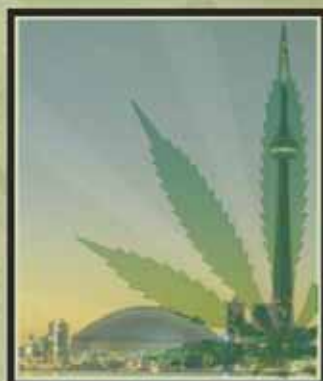


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Treating Yourself Mission Statement



TreatingYourself.com was created in May 2002 to provide medical marijuana users with information to assist them in their responsible use of medical marijuana.

The Treating Yourself Journal was launched in August 2005. It is a journal written by patients for patients, and has grown into a world wide source of information.

TY provides patients and care givers the information on where they can acquire seeds, different methods of growing medical marijuana for themselves, and introducing healthier methods of taking their medicine.

Our website treatingyourself.com is the largest and most compassionate medical marijuana website to date. TY is a predominately "medical marijuana" website whose goal it is to provide the education in the responsible use of marijuana as it applies to medicine, and to consolidate as many "pro marijuana" websites and interest groups with a goal to co-ordinate all of our efforts with regards to the issues of legalization.

Team TY would like to welcome all respectable, responsible marijuana users. We would like to see a concerted effort on behalf of all respectable, responsible marijuana users World Wide, helping in the effort to abolish prohibition as prohibition must be abolished! As individual "interest groups" we are at the mercy and whim of the governing bodies of the world, however if we were to unite and begin to demonstrate to the world that we are responsible and respectable members of society the choice will be clear. Marijuana must

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

The time has come for our governments and lawmakers World Wide to abolish the immoral prohibition of an innocuous flower! The time has come to realize that we are not "potheads" or "stoners", far from it! We are tax payers; we go to work every day we are employed in every walk of life. People who use marijuana range from janitors to judges, barbers to doctors... yes even a good number of our police use marijuana!

Yet the facts remain the same... we still face prohibition, we are still unjustly locked up, we can still have our lives ruined! All because the propaganda machine is kept well oiled and fine tuned. It is our duty to throw sand in those gears! It is our duty to dismantle this ponderous loathsome machine! The only way to achieve this is to "walk the walk" and "talk the talk", we... the marijuana consumers of the world must show the lawmakers that we do NOT cause harm, we are responsible, we are respectable and we are valued, productive members of society!

It is long past due that we remove the stigma that is attached to marijuana. To date there are hundreds of legal marijuana users in Canada who would rather that the "public" not know who they are. Not for fear of being ripped off... no... They would rather remain anonymous because society has allowed the stigmatism of "pothead" and "stoner" to continue. They would rather remain anonymous because they don't want to be harassed by police for their legal gardens... they don't want their professional careers to be interfered with. All they really want is to be allowed to live a more pain free productive life! There are literally hundreds of thousands more that use marijuana as a relaxant to help manage stress, stress kills!

TreatingYourselfcom was created in May 2002 to provide medical marijuana users with information to assist them in their responsible use of medical marijuana.

Even for the social user marijuana is used at parties and other gatherings, much in the same way that alcohol is used... with far less addicting effects and without the morning after hangover. Marijuana is of course among the most benign of the so called "party drugs." Far greater threats can be found in the form of crack cocaine and crystal meth!

WE MUST LEGALIZE MARIJUANA! We must remove the criminal element from marijuana To do this it must be legal for anyone to grow and use marijuana who is at or above the age of consent!

To suggest that the ingesting of a plant such as marijuana should also carry with it the "shame" of a criminal record and the possible destruction of any future career opportunity or even the ability to freely travel about the globe.. Is in fact a "shame" and a "crime" against the responsible and respectable marijuana consumers of the world!

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

By doing so our fine police officers would be able to concentrate on ending the threat of far more dangerous and insidious addictive drugs such as crack cocaine and meth amphetamines. There is a better way! The government needs to hear your voices! Send your thoughts to your local MP or Government representative; do not be afraid, only criminals need to be afraid!

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

Team TY and all of the members of TreatingYourself. com, wish you good health and good grows.

The Treating Yourself Journal was launched in August 2005 It is a journal written by patients for patients, and has grown into a world wide source of information.

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A Donation to the Marco Renda Defense Fund will help keep Marco free, and able to continue publishing *TREATING YOURSELF* Magazine.

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Marco's Editorial

Wow I can hardly believe it! It's been two years now that we have been publishing our informative publication! Who would have thought that we would make it? Well I know who did believe in us and that is YOU our loyal readers and all those who continue to contribute their time and energy to make sure that we put out the VERY BEST publication that deals with Medical Marijuana.

I would like to thank all of our sponsors and advertisers who continue to support our publication. Without these fine folks, we wouldn't have these great prizes to give away in each issue.

I would like to thank everyone who has contributed to our publication over the past two years as there is no way that I could have achieved this without you. I would also like to give thanks to my mother and step father who continue to bail me out when in need of financial support. Without them, there would be NO magazine because I just didn't have the funds to go to print.

I am still before the courts fighting all charges against me and my legal fees just keep piling up. The stress of my ongoing battle with the courts caused the split of my marriage, as my ex-wife put it while casually walking out the door! Can you imagine the shock as I am getting home from the grocery store bags in hand? Well I have moved on and hope she has too! By the time this issue goes to print I hope to be divorced.

So here I am in Toronto living in a small apartment where it's packed to the ceiling with boxes and has very little room to move, but I have a roof over my head and for that I am thankful. It sure hurts having to lose your home and all your hard earned money that you have put into it. As they say life goes on.

Well things are changing and all for the good. Our sales have doubled in Canada and have increased in the USA as well. We are a hit in Europe as I was able to see first hand just how many people are taking an interest in our publication. Next stop for our publication will be the UK HEMP EXPO in Telford, UK. Here in Canada we have just finished an extremely successful consumer show which drew well over 100,000 consumers over the weekend. Our next project is a public forum which will be held at a downtown Toronto hotel and we have called it CANNABIS AWARENESS FORUM.

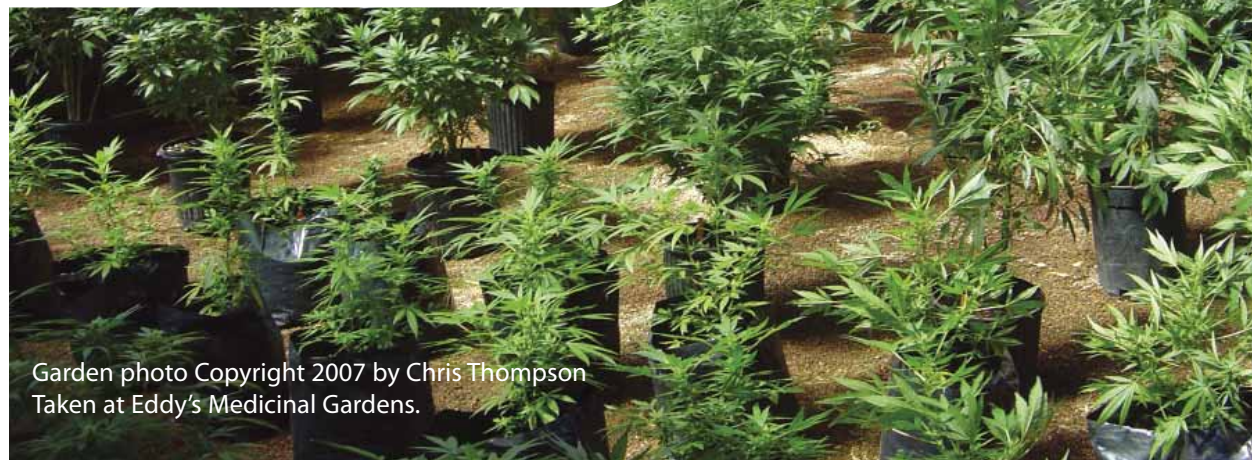
On a sad note, we haven't been able to get marijuana legalized yet and we continue to lose family and friends to their illnesses. We also continue to lose family and friends who get incarcerated for either growing or using this sacred plant that was put on this planet by Mother Nature.

I believe that we all need to start working together, to try and educate as many people as possible worldwide, in order for us to finally see this most valuable plant legalized.

I hope you readers have enjoyed the past two years as much as I have in putting this publication together and look forward to many more years of giving you the most informative publication worldwide

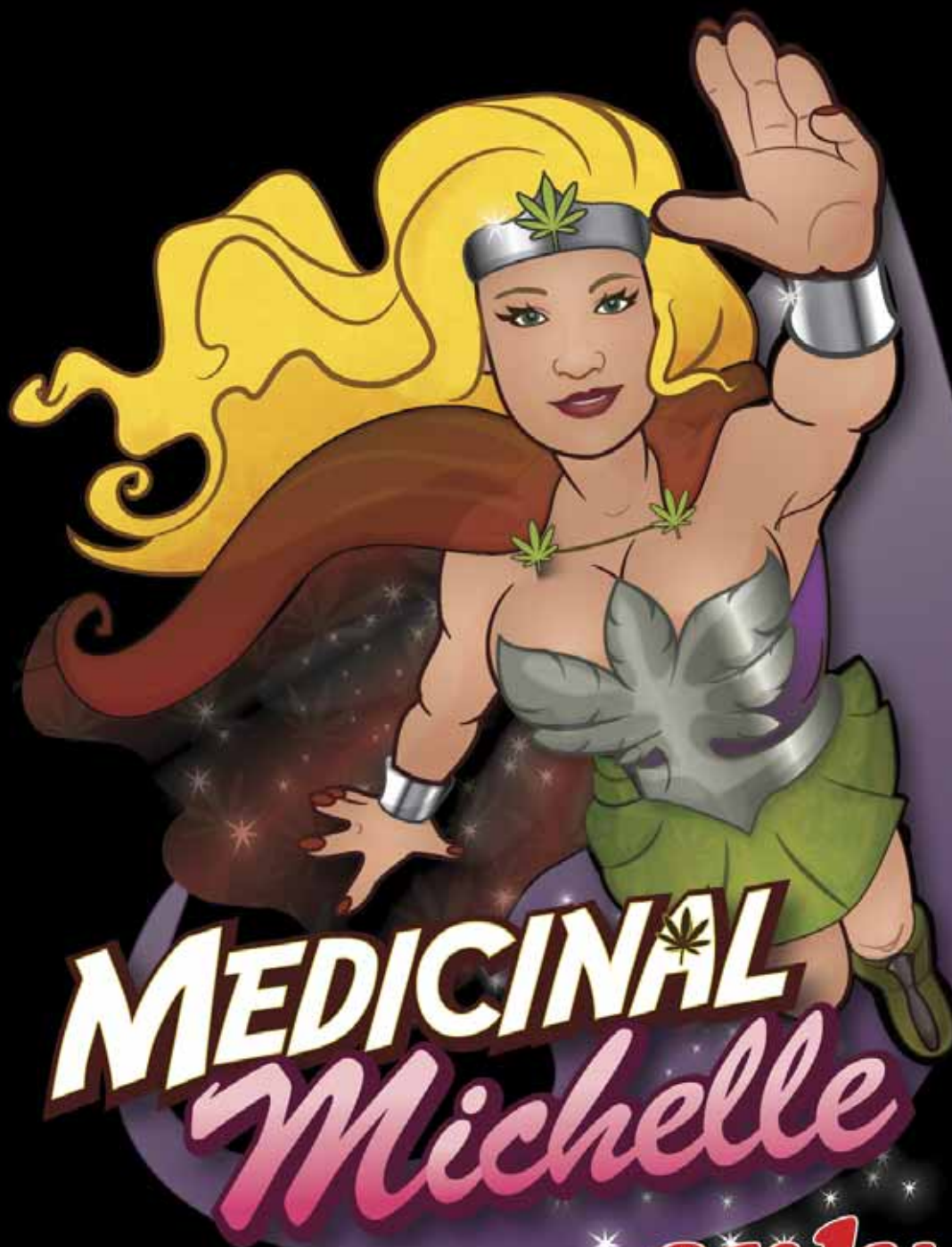
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Leonard Peltier, is an imprisoned Native American considered by Amnesty International to be a political prisoner who should be immediately released.

For more information about Leonard Peltier please contact the Leonard Peltier Defense Committee at:

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A Non-Using Teenage Point of View

Recently in the news, there was an article about how someone was caught with copious amounts of marijuana and a bit of cocaine. Now as media has proven to me time and time again, this individual is going to have the book thrown at them. In this instance, media has also proven another point to me repeatedly; it is not the cocaine that is going to be the key point in sending him away, it's the marijuana.

It really bothers me when I see people getting sent away to jail, for a substance that I have seen help people many times. Why this bothers me is a very simple reason, people get away with worse and pay less of a price. Take for example all of the famous people that have been found with illegal substances. What is their punishment? Community service quite often, sometimes they do go to jail, but they receive such a ritzy treatment, it's not funny. The average Joe however can look at more severe and longer lasting punishments. Not to mention what some of the people out there committing heinous crimes against society are getting away with.

In my personal opinion, this is yet another reason why I feel the weed should be freed. If freed, there's at least one less person in the world who will be wrongly



punished for having a plant that grows naturally and freely on our big, green world. That would mean one less person clogging up our justice system and one more person being to live peacefully. And isn't that what we all want?

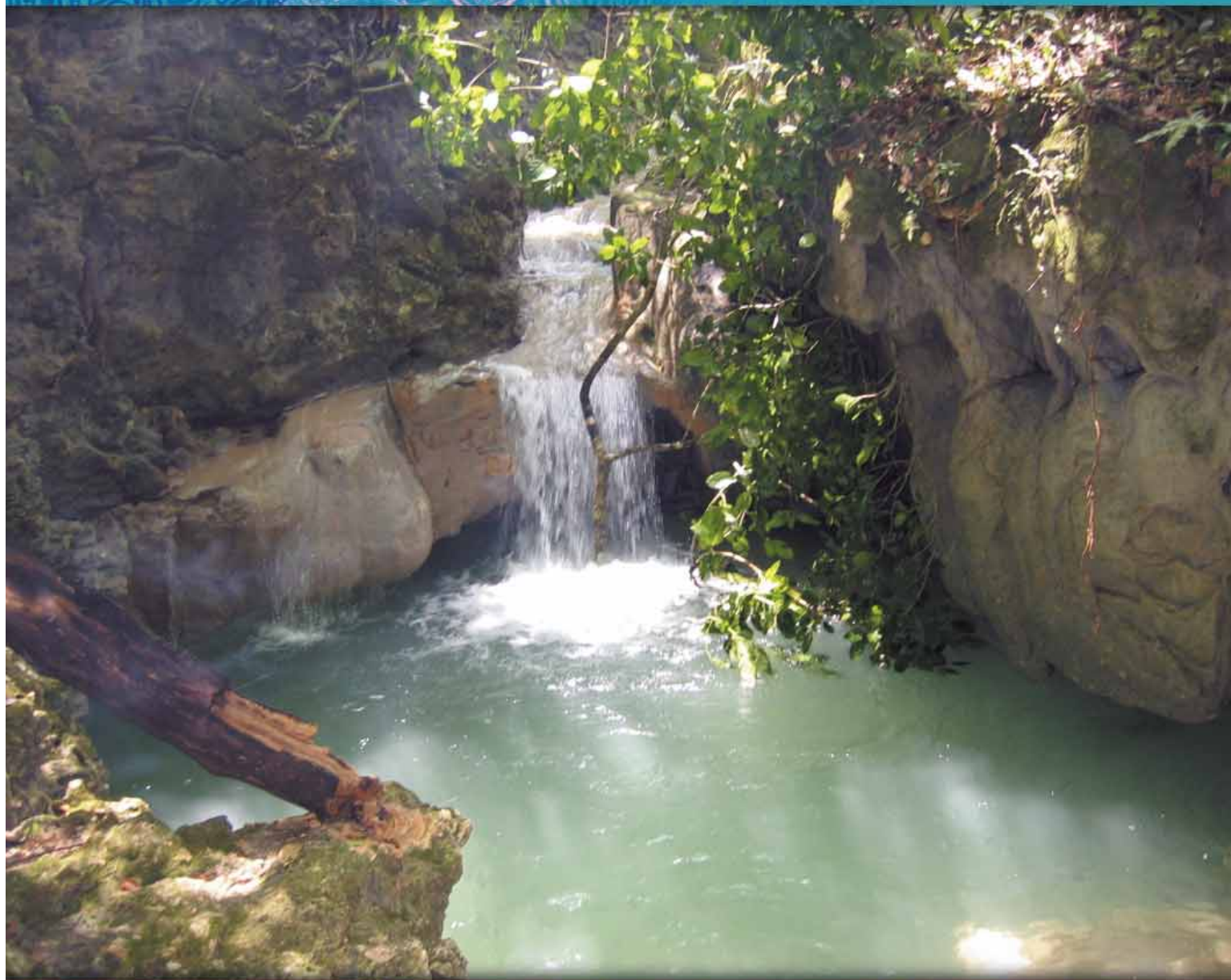
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Interview with George McMahon

by Rev SmokinJay

If a doctor told you that you could either go blind in three years from glaucoma or break the law by smoking pot, which would you, choose?

If marijuana could prolong your life by allowing you to continue cancer chemotherapy without the unending vomiting and nausea, would you consider it?

If cannabis could stop epileptic seizures that had plagued you since childhood, would you use it?

This medicine can benefit patients suffering from these and many other afflictions, but it is being withheld; they are being denied a right granted to all living things—that of self-preservation.

"It's not about drugs, it's about letting men fight," George McMahon told me when I was fortunate enough to speak with him about cannabis prohibition. McMahon is one of the last eight people in the United States currently receiving medical marijuana from the federal government. George was born with the need for drugs to help his condition—Nail Patella Syndrome (a rare neurological disorder).

By the age of one he was being given beer, opiates before the age three, and had two forced addictions, to codeine and morphine, by the age of fourteen. He's had every drug in the book, but marijuana is the one

that helps: "This is damn good medicine and it works the same every time."

George was able to obtain marijuana through the federally regulated Investigational New Drug (IND) program, but it took him over two years to get past the repetitious paperwork. Few individuals were lucky enough to enter the program, and many didn't last through the application period: "A lot of people tried to get in, and most of them have died," says George. Later, 34 patients were approved for the program but were denied access to their medicine by the Drug Enforcement Administration (Gorman 27). In March 1992 the program was officially discontinued, leaving hundreds of ill patients without hope. McMahon's daughter, who suffers from the same condition as her father, cannot obtain the drug either. By 1994, 36 states had enacted legislation to make marijuana available for medical use, but federal laws still inhibit the states' wills

(SJ) Hi George, How you feeling today?

(GM) Today is a good day. I awoke this morning.

(SJ) Can you tell us a little about your condition?

(GM) My "condition is the same as anyone's. I receive medical marijuana to control pain, spasm, nausea. I have all these symptoms all the time 24/7. The amount of prescription drugs needed to control them is massive and the combination makes other symptoms appear, eventually leading to over prescription drug use. Many more problems then the three symptoms I have without all the drugs.

(SJ) How does Cannabis help you?

(GM) Cannabis removes these symptoms. Pain, spasm and nausea. All are relieved instantly and with continued use of cannabis they are kept to a minimum.



(SJ) What are your views on Prohibition?

(GM) Medical use of cannabis is not affected by prohibition. Medical use is far from legalization. And far from a reality, I am only worried about them that are suffering now.

(SJ) Do you see the end in sight?

(GM) I, as do many, have hope. Dennis Kucinich as overseer for drug enforcement might help. But as for political help, pretty much it will stay the same. The names have changed, but the motives and personalities are the same.

(SJ) What can everyone do to help?

(GM) The things that everyone can do, is register to vote, Make a habit of calling local media, at least 1 time a week. Call the news desk point out a good story or even a horror story. Just keep them thinking about US. Read the medical studies, talk about the clubs that re

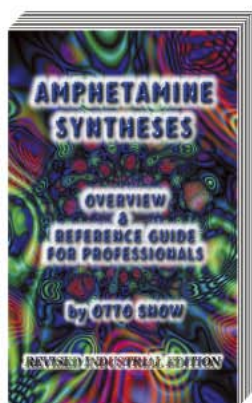
helping people. Talk in public read the Missoula study. See what the only study on long term government patients is. Then tell people what the political hacks know.

(SJ) Anything you would like to say to our wonderful readers?

(GM) Yes. Thanks to you the people. You are changing things. 12 states now protecting patients, Flint Michigan just passed an ordinance to do same. Work as you have been. Go at the politicians from all sides and levels. You are succeeding! Make those calls and visits .YOU are the ones changing things.

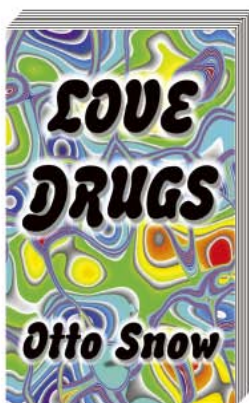
(SJ) Thanks so much for your time. Are thoughts and prayers are with you...

(GM) It's the thanks of the many people who are too sick to fight that thank you and all your readers for their help and assistance. Keep up this so needed work.



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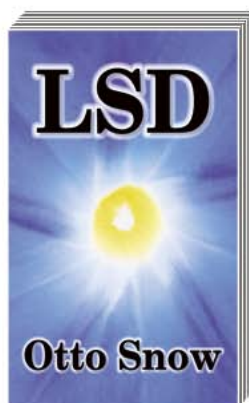
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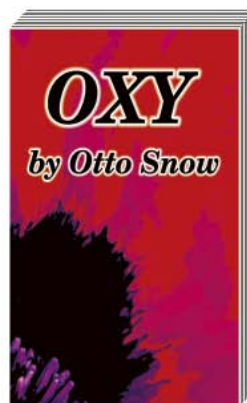
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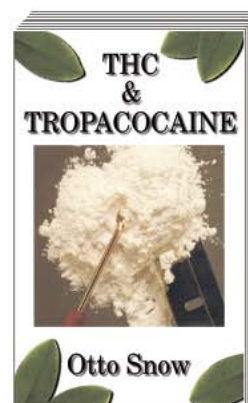
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Interview with COLLIE BUDZ from Australia's Marijuana Music Awards

5 March 2007

MMA: When did you start singing?

CB: I was 15

MMA: I read your brother influenced you musically. Were other members of your family involved in music?

CB: My mom sings but she's a tennis pro. My grandmother played piano way back in the day. My brother got me into music; he played records as far back as I remember. I looked up to him.

MMA: When did you decide to get into music full time?

CB: After High School I went into the School of Film, Computer Graphics and Recorded Arts. After I graduated in November 2001 I bought equipment and started recording.

MMA: Which are your favourite songs?

CB: Barry Levy, Tenosaur, Voodoo, Bob Marley, Jacob Miller, the Rockers music and anything from Studio 1, Channel 1.

MMA: What was it like to work with Beyonce?

CB: I made a remix with her song. She chose me to make the remix; I was really pleased about that.

MMA: Anyone else you'd like to work with?

CB: Anybody and everybody

MMA: You're a bit of a one-man band; do you prefer it that way?

CB: Yes, it gives me full control of the creative process. I record and produce my music. I move from the booth to the board.

MMA: What areas of life do you like writing about?

CB: My experiences and reality. I like to include a message in my music

MMA: You've had great success with Come Around. Do you know why it's been so successful?

CB: The subject is popular; there are a lot of herb smokers! Also it's got a hard beat and a good melody.

MMA: and a great voice! Do you want to say more about what 'Come Around's about?

CB: It's about Bermuda, after the drought. In winter there's not much herb about and what there is, is expensive and only ½ good.

MMA: You also have the herb as part of your image

CB: Yeah it just worked out that way, luck. It just all came together

MMA: Obviously the herb is part of your life, what are your views on marijuana in the world today?

CB: It's come along way over the last 10 years. When I was in primary school they'd be posters around about how bad the drug was, now it's prescribed to patients! It's good for cancer and other illnesses and relieving pain. There was a survey in High Times recently about decriminalizing. It's moving in the right direction

MMA: Is there good herb in Bermuda?

CB: It's good stuff, but not compared to other places around the world like Amsterdam and Jamaica, but it's decent.

MMA: Is Bermuda a cool place to live? And what are the music trends there?

CB: It's beautiful, sub-tropical weather. It's very small, only 21 square miles. The music is hip hop and dancehall.

MMA: You were born in New Orleans; do you still have any connections there?

CB: No, I've not been back since. I'd like to.

MMA: Are you enjoying your current European tour? Did you like Amsterdam and the coffee-shops there?

CB: Yes I'm enjoying it. It's my first time in Europe. I'll be in Italy next. I've been to England, Amsterdam and Germany. I visited some Amsterdam coffee-shops, the Greenhouse. I went to the red light district, I got some aka 47 herb, it was serious!

MMA: What are you working towards as an artist?

CB: Good music, good vibes and to be respected in the industry.

MMA: Are you planning other videos?

CB: Yes with Tomorrow's another day, Mamacita and Moving On

MMA: What are you enjoying the most right now?

CB: Touring, seeing different places, feeling the different vibes. You never know what the audience will be like, whether you have to work hard or can take it easy.

MMA: Anything you'd like to say to your fans?

CB: Thanks for all the support! Big up to Sony music, producers and the artists taking reggae to the next level

For more information about the Marijuana Music Awards:

MMA, UNIT 7.

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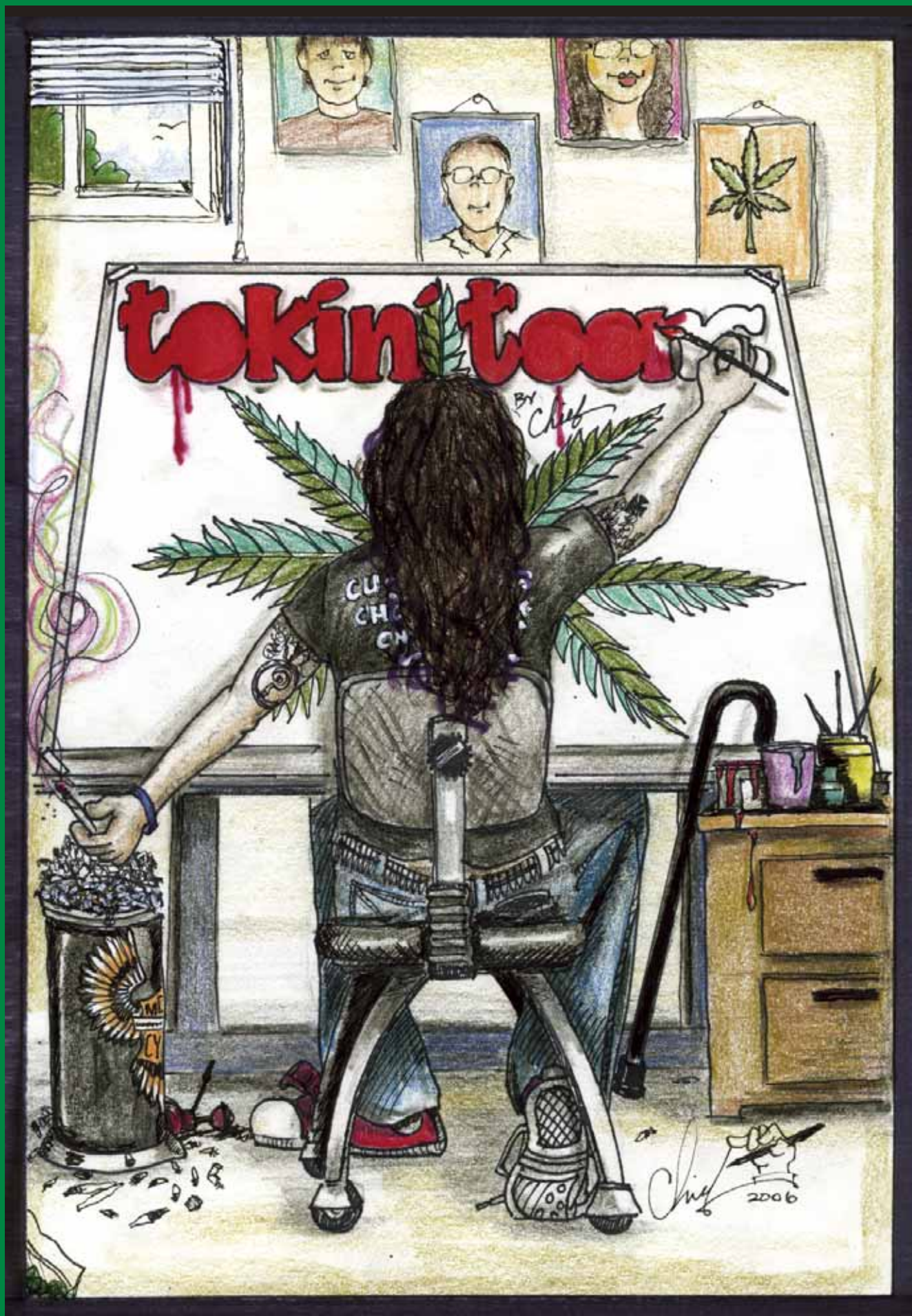
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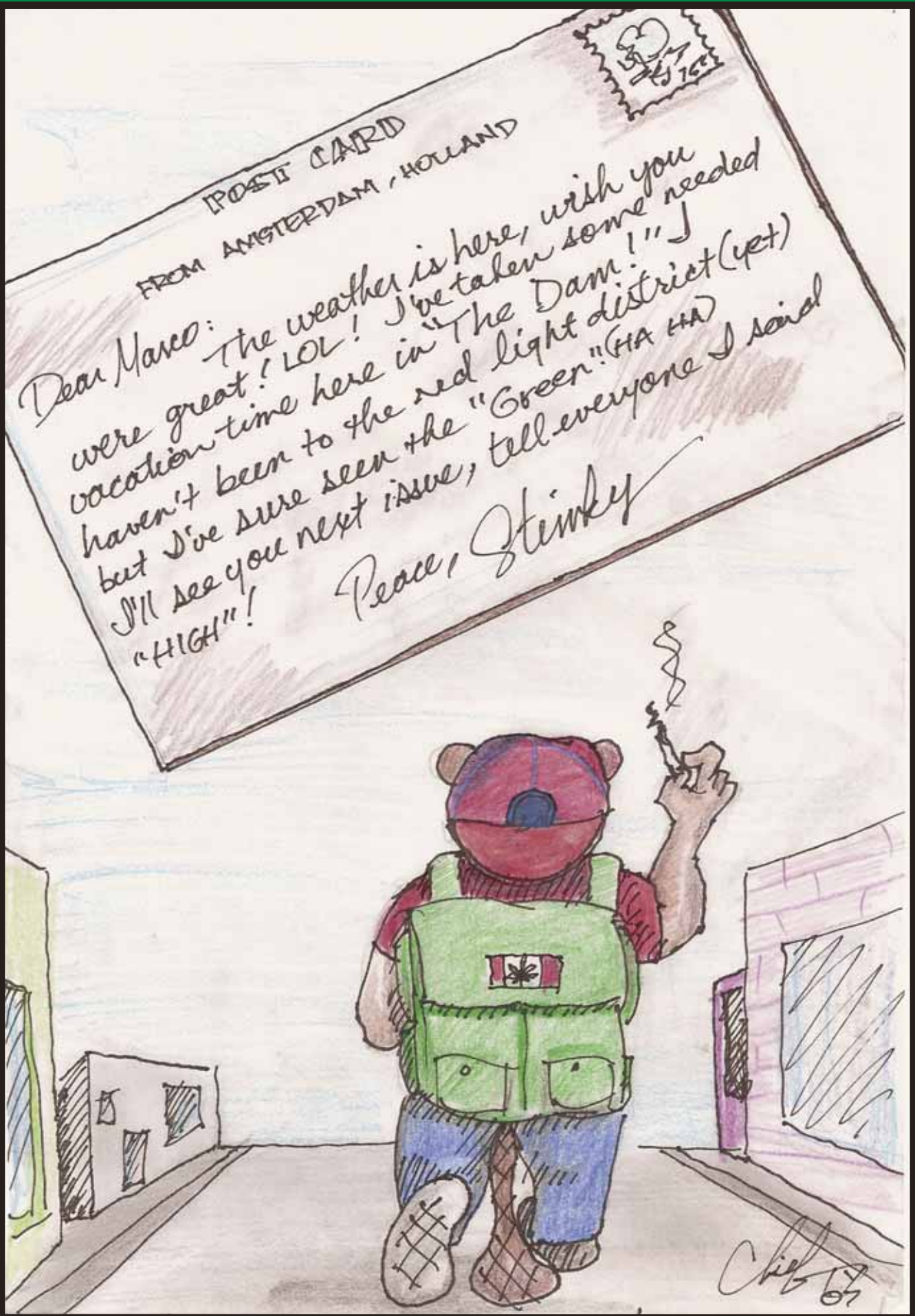
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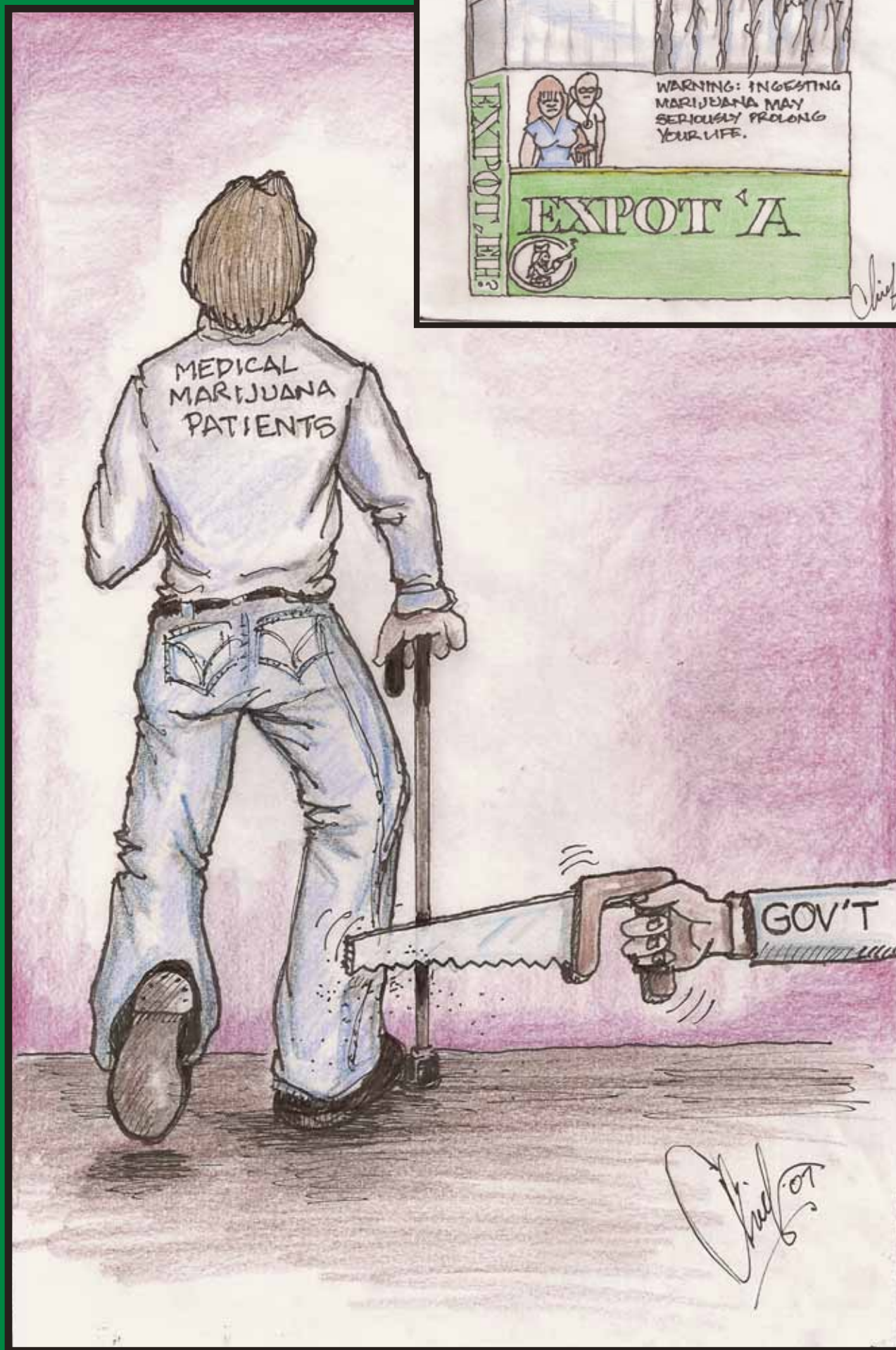
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Therapeutic Cannabinoids Compassionately Treat Multiple Sclerosis

by Ally aka Pflower

Encephalomyelitis disseminata is more commonly known as multiple sclerosis (MS). Multiple sclerosis is a neurodegenerative autoimmune disorder. In an autoimmune disorder the immune system attacks the body's own cells. With MS the immune system attacks the neurons in the central nervous system causing them to become inflamed. In the process, the protective layer surrounding the axons of some neurons becomes damaged and can protect the cell no longer (Figure 1). This layer, known as the myelin sheath, is required for proper transmission of electrical signals down the axon of the neuron. The process of myelin damage and removal by MS is known as demyelination. The name multiple sclerosis is derived from the multiple scars, or hardenings, left on the myelin sheath. The damage first inhibits proper firing of the affected neurons but as the disease progresses the axons can become so damaged that the neuron will no longer fire at all. Those afflicted with MS experience a wide array of debilitating symptoms which include, but are not limited to, muscle weakness, visual and sensory problems, neuropathic pain, fatigue, over heating, difficulties with balance and coordination, impaired speech, short term memory loss, and depression. As the disease progresses eventually severe impaired mobility develops (Wikipedia, 2007).

There are five main subtypes of multiple sclerosis (Figure 2). In "benign" MS the symptoms of the disease go into almost total remission between attacks. Of the people diagnosed with MS 85%-90% are placed in the relapsing-remitting subtype at the time of diagnosis. Unpredictable attacks punctuated by relative symptom logical quiet lasting months or even years without the development of new symptoms typify this

subtype. Often after some time has passed, a patient's diagnosis gets moved from one subtype to another. The most common subtype of MS is Secondary progressive and 80% of those with an initial diagnosis of relapsing-remitting MS eventually get moved to this subtype. For patients in this subtype the disease begins to progress steadily after an early period of remissions between attacks. Another subtype is primary progressive MS which occurs most commonly in late onset cases and only accounts for about 10% of MS cases. For these individuals the disease never goes into remission after the initial onset of symptoms and progresses steadily without evident attacks. The final and rarest subtype is typified by steady deterioration of the patient punctuated by obvious attacks. This subtype has been designated progressive relapsing MS (Wikipedia, 2007).

Meet BobbyD, in November, 1994 he was diagnosed with relapsing-remitting multiple sclerosis. In 2006, Bobby's condition was reevaluated and was reclassified as chronic progressive MS, aka secondary progressive MS. The disease has taken a heavy toll on this 43 year old Canadian. At the worst it has been thus far, Bobby was taking morphine in both 24hr time release and fast acting forms, 3500 mg/day Neurontin then switched over to Topamax, 30mg Baclofen, 30mg Paxil, Alerte/modafinil 100mg tabs, 10mgs oxybutin and others he can't remember. He reports that the worst effects he currently experiences by far are the result of self injecting Betaseron Interferon 1b for MS treatment. Bobby reports:

"[Betaseron Interferon 1b] left me with a necrosis problem in my left abdomen and then subsequent nerve damage. My pain is magnified due to the nerve branches feeding through a sclerosis on my spinal cord. This magnifies 10000 xs the pain message and response to/from my brain as the message back also goes through the same plaque and out to my [sensory] nerves. The drug I took caused the side effect that gives me the most pain issues with MS."

In 1998, BobbyD developed transverse myelitis. This amounted to intermittent periods of paralysis of his legs. At this point he became a stay at home dad and took care of his young children while his wife worked. Despite this Bobby eventually lost his marriage to MS. His wife left when she realized she could not handle the realities of caring for a disabled spouse.

In time, it was suggested to Bobby that he try cannabis to relieve the pain and spasticity associated with MS. The severe side effects of the medications he had already tried motivated Bobby to take this advice. He found that cannabis replaced at least 10 other medica-

tions and effectively controlled the neuropathic pain produced by the Betaseron Interferon 1b injections. In 2005, this led Bobby to become one of the approximately 1500 Canadians that have received medical marijuana (MMAR) exemptions from Health Canada.

The potential for Cannabinoids to be useful in spastic conditions has been known for a while. Based on anecdotal reports by multiple sclerosis patients and early tests with animals Petro and Ellenberger, 1981 performed double-blind placebo controlled oral administrations of THC to several groups of patients suffering from a range of spastic conditions. They found that 10 mg doses of THC significantly reduced spasticity in all members of this test group as measured by quadriceps EMG interference pattern reduction. The benefit was later confirmed in a double blind, placebo controlled, crossover clinical trial focusing on MS. In this study on 13 treatment resistant patients, significant relief was observed with doses over 7.5 mg (Ungerleider, et al., 1987).

Neuropathic pain is a feature in 50-70% of MS cases. In 1990, encouraged by earlier findings, Maurer, et al. compared 50 mg codeine to 5 mg THC and a placebo to control pain and spasms due to a spinal cord injury. In a randomized and balanced order, the patient was given each of the three experimental treatments a total of 18 times each. It is important to note that at this dose the patient did not report experiencing altered consciousness from the THC. Only THC significantly reduced spasms while both THC and codeine reduced pain compared to placebo. In a meta-analysis of 6 articles and one randomized controlled trial patients with MS or neuropathic pain reported similar levels of relief from Sativex, cannabidiol and dronabinol. All three Cannabinoids preparations produced statistically significant effects but not placebo (Iskedjian, et al., 2007).

In 2004, Wade, et al., performed a parallel group, double-blind, randomized, placebo-controlled study on 160 MS patients to examine the potential of the cannabis-based medicinal extract known as Sativex in the treatment of MS. They found a highly significant reduction in spasticity on the Visual Analogue Scale score for patients receiving Sativex over those in the placebo group. Furthermore, intoxication appeared to be mild and there were no observable adverse effects on emotional state or cognition. Currently Sativex is available in both the UK and Canada for the treatment of MS. A similar study on Sativex published 2 years later reported 6 occurrences of seizure, 4 of which were "first ever" seizure events, and it was suggested that Sativex might be contraindicated for epileptics (Wade, et al., 2006).

In 2005, Corey published the findings of a meta-analysis of Literature published since 1997. Although the article called for "more well-controlled, large clinical tests... especially with active placebo," it also concluded that cannabis-based medicines showed potential in neurodegenerative conditions with currently limited treatment options. These include tic, spasticity and neuropathic pain.

Recently, scientists have begun to understand how on the molecular level Cannabinoids are able to produce an anti-spastic effect. In 2000 Baker, et al., used an animal model of MS, known as chronic relapsing experimental allergic encephalomyelitis (CREAE), to demonstrate for the first time a truly quantitatively measurable reduction in both tremor and spasm in CREAE effected mice by activating the CB1 receptor. A barrage of CB1 receptor agonists were tested and all significantly relieved tremor and spasm in the





Picture 2: Today, therapeutic cannabis allows Boddy to skate after 13 years off the board.

mice while antagonism of the Cannabinoids receptor resulted in an exacerbation of the symptoms measured. A year later Baker and colleagues were at it again. This time they found elevated anandamide and other endogenous Cannabinoids levels in areas associated with nerve damage in CREAE mice compared to normal mice. Furthermore, exogenous administration of either anandamide or drugs that block the metabolic breakdown of endocannabinoids resulted in relief of mouse spasticity on the same order of magnitude as that seen with the CB1 agonists a year before (Baker, et al., 2001).

In 2007 Pryce and Baker demonstrated that the anti-spastic action of Cannabinoids was mediated through the CB1 receptor. Although they found that an apparently selective CB2 receptor agonist was able to inhibit spasticity, it was later speculated that this was due to cross activation of the CB1 receptor. This conclusion was reached because no Cannabinoids were able to inhibit CREAE-induced spasticity in gene-knockout mice lacking CB1 receptors. The implication of this result is that the anti-spastic properties of Cannabinoids are CB1 receptor dependant (Pryce & Baker, 2007).



Picture 3: Today despite his MS, Bobby's quality of life is much improved thanks to therapeutic cannabis.

Multiple sclerosis has been classified as a neurodegenerative disease. The underlying cellular phenomenon which results in MS is not yet fully understood. It can be reasonably summed up as an autoimmune response consisting of inflammation of neurons which results in demyelination and axon damage. Current treatments have yet to successfully target this neurodegeneration. In 2003, CB1 deficient mice were subjected to experimental allergic encephalomyelitis (EAE) after which significant neurodegeneration was observed. These mice also did not tolerate either excitotoxic or inflammatory insult as well as wild-type mice. An excitotoxic response occurs when a neuron is damaged as a result of over activation of its receptors. It was also observed that in central nervous system inflammatory disease CB1 receptor agonists are neuroprotective (Pryce, et al., 2003).

One theory of MS suggests that the nerve damage results from glutamate mediated excitotoxic processes. Multiple sclerosis is an autoimmune disorder. Activated immune cells release large quantities of glutamate. Over activation of the AMPA glutamate receptor results in damage to both neurons and the myelin-producing oligodendrocytes. (Pitt, Werner, & Raine, 2000). In 2007, Docagne and colleagues confirmed previous reports that a potent Cannabinoids reduced the expression of symptomatology in CREAE mice. They also reported that axon damage was decreased in mice receiving the Cannabinoids. It was observed both in cell culture and in the animal model that activation of the CB1 and CB2 receptors was involved in the neuroprotective properties of Cannabinoids against AMPA excitotoxic attacks. This suggests that glutamate excitotoxicity may play a critical role in demyelination processes and that Cannabinoids offer not only relief from the symptoms of MS but may also slow the progression of the disease (Docagne, et al., 2007).

As of yet, we have no known cure for multiple sclerosis. Opiates can help relieve the suffering of those afflicted with this disorder but provide only temporary relief and nothing else. Drugs that target the Cannabinoids system on the other hand produce pain relief, reduce spasticity, and something much more. They offer the potential to relieve suffering and help slow the progression of this debilitating condition by acting as neuroprotective agents against excitotoxic attacks by immune systems gone wild. For many MS patients using cannabis to control their symptoms, the medicated state produced by cannabis provides the only time they are able to get up from their wheel chairs and move around un-hindered by their own bodies.

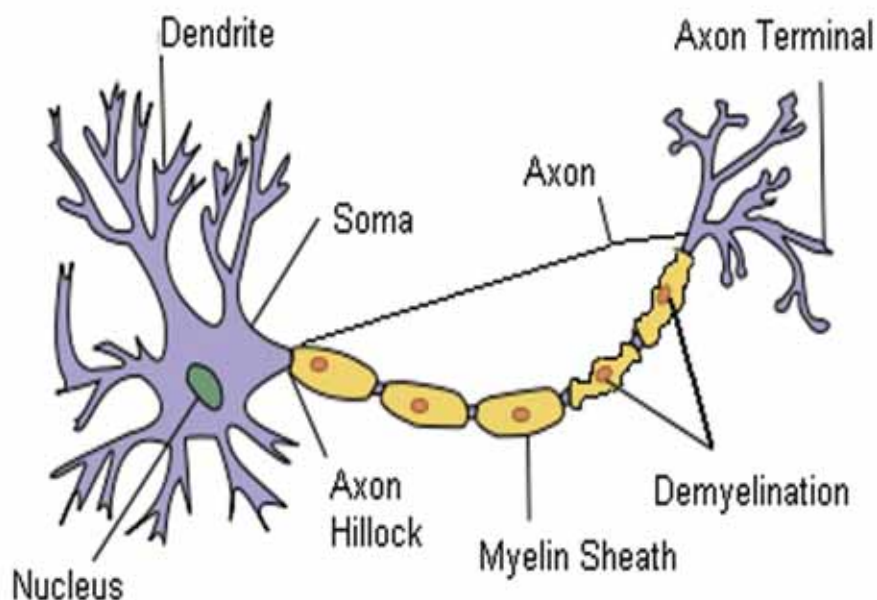


Figure 1: Neurons under attack by multiple sclerosis.

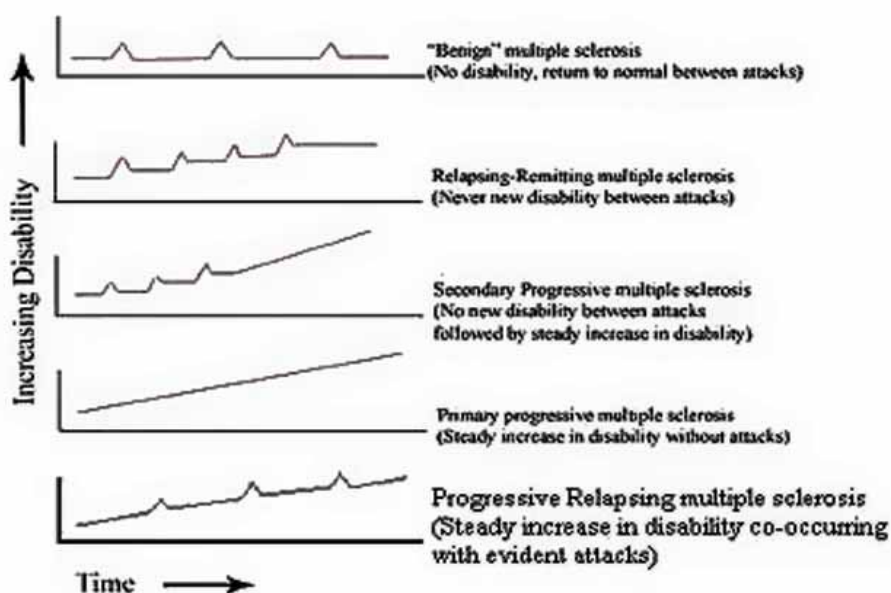


Figure 2: The different subtypes of Multiple Sclerosis. Patients may remain in one subtype but sometimes switch subtypes.

Indeed our friend BobbyD reports:

"I really find the benefits incredible. Apparently I should be in a wheelchair. I went to my yearly neuro visit beginning of Feb., 2007, and he was amazed at my physical condition said, 'See ya next year, keep doing whatever it is you are doing!' -smoking marijuana- he approves of my use and has signed my MMAR forms, for me.

"Pot allowed me to quit over 10 different medications, which did no good for me.

"The conventional drug I took for MS caused the side effect that gives me the most pain issues with MS. Marijuana fights this neuropathic pain. Marijuana in massive doses floods my body with Cannabinoids and helps calm my nerve pain to the point I can function, and I have a better quality of life! For me, I had No CHOICE; I need pot as a tool in my fight to get any form of relief.

"I really know marijuana is helping me. I can feel it inside me, making me better. I haven't been snowboarding for 13 years. I went a couple times recently this year and feel great. I got huge air over a 30 foot table top jump at the terrain park. Blew away my buddies, by 15 feet, they could not clear the table-top flat spot, and always slammed. I was grabbin air, over the flat, and down the backside, landing it. What a joy that was!

"I am supposed to be wheelchair bound since I am now chronic progressive, but I haven't had an attack since I started marijuana treatment, all day everyday. I have minor residue from previous attacks, but no new MS attacks recorded since I began cannabis as medication!!!!!!"

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~ Ally aka Pflower

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Homeopathy & the Cannabis Indica plant, one of Nature's many wonder drugs

by **Salvatore Messina HD**

Homeopathy is a system of medicine that is based on wonderful findings from a German Doctor over 200 years ago. Samuel Hahnemann was against the invasive treatment from the Doctor's of his time. His discovery is based on "Let likes, cure likes". What ails you can heal you.

It is a gentle and deep acting form of treatment. Homeopathy takes the whole aspect of individual, mental, emotional and physical symptoms, either in an acute state or chronic state with strange and peculiar symptoms.

Remedies come from many different sources such as Plant, animals, minerals and from a given disease itself known as a Nosode or from the patient them selves known as a Sarcode.

Cannabis Indica is used as homeopathic remedy that arrives from natural sources. A homeopathic remedy is prepared from the resin that is produced by a flowering plant. The first step of process used by taking the resin immersed in water or alcohol that extracts the active ingredients; this is called the mother tincture. If water is used then alcohol is added to preserve the herbal extract.

From the mother tincture one drop is taken and added to 9 drops of alcohol or water and shaken to raise the energy of this mixture to a 1 X, potency of the remedy. This step is repeated as many times as required to raise the frequency or dilution required to be administered, 1X, 2X, 3X and so on.

To produce a 1CH potency for the same remedy, 1 drop of the mother tincture is taken and is added to 99 drops of water or alcohol and succussed, (shaken and pounded on a palm of hand or a hard surface),

As the dilution is increased the energy of the remedy increases, but little or no crude form of the remedy remains in the dilution, only the signature or the vibration of the remedy, that is one of the reasons it is safe mode of treatment.

The text below is taken from a Homeopathic Materia Medica, which is a compilation of symptoms that were gathered from healthy people writing their symptoms after taking the homeopathic preparation. This is considered as a proving of a remedy.

The Materia Medica is set up as such:

CANNABIS INDICA (cann-i.)

Mind

- Confusion.
- THEORIZING. Abundant ideas. Fixed ideas. Thoughts persistent, intrude and crowd around each other, move in circles.
- Uncontrollable laughter. Immoderate laughing.
- FEAR OF INSANITY, LOSING CONTROL. Fear of dark. Anxiety about health.
- DELUSIONS. Everything seems unreal. Visions. Music.
- FLOATING SENSATIONS OF BODY OR PARTS OF BODY.
- Parts of body seem larger; room seems bigger; time seems to go slower.
- OUT OF BODY EXPERIENCES, mostly frightening them.
- Sense of duality.
- Mistrustful. Wants to control treatment.
- Weakness of memory: for what he wants to do, to say,
- Time passes too slowly. Disorientation. Everything seems unreal. Get lost in well known streets.
- Apathy.
- Weak will.
- Hysterical paralysis in later stage.
- Two types:
 1. Very nice, extremely soft, smiling, happy, no hard edges. No direction in life, float around. Need support.
 2. Fearful, uptight, suspicious, great anxiety, esp. about health. Very controlled people. Want to know exactly what you're doing/all about the theory. Always afraid they have antidoted the remedy.

Generalities

- amel. Walking in fresh air.
- agg. Overexertion, dark.
- Weakness, exhaustion.
- Ailments from drug-abuse, esp. hashish or marijuana.

Head

- SENSATION AS IF TOP OF HEAD IS OPENING AND SHUTTING; as if skull is lifting up.
- Involuntary shaking of head.

Eye/vision

- Injection of vessels of conjunctiva.
- Weak vision.
- Letters run together.

- Twinkling, trembling, glimmering before eyes.
- Spectral illusions.

Ear

- Noises.
- Sounds seem far away, esp. voices.

Mouth

- Dryness.
- All food tastes very good.

Teeth

- GRINDING teeth during sleep.

Stomach

- Great THIRST.
- Ravenous appetite.

Urinary

- Inflammation of bladder, urethra and kidneys.
- Burning pain.
- Urine dribbles after urination.
- Renal colic, agg. laughing.
- Profuse, colourless urine.

Genitalia

- Acute gonorrhoea.
- Sexual desire increased, intense pleasure.
- Later stage: Loss of interest, impotency.

Extremities

- Paralytic weakness.
- Cramps.

- Agreeable thrilling.

Sleep

- Very sleepy, agg. afternoon. Sleepy with insomnia.
- Obstinate and intractable forms of sleeplessness.

Skin

- Anesthesia. Numbness and crawling.

The Materia Medica that a Homeopath will use in their practice are very old and the language used is of an earlier time. They may be written in point form, but the importance is recorded in a sequence that allows the homeopath to locate them quickly, makes it easier when repertorising a case.

You can see that a single remedy can be used for many ailments, when the symptoms of an individual matches the symptoms produced by the remedy.

The selected text was gathered from Radar Homeopathic Software, keynote of Cannabis Indica Homeopathic Remedy.

~ Salvatore Messina HD



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Dr. Lester Grinspoon (December 1996) Lester Grinspoon M.D. is a Professor Emeritus of Psychiatry at Harvard Medical School. He is the author of *Marijuana Reconsidered* and *Marijuana: The Forbidden Medicine*. www.marijuana-uses.com and www.rxmarijuana.com



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Arthritis

No longer a disease of the elderly. Arthritis is more common today that years of old, people of all ages are showing symptoms of degeneration, now known as auto-immune disorders.

Diet must be look at in order to remedy the situation and the use of natural remedies will bring a cure or lasting relief from the debilitating signs of this crippling disease.

Listed for you are some suggestions. You can try them, they are safe, but some rules have to be followed when using Homeopathic remedies. If you have questions or concerns, please do not hesitate to obtain information that will keep you safe.

Homeopathic remedies should be taken one half hour before or after any food or drink, and at different time when taking other form of medication. Try to avoid coffee, mint and spearmint within one hour of taking the remedy.

As with any treatment a Homeopath will take a case that is pertaining to you specifically and not any one else who may have similar signs or symptoms.

Food and Diet

Proper food is probably the most important factor to be taken into consideration in the successful treatment and cure of all chronic diseases. Nearly all chronic disorders are associated in some way with wrong eating, and an individual cannot expect a permanent cure until he is educated along the lines of diet. There is no topic pertaining to health that is of greater interest to me than the diet question and I believe that food of the right kind and proper amount is the most

powerful of all curative agencies. Not only the person suffering from disease must have the proper food, but also the individual in good health must use the proper foods in the right proportions if he wishes to retain a high standard of good health.

The human body is a chemical composition of sixteen principal elements: Oxygen, nitrogen, hydrogen, carbon, chlorine, fluorine, phosphorus, iron, calcium, potassium, magnesium, manganese, sodium, sulphur, silicon and iodine. Every element has to perform a certain duty, if the blood and tissue building mineral salts are not supplied in sufficient quantities, or if any of them are missing, the health will soon become impaired. These elements are Nature's only means to establish, re-establish and maintain an equilibrium between the constructive and destructive functions.

The daily average requirement of tissue salts to maintain a healthy body is about one-half ounce, therefore, a diet that does not contain this amount of organic salts is not a suitable one. White bread, meat, potatoes, pie, cake and other cooked foods do not contain these mineral salts in sufficient quantities and during the process of cooking, most of them are lost or are not made assimilative.

Such a diet is too rich in acid - forming material and, being robbed of its alkaline ingredients, cannot neutralize the acid of fermentation nor the acids of the stomach. Meat and some other cooked foods have a tendency to decay in the intestines and the gases formed penetrate the alimentary walls and saturate the entire system. In this manner the blood becomes saturated with waste material that clogs the capillaries and causes painful congestions and brings about a state of auto-intoxication.

The blood is the life of the body. To be 100% efficient one must have 25 billion of perfect round, disc-shaped corpuscles. The function of the red corpuscles and plasma is to carry nourishment and oxygen to the various parts of the body and to carry worn-out cells and other poisonous matter to the eliminative organs. Meat and other cooked foods that decay in the digestive tract, manufacture poisons which degenerate these round disc to vitiated, cross-shaped corpuscles ready to die and drop out of activity, thus putting a larger burden on the live ones.

Fruits and vegetables together with nuts and uncooked cereals are very rich in organic tissue salts and as this diet does not readily ferment nor decay in the alimentary tract to produce toxic elements, it is naturally the proper diet for the cure of disease and for maintaining a body free from sickness.

Natural foods promote all natural functions of the body. They keep the stomach sweet and induce peristalsis of the intestines and carry off intestinal poisons and rid the system of these dangerous toxic products, which if allowed to remain, would eventually bring about a diseased condition in some particular part of the body. Therefore, a natural diet is the first essential in the acquisition of physical fitness, and in the restoration of health as well as its maintenance.

Homeopathic Treatment for an acute stage. If conditions worsen please seek a qualified Homeopathic Doctor or Practitioner.

Start with - - Sulphur (morning and night) for a week - - and then - - Causticum (morning and night) for a week. Ferrum Phosphoricum (morning) and Natrum Sulphuricum (morning and night) are also very good remedies.

a. The third week - - Bryonia (morning), Rhus Toxicodendron (night).

b. Fourth week and thereafter repeat week by week if necessary.

c. When there is extensive swelling and very little pain give - - Apis (once daily) for a few weeks.

d. When worse by movement and sensitive to touch - - Ferrum Phosphoricum (morning), and Bryonia (night) for a few weeks.

e. If there is frequent and/or extensive swelling - - Bryonia (morning) and Natrum Muriaticum (night).

Note (On the first of each month give the patients constitutional remedy (after meals) in high potency).

Note (USE 30th ONLY).

Resource information, by Dr. Bradley Kuhns, Dipl.Ac.

~ Salvatore Messina HD

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Hypnotic Pain Management

by **Skyelar Pollack**

Greetings! I'm your meditation guide, Author, Poet and Hypnotherapist, Skyelar Pollack. Today I'm going to show you a way to manage pain with hypnotic techniques and the power of your own mind.

There are many different applications and approaches to pain management and suppression in the world today. Some people endorse physical applications and therapies; such as, creams/oils/patches, massage/acupuncture, stretching/exercising, bathing/saunas, and operations/procedures, etc. Many people choose to manage their pain with pills, drugs, herbs, food, drinks and other consumable alternatives. Even with all of these methods and more, many people experience no pain management or suppression from any treatment they pursue. Compounding the pain game is the risk that when you do find something that works, it may turn out to make you feel worse over time, it may be too much money or may only relieve a limited aspect of a greater problem. Many people blame doctors, the government or pharmaceutical companies, but the deeper issue is inexorably linked with the nature of pain itself.

Pain occurs in the mind, not at the point of contact or discomfort. The stimulus for pain can happen anywhere inside or outside of the body, but the response to pain always happens in the brain. Pain occurs both consciously and subconsciously. The brain is constantly subconsciously sending and receiving information to and from receptors throughout the body. When a connection is severed or damaged, subconscious signals actively override your conscious focus/awareness. Pain is subjective to each person's unique situation, feelings and perspective. There is no scientific test to accurately record the intensity and nature of any given pain(s) experienced by an individual. When ten different people are each pinched in the same spot, with the exact same amount of pressure, they will report varying intensities of pain. The same can be said of any wound, injury or ailment; everyone experiences and reacts to pain differently.

The following Hypnosis techniques can help you manage, control and heal yourself from pain with your mind. The purpose is to block and eliminate pain

through narrated visualizations and post-hypnotic suggestions. You can apply these techniques to yourself after reading, but for best results have a narrator read in a slow, steady voice. The elements of sound and language act as primary focal points, inducing a natural, meditative a trance state.



Deep Breathing Pain Relief Script

Get into a relaxing position, sitting or laying down... Find a point in front of you to gaze toward... And take three deep breaths... As you exhale the third breath, slowly close your eyes... Focus in on my voice... Let all other senses and feelings fade out of your awareness... Concentrate on your breathing and relax...

Imagine yourself in a relaxing place, lying down... The most relaxing location you've ever been to... Or perhaps somewhere you dream of going... Let all of the details of that reality fill your senses... The sights, sounds and feelings of the environment around you...

Now it's time to relax your body from head to toe, inside and out... First take another long deep breath... As you exhale become aware of the way your whole body feels...

Scan your body with your mind... starting with the tips of your toes, moving up through your feet and ankles... Becoming aware of your automatic sensory signals and relaxing them... Through the shins, calf's and knees... It's okay to flex and move a little before you completely relax each zone... Identify the area or areas that you want to treat today... Continue moving the relaxing thought energy up your legs, into your pelvis and lower back... Releasing any and all tension as your awareness moves higher and higher through your back, stomach and torso... Up through your shoulders and down your arms to your fingertips... And finally up through your neck, face and surrounding your head in relaxing energy.

Now focus on the area that you would like to treat today... Narrow your focus to the one area that causes you the most discomfort... In a moment I will count down from ten to one... With each number I count, take a long deep breath... Breathing positive energy in and breathing out all the negative energy within you...

Ten... Take a deep breath in... And relax...
 Nine... Focusing your mind... Quieting your body...
 Eight... Focus all of your attention on the area you want to treat...
 Seven... Feel the pain being drawn from your body with every breath...
 Six... Breathing in positive energy ... Exhaling and expelling all negative energy...
 Five... Drifting deeper and deeper into a meditative state with each count...
 Four... All pain is dissipating and numbing, feel it leaving you...
 Three... Connecting your mind and body on a deeper level...
 Two... Remember the way that you feel right now...
 One... Feeling the difference already... Relaxed and ready for the next phase of treatment...

Now we are going to create a pain sensitivity switch that you can control at will whenever you feel pain and discomfort...

Imagine there is a large round dial on a wall in front of you... See it materialize in front of you... There is a label on each side that says "up" or "down"... Notice that it can be turned right or left to increase or decrease pain... Take hold of the button now and turn your pain sensitivity right down... Feel your body free itself of discomfort...


Stationed right next to your pain sensitivity switch is another round dial... This is your analgesic, anesthetic

dial... With this dial you can change the way your mind perceives the stimulus of pain... This dial will change pain into a warm numb sensation... Turn this dial all the way up to the numbest you can possibly go now... Feel yourself go numb... Take another deep breath and take a mental note of how you feel right now...

Remember this place in your mind... Save it and keep it for quick access whenever you need it... You can return here any time simply by closing your eyes, taking three deep breaths and imagining these dials in front of you...

Let any thoughts or images drift from your mind... In a few moments I'm going to awaken you, simply by counting from one to ten... On the number ten, you'll be fully alert, fully awake... Follow my voice upwards as I count... One... Take a deep breath... Two... As you begin to feel your whole body... Three... Energy is rushing through you... Four... Wiggle your toes and fingers... Five... As you notice the surface underneath you... Six... Move your arms and legs... Seven... Open your mouth and yawn... Eight... Energy pulses through your entire body now... Nine... Coming up, up... Ten... Eyes open... Fully alert... Fully awake!"

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International Home and Garden Show: The Sequel

by Al Graham

In the last issue of TY, I was able to share a HUGE eye opening experience with you. After participating at the Treating Yourself booth during the International Home Show I was in awe as I was able to talk to people in the general public about the benefits of medical marijuana. As my experience was just getting distributed to the masses, once again I found myself in front of the crowds at the spring version of the International Home and Garden Show. In the last write up you'll recall how it seemed less than half a dozen people were out helping us distribute the information and talking to the people. This time that was not going to happen as my friend Lady Di phoned and talked to some fellow exemptees in her area. She was determined that the booth would have more exemptees helping out and that she did. For 4 days her and her truck made the 4 hr round trip up and down the highway picking up sick people willing to speak up and tell their story. We even had others make appearances that couldn't make it out for the day but were still able to come to Toronto and make a showing of support. I must add all and all a job well down.

Since then and of course while with them, I had a chance to talk to her passengers about their experience and how they felt about what they were doing. Just like I was, the first time I attended the show: all the new helpers would be in awe from their experience. Unfortunately I had to go and get my Remicade infusion on day 1 of the show so I missed out on opening day. I waited anxiously that night for the phone to ring as I waited to find out how things went. Unfortunately I had to wait until the next morning to find my answer as Thursday's crew of Lady Di, Gord and Grama D wouldn't make it home till almost midnight.

When I saw them the Friday morning they reported that Marco and his friend Hashimoto, as well as themselves, were kept very busy handing out free Treating

Yourself Magazine's and Information packages. When we picked up Grama D for our Friday trip she said to me "Allan I just couldn't believe it. I was able to stand there and talk to people about medical marijuana. It's something that I've always been so quiet about and it made me feel so good". The whole time her face was beaming with excitement as she spoke to me. Grama D didn't stop there as she recalled how she walked in and saw three beautiful plants on display. "The plants Al, you should see the plants. Their so beautiful and smell so good". I could tell Grama D was pretty excited about how her first day at the home show was. To describe her as excited maybe a bit mild as I could tell not only was she excited but Grama D was very proud of what she had accomplished.

As we made our way down the highway everyone was pretty excited for Grama D but little did we know we had a nervous one in our friend Linda. This was Linda's first trip to one of these shows and like everyone else; speaking about marijuana in public was something she thought she'd ever do. She heard everything that Grama D was saying and I'm sure she was asking herself what she had gotten herself into. She knew what she was going to do was fine and that it was for a worthy cause but I'm sure she would be nervous the first few times.

When we arrived we made our way into the building and headed towards the booth. Grama D led the way through and as we passed by the other venders many acknowledged Grama D presence. When we arrived at the booth she commented that she couldn't believe the number of venders that said hi to her. She felt so comfortable, so at home.

This booth was much bigger than the last booth with lots of information for everyone. On the table near the crowds were several piles of information including two pages of links to health benefits of marijuana, a Toronto Compassion Centre Information sheet and the Top 10 facts all Canadians should know about marijuana by Cannabisfacts.ca. Also included was information on butter making as well as vaporizers. But the big draw was those 3 beautiful plants, all in the 8th week of bloom on display. On one side there was a tall Indica tagged Jack the Ripper. Buds so big that I over heard someone say "you couldn't fit a condom over that". I don't know what they were thinking of but I sure had to agree, man those buds are big. In the opposite corner there was Space Jill. She was radiant as ever but quietly emitting her lovely odor. Between them was Vortex sitting inside a small Home Box unit. Hashimoto set it up with a nice fluorescent light to highlight the plant and to show how the Home Box can work. Vortex not only stood out under the light



Pic 1 - Marco Renda

2 - Handouts on the the information table

3 - Grama D

4 - Visitors from Israel

5 - Bio Canna and Balladeer Book and CD on display



- Pic 1 - TY's Hashimoto
- 2 - Gourd Leaf Bowl
- 3 - Display of Functional Gourd Art By Steve Genereaux
- 4 - Group shot of Steve Bacon - Lady Di - Marco Renda
- 5 - Lady Di with Jack The Ripper buds



but I know her aroma sure stood out as she was the one best suited for aroma therapy. I was able to find out that all 3 plants were in fact grown inside a bigger version of the Home Box.

Throughout the weekend these plants were like huge human magnets. The people all day long wanted to come up and take a look at the plants. This always followed with a request to take a picture. It just never stopped. With a reminder not to touch the plants, Marco was always accommodating and allowed them to take the picture. I'm sure if Marco asked for a donation of a buck or 2 to his defense fund he would have done alright.

With our coats removed and our group wearing our fantastic looking black TY hoodies, our group sure looked smashing. With Marco dressed in his supervisor white "Weedmaster" hoodie we sure looked ready to educate the public. Right off the hop Grama D and I grabbed some literature and we started handing it out while Linda stood back for a few minutes taking all of this in. I'm sure, like myself 6 months earlier and Grama D only 24 hrs earlier, Linda was in awe. I'm sure, for her to stand there for that first little while was really so surreal for her. After watching us for a while Linda was up there standing beside us handing out the same information and speaking to people about medical marijuana. While we were educating the public Marco and Lady Di, with the help of T-Media, were working on an educational disc for Treating Yourself. There they were on the floor putting together a lovely display of seeds for the video camera. While doing this people at the booth would enquire about the different kinds of seeds that were there. Lady Di would inform them on the benefits of the different strains and how they would grow.

On one occasion when we got back from medicating I was approached by a lady who accused me of being too high to be there. She went on about the smell of our clothing and medicating while participating in the home show. After saying a few words to her she went at me about my speech. I had had enough and I hadn't even gotten my coat of yet. I had barely spoke yet and turned to remove my coat when I over hear her say I was walking away from her without answering her. I removed my coat and went back to her to have that talk that she wanted. I spoke to this lady and told her the truth about medical marijuana and in regards to my speech problem; I didn't tell her I spent half of my primary grade school taking speech therapy lessons. She explained that she was trying to play the part of the devils advocate but unfortunately all she got was some information and not a bunch of irate upset medical marijuana exemptees. By the time she left we

shook hands and she told me that she supported our cause as she too, suffers from chronic pain.

When the day ended and everything was away for the next day we all headed home very tired but very proud of what we did. Linda was amazed at what she saw and learned. She really felt it as a form of therapy for her and I'd have to agree.

Day 3 of the show saw Lady Di, Grama D and I make the trip back to the city. We were very tired but felt energized when we arrived. The parking attendants were there for us. They sure made us feel welcomed with their big smiles and happy faces. You'd think we knew them forever and we hope we see them again at the next show.

When we got through security we headed to the booth. Once there I felt like a boat that just came into shore. The wave that follows that boat ashore was like the wave of people that followed our fresh smelling medication to our booth. We couldn't even get our coats off and we were handing out our information. I don't know how Marco handled the people while we were not there but I'm sure he was glad to get a chair while he could.

Also joining us on this day was activist Steve Bacon. Although Steve wasn't 100% he was able to make his way down to the home show all dressed up in a black suit with a marijuana leaf embroidered into the coat pocket. Steve joined in on the action and started educating the public with the rest of us. While talking to Steve he was telling me how happy he was to be there. "I'm so happy to be here and especially happy to have major access to mainstream citizens. This is such a unique opportunity to teach to such a diverse range of people instead to those that are already converted". I could tell Steve was in his element and probably wishes there were more groups like ours educating the public.

On this day and as well on the days before, we all took turns educating the public through the lens of I-Media. As mentioned before I-Media did a taping of seed strains with Lady Di. The camera crew also taped all exemptees willing to jump in front of the camera to tell their story and I'm happy to report no one said no. I know this disc will be a very powerful piece of information for those wanting to know our side. No propaganda, just facts and true life testimonials.

The day was also one of a surprise for Grama D and the rest of the group. While we were out medicating unknowingly to us her husband Bill and their son Richard made the trip to see what was going on. It

appears every night when Grama D got home she was full of stories on the day happenings. Bill and Richard could see how proud she was every night so they wanted to see for themselves what was happening. After medicating we came around the corner and saw them, the smiles went across their faces as even more happiness filled the air. Everyone talked for a few minutes and then the family went for a walk around the show. Grama D reported back to me on how Bill and Richard were shocked when a total stranger to them came up to her and said "give me 5" and they slapped hands. She recalled later that she had talked to this person earlier and he still recognized her on the floor. She was happy and the family was now feeling how proud she was feeling. When they got back Bill and Richard stood off to the side and took the whole thing in. They could see the people walking up and seeing the booth, then seeing the surprise looks on their faces. He commented how people would talk about the booth well after they had gone by us. I'm happy to report back that Bill didn't hear any negative comments while he was there and the comments he did hear were positive ones. Richard reported a few sore necks from those having their 4th and 5th looks as they went by. Then Bill injected that we had so many people around us there was no way we could reach them all. He recommended we get a booth with chairs so everyone could hear what we had to say (could TY be educating in a rented hall be down the road?). As Saturday ended I talked with Bill and Richard and I could tell that Richard was very proud of his mom and so was Bill of his wife.

Before we started the trip home Marco had informed us that Hashimoto would be harvesting the 3 plants that were on display. Well, we couldn't miss that. Hashimoto and the other exemptees in the booth trimmed like there was no tomorrow, right there on the show floor. I don't know about you but I've never seen a public trimming show before. I know I was watching my first one as I and others tried to talk to this huge crowd around us. There were reports that the sweet smell of our harvest could be smelled for many rows over. At one point Lady Di grabbed 2 long cola's from Jack the Ripper and held them up like a set of huge antlers. Grama D, well she had the brightest look on her face while an aurora of happiness filled the space around her.

It didn't end there as Sunday morning arrived very quickly. The gang was dragging their butts but we all knew how important this show was to us all. This time we picked up Linda for her return to the show. She was so disappointed to miss the previous day but prior commitments are commitments. Along the way we also picked up Sandra D. who like us, also likes to

help sick people. She was pumped when she jumped in the back of the truck but for another reason. It had to do with an out of control ride her car took while it was apparently parked. Along the way to the show we filled Sandra in as to how the day would go. Like Linda before, Sandra sat back and watched before getting up and handing out the paperwork. With only so much space, only a few people could stand and give away the magazines and information. It was nice to have some spare time to sit back and watch for a minute or so. Just like those before her Sandra marveled at the attention the booth was getting. As she sat in the chair I remember her commenting "this is just a worth while cause and I am so glad to have been apart of it. Seeing all these people coming and talking to everyone is just amazing".

Of course this wouldn't be complete if I didn't let you in on the taste test. When things got dried up we did a bit of a test on the now dried buds that we had harvested on the show floor. Space Jill was described as having a bit of a bite on the back of your throat while the taste lingered on for sometime. Jack, well we found him pungent with a thick sweet taste. It was described as tasting like a sweet tart. While Vortex left us all speechless.

Upon completing the show Marco said "thank you to everyone for coming out and helping me. We educated the 100,000 + consumers that attended the Home & Garden Show. We gave out 30+ boxes of issues 4 - 6 and 3 boxes of issue # 7" he went on to say and then added "After doing both the Fall and Spring Home Shows which had well over 200,000 people in total come through the gates and we were able to get the attention and respect of everyone who stopped by our booth. The other day I got an email from the show manager of a Women's Show in Belleville Ontario. She stated just how much she appreciated the way we had our display as well as the way all booth workers greeted the consumer. TY and I are breaking the barrier as we are preaching to the non-converted and there is allot more non-converted than there is converted. We have our work set out for us.... one person at a time"

Thank you to all who came out and helped out. Also a big THANK YOU goes to the Toronto Home and Garden Show. Without you we wouldn't be able to do what we are doing, educating the public. Thank you so much

Special thanks goes to all those who took the time to stand and listen to what we had to say. Please remember what you learned and spread only the truth.

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Marco's Amsterdam Adventure

I spent several days debating on which online travel company to book my trip to Amsterdam with and ended up going with expedia.ca. Booking it online was no problem (quite easy actually) the only difficult thing was picking a hotel. I ended up choosing the Belfort Hotel which was a HUGE MISTAKE.



I left Toronto on Tuesday February 20 at 5:50 p.m. on KLM and arrived in Amsterdam at 6:30 a.m. on February 21. The flight was pleasant and I was able to have a nap on-route. I arrived at the Belfort Hotel by 7a.m. which was far too early to check in. I was slightly un-nerved that the Hotel was the opposite of the description originally given to me but I remained positive at this point and hoped that the service would at least be adequate. Little did I know! I left the hotel and started walking around Amsterdam stopping off at various coffee shops to get myself medicated. I got back to the hotel at around 5 p.m. which was long enough for them to find me a room and clean it. The events that unfolded would have been comical if they weren't so disgusting. I should just mention that my knees have deteriorated recently and I find it agonizing walking and coping with stairs. I had assumed that there would be an eleva-

tor in the building but was sadly mistaken. The room was not on a lower level and was never cleaned from the previous guest's stay (garbage everywhere). The entire duration of my stay was horrendous, despite my customer complaints. My room was never cleaned during my stay yet they did manage to grace me with clean towels. Despite this, I wouldn't recommend this hotel to my worst enemy. When I got back to Toronto I contacted Expedia.ca via email but I still haven't heard back from them. This added to the unpleasantness I had endured and I at least expected them to address the issue but I am still waiting.

I spent the next couple of days just walking around Amsterdam visiting coffee shops and taking in the sites. I also had to rest up as all this walking had me worn out. My poor legs never walked so much in such a short period of time and they hurt like hell after the first day. On Thursday I went to the RAI to set up the TY booth as the HIGH LIFE FAIR was about to launch on Friday. It was a quick and easy set up thanks to the folks at the RAI who made sure that they got me my skid of boxes and a table and chairs. Their level of organization was greatly appreciated.

The HIGH LIFE FAIR enormously superseded the CANNABIS CUP that was held in November. This show is extremely professional and was on a par with other



Trade and Consumer Shows that I have been accustomed to participating in.

On Friday I was in the booth handing out both Treating Yourself and Skunk magazines and I had to limit the amount I gave out as I was already running short. By 2 p.m. on Saturday, less than 12 hours into the show, I had run out of magazines. SOMA stopped by the booth to say hi and told me just how much he enjoyed reading our magazine. I gave him a proof copy of issue number 7 that I had with me to show potential clients. You could say that everyone loved Treating Yourself and were very impressed by the quality and content of the publication. Running out this quickly gave me an opportunity to take in the show myself and get a chance to try and drum up some advertising. It also allowed me to stop by



with both the new version of the Volcano as well as the original version. People who purchase a Volcano will be asked which attachment kit they prefer. The new replacement bag is by far the best that I have seen and makes sense considering that this is a medical device. Everyone should have their own bag to medicate with. This new bag comes complete with mouthpiece and can be used at least a hundred times. Replacement cost of the bag sys-

the Storz – Bickel booth and check out the NEW VOLCANO vaporizer.

The new digital Volcano, as well as the new attachments, will be available to the North American market by July 2007. The new attachments work



tem is going to cost around \$10. This will benefit all the cafes and centres that offer the use of Volcano's to their customers. I'm personally looking forward to getting the new system as I hate it when the time comes to change the bag.

I got to stop by and visit with Lorna from the Cannabis College and give her a proof copy of issue

number 7 as well. When I got to the booth Big Buddha from Big Buddha Seeds was there and I got to get a picture of him and Lorna together. If you are in Amsterdam you need to stop by the college and check out their legal grow.

I checked out quite a few other booths. CANNA had a professional set up which included a scaled down research facility as well as offering to test samples that people brought with them to the show. I was able to meet with quite a few scientists from CANNA, as well as a few of their employees, who also liked TY magazine. I have decided that the TREATING YOURSELF GARDEN in Nova Scotia will exclusively use CANNA and BIO CANNA products based on the quality of the product. I will be letting you know about the outcome shortly and am extremely excited about the effect they will have on the grow. I visited the Bio Canna booth everyday of the show to get my caffeine fix and get further educated on the Bio Canna products which are 100% certified organic. I also have fond memories of starting my day by getting served delicious coffee by a beautiful young Dutch girl!



I got to sit down with Luc from Paradise Seeds as well as Linda from Sensi Seeds and they both liked the way the magazine is coming together and signed on for another year. I got to chat with Adam from THSeeds / Hoodlamb Hempware and he too is onboard for 2007. East Side Impex the manufacturers of the HOME BOX, were so impressed with the growth of Treating Yourself that they took the back cover for 2007. It was really nice having Jorge Cervantes stop by our booth and tell me just how much he likes TY magazine. I asked to take a picture of him holding up a proof copy of issue number 7 but since he didn't have his disguise on he declined. I totally understood and gave him a proof copy of issue number 7



to take with him. I asked Jorge if I could get a signed copy of his book "Marijuana Horticulture The Indoor / Outdoor Medical Growers Bible" for Gord Hume, our product review writer. Jorge didn't have any English versions with him at the time but promised to come by the next day with one. As promised, Jorge came back to the booth with a signed copy for Gord. Since Jorge asked me not to publish his picture in a North American publication I will honour his request so his true identity will remain a mystery. However, I did move on to take a lot of pictures of the awards ceremony which generated an enthusiastic crowd. Congratulations to all the winners.

I did stop by plenty more booths and took pictures of their displays showing their products on offer. I have included copies of the pictures I took so you can see for yourself the variety and quality of the displays. The most bizarre thing that I saw was a vendor getting raided on the last day of the show. You see you are only allowed a small percentage of marijuana on your person, or in your booth. This vendor had more than his allocation so he received a summons and had to shut down his booth. I was not expecting to see an event such as this at a Marijuana Exhibition.

After the show ended I was



invited to Soma's home as well as the DNA Genetics shop. Both these seed breeders have won awards for their quality genetics. I thought that it would be a good opportunity to see them come on board and they agreed to join as advertisers. At Soma's home I was greeted by three flights of stairs which made my heart sink. In the same breath I was delighted to have the opportunity to visit first hand with such a prolific seed breeder. I'm glad I climbed those stairs and what a relief it was to sit down with SOMA and smoke

some of the best hash in Amsterdam! It was a very tranquil setting and there was a lot to take in. I asked SOMA if he would sign a copy of his book "Organic Marijuana SOMA Style" for my good friend Gord Hume in Nova Scotia. I told SOMA that Gord is a licensed medical marijuana grower and a writer for Treating Yourself. He immediately said that it would be a pleasure to give Gord a signed copy and presented me with one for him. He conveyed that he was looking forward to seeing his advertisement in Treating Yourself as he believes wholeheartedly in our publication and the message that we are putting across.

I managed to get to the DNA Genetics shop and what a beautiful shop it is. The bar area has a fish tank that takes up a good portion of the wall. It was very relaxing to sit there and watch while medicating. I got to try two of their strains D-Line and Sweet haze. My favourite of the two was D-Line. DNA Genetics are also new advertisers with Treating Yourself. I am thrilled to bring this company to my readers as they have built up a high reputation for supplying quality genetics and I have no hesitation in recommending them.

I am happy to say that the following companies will have their genetics growing in the TREATING YOURSELF GARDEN, DNA Genetics, TH SEEDS, SOMA SEEDS, PARADISE SEEDS, BIG BUDDHA SEEDS and SUBCOOL Genetics. Meeting these growers and sampling their strains lead to this decision and I am looking forward to reporting back when the grow is complete.

All in all this was the best marijuana consumer show that I have attended in Amsterdam and I wouldn't hesitate to do it again - something I wish I could say about the Cannabis Cup event! I was also extremely appreciative of the overwhelming response I got to the magazine. It was enormously encouraging and I feel that we are going from strength to strength. Talking of which.....

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Counseling Medical Cannabis Patients in New York

by Anthony C. Brucato

Cannabis is an herbal plant that is familiar around the world and one of the oldest agricultural commodities not grown for food. It has been cultivated and used for over 5,000 years and is praised as one of the most versatile medicine that cures a variety of ailments. Cannabis' effects on the relationship between the mind and body were first recorded during the twenty-eighth century B.C. Cannabis was mixed with wine used as an anesthetic during surgery used by the ancient Chinese. Ancient Egyptians found cannabis to have different medicinal properties. Pregnant females during the Roman era used cannabis to relieve labor pains (Schlosser, 2003). In India, the uses of cannabis were published in seven volumes in 1894. The summary of the official studies recommended against the prohibition of cannabis drugs (Booth, 2003). In the United States, the U.S. Pharmacopoeia listed cannabis as a cure for various ailments in 1850. By the turn of the twentieth century, cannabis tinctures and extracts were readily available in America before it became completely illegal in 1937. (Earlewine, 2002).

Cannabis became illegal in 1937, soon after Mexicans immigrate to America looking for jobs. Based on prejudice and stereotype of Mexicans using cannabis, the white people spread rumors that Mexicans were giving cannabis to American school children. In New Orleans newspapers, articles started associating cannabis with African Americans, prostitutes, and jazz musicians (Schlosser, 2003). Harry J. Anslinger who worked for the Federal Bureau of Narcotics broadcasted to the Americans that smoking cannabis would make African Americans think they were as good as white men and that cannabis would lead white Americans to communist brainwashing (Guither, 2003). Harry J. Anslinger

blamed cannabis for causing white women to have sexual relationships with Negroes. The Federal Bureau of Narcotics started a propaganda campaign that made cannabis out to be an evil drug that led users to addiction, insanity, and violence. *Reefer Madness* (1936) was an infamous movie produced by the government to scare the American people straight about using cannabis. With Harry J. Anslinger still behind the propaganda movement, the Marijuana Tax Act of 1937 turned cannabis into an illegal and intolerable substance. Cannabis was immediately removed from pharmacy shelves and medicine bottles (Blachford & Krapp, 2003). With the on-going pressure from the federal government, the U.S. Pharmacopoeia removed cannabis from their list in 1941. In federal law, cannabis was listed as Schedule III before it became a Schedule I drug which is subject to total prohibition, making the legal research on cannabis very tightly controlled by the federal government (Schlosser, 2003).

After experimental drug use surged in the mainstream society during the decade of 1960s, the medical values of cannabis reports slowly began to appear. Health departments across the states began the investigation of the patients' reports on cannabis use in small studies (Joy et al., 1999). Through the 1970s and 1980s, more Americans became increasingly aware of medicinal cannabis use. More people with diseases such as cancer, muscle dystrophy, multiple sclerosis, arthritis, and other chronic physical illnesses started using cannabis as a way to treat their pain. Certain patients found consuming cannabis was an effective anti-emetic substance that counteracts the nausea of their chemotherapy treatments. Cannabis was an effective analgesic muscle relaxant substance to arthritic patient and an efficient anti-convulsant to the patients with multiple sclerosis. Epileptics have found that cannabis was an alternative medicine for their condition (Booth, 2003). Eventually, physicians found that consuming cannabis provides relief for those who have depression and migraine headaches. Also, cannabis was reported as therapeutic for chronically ill patients in increasing weight gain by stimulating their appetite. The patients appraised the cannabis properties for reducing their nausea and the frequency of vomiting (Zimmer & Morgan, 1997). Cannabis is safer than benzodiazepine tablets for people with insomnia. Patients with Post Traumatic Stress Disorder (PTSD) will find using cannabis a useful alternative medicine that will help them cope with their trauma and stress (Snow, 2006). There were a few reports that showed how cannabis helped patients reduced their Tourette's syndrome symptoms. Patients who have advanced dementia of Alzheimer's disease may benefit from cannabis to treat their seizures. Glaucoma patients found cannabis poses fewer side effects

than other prescription medicines when treating their eye disease. With the increase of positive reports by patients with different illnesses and diseases, physicians are interested in studying on cannabis' properties to develop different Cannabinoids drugs for those who do not wish to smoke cannabis. They also want to create medicines that have the same quick onset results as smoking cannabis (Joy et al., 1999).

After glaucoma patient named Robert C. Randall was arrested in Florida for cultivating cannabis in his home in 1975, he offered his defense plea of medical necessity. Randall won in court. The Investigative New Drug (IND) program was established to supply medical marijuana legally grown on a University of Mississippi farm to qualifying patients (Booth, 2003). The longest surviving member of a group of thirteen people approved by the federal government for a study is Irv Rosenfield who began receiving cannabis in 1982. He suffers from over 200 bone tumors. Rosenfield holds a job as a stockbroker and continues to smoke nearly twelve joints everyday for over twenty-five years. His bone tumors have not grown since he began smoking cannabis and he continues to feel wonderful. Rosenfeld is now a recognized activist for legalizing medicinal cannabis in the United States (Kleinberg, 2006).

George McMahon who suffers from Nail Patella Syndrome was the last person who received the approval of medicinal cannabis use from the IDN program in 1990. Before George received his first can of 300 cannabis joints from the IDN program, he experienced multiple hospitalizations. He used countless prescription medicines with side effects that caused him to feel the zombie-like symptoms. He was confined to his wheelchair at times. He often stayed in bed. Soon George started smoking cannabis on a daily basis and his awful symptoms reduced to the point where he could get out of his wheel chair. He was surprised how cannabis gave him better quality of life with much fewer side effects. George knew that cannabis would not cure his Nail Patella Syndrome disease; however, it gave him extra endurance in coping with his rare disease as he was feeling much more mobile than before (McMahon & Lagen, 2003).

After McMahon's success with medical cannabis, the IDN program was overwhelmed, receiving many applications from AIDS sufferers. President George H.W. Bush decided to discontinue the IDN applications. He feared that Americans would start thinking that smoking cannabis is acceptable after learning that the Public Health Service handed out cannabis to qualified applicants (Booth, 2006). Three years after President George W.H. Bush shut down the IDN program, George McMahon co-founded an organization

called the Patients Out of Time (POT) in 1996. POT is a national non-profit organization led by volunteers to educate the American public and health care physicians about cannabis containing therapeutic properties. Their goal is to place cannabis back into the pharmacopoeia. Also, POT members want to end the arrests of illegal medical cannabis users by the Drug Enforcement Administration (DEA). Their other goal is to change the federal status of cannabis so doctors can legally prescribe it as medicine and stop the DEA from arresting more patients (McMahon & Lagen, 2003).

Under President Clinton, the war on cannabis escalated unlike any time before in history: "There were more arrests for marijuana than there were for arson, manslaughter, rape, stolen property, vandalism, and sex offenses combined," (Rosenthal & Kubby, p. 32, 1996). While active medical cannabis users and advocates were educating the public about the therapeutic use of cannabis, the number of yearly cannabis arrests reached an all time high in both President Clinton's terms. Congressman Newt Gingrich was cannabis friendly when he sponsored the legalization of medical cannabis bill in 1981. In 1996, Gingrich drastically changed his position when he proposed a mandatory death penalty bill for anyone who brought more than two ounces of cannabis into the United States. The Clinton Administration did not support the death penalty bill for cannabis traffickers (Schlosser, 2003). During George W. Bush's presidency, nearly half of the drug arrests were cannabis-related in the United States (Dreyfuss & Dickinson, 2005). In June 2005, the Supreme Court ruled that federal government still possess the right to define cannabis as a drug. The Supreme Court ruling does not overturn the state laws that legalized medical cannabis. However, doctors and patients are still not safe from the arrests by the federal government agents (Lane, 2005).

Enforcing the "War on Drugs" infringes on the appropriate use of cannabis because the decision has been co-opted by the DEA. The federal law hinders the decisions over the appropriate use of cannabis made by the doctors. The DEA has essentially allowed the practice of medicine without a license in its quest to prosecute and sentence sick people. Thomas James Lowe who suffers from Crohn's Disease was told by his naturopathic physician to use cannabis for relieving his loss of appetite, nausea, and stomach cramps. Lowe grew cannabis gardens for himself. He helped build indoor gardens for the other patients who were suffering from different chronic diseases. In 1993, his garden was discovered. He was arrested and sent to prison for five years for the charge of cannabis cultivation. While in prison, his health became worse after

being treated with heavy doses of drugs. Another medical cannabis patient named Peter McWilliams was a fatality of the war on drugs in 2000. Peter McWilliams was a well known of several self-help author. After he was diagnosed with AIDS, he had to take medication that caused severe complications and he thought the cure was worse than the disease itself. Therefore, he started using cannabis to increase appetite and control his nauseous symptoms from the medication. McWilliams was charged with conspiracy to cultivate and distribute cannabis. He took a plea bargain for five years in prison with no access to cannabis: "While waiting sentencing, Peter's medication caused him to choke to death while vomiting a symptom which cannabis had effectively controlled for years," (Conrad et al., p.18, 2001).

In the response against the war on medicinal cannabis, the paradigm shift occurred when California became the first state legalizing medicinal cannabis. The citizens in California passed Proposition 215 through voter initiatives in 1996 (Marlatt, 1998). Since 1996, eleven more states have legalized medicinal cannabis. The eleven states were Alaska, Colorado, Hawaii, Maine, Maryland, Montana, Nevada, Oregon, Rhode Island, Vermont, and Washington ("Active State," 2004). In the recent mid-term election on November 7, 2006, South Dakota was the first state that failed to legalize medicinal marijuana by a very few points through voter initiative. Nevada and Colorado failed to remove all cannabis-related penalties for medicine and recreational adult use in a close race. Despite the failure in three states, the cities of Santa Barbara, Santa Monica, and Santa Cruz in California; Eureka Springs in Arkansas; and Missoula in Montana passed initiatives making cannabis the lowest priority in law enforcement. The results show over the time more Americans are in favor of reforming the United State's cannabis laws (Durant, 2006).

In response to the American community showing more tolerance for medical cannabis and before counselors work with clients that illegally use medical cannabis in New York; they are encouraged to know the state and local laws. See Appendix A. According to National Organization for the Reform of Marijuana Laws (NORML), New York State virtually decriminalized cannabis. In New York State, if cannabis consumers get caught possessing 25 grams or less, they may have to pay a civil fine of one hundred dollars. They will have no criminal record. Getting caught smoking cannabis in public will likely increase the offense to a misdemeanor with a five hundred dollar fine and a possible jail time. Cultivating and selling cannabis in New York State is not tolerated and often result jail times ("New York," 2005). Medical cannabis is

not yet legalized in New York. For the medical cannabis situation in New York, Buffalo was the second city in New York to sponsor a medical cannabis bill in 2004 (O'Keefe, 2004). Therefore, knowing the New York cannabis laws will help the counselors gain insights and explain the legal situation to clients who may not know much about the state and local cannabis laws.

Counselors are encouraged to differentiate the addiction level of cannabis and the other recreational substances by looking at the Substance Compared chart. See Appendix B. The Substance Compared chart shows that cannabis has lower dependence, addiction level, and withdrawal ratings than caffeine. Alcohol scored much higher in the intoxication level than cannabis. Both nicotine and alcohol, which are legal substances, have stronger ratings of withdrawal, reinforcement, tolerance, dependence, and addiction potential than cannabis which is still illegal ("Substance Compared," 1994). The Substance Chart raises the question why medical cannabis consumers are treated unfairly in the eyes of the law.

Counselors who still feel controversial about their clients using medical cannabis may want to use the humanistic psychology for the humane approach in understanding their suffering from different illnesses and diseases. Understanding the basic needs and the survival of medical cannabis use will likely to form a healthy relationship between the counselor and clients (Marlett, 1998). Borrowing Pescitelli's (1996) definition of Roger's person-centered theory to have clients be a "fully functional person," and to recognize the "self" is important as medical cannabis clients make a decision whether to continue using cannabis as medicine. If the clients feel that cannabis is the better medicine to help them lead a "good life," like increasing their appetite or reducing their nausea symptoms to get out of bed and go on with their day, then they will more likely to experience their life as a "fully functional person." Also the person-centered approach will help the clients to make positive impacts outside of the counseling room, too. The clients will more likely use education to teach others about the benefits of using medical cannabis and use the "conflict-resolution" approaches in changing the New York cannabis laws.

Counselors working with medical cannabis users should adopt the harm-reduction approach, not the zero-policy approach. According to Marlett (1998), the harm-reduction approaches lets the clients make the choice of treatment rather than having a counselor telling them which treatment is best for them. When the clients can choose a treatment, they are more likely to reduce their chance of developing dependency

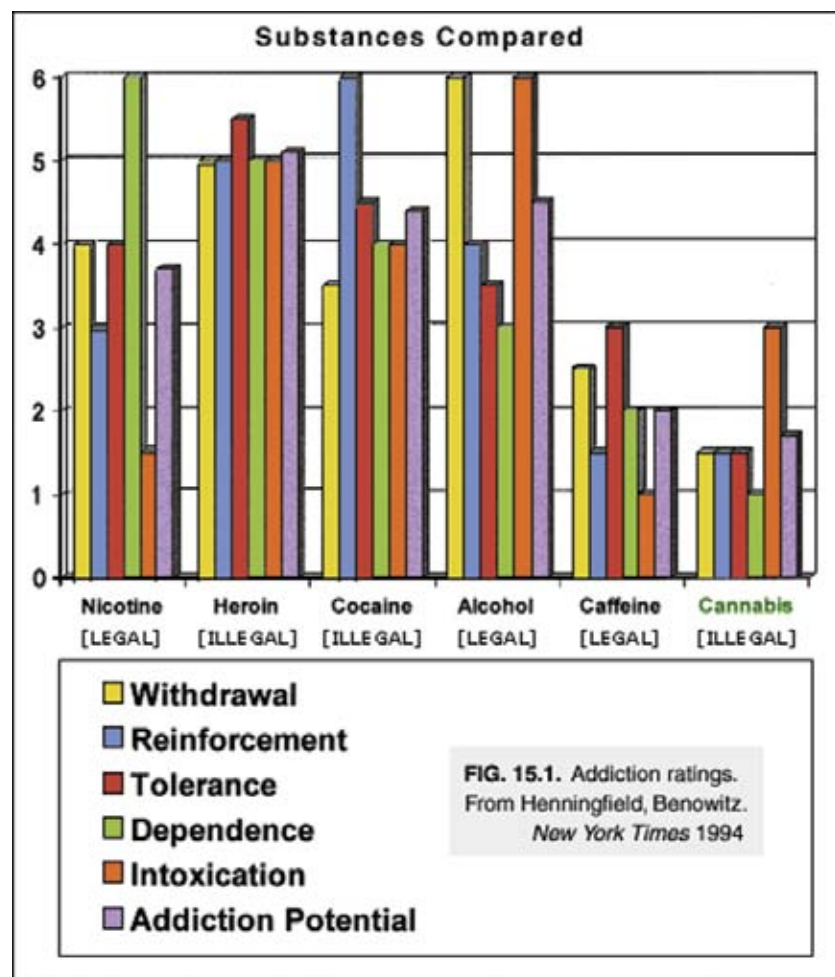
on cannabis and other substances. Also, counselors will have to understand that some clients may want to increase or decrease their consumption rate to meet their preferable level, as with AIDS patients, with the goal of having less severe side effects from prescription drugs. Due to the legal difficulties surrounding cannabis use, clients will likely to continue as they feel the need for medical cannabis. A successful harm reduction program would legalize medical cannabis and make safer community services for qualified patients. Marlett (1998) believes in pragmatic strategies to have a successful harm reduction program.

If the clients decided to discontinue using medical cannabis because of their illness, like cancer for example, and they found difficulty in getting off the substance, then counselors can help them to get off cannabis. Velasquez, Maurer, Crouch, and DiClemente (2001) explain how the clients with alcohol and substance dependencies go through the “stages of change.” Going through the stages of change can be done in either individual or group counseling. The authors describe precontemplation, contemplation, preparation, action, and maintenance in the order for the clients with alcohol or drug dependencies to go through the stages of change. In the precontemplation stage, the clients are not convinced if they have a dependency issue. The contemplation stage is where they acknowledge their dependency issue and start thinking about solving it. The preparation stage happens when the clients start counter-conditioning their substance use. The action stage happens when clients make the changes, like to quit using the substance and it is obvious to those around them. The maintenance stage is where the clients sustain their behavioral change. Relapse is possible when going through the stages of change. Therefore, it will be up to the client, not the counselor, if they have a dependency issue.

To increase the tolerance of medical cannabis users in our society, Chetkow-Yanoov (1999) explains that coexistence between different people and cultures through “community work” is possible. Also he explains the philosophy of “tolerance” and “integration” to make “coexistence” possible. For

counselors and clients who want to learn more about creating safer medical cannabis service in New York, the clients may want to consider joining an organization called New Yorkers for Compassionate Care (NYCC) which is easily found through Google on the internet. Visiting the NYCC website will give clients directions to obtain proper information, contacts, and links to different organizations in the United States of America. Also, if clients decide that New York is not a safe state to use medical cannabis, they may want to think about moving to a legalized state like California. People from NYCC will help them find the appropriate connection to meet their needs whether they decide to stay in New York or not.

The model shows the directions that medical cannabis users can use. See Appendix C. First the medical cannabis users may not need to see a counselor, as they are already comfortable with their decision. Maybe they are already involved in an organization like NYCC, for example. However, if the medical cannabis client is not sure what to do because of legal issues or they think they have a dependency issue, then they can see a counselor before heading down a different direc-



NEW YORK		Incarceration	Fine
Possession			
25 g or less (first offense)	civil citation	none	\$100
25 g or less (second offense)	civil citation	none	\$200
25 g or less (3rd offense)	misdemeanor	5 days and/or fine	\$250
25 g to 2 oz*	misdemeanor	3 months	\$500
2 to 8 oz	class A misdemeanor	1 year and/or fine	\$1,000
8 to 16 oz (first felony)	class E felony	1-4 years and/or fine, if second offense- 3-4 years (mandatory ½ jail sentence)	\$5,000
16 oz to 10 lbs (first felony)	class D felony	1 - 15 years and/or fine, if 2nd offense mandatory ½ jail sentence	\$5,000
More than 10 lbs (first felony)	class C felony	1 - 15 years and/or fine, if 2nd offense mandatory ½ jail sentence	\$5,000
*Includes any amount in public where marijuana is burning or open to public view.			
Sale or Cultivation			
2 oz or less gift	class B misdemeanor	3 months and/or fine	\$500
24 g sale	class A misdemeanor	1 year and/or fine	\$1,000
25 g to 4 oz (first felony)	class E felony	1 - 4 years, if second felony 3-4 years (mandatory ½ jail sentence)	\$5,000
4 to 16 oz (first felony)	class D felony	1-7 years (probation if no prior felony)	\$5,000
16 oz to 10 lbs (first felony)	class C felony	1-5 years and/or fine, if second felony 4-7 years (mandatory ½ jail sentence)	\$5,000
10 lbs or more (first felony)	class C felony	1-15 years and/or fine if second felony 6-15 years (mandatory ½ jail sentence)	\$5,000
Sale to a minor (first felony)	class D felony	1 - 7 years	\$5,000
Miscellaneous (paraphernalia, license suspensions, drug tax stamps, etc...)			
Paraphernalia possession (must be dirty paraphernalia)	misdemeanor	1 year	\$1,000

tion. It is very important for the counselors to remain open-minded with their clients during their first session although they may not approve of the medical use of cannabis. The counselors can help the clients learn about cannabis laws, get updated information on medical cannabis studies, and contact different medical cannabis organizations in the United States. If a group of clients thinks they have a dependency issue with cannabis, then the counselor should be prepared to offer the harm reduction program to help them get off cannabis. The same idea could go for legal prescription drugs, not only cannabis. Therefore, offering drug treatment should not be for alcohol and illegal drugs alone. Unfortunately, New York has not yet legalized medical cannabis; the clients will still face probation, fines, and possibly jail time over their medicine of choice. To create better community services and raise coexistence awareness among medical cannabis users, it is important for counselors

and clients to stay updated with current issues related to cannabis. The medical cannabis model will remain flexible and adjustable for future changes. In conclusion, medical cannabis had been used for 5,000 years before it became illegal in America in 1937. Cannabis became illegal due to the racism, prejudice, and stereotypes against the Mexicans and African Americans, which scared white American people about using cannabis. It was the act of propaganda that ruined many lives in America. As more states legalize medical cannabis, more Americans are accepting medical cannabis use. It is important for counselors to remain open-minded, bias free, and be prepared to work with the increasing visible population of medical cannabis users in New York. Community work is essential for building safer medical cannabis dispensaries and services in order for the peaceful coexistence of patients who greatly benefit from medical cannabis as the alternative medicine.

Details

Possession of 25 grams or less of marijuana is punishable by a fine of \$100 for the first offense. For the second offense, the penalty increases to a \$200 fine and for subsequent offenses the fine increases to \$250 and a maximum of 15 days in jail time may be imposed.

Possession of greater than 25 grams or possession of any amount in public where the marijuana is burning or open to public view, is a class B misdemeanor and is punishable by up to three months in jail and a fine up to \$500.

For possession of greater than two ounces, the penalty increases to a possible one year in jail and a fine up to \$1,000.

Possession of greater than eight ounces increases the penalties to a possible one to one and a half years in prison and a fine up to \$5,000. The penalties for possession of greater than 16 ounces are one to two and a half years in prison and a fine up to \$5,000. For possession of any amount greater than 10 pounds, the penalty is one to five and half years in prison and a fine up to \$5,000.

Delivery or manufacture of two grams or less of marijuana for no remuneration is punishable by up to three months in jail and a fine up to \$500. For delivery or manufacture of 25 grams or less, the penalty is up to one year in jail and a fine up to \$1,000. For amounts greater than 25 grams, the penalty increases to one to one and a half years in jail and a fine up to \$5,000. Delivery or manufacture of greater than four ounces is punishable by one to two and a half years in prison and a fine up to \$5,000. For any amount greater than 16 ounces, the penalty increases to one to five and a half years in prison and a fine up to \$5,000.

Any sale or delivery to a minor is punishable by one to two and a half years in prison and a fine up to \$5,000.

Possession or sale of paraphernalia is punishable by up to one year in jail or a fine up to \$1,000.

Appendix A

New York

Incarceration Fine

Decriminalization: The state has decriminalized marijuana to some degree. Typically, decriminalization means no prison time or criminal record for first-time possession of a small amount for personal consumption. The conduct is treated like a minor traffic violation.

http://www.norml.org/index.cfm?wtm_view=&Group_ID=4554

Appendix B

<http://www.cannabisfacts.ca>

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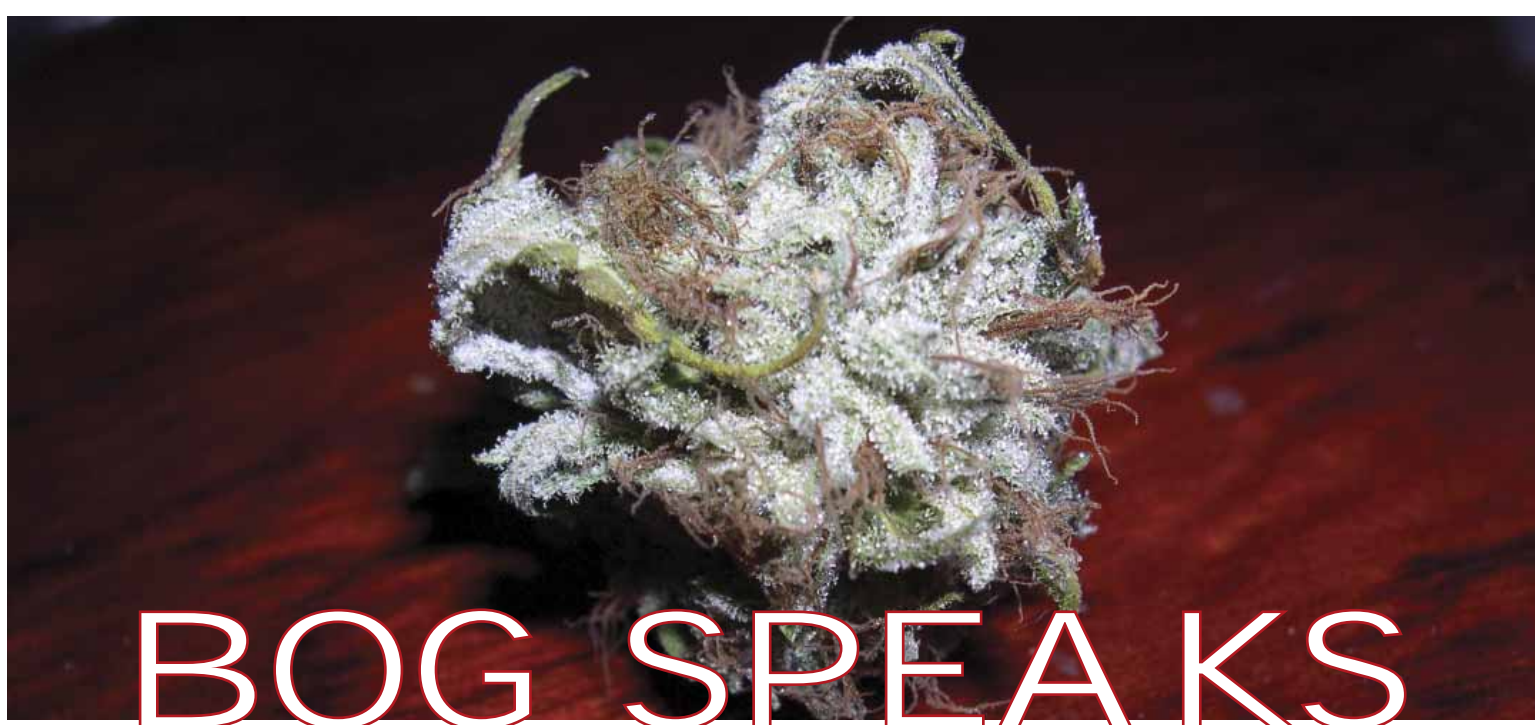
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BOG SPEAKS

Sacramental Cannabis

By BushyOldGrower

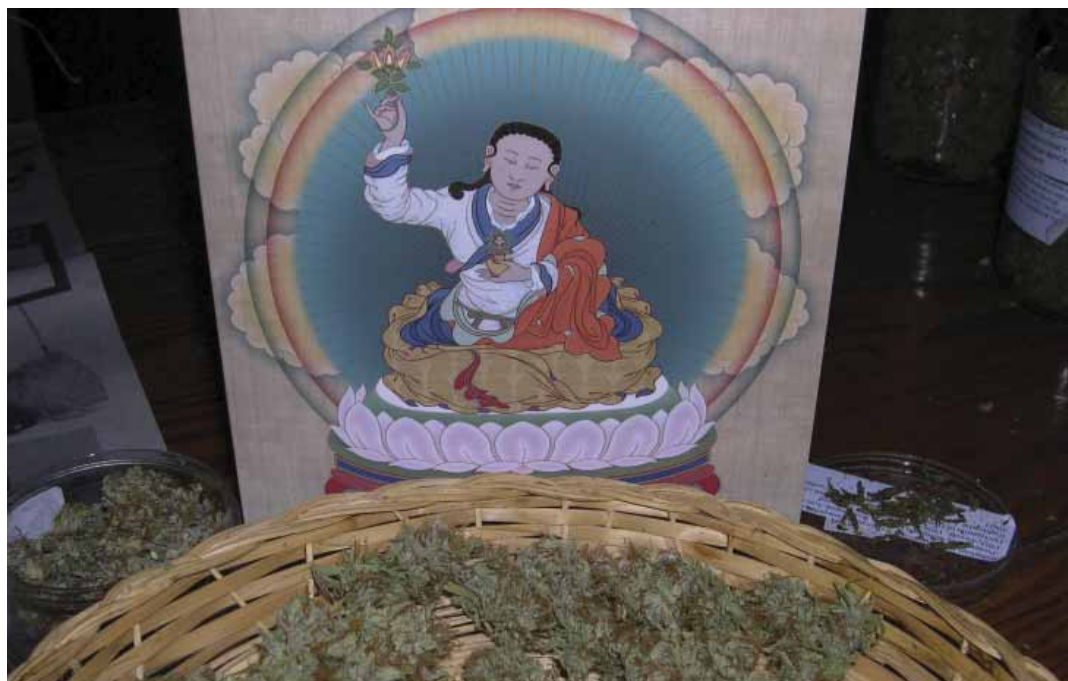
Author of Bonanza of Green

In the last issue of Treating Yourself the medical use of cannabis was discussed. There is little doubt that cannabis is effective medicine and it is totally safe. Recently my Medical Doctor stated, "Whatever works" regarding Alternative Medicine. She knows that what works for the patient is the main criteria for good medicine as well as safety.

The term, "Sacramental Cannabis" like "Medical Cannabis", makes some in the anti-pot world shudder. The difficult thing to understand, about opposition to medical use, is the fact that Doctors prescribe many very dangerous and poisonous drugs even for small ailments. Why should anyone object to a patient taking the advice of his or her physician?

In regard to Spiritual usage of Cannabis, I believe that the objections to this one are as illogical as ever. In reality Sacraments are rituals used for religious purposes. These rituals allow a practitioner to raise their spiritual energy. Visualization, meditations, incense burning and prayer are all helpful to the daily maintenance of the spiritual aspect of our lives.

Truthfully I swear that I am a medical and sacramental user of Cannabis, as is my friend, Soma. Master Soma has been a good example of many things. Soma says, "Cannabis is my daily Sacrament". Like myself, Soma is also a medical user, an author of many cannabis articles and has written a book as well. Soma faced open-heart surgery recently and coincidentally so did I a while back. When in the hospital in Amsterdam, Master Soma insisted he needed his medical marijuana to live and he was allowed to use cannabis in his room. He recovered.



(Taking a Sacramental usage break) ☺

Whew! ☺ Now, where was I?

The reason cannabis makes such a great sacrament is the effect it has on a person or a group. People often notice details when "high" and the appreciation of beauty becomes easier. Seeing the beauty in nature is a beginning on the road to enlightenment.



Cannabis use also has the ritual people seem to need in order to achieve peace and oneness. Soma says, "Cannabis makes people kinder" and he's right. Did you know that Hitler and the Nazi's hated cannabis because they believed it made men weaker? They wanted insensitive soldiers who drank alcohol because booze goes with violence. Pot is for Peace.

In order to bring peace to Earth the Buddha came. This is the only reason anyone ever tried to help us. Someone "up there" saw the world of delusion and violence we live in and this someone had pity on us. This "higher person" that you may prefer to call by a different name is "The Prince of Peace".

Jesus was a great Buddha and all the great masters who wished for peace seem to have the same message. Love everyone like your brothers and sisters. As Bill and Ted said, "Be Excellent to Each Other".

Cannabis brings me inner peace and allows me to open my heart to others. "Getting High" in the morning does get me higher in my level of spiritual consciousness. I am high right now! Of course I wasn't raised a stoner but was forced as a child to endure the hypocrisy of the Catholics. Catholic School was a nightmare to me but I never quite rejected the notion of God despite their efforts. To this day the Catholics oppose birth control in a horribly over-populated world. Do catholic rituals like sacramental incense, wine or unleavened bread do much? They own much property and they are guilty of many crimes and I can testify to the fact that the Catholics did harm to me. So if that is legitimate religion it isn't for me.

False religions teach a delusion of good and evil, a devil and a God Father. It all sounds like children's stories except for the message Jesus gave us in his "Sermon on the Mount". This sermon was the Sutra

of Buddha Jesus, his sermon on the rule of love and peace.

I believe there is one deep truth like the deepest part of the Sea. There are many paths to this one truth and these paths are like rivers that all lead to the Sea. All religions eventually will end up at the same truth. We will eventually bring peace to our planet but first we must bring peace to ourselves.

(Smoke some pot now...)

Can you feel the peace? Say aloud, "Nam Myoho Renge Kyo". Take a deep breath and close your eyes, feel the love as you see the light. The Kingdom of God is within you and your body is a temple of great beauty. Realize your beauty and your place in the universe as one of those most honored. You are the highest sentient being on this planet. So what is your duty? We tend the garden. Planet Earth is the garden we are responsible for. All life forms are under our dominion. What will we do with our lovely Mother Earth?

It is my hope that everyone will continue to seek enlightenment. Whatever path you choose is up to you of course. I would never wish to restrict anyone's religious freedom, would you?

You may wonder if I am a Christian or a Buddhist. Actually I love them all. This is the "One Love" concept. One Love because all humans are one. This collective consciousness we share is evolving, as have our religious ideas. Bring Peace and Love into yourself so you can project the same to the world.

See the Beauty in yourselves my brother and sisters. I see it in you.

Nam Myoho Renge Kyo (from the Lotus Sutra)

by BushyOldGrower



A Med-User's Journal

by Richard Koppens

In my six months of being an exemptee under the Marihuana Medical Access Regulations (MMAR), I have decided to get more involved not only in educating people about using cannabis as medicine, but also in helping people to gain legitimate access to it. These articles are one method of accomplishing that goal. Instead of talking about doctors, law enforcement, or the complexities of genetics, I will concentrate instead on everyday people and how therapeutic cannabis impacts their lives. I hope to convince people that 'med-users' are folks just like themselves and that they should consider the alternative of treating themselves instead of (or in addition to) the dangerous pharmaceutical medications that their doctors have been treating their ailments with. Each installment will be, as the name suggests, a journal-entry of my life as a med-user.

When I began my first article for Treating Yourself magazine (Issue 6), I had no idea what form my writings would take. I simply wrote about my experiences as a new MMAR exemptee as I adjusted to the new life that I seemed to have. I was surprised by how accepted I was by those I encountered. When it came time to write article number two, I chose to learn and share about the similar experiences of State-authorized exemptees in the USA. This was eye-opening and served to underline the challenges that American exemptees face because of the division of State and Federal legislation concerning medical marijuana. In this issue, I get to spread the word about something that has come to mean a lot to me (both before and after I received my exemption): the genuine compassion and generosity of the members of the medical marijuana community.

Considering the very high proportion of MMJ user that are disabled, on public assistance or are prevented from holding jobs reflective of their talents due to their ailments, one might be surprised by the examples that I am about to give...until you meet and spend time with the people involved. Then you will understand.

Since becoming involved in the MMJ community and specifically the TreatingYourself.com forums, I have

had an education in giving and, more importantly, in caring. I will relate some of the 'lessons' involved in that education although, in most cases, the teachers will remain unseen.

First and foremost of these teachers is Marco Renda. He is the founder of TreatingYourself.com and Treating Yourself - The Alternative Medicine Journal. He is the first medical marijuana activist that I spoke to and has since become a friend. It was because of his selfless acts of generosity that I became involved in helping in my own small way. Marco has inspired many people to step forward either to do their part to educate others or to help the sick and dying who need our medicine the most.

Beginning with the website and forum, continuing through the times of free seeds to medical users, the formation of the TYHHC* (and its eventual demise) and, currently, the Treating Yourself magazine, Marco seems to spend all of his time, energy and money in helping med-users. He has, over the years, helped countless people to gain access to the information they needed to become 'legal' med-users and to help them grow the medication required to treat themselves.

* TYHHC – The Treating Yourself Helping Hands Club was an extension of TY's compassion club for MMJ users. TYHHC helped those who, because of their situations, needed assistance with meds, seeds or equipment at little or no cost. This was accomplished through the work and generosity of many people, but Marco was the impetus behind it.

Because of legal issues concerning the aforementioned TYHHC, Marco has lost much of what he earned before illness cut his career short. Still, he spends his time publishing and promoting this magazine as well as his website. He can no longer offer free seeds, run a seed bank of medicinal strains or help sick people in other ways but he is still an inspiration and focal point to those wanting to help others to help themselves. There are a number of other websites, publications, groups and individuals who publicly promote the use of therapeutic cannabis. Often these people are putting themselves at risk in order to help the sick. They gain nothing for themselves and almost all efforts are run out-of-pocket. These folks should be applauded. The work that they do is invaluable because they allow a face to be put to the cause; something most of us are not willing or able to do. While they may be seen as activists, it must be remembered that these are not healthy people. For example, Tonya Davis in Ohio has been the driving force behind new legislation that could change her State's position on medical marijuana. This young lady is quite ill and yet she not only had the bill written, she has been lobbying for it,

in person, seemingly everywhere and I will be shocked if she doesn't see it become the law.

There are a number of good compassion clubs across Canada (and presumably in the US) that operate solely to grow and supply medication to the sick. These operations, while they are fine examples of generosity and compassion, are not legal and are run with the knowledge that the owners and employees could face jail-time if arrested. They cannot be named, but many sick people owe a great deal to the individuals behind these compassion centers.

Designated growers are truly unsung heroes, in my eyes. These people take on the work and the risks involved in growing medicine for someone who is ill. It is no small job to grow cannabis well. There is a huge outlay of time and effort for each crop. In addition, although an MMAR approved DG is at no risk from the law, there are always those individuals desperate enough or unscrupulous enough to steal from the sick. 'Rippers' not only steal cannabis; they will take anything else of value that they can leave with. Often taking the form of armed home-invasions, these thefts are frightening to the victims and are, sadly, becoming more common. This is why the typical DG will remain an unsung hero. It would be nice to applaud them publicly, but current laws and social structures require that they keep a low profile.

A common practice among those who grow their own medication is to use a portion of the harvest to help the needy. I have met folks who offer 1/4 to 1/3 of their yield to other med-users either for free or at prices far below those charged on the black market. During times of need, I have myself been gifted with the medicine I required...sometimes in small quantities but often in amounts that I would never have been able to afford. These were gifts of true charity; 'paying it forward' is the only payment that the donors would hear of.

Some growers donate the trim (leaves and small buds) from their harvest to others. While not the most potent or effective medicine on its own, further processing can result in products that are suitable for some people's needs. The resin can be extracted, a tincture can be made, cooking products can be manufactured or the trim can be wet or dry filtered to produce a type of hash. This type of donation has allowed some people to continue treating themselves long after they have lost a job or otherwise become unable to afford their meds. Some people actually find cannabis-laced foods or 'ice hash' to be more suited to their personal requirements and have stopped smoking or vaporizing cannabis itself. Other growers make their own 'Canna-butter' from the trim and use it to create baked goods that they then

distribute to those who need them. Particularly useful for the frail and elderly, cookies and cakes can be a godsend to those who have no access to cannabis on their own. I have not only been the recipient of a variety of edible med-products, I have helped to get healing cookies to sick people a number of times in the past.

Another uncommon way in which I have seen med-users help one another is with their own 'helping hands'. Even though an unwell person may be healthy enough to deal with the day-to-day responsibilities of growing his own cannabis, certain tasks like trimming and transplanting can be overwhelming. Often, during these times, medical cannabis users will help one another to get the job done. While they are often called 'trim parties', most people find the work tedious and are glad when the last bud is finished or the last plant is safe in its new container. Still, we all leave with a smile, knowing that the job that needed doing is done.

There are still more common acts of kindness and generosity within the MMJ community. The gifting of genetics in the form of clones, seeds or occasionally a reliable Mother-plant may seem like a small thing but this practice helps med growers immensely. As mentioned before, MMJ users are commonly low-income or fixed-income earners. Trying new strains can be an expensive proposition and involves a certain amount of risk. A gift of proven genetics from a med-user not only saves that cost but it often offers the 'guarantee' of medical effects suited to the needs of the patient. These exchanges often take place at trim parties or at social gatherings of patients and growers, which serve as opportunities to share strain information, recipes or medical advice.

In addition to the lengthy list above, there are countless good deeds being done for med-users by med-users all the time. I have personally witnessed things that have humbled me by their very selflessness; things that had nothing to do with cannabis.

Once, a sick friend drove for an hour and then waited for me for at least two more so that he could drive me around to help get another med-user the groceries that she needed. In all, he spent 10-12 hours away from home to help me help the other patient.

One year, when Marco was too ill to dig the potatoes and root vegetables from his garden, a fellow med-user traveled 500 kilometers to do it for him.

On the TreatingYourself.com forum, a number of members have had financial emergencies relating to their home or vehicle. Often, these situations have been quickly and quietly remedied by the generosity of one or more members.

When a woman too ill to build her own grow-room was identified, another individual (who, in truth, wasn't much healthier) recruited his also-ill brother to get the job done. When they were done, the lady had a neat, safe grow space that more than met her needs.

When a patient buys a new vaporizer or upgrades their growing or processing equipment, most will donate their older items to another med-user rather than try to resell them. Again, this may seem like a small thing until one considers how difficult it is to save for large items on a fixed or low income. Often, these people must wait longer to make their purchase because of their own generous intent.

Recently, a legal cannabis user/grower had his home invaded at gunpoint. While the loss of medications, money and other items of value was harmful, the damage done to his and his family's peace of mind was far more devastating. When he asked for help in moving to his new home, three other med-users traveled from locations 5 or more hours distant to come to his aid.

Much like a far-flung family, there always seems to be a welcome for a fellow med-user on the road. From personal experience and from the tales of others, I can say that the traveler is offered the best meds, meals and sleeping accommodations whenever he is fortunate enough to spend time at another patient's home.

I'm not certain why users of therapeutic cannabis are so much more generous and compassionate than other folks seem to be, but I think that it might be based in strong feelings of empathy and understanding. Firstly, medical cannabis users tend to be distrustful of 'outsiders' and many feel that those around them do not accept them and their choice of drug. Police, landlords, employers or family members may be prone to passing judgment on a person because of their use of marijuana regardless of why they are using it. This unfair categorization has led to a much closer-knit community among MMJ users.

People with long-term, chronic or life-threatening ailments tend to have similar lifestyles and health-related issues that allow them to understand one another's problems more easily. Depression, anxiety, appetite problems, dependencies or side-effects from pharmaceuticals and family troubles are all common complaints for people with these types of health problems. It is perhaps easier to help someone who is having difficulties dealing with these things when you have already been through a similar experience yourself.

Perhaps also because of their illnesses and injuries, MMJ patients seem to be more interested in exploring

the Spiritual side of their beings. In my own experiences with MMJ users I have found two interesting things. First, that Buddhism, native North American beliefs and Naturalism seem to be better represented than in the population as a whole. Second, no matter whether one of the previously mentioned paths or another; no Christian or Taoist or Wicca works harder at 'doing unto others' than the one who is also a person who uses cannabis as medicine.

When I first encountered the MMJ community, I was walking a dark road of depression and isolation. The example set by those around me has not only allowed me to face my disability with a much more positive attitude but it has inspired me to see that there are things that I can do which can help others who are sick. It has also led me to discover that doing those things make me feel good about myself and about my life. Anything that can do that is well-worth doing. Perhaps that, after all, is the best answer to the question "Why". "Why? Because it feels good."

There is a final group of generous people that I would like to mention. These people are not sick but they are compassionate and supportive of those who are. They are the sponsors of the TreatingYourself.com forums as well as the retailers and others who provide a discount to med-users. Returning to the financial situation of many patients, a 10%, 15% or higher savings on growing equipment and supplies makes a big impact and is always hugely appreciated. The TY sponsors, in addition to providing a discount on their products and services, supply the site with prizes for contests and giveaways. These contests not only serve to brighten the day of the regular med-users on the forums but they bring new people to the website, helping us to spread the word (and the compassion) even further.



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Dealing medicine from a Porsche Convertible

One patient's perspective

by Jari Dvorak

As a user of medical marijuana, and one of the activists, I see much to cheer about lately. Pot might be the only medication that still works for me. Over the many years that I have been ill, all of my medications have been changing. My doctor makes regular changes to my HIV antiviral medications. This needs to be done to prevent the HIV virus from becoming resistant. My blood pressure medications also have been changed several times. So did my sleeping pills. Yet having a puff of pot here and there continues to do the trick reliably, without failing. It's been like that for almost 20 years. Having a toke still gives me the appetite to eat my meals. And eating is crucial for my survival.

The other good part to cheer about is that my pot supply is abundant. I don't have to search for a reliable dealer in the murky waters of the black market. I don't even have to grow it anymore if I'm physically unable. I could get it legally from Health Canada. And if I'm not happy with the Health Canada product, I could buy better stuff from a variety of compassion clubs that sprouted all over Toronto. To top it off, I could still go to the black market dealer.

One could argue that I'm just lucky because I live in a big city and qualify for the Health Canada supply. That, I cannot deny. I'm sure that patients living in smaller places don't have that much to cheer about. But my point is still valid for the many of us living in big cities. The steep price of medical marijuana is another story. To save money, I grow my own on the balcony. In the spring, when my home grown had run out, I have to buy pot. My consumption is one or two joints a day. At current prices, this adds up to about \$300 per month. You might be curious about how much I spend on my other medications? My other meds cost me about \$40 per month. That includes the HIV antiviral medications, blood pressure pills and the sleeping pills.



My view is, and always was, that pot for medical users should cost a fraction of the current price. Anyone can grow the plant for free – right? Presumably that is also why the major drug companies are not in the pot business. Although part of me finds this last point still hard to believe. After all, anyone can grow a tobacco plant, yet we have a huge and profitable tobacco industry. Could medical marijuana be all that different? After all, by some estimates, there might be 400,000 Canadians that could be considered medical users. With the current prices, the total business might be in the billions! That is nothing to sneeze at. Of course much of the money is swallowed by the black market. The compassion clubs are getting only a tiny proportion of it, because the price they are charging is not all that different from the black market price. The Health Canada product costs a bit less, but it's a major chore to qualify. Apart from that, even the Health Canada price (\$150 + tax per oz) is way too steep. I see no good reason why an ounce of medical marijuana should cost more than 2 or 3 packs of cigarettes. But over the years I have become used to high prices, thus my reason for the cheerfulness.

Only recently some darker doubts have been lodging in my mind. The reason for my doubts is a recent news story from Los Angeles. Federal agents trailed Sparky Rose as he drove his Porsche Carrera convertible to the Compassion centre, of which he is the owner. According to court papers, an investigation into the club finances turned up records showing \$2.3 million deposited in its bank account over a period of eight months. And that the owner wrote himself weekly checks of \$9,600. That kind of money made me sit up and think.

I suppose one could dismiss this story as “just in California”. Or, perhaps it might be a deception - part of the Drug Czar propaganda. I have not seen club owners in Toronto driving Porsches yet. But the story made me to pause, because it talks about some issues that I do recognize as applying to Canada as well. Like in California, here in Ontario just about anybody could open a compassion club. And who knows how much money are they making?

Back in the heady days of the groundbreaking Alan Young / Jim Wakeford /Warren Hitzig court cases, we activists were all united under one vision. Patients and compassion club owners alike, we were all sincere in fighting hard the cruelty of the law. We even had a moral vision of what a compassionate club should be like. It was supposed to be along the lines of non-profit patient self help collective. A kind of medpot kibbutz!

Fast forward to today: Compassion clubs are becoming big business. They are illegal, to be sure, but relatively free from police hassle. Here and there a compassionate club gets busted. Yet most of them seem to be tolerated - if they could make a good case. Ditto for the growers. The police is apt to be lenient if the grower could prove that the crop is for a compassionate purpose. That reduces the risk, but clearly not the price.

As part of the good services from the Canadian AIDS Society, we patients get regular emails updates on the medical marijuana situation. In one of the updates I read that a compassion club was busted recently in London, Ont. They found an inventory worth about \$1 million. It makes me wonder how much profit such a business could generate. Some of the Toronto clubs might be even bigger. I’m talking about retail outlets with hundreds of customers each and growing by the minute. They became the biggest because of the superior quality of their product and service. Yet even they are not subject to any rules, face no regulation, and can charge whatever they decide. It makes me think about the ethics of it all and how would the public react? Indeed suddenly I’m having some misgivings about how the Compassion business is developing. In another email I read that very soon, the VICS Compassionate Club will be arguing, in the BC Supreme Court, a constitutional challenge to the monopoly of the federal medpot program. VICS has a good reputation and I wish them success. At the same time I do hope that the

court will take the patients pocketbooks into consideration.

To some medical marijuana activists, this line of thinking might sound like a friendly fire bordering on treachery. Nevertheless, for us patients, the nagging questions remain: Could it be that some of the compassion clubs are getting unjustly rich on the backs of patients? Could it be that at least some of us activists have had another agenda than compassion? Is it possible that some of today’s club owners made no past or present contribution to the “medical cause” whatsoever and just happily joined the fray to tap into a lucrative business?

Why do they charge prices similar to the black market prices?

A few years back, I used to question a number of the club operators (as well as Health Canada) about the high price, which I consider unethical. The response was always polite, but basically “Go fuck yourself, nobody tells me what to do!” I’m left with the thought that it is very likely that the medical marijuana movement had attracted not only altruists, but also profiteers. And that perhaps it’s high time (no pun intended) to stop confusing these two.

It would be great to hear some fresh new ideas about bringing the high price of medical marijuana down. I think we collectively ought to begin a conversation on how to make medpot affordable.

Jari Dvorak is a Federal Exemptee. In the late 1990’s Jari was assisting his buddy Jim Wakeford in the fight against the injustice of the drug law. It was the Wakeford constitutional challenge that led the courts to order Canadian Government to establish the Exemption system. Jari was also part of the Hitzig case for legal access. He can be reached at Dvorakj@sympatico.ca.





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Reader's Rants

by Patrick Casey

When a group of people wishes to disassociate themselves from another group of people politically, it is simple common courtesy to let them know why. People are born with the right to live, to live free, and to go about their lives in the manner they think brings them the most happiness. We have these rights because we are created by God or by Nature with them and they are as much a part of us as our noses, our ears, and our feet. They are the reason people create governments and give them the responsibility to protect them and their rights. When government fails to fulfill these responsibilities, it is the RIGHT of the people to change the government or get rid of it and put something else in its place. It is the RIGHT of the people to have a government that provides happiness and security based on how the people's views of happiness and security, not the government's.

No government should be changed lightly or for the issue-du-jour; that would not be prudent. People are extremely tolerant of abusive governments and are willing to suffer through much abuse at the hands of their governments. But when the abuse becomes so pervasive and unceasing that it reveals a systematic pattern of making the government all-powerful, the people don't just have the right, they have the duty and the obligation to get rid of such government and replace it with a government that will provide us with happiness and security. We, the American people, have been patiently suffering such abuse at the hands of our government and their abuse necessitates our changing the government. The recent history of our government's treatment of the American people is a history of repeated injustice and wholly unjust seizures of authority from the people, all in order to establish tyranny over them. As evidence, these facts are submitted to those willing to see things straight.

Our president:

- * Refuses to abide by laws deemed moral and necessary for the good of the people.
- * Obstructs the states from urgently needed laws and neglects his duty to act swiftly on matters affecting the people.
- * Has refused to allow laws affecting large numbers of people to be passed unless the legislature relinquishes power to him.
- * Has abused our elected representatives repeatedly, especially for opposing his invasions on the rights of the people.
- * Obstructed the administration of justice by refusing to abide by laws requiring fair treatment.
- * Made federal judges dependent on his appointments for the furtherance of their political careers.
- * Created innumerable new government bureaucracies

and sent out swarms of agents to harass our people and take away their wealth.

- * Is keeping among us private armies without the explicit consent of our legislatures.
- * Seeks to make the military independent of and superior to, civilian authority.
- * Has conspired with others to subject us to restrictions and controls that are foreign to our Constitution, are unrecognized by our laws, and were rubber-stamped by the legislature during a time of great fear.
- * Has depleted and bled our National Guard and left us helpless in the face of disaster.
- * Has protected murderers, kidnappers, and other types of criminals from being brought to justice for the crimes they committed against humanity.
- * Imposed taxes on future generations of Americans without their consent.
- * Has deprived our citizens of the benefit of trial by jury.
- * Has transported our citizens overseas to be tried or held for pretended offences.
- * Abolished the lawful government of a sovereign nation and established an arbitrary government so as to use it as a model for tyranny.
- * Seeks to take away our most treasured rights, abolish laws that protect the people, and fundamentally alter our form of government.
- * Has usurped legislative authority and authorized himself to legislate from the Executive Branch.
- * Abdicated government by declaring that some Americans fall outside the protection of the Constitution and by waging war on the rights of the American people.
- * Has plundered seas, ravaged coasts, burnt towns, and destroyed the lives of many people.

Our president is at this time deploying large armies of domestic and foreign mercenaries to complete the works of death, desolation, and tyranny that he began years ago. Our president's barbarity has seldom been excelled in even the worst of times. His actions are totally unworthy of the head of a civilized nation. Along the way, the people have sought answers from our president. These repeated petitions have been answered with insults and contempt by the president and these are the responses of tyranny. A president who acts like a tyrant is unfit to be the leader of a free people.

Sound revolutionary? It is!

Sound radical? It is!

Sound familiar? It should!

All I did was rephrase the Declaration of Independence in contemporary terms. G.W. Bush's treatment of America is little different from George III's treatment of America. How sad that we, the people, have allowed politicians to bring us full circle to where we find ourselves crying out against the injustices of our own government and those injustices are the very same injustices our founding fathers fought against from 1776 to 1781.

Involved

by Al Graham

Federal Medical Marijuana Exemptee

Spring is coming and so is fantastic weather. As I write this its 25 below and the ground is covered in a fresh layer of frozen rain that came down only days before. While it's cold and icy out there, things are warming up inside, as people plan to get involved in the marijuana movement.

Some people have been in it so long that their activism comes to them like clock work. These are the people that know when the events happen or the people that can just roll a letter off without worrying about what to know, before writing about it. But there are many of us out there who have no clue on where to start.

For me, I chose to attend a protest. The first event that I saw when I came out of the hospital from a battle with Crohn's Disease was the Summer of Legalization Tour by Marc Emery. He was coming to a city that was 90mins from me and after reading some of the reports of his other smoke-outs I knew I had to be there. For my effort, as well as meeting Marc, I was able to get some answers from him on some questions I had. As well I got to stand in front of a police station and have a puff of the biggest doobie I had ever seen smoked. Never in my 40+ years did I ever think that would happen. As a first timer to an event you just never know who you are going to run into. The Global Marijuana March brings you close to many activists that are more than willing to help you out. You get to enjoy some great music as you make your way around the sponsors vending booths. During the 2006 GMM there was an estimated 25,000 people who attended, so you won't be the only in attendance. There are also marches for the 420 celebrations throughout the world which are usually held every year around the weekend of April 20th. As far as finding these rally locations I'd suggest visiting your favorite marijuana website and checking out an "events" link, the front windows or bulletin boards of your local smoke shop or even on the side of a telephone pole. Even watching the ad space in your favorite magazine can help you find a rally to attend. Once you feel comfortable I'm sure you'll want to get in there next time and help out. Help is always appreciated.

If you are not located near a big city or a rally location you can always get into letter writing. You can write the your local or distant papers letting them know if their facts were incorrect. You can address an opposing point of view on something that you read in the paper. If there is something that you know is wrong, correct them. Talking and telling the truth not only educates those in the dark but you'll find yourself getting better at what you do as an activist. Need some facts? Then I'd suggest going to <http://www.cannabisfacts.ca> as "frank"

has done an excellent job of putting some outstanding information onto his pages.

You can ask questions that put questions into people's minds. For example when it comes to wasting peoples money I like to look at the D.A.R.E. program. This program gets taught to grade 6 students. At this time in their life they may or may not have any knowledge on drugs and chances of consumption are very low. If this program is so efficient and is worth running then why is the substance abuse numbers for high school so high? A working program to me, I would think, would show very low number not ones showing numbers hovering at the 50% level. Maybe these people should look at programs that are taught by teachers and not police. The people at the Drug Policy Alliance (<http://www.drugpolicy.org/homepage.cfm>) have put such a program together. The program is called "Safety First" and it is endorsed by the Educators for Sensible Drug Policy (www.efsd.org). At the Safety First website (<http://www.safety1st.org>) it states "Safety First is dedicated to providing parents of adolescents with honest, science-based information about drugs". Maybe include that link in every letter you write about marijuana and students or when touching on the D.A.R.E. issue. As an activist it's something that should be spread around, which you are doing that when you write about it in a letter to the editor.

Challenge some facts that you read about in a newspaper. Use website names and links so the information can be found by all. Knowledge is power and the more knowledge you have the more powerful your voice becomes. Do research on issues in your area and find out how people feel about our issue. You may find your ideas are not so strange or wrong to some. Read the letters that are published and learn from them. Russell Barth, an exemptee from Ottawa is a fantastic at letter writing and I'm sure most of us can learn a thing or two from Russell's letters. Then of course there are the newspapers that know matter what you teach them with, only believe what they want to know. These papers usually have some smug reply to them or just out refuse to print pro marijuana letters.

You can always write your MP and MPP and keeping reminding them about your concerns of prohibition. Let him/her know how you feel about the unjust laws that they vote for. Remember the more people your MP's hear from on this subject, the better they'll know on how you, the voter feels about it. When you do your letter writing to them, it's always nice to include some information for them to look at, even if it's a link that you attach to the bottom of your letter. MP's don't have the time to search out your information so you only make things easier for everyone by supplying it to them. The same thing goes for when you write your local paper. You don't even have to include it in your main letter as they like to keep them to around 200 words. I suggest just adding it in where it will be seen. I look at it as a way to educate those who don't know and the fact you are educating a voter.

You could become a walking billboard by putting some shirts together. What I'm referring to is to take some information that you may see somewhere and promote it for our cause. How many times have you seen the lists of deaths caused by substances on the back of a cigarette pack? Take this info and apply it to a shirt then include the number of deaths of marijuana to the saying. Most t-shirt shops can do up a quick transfer of this information for you in a matter of minutes.

Another option is to travel around to all the smoke shops in your area and offer some cannabis information to post at their store. Put together fact sheets that could be posted or you could put a binder together with the information and have it available to the customers to see. Within this binder you can do the full circle of things and touch on the recreational facts as well as the medical ones.

For me the last 6 months I've gotten into a few things that have really surprised me. Helping in areas where I had never even thought of before. This past fall I and other friends were able to help Marco and Treating Yourself at the Toronto Home Show. I was pretty excited and had a great time there. So good, that I wrote about my experience in Issue 7 of TY. From their, I've kept on going and now I'm involved with other compassionate friends, who are helping others to become legal medical marijuana exemptees. Our effort is going along quite well and is really driven by sick people wanting to help other sick people. The word of mouth advertising has worked wonders for us. We simply visit the ill person and talk to them about medical marijuana benefits. If the person who is ill wants to apply for the program we supply and help them fill out the proper paperwork. After filling out the required forms, we review it with them and make sure all the T's are crossed and the "I's" are dotted. Of course this doesn't happen in one visit as the applicant has some work of his own to do before it can be mailed into Health Canada. Once it's been thoroughly checked over we'll support the applicant as they worry about it for the next 2-4 months or even longer.

Know a person who has been arrested and is sick? Your friend's friend or a neighbour you may know who has run into trouble with the law because they medicate with cannabis and don't have the proper paper work. Spend the day with them in court and support them. Who knows you may run into someone else who needs a shoulder to lean on. This happened to our group recently as we visited a court house near us. Whole there we were introduced to a young couple who were arrested for a very small personal indoor grow. Unfortunately one of the couples elder parents were living with them and he was arrested also. Can you imagine what goes through a man's mind when he's almost 90 years of age and having to go through the finger printing and court appearances? This is just wrong.

Last but not least my last advice to you is to do what I just did. Write an article for Treating Yourself Magazine. That's right, put your thoughts and ideas to paper or in my case, the keyboard. Get those thoughts and ideas that are inside you, out and write your first magazine article.

Prohibition Sucks

by Al Graham

In the U.S.A. during the 1920's possession of alcohol was illegal. Gang warfare, guns, hard alcohol and shootings were common. Remember Al Capone? Backyard alcohol stills everywhere produced the alcohol keeping the moonshine runners busy. Remember the fun loving Dukes of Hazards? When alcohol became licensed and regulated the gang violence and everything curtailed and ceased to exist.

Today alcohol is enjoyed by everyone over the age of 19. Alcohol is enjoyed in restaurants, at your local watering hole or while sitting around with a bunch of friends. It's even used to cook with in many fancy establishments. Why can't we marijuana smokers enjoy a "doobie" or a blast of a pipe in a licensed establishment or while sitting around with a bunch of friends? Why can't we order ourselves a hash brownie or something cooked with marijuana butter?

Just like Alcohol Prohibition the Prohibition of Marijuana has not achieved its goals. Instead, it has added to the problems it was intended to solve. It has brought along with it gang war fare, guns, shootings and harder drugs. Today's grow-ops are yesterday's alcohol stills. Like alcohol in the 20's we must STOP the PROHIBITION of MARIJUANA now.

It's time to allow for small personal grows; licensed distribution through compassion clubs and proper licensed establishments. The Federal Government has twice used tax dollars to fund studies on the effects of marijuana plus its laws. The LeDAIN COMMISSION of the 1970's and the SENATE SPECIAL COMMITTEE ON ILLEGAL DRUGS CANNABIS: SUMMARY REPORT SEPT 2002 reported Prohibition was a failure. Both also reported that marijuana should be regulated and licensed in our country known as CANADA.

DID WE NOT LEARN FROM PAST MISTAKES?
DID WE NOT LEARN FROM ALCOHOL PROHIBITION?

Its time that we all sent a message to our government to let them know

PROHIBITION SUCKS!!!

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HT CANNABISCUP 2005

1st SATIVA MMG

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2nd GLASS by D-LINE

HT CANNABISCUP 2004

3rd INDICA LA CONFIDENTIAL

IC 420 BREEDERS CUP

1st INDICA LA CONFIDENTIAL

HIGHLIFE CUP 2007

1st OUTDOOR LEMON

2nd HYDRO CHOCOLOPE/D-LINE

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Portrait of Homeland Insecurity: Marylynnne Chamney

by Gooley Rabinski

The medical marijuana movement is rife with examples of injustice, patient persecution, and indifference on the part of government and society in general. The story of Marylynnne Chamney is, unfortunately, no exception.

In December of 1994, Chamney—then 30 years old—suffered her first grand mal seizure, forever changing her life and undeniably informing her and her family that she was now officially an epileptic. “You don’t know what it’s like to be blind until you’re blind,” Chamney said in a phone interview from her home. “I got epilepsy and wondered why people didn’t understand me.”

Negative Side Effects

In the tradition of western medicine, Chamney’s diagnosis was followed by tests and treatment regimes prescribed by doctors—along with a barrage of pharmaceutical drugs. Drugs such as Dilantin and Tegretol carried severe side effects, most notably nausea and lost appetite.

These negative side effects resulted in the further deterioration of Chamney’s health. In only three months, her weight decreased from 130 to 65 pounds. The severe nausea caused by the synthetic drugs that were supposed to increase her quality of life by preventing her seizures was slowly starving her body of nutrition. Depression and double vision were among other side effects. Chamney was relegated to spending most of her time on the living room couch, often continually sick for days at a time.

“Everything appeared to move up and down, like TV credits. I typically saw three things at a time,” she said. “The only way I could see clearly was by closing one

eye. So for about two years I went around with one eye closed,” she laughed.

Adding insult to injury, the seizures never abated. The drug treatments that carried such significant negative side effects also had relatively little efficacy, leaving Chamney depressed with hopelessness and pain.

Eight months after her first seizure, one of Chamney’s friends suggested she try cannabis as an alternative treatment. Her husband Stuart dipped into the black market and purchased a quarter ounce of an unknown strain. After two to three joints per day for about two days, Chamney’s appetite returned.

“I believe marijuana is a panacea,” she said. “It gave me my life back. I can’t describe how miserable I was on the pharmaceutical drugs alone.” Chamney has since been a regular medical marijuana user, regaining her weight and significantly decreasing her dependence on pharmaceutical drugs. She has also suffered far fewer seizures than when she was taking pharmaceutical drugs alone.

Despite the stigma, Chamney admitted to her doctor that she was taking cannabis to treat her condition. He consulted medical references that categorized marijuana as a muscle relaxant and anti-spasmodic. Noting that this was the perfect treatment for epilepsy, he endorsed her choice of medication, even requesting updates regarding its efficacy.

Chamney requires, on average, 35 grams (about 1.2 ounces) of cannabis per week. This amount allows her to smoke as she needs and also use some for baking or tea (although it’s extremely rare that she has enough pot on hand for such non-smoking luxuries).

The realities of black market economies soon impacted the Chamney family budget. Chamney’s daily cannabis consumption level cost the family, on average, a thousand dollars per month. Stuart was forced to begin working two jobs to cover the expense. Despite this effort, the financial burden of paying for black market medicine ultimately resulted in bankruptcy for her family.

Section 56 Exemption

In 2000, Chamney petitioned for and was eventually granted a Health Canada Section 56 exemption, including a Growing License. “When I saw that Terry Parker was making headway with epilepsy and that he got an exemption, I pursued one for myself,” she said. “I didn’t want to do anything illegal and jeopardize my daughter’s life. I had to make it legal, or else what would my daughter learn?”

Health Canada refused Chamney's first two petitions. "With two doctor's notes, they still refused me," she said. "They claimed my doctors didn't quite understand marijuana. My doctor had simply said that he was unaware of any conclusive studies proving its efficacy, but that he was willing to back me." Despite her qualifications for Health Canada's medical marijuana program, the Great White North's federal health care system sat on Chamney's request, forcing her to continue purchasing from the black market and prolonging her uncertainty and financial hardship.

Chamney became increasingly frustrated. "So I contacted a reporter at the *Toronto Sun*," she said with a tone of revenge. "They ran a story and I got my exemption the day after the article appeared! So you have to make noise. Anyone wanting an exemption has to make noise! Go to the press. They're powerful."

The appearance of the *Toronto Sun* article, however, wasn't a completely positive event in Chamney's life. While she gained her exemption, Chamney hadn't anticipated the repercussions of friends, family, and neighbors learning of her use of cannabis as a medicine. Chamney's brother (a school teacher) and his wife strongly disapproved of her use of marijuana—even medicinally. As a result, they estranged themselves from her. "I lost a brother because his wife doesn't approve of pot," said Chamney. "I still feel like a criminal because of the stigma."

The Invasion

But epilepsy, financial hardship, social stigma, and dependency on the black market proved to be relatively minor problems compared to what came next for the Chamney family. On May 14, 2003, at about 3:30 a.m.—just three days prior to their second home harvest—four men donning balaclavas and weapons broke into the Chamney home. The thieves' goal was the capture of the family's literally valuable-as-gold—but fully legal—medical marijuana plants.

One of the thieves chased Stuart across the street, swinging at him with a serrated butcher knife. When Stuart turned to face the criminal, he fled. Meanwhile, a second intruder confronted the Chamney's then 18-year-old daughter Andrea, pointing a 9 mm pistol in her face. A third thief threatened Chamney with another 9 mm. Her parents, who were living on the second floor of their house to assist with her illness, were also threatened with guns pointed in their faces.



Chamney and her husband ran into the street, screaming for help and trying to catch the criminals, who sped away in a van. But not before one of them stopped and slugged her in the mouth as her mother helplessly looked on. The injury resulted in the loss of several teeth and three root canals.

Stuart later discovered that the thieves left behind a duffel bag containing razor blades, duct tape, and garbage bags. "You can only imagine what they were going to use that stuff for, eh?," he told me during a phone interview.

Police Response

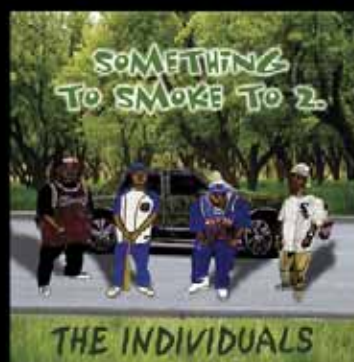
"I think the police suspected us as much as the intruders," Stuart said. He described how he was viewed warily by the local police, as if "we had been the perpetrators instead of the victims." He also felt pressured to reveal fellow growers as the Mississauga police probed him for information unrelated to the effort to catch the criminals responsible for the burglary.

Not satisfied with the lackadaisical response of the police, Stuart began his own research. He learned that, in 2001, Health Canada experienced its own break-in, suffering the theft of several exemptee records. This was followed by a small rash of home invasions and medical garden thefts throughout Canada.

THE INDIVIDUALS



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Unfortunately, the Chamney family victimization was not the first incident of an exemptee medical garden theft.

Aftermath

The negative repercussions of the invasion have been numerous. Chamney was traumatized to the point of developing agoraphobia (the fear of open or public places). She left her home only half a dozen times in the two years following the invasion. "I'm afraid to go out, but I'm tired of staying here. It drives me nuts," she said.

Daughter Andrea suffers from acute anxiety and carries her mace in-hand when entering the home. Stuart, who once hoped that legally growing his family's own cannabis could wean them from the dangers and expense of the black market, works 80 hours per week to afford his wife's medicine. To escape the trauma of the event, Chamney's parents have moved to northern Ontario, several hours away. "I feel as if I've lost half my family just because marijuana helps my epilepsy more than anything else," she said.

The Chamney home invasion clearly illustrates the destructive effects of prohibition-induced black markets for cannabis. As a fully legal Health Canada exemptee with a Growing License, Chamney broke no laws and followed all Health Canada regulations regarding their medical garden.

The sad reality that victimizations of this type could be prevented by cannabis legalization is difficult to ignore. The fact that many who suffer from debilitating and terminal diseases are further persecuted by criminally controlled black markets and marginalized by government and police is an embarrassment to all of society, prohibitionists and activists alike.

Goey Rabinski is an American freelance journalist and contributing editor to *Skunk Magazine* who writes about counter-culture topics.

The Greatness of a Man is Measured by His Heart and by this, he is called "Warrior" - Leonard Peltier

He is a human rights advocate. He contributes to social welfare organizations such as World Peace and Prayer Day, the First Nation Student Association, the Buffalo Trust Fund and the Trail of Hope (a Native American conference dealing with drug and alcohol addiction). He has been instrumental in getting people from different tribes, with a history of animosity, to come together in peace. He advocates a non-violent approach and has argued for respect for rights of others. He established a scholarship for American Indian students seeking law degrees at New York University, and assisted in the establishment of a newspaper by and for Native people. And he worked with Dr. Steward Selkin of New York on efforts to restructure the delivery of health care on reservations, including substance abuse programs. His love for children manifests in ongoing clothing and toy drives, a Christmas gift drive, and sponsorship of a child in El Salvador and one in Guatemala through Child reach. He is a father and grandfather. And he is in prison.

In 1977, Leonard Peltier was tried and convicted in connection with the shooting deaths of two FBI agents during a shootout in Pine Ridge, South Dakota. Surrounded by 150 agents, GOONS, and law enforcement, 40 Native Americans and members of AIM (American Indian Movement) defended themselves and the Jumping Bulls, a traditional Lakota family. For a period of three years, more than sixty traditional tribal members had been murdered, and many more assaulted. Evidence indicated that the GOONS were responsible for the majority, assisted by the FBI with intelligence and even armor piercing ammunition. There were no witnesses who saw the killings. In fact, the FBI terrorized and coerced a woman into signing an affidavit stating that she was Mr. Peltier's girlfriend and witness to the shootings. Truth is, she didn't even know him. The FBI also concealed a ballistics report showing that the shell casing could not have come from the alleged murder weapon. And at the trial, roughly 3,500 pages relating to the investigation were made available to the defense by the FBI. Leonard's attorneys have since discovered the existence of an additional 142,579 pages still withheld by the FBI - in spite of numerous attempts to secure these documents via the Freedom of Information Act (FOIA). AND, as of February 20, 2007, Michael Kuzma and Barry A. Bachrach, counsel for Mr. Peltier, have learned of another 15,264 pages being held in the Portland, Oregon FBI field office. In 2003, the United States Court of Appeals for the Tenth Circuit declared that, "Much of the government's behavior at the Pine Ridge Reservation and in its prosecution of Mr. Peltier is to be condemned. The government withheld evidence. It intimidated witnesses. These facts are undisputed." And yet, the FBI continues to withhold thousands of

pages of documents relating to Leonard Peltier. In February, 2007, United States District Judge Donovan W. Frank and a three-judge panel for the United States Court of Appeals for the Second Circuit refused - in two separate decisions - to order the Federal Bureau of Investigation (FBI) to release these long-hidden documents. Claims by the FBI that release of such information would cause serious damage to the national security of the United States and the war on transnational terrorism were upheld by both Judge Frank and the Appeals Court.

Thirty-one years have passed. Mr. Peltier sadly became an elder behind bars, traditionally an honor of high standing among his people. At 62 years of age, Leonard Peltier sits in an 8' x 8' cell, still in maximum security. At one time he got word that someone had been hired inside the prison to murder him. So, he tried to escape. He was transferred to another prison, and received yet another sentence for the escape attempt, added onto the existing two life sentences. But, in spite of a grim existence, denial of freedom, few visitors, and a stroke, Leonard has hope. His powerful belief in truth and self, manifests in his magnificent paintings, portraits of strong, colorful dancers, autumn leaves from the memories of a past life, and in the eyes of a weathered but wise mentor and elder. For Leonard, freedom is his creativity and ability to paint from his soul. In a self-portrait, an older Leonard with graying hair, a slight paunch, and pensive eyes, sits on the floor of his cell. His gaze reaches through broken bars on his cell window to a sacred Eagle, appearing from within a red tunnel, clutching handcuffs. But, the handcuffs are open! It is Leonard's vision of freedom. It is his hope.

Defending the traditions of his people was what he, and others, believed was honorable. Sometimes one must take a stand, and fight the fight. Yes, Leonard is a Warrior; But not as we would think. Leonard is a Warrior in the traditional sense - measured by how many people one cares for. It is not just protection of his people; it is feeding, clothing, and supporting. It is loving. The greatness of a man is measured by his heart. And by this, he is called "Warrior".

So, what can WE do? How can WE show the measure of our heart? How can WE stand for Truth and Justice?

We can request - no, demand - that all FBI documents withheld by the government rightfully be made available to Leonard Peltier's attorneys immediately. Secured in hidden files in numerous FBI field offices throughout the United States, 157,843 pages are yet to be revealed. Until February 20, 2007, the government insisted that all files had been destroyed. When Messrs Kuzma and Bachrach discovered the

files' existence, it was then claimed by the government that all of the documents were misfiled under another name, not that of Leonard Peltier. "The courts are unwilling to dispense justice when it comes to Leonard Peltier," says Michael Kuzma. "How can anyone claim that Leonard Peltier received a fair trial in 1977 when the government withheld, and continues to withhold, thousands and thousands of pages of FBI documents?" Some of the offices with numerous files include Seattle (3,200 pages), Omaha (2,861 pages), Milwaukee (9,654 pages), Minneapolis (90,000 pages) and many more.

After a long 31 years of illegal imprisonment, is it not time for the truth to be revealed? Is it not time for Leonard Peltier to see a blue sky, touch the earth, and kiss the faces of his family?

Send a copy of the letter already written for you below - or write your own - to your Representatives in the House and Senate requesting him/her to fight for the release of all hidden FBI documents in the field office nearest you.

Sample Letter for House of Representatives:

Please go to this website to locate the names of your representative in the House: www.house.gov.

Date

The Honorable _____ U. S. House Of Representatives, Washington, DC 20515RE:

LEONARD PELTIER FBI FILES

Dear Congressman _____:

I am writing on behalf of Mr. Leonard Peltier. Mr. Peltier is currently incarcerated at the United States Penitentiary in Lewisburg, Pennsylvania, for the deaths of two FBI agents, which occurred at the Pine Ridge reservation in South Dakota on June 26, 1975. Although he was imprisoned, his trial was unfair, and 31 years later Mr. Peltier still maintains his innocence. Leonard Peltier is a Native American activist who is considered by Amnesty International, the Southern Christian Leadership Conference, National Congress of American Indians, the Robert F. Kennedy Memorial Center for Human Rights, Archbishop Desmond Tutu, former U. S. Attorney General Ramsey Clark, and the Rev. Jesse Jackson, among many other leaders, organizations, and private citizens to be a political prisoner who should be immediately released from prison. In 2003, the United States Court of Appeal for the Tenth Circuit stated that, "Much of the government's behavior at the Pine Ridge Reservation and in its prosecution of Mr. Peltier is to be condemned. The government withheld evidence. It intimidated witnesses. These facts are not disputed." *Peltier v. Booker*, 348 F. 3d 888, 896 (10th Cir. 2003).

I have just learned that the (insert name of city of the FBI field office you are writing about) Field Office of the FBI possesses (insert number of pages)

(Please insert the list of Withheld Files and FBI offices located at the end of this article) of material pertaining to Mr. Peltier. The U. S. Justice Department had an obligation under the law to turn over this information to Mr. Peltier's attorneys in 1977 at the time of his trial, but it did not.

Prosecutors merely released 3,500 pages of material to Mr. Peltier's defense attorneys in 1977. The FBI and Justice Department, however, have now indicated that there are actually 157,843 pages of FBI documents relating to Mr. Peltier. Much of this data has never been seen by Mr. Peltier or his attorneys. All FBI files dealing with Mr. Peltier ought to be released without any further delay. The public has a right to know what is contained in these FBI files. What possible rationale explanation could possibly exist for withholding from Mr. Peltier and the public documents that are over three decades old?

Please use your influence to push for the full release of all FBI files relating to Mr. Leonard Peltier. May I hear from you concerning this matter at your earliest possible convenience. I anxiously await your reply.

Thank you.
Yours truly,
signature

Your Name (Print)

SAMPLE LETTER FOR U.S. SENATE

Please go to this website to locate the name of your senator: www.senate.gov

Date

The Honorable _____ United States Senate
Washington, DC 20510RE:

LEONARD PELTIER FBI FILES

Dear Senator _____:

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Leonard Peltier is a Native American activist who is considered by Amnesty International, the Southern Christian Leadership Conference, National Congress of American Indians, the Robert F. Kennedy Memorial Center for Human Rights, Archbishop Desmond Tutu, former U.S. Attorney General Ramsey Clark, and the Rev. Jesse Jackson, among many other leaders, organizations, and private citizens to be a political prisoner who should be immediately released from prison.

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Thank you.

Yours truly,

signature

Name (Print)
List Of FBI Field Offices
Maintaining Records Relating To
Leonard Peltier:

Field Office - Number of Pages

Albany, NY - 64 pages
Albuquerque, NM - 3,550 pages
Anchorage, AK - 80 pages
Atlanta, GA - 535 pages
Baltimore, MD - 30 pages
Birmingham, AL - 200 pages
Boston, MA - 1,088 pages
Charlotte, NC - 50 pages
Chicago, IL - 2,525 pages
Cincinnati, OH - 19 pages
Cleveland, OH - 711 pages
Columbia, SC - 200 pages
Dallas, TX - 700 pages
Denver, CO - 2,671 pages
Detroit, MI - 40 pages

El Paso, TX - 37 pages
Honolulu, HI - 410 pages
Houston, TX - 300 pages
Indianapolis, IN - 275 pages
Jackson, MS - 350 pages
Kansas City, MO - 431 pages
Knoxville, TN - 400 pages
Las Vegas, NV - 954 pages
Little Rock, AR - 200 pages
Los Angeles, CA - 2,300 pages
Louisville, KY - 20 pages
Memphis, TN - 221 pages
Milwaukee, WI - 9,654 pages
Minneapolis, MN - 90,000 pages
Miami, FL - 200 pages
Mobile, AL - 400 pages
New York, NY - file is missing
Norfolk, VA - 400 pages
Omaha, NE - 2,861 pages
Oklahoma, OK - 2,075 pages
Philadelphia, PA - 465 pages
Pittsburgh, PA - 400 pages

Phoenix, AZ - 1,268 pages
Portland, OR - 15,264 pages
Richmond, VA - 82 pages
Sacramento, CA - 2,550 pages
San Antonio, TX - 77 pages
San Diego, CA - 723 pages
San Francisco, CA - 3,700 pages
San Juan, PR - 200 pages
Saint Louis, MO - 2,020 pages
Salt Lake City, UT - 1,500 pages
Seattle, WA - 3,200 pages
Springfield, IL - 374 pages
Tampa, FL - 330 pages
Washington, DC - 1,000 pages

Thank you,
Leonard Peltier Defense
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Website:
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It is 1:45pm on a Saturday afternoon in late April, 2006. The air is sweet and cool from the mild rainstorm that just left the grey sky. The occupants of the five buses from across Ontario have joined with locals & Americans alike. We have merged into one green mass of people bringing all shapes, races, creeds & colours together with the same energy, the same purpose, the same spirit & drive; Cannabis legalization for a better way of life.

While there was concern that the gloomy weather and the news of resent arrests in Hamilton would keep people away, we had a march of 1,000 strong & took to the streets of Niagara Falls with our fists raised in the sweet smoky air, chanting in unison "Free the Weed", "1..2..3..4..No More Drug War", & "We're Here, We're High, Get Used to it!"

There is a high unlike any other experience when, among a thousand people smoking chronic through the downtown touristy core of the Falls, you freely spark up a rolled joint or a pipe and smile at the uniformed police officer standing next to you. The incredible high I speak of comes not from the cannabis in hand, but from the smile given by the uniformed police officer as he stands by only to ensure the safety & peacefulness of the cannabis crowd you are a part of.

Passersby greeted us with open arms, asking for a hit or a toké as they joined the growing crowd protesting the humane right to smoke; for pleasure, pain, and spirituality. Speakers such as Marco Renda (Treating Yourself), Dana Larson, Blaine Dowdel (CALM), & Alison Myrden (Marijuana Mission) raised the crowd's energy to unprecedented levels.

This annual experience, if only for one day out of the year, is upon us again. A new found freedom not seen since my grandparents celebrated the end of prohibition is waiting on our doorsteps. With each passing year, new alternatives are weighed & new laws are passed. The fight grows bigger & bolder as more and more people take part in the pilgrimage across Ontario & America to converge on the Canada/United States border.

While the march in protest is a milestone event in the lives of anyone attending, half the fun is getting to Niagara Falls to take part in the festivities. While car-pooling can always be a great alternative, the Highway 420 Magic Bus Ride is the only way to get the most out of the experience. For those that have traveled on the buses before, you are already considered converts and know exactly what to expect from the bus trip. We cannot wait to see & smoke with you again.

For Video Clips of Last Year's Event, Visit www.Pot-Cast.com



Can Marijuana Kill You?

by- Rev. SmokinJay

Annual Causes of Death in the United States

Tobacco 435,000
Poor Diet and Physical Inactivity 365,000
Alcohol 85,000
Microbial Agents 75,000
Toxic Agents 55,000
Motor Vehicle Crashes 26,347
Adverse Reactions to Prescription Drugs 32,000
Suicide 30,622
Incidents Involving Firearms 29,000
Homicide 20,308
Sexual Behaviors 20,000
All Illicit Drug Use, Direct and Indirect 17,000
Non-Steroidal Anti-Inflammatory Drugs Such As Aspirin 7,600

Marijuana 0 ✓

(2000): "The leading causes of death in 2000 were tobacco (435,000 deaths; 18.1% of total US deaths), poor diet and physical inactivity (400,000 deaths; 16.6%), and alcohol consumption (85,000 deaths; 3.5%). Other actual causes of death were microbial agents (75,000), toxic agents (55,000), motor vehicle crashes (43,000), incidents involving firearms (29,000), sexual behaviors (20,000), and illicit use of drugs (17,000)." (Note: According to a correction published by the Journal on Jan. 19, 2005, "On page 1240, in Table 2, '400,000 (16.6)' deaths for 'poor diet and physical inactivity' in 2000 should be '365,000 (15.2)'. A dagger symbol should be added to 'alcohol consumption' in the body of the table and a dagger footnote should be added with 'in 1990 data, deaths from alcohol-related crashes are included in alcohol consumption deaths, but not in motor vehicle deaths. In 2000 data, 16,653 deaths from alcohol-related crashes are included in both alcohol consumption and motor vehicle death categories.'" Source: Journal of the American Medical Association, Jan.19, 2005, Vol. 293, No. 3, p. 298.)

Source: Mokdad, Ali H., PhD, James S. Marks, MD, MPH, Donna F. Stroup, PhD, MSc, Julie L. Gerberding, MD, MPH, "Actual Causes of Death in the United States, 2000," Journal of the American Medical Association, March 10, 2004, Vol. 291, No. 10, pp. 1238, 1241.

(Average 1982-1998): According to Canadian researchers, approximately 32,000 hospitalized patients (and possibly as many as 106,000) in the USA die each year because of adverse reactions to their prescribed medications.

Source: Lazarou, J, Pomeranz, BH, Corey, PN, "Incidence of adverse drug reactions in hospitalized patients: a meta-analysis of prospective studies," Journal of the American Medical Association (Chicago, IL: American Medical Association, 1998), 1998;279:1200-1205, also letters column, "Adverse Drug Reactions in Hospitalized Patients," JAMA (Chicago, IL: AMA, 1998), Nov. 25, 1998, Vol. 280, No.20, from the web at <http://jama.ama-assn.org/issues/v280n20/full/jlt1125-1.html>, last accessed Feb. 12, 2001.

(2001): The US Centers for Disease Control reports that in 2001, there were a total of 30,622 deaths from suicide in the US.

Source: Arias, Elizabeth, Ph.D.; Robert N. Anderson, Ph.D.; Hsiang-Ching Kung, Ph.D.; Sherry L. Murphy, B.S.; Kenneth D. Kochanek, M.A.; Division of Vital Statistics, "Deaths: Final Data for 2001," National Vital Statistics Reports, Vol. 50, No. 3 (Hyattsville, MD: National Center for Health Statistics, Sept. 18, 2003), Table C, p. 8, from the web at http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_03.pdf, last accessed Jan. 27, 2004.

(2001): The US Centers for Disease Control reports that in 2001, there were a total of 20,308 deaths from homicide in the US.

Source: Arias, Elizabeth, Ph.D.; Robert N. Anderson, Ph.D.; Hsiang-Ching Kung, Ph.D.; Sherry L. Murphy, B.S.; Kenneth D. Kochanek, M.A.; Division of Vital Statistics, "Deaths: Final Data for 2001," National Vital Statistics Reports, Vol. 50, No. 3 (Hyattsville, MD: National Center for Health Statistics, Sept. 18, 2003), Table C, p. 8, from the web at http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_03.pdf, last accessed Jan. 27, 2004.

(2000): "Illicit drug use is associated with suicide, homicide, motor-vehicle injury, HIV infection, pneumonia, violence, mental illness, and hepatitis. An estimated 3 million individuals in the United States have serious drug problems. Several studies have reported an undercount of the number of deaths attributed to drugs by vital statistics; however, improved medical treatments have reduced mortality from many diseases associated with illicit drug use. In keeping with the report by McGinnis and Foege, we included deaths caused indirectly by illicit drug use in this category. We used attributable fractions to compute the number

of deaths due to illicit drug use. Overall, we estimate that illicit drug use resulted in approximately 17000 deaths in 2000, a reduction of 3000 deaths from the 1990 report."

Source: Mokdad, Ali H., PhD, James S. Marks, MD, MPH, Donna F. Stroup, PhD, MSc, Julie L. Gerberding, MD, MPH, "Actual Causes of Death in the United States, 2000," Journal of the American Medical Association, March 10, 2004, Vol. 291, No. 10, p. 1242.

(1996): "Each year, use of NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) accounts for an estimated 7,600 deaths and 76,000 hospitalizations in the United States." (NSAIDs include aspirin, ibuprofen, naproxen, diclofenac, ketoprofen, and tiaprofenic acid.)

Source: Robyn Tamblyn, PhD; Laeora Berkson, MD, MHPE, FRCPC; W. Dale Jauphinee, MD, FRCPC; David Gayton, MD, PhD, FRCPC; Roland Grad, MD, MSc; Allen Huang, MD, FRCPC; Lisa Isaac, PhD; Peter McLeod, MD, FRCPC; and Linda Snell, MD, MHPE, FRCPC, "Unnecessary Prescribing of NSAIDs and the Management of NSAID-Related Gastropathy in Medical Practice," Annals of Internal Medicine (Washington, DC: American College of Physicians, 1997), September 15, 1997, 127:429-

438, from the web at <http://www.acponline.org/journals/annals/15sep97/nsaid.htm>, last accessed Feb. 14, 2001, citing Fries, JF, "Assessing and understanding patient risk," Scandinavian Journal of Rheumatology Supplement, 1992;92:21-4.

An exhaustive search of the literature finds no credible reports of deaths induced by marijuana. The US Drug Abuse Warning Network (DAWN) records instances of drug mentions in medical examiners' reports, and though marijuana is mentioned, it is usually in combination with alcohol or other drugs. Marijuana alone has not been shown to cause an overdose death.

Source: Drug Abuse Warning Network (DAWN), available on the web at <http://www.samhsa.gov/>; also see Janet E. Joy, Stanley J. Watson, Jr., and John A. Benson, Jr., "Marijuana and Medicine: Assessing the Science Base," Division of Neuroscience and Behavioral Research, Institute of Medicine (Washington, DC: National Academy Press, 1999), available on the web at <http://www.nap.edu/html/marimed/>; and US Department of Justice, Drug Enforcement Administration, "In the Matter of Marijuana Rescheduling Petition" (Docket #86-22), September 6, 1988, p. 57.

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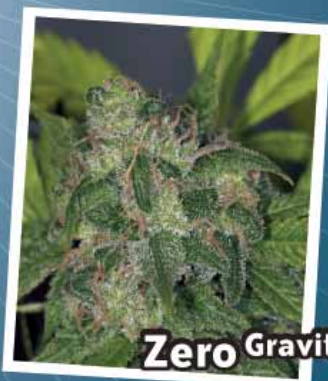




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Sheree Krider asks

...How Do We...

Repeatedly watch TV programs, that are supposed to be entertainment...mainly reality shows about "police on patrol", on numerous stations, which show so many gross exaggerations of the laws and so many alienations of our rights as citizens 'NOT BE SUBMITTED TO UNREASONABLE SEARCH AND SEIZURE' is one such example.

I have watched so many times a person "profiled" (yes they do that on occasion), and stopped for nothing or near nothing, and hassled to the ground and harassed as to their intentions about being at a given place at any given time. Naturally, they will pull out some kind of drugs and alcohol into the scene, and they always manage to show the cop giving either a lecture or a near beating scene.

The officers do have a very intense job. And not ALL cops are bad cops, and not all cops treat the people they come into contact with, with morbid disrespect. And yes there is a place for police protection in this and every country. We need them most to attend and follow up with violent crime, i.e., shootings, murders, rape, child protection, and yes, the drunk drivers too. They should be removed from the road immediately . . . But with respect. And, if they happen to find a OZ. of weed in the car ... well, you shouldn't have been drinking and driving in the first place. "Your bad luck, just take the possession charge and don't make the same mistake again." We all live and learn from our mistakes. Well, hopefully, most of us do.

Marijuana arrests are up. Which tells me that the problem is NOT with the marijuana smokers, (with the exception of the intoxicated drivers), but ...that the police are filling their time tracking down citizens for minor offenses and that they should be focusing full force on violent crime, instead of trying to catch as many people as they can with a little marijuana in their possession, in order to get "brownie points" for the number of arrests they make.

If "violent crime" includes illegal possession of narcotics, then and only then should the drug charges come into play. And that is only until we succeed in getting the law changed regarding personal use of cannabis. Marijuana should not be considered an illegal substance and should not be a prosecutorial law in the

first place.

Accordingly, IN MY OPINION, the constant airing of these programs and commercials are meant to be mind control.

Their strategy is to show to you the actual arrests taking place and put into your mind that it will be you next if you dare cross the line. Or, maybe even if you DON'T cross that line.

In other words, IF YOU DO BREAK ANY LAW WHETHER IT BE AN INSANE LAW OR NOT, WE WILL GET YOU. AND YOU WILL GO TO JAIL. AND YOU WILL BE DISRESPECTED BY THE CORRUPT SYSTEM THAT ALLOWED THE CRIMINAL SYSTEM TO PUT YOU THERE IN THE FIRST PLACE. AND IT IS A LOT EASIER TO MAKE AN ARREST FOR "POT" POSSESSION THAN IT IS TO CATCH A VIOLENT OFFENDER!

The government is heavily into the "mind control game". The things that we all watch day in and day out on the TV's, Radio's, and Internet are all set up to influence your decisions on everything you do, from sleeping at night (i.e., sleeping medicine commercials), to getting parents to "talk their kids into joining the Army", (i.e., the "Army of One") commercials and such.

They are literally trying to convince us as parents and change our minds, about the U.S. Armed Services, so that they will be able to convince our kids to join the military. Hoping all the while the "mind game" works and we will submit to 'giving our blessing' to our children to be sent into a viciously unstable war zone, and wait for them to come home in an "American" Casket - a wooden box with an American Flag spread over it.

I am so disturbed by these programs that I do not watch them anymore. It makes me too upset to watch people be "profiled" and "contained" in this way. I always had respect for the police officers (and still do have respect for their jobs and for the "good cops" and Hero's who may not be noticed as much as they should be. The "bad cops" and bad policies and bad laws make them look equally bad.

The police forces of this country need very much to get their RESPECT back. And in order to do that, some laws will need to be changed, and a lot of policies and procedures also.

Then and only then will they retain the respect that they need to maintain a healthy environment and get the praise that they will deserve.

The same scenario applies to the war in Iraq. Until we do something in Iraq to win their trust again (?), we will never be able to win the "War on Terrorism". And our soldiers deserve much better than what they are getting now.

This is just my opinion...

What is yours?

Humanity Is A Necessity!

So... I'm sitting here watching Mr. James Taylor, on Channel 15, Louisville, KY, KET Network, they are having a "Tribute" to him.

Everyone who was and/or is anyone from 1950 thru 1970 in the music business is there. James Taylor, of course, Carol King, Cheryl Crowe, Bruce Springsteen, Dixie Chicks, etc., A very good show.

And I'm thinking, "God bless all of us old(er) people". Caught between "today's middle-age, and "Old" age,

It has really become a challenge to define who we are.

Although we are the "generation in charge" and feel the need to do our part to guide our country in the right direction, we are also still the generation who hasn't forgotten how to live and party. How many of us still play our Pink Floyd and Peter Frampton music?

Do you still go to (or want to go to) concerts, drink beer and take a good one!

Our bodies are starting to show our long journeys, but our minds are still thinking as though we were 20-30 years younger.

This is a good thing. Because if we were not geared toward this way of thinking, we would not remember what we wanted for our lives and the world we live in when we were young adults. And then we would not be able to "shape" the world and needed changes and new discoveries would not be made. Not to mention the fact that WE must now restore our country's human dignity after many tribulations in the war on Iraq and the war on "our rights"!

We must continue to think young, and live young. Do not get caught up in "age by number".

We have a lot of work to do in order to rid the world of all the evil that has accumulated here in the last 75-100 years or so.

And We Will Prevail!

But, we cannot let our guard down even for a moment.

For if we do, in just that single moment, those persons who have set out to do us harm, and control our God given rights, could write one sentence or sign on ONE dotted line, that could possibly take away a right or freedom that took a lifetime and who knows how many "lives" to secure it.

We are all good people with good morals and love of country and fellow man. Sure there will always be with us those who feel the need to control or otherwise harm others. That can hardly be stopped with a new prohibition or "law".

These type of actions are fueled by desperation and feelings of anger and resentment by people who feel no control over their own lives. This can be brought on by government's who choose to assert too much control over their citizen's own personal lives.

Bottom line, we do not need the government to act as guardians over us and tell us what we can or can't or must do with our own bodies. Prohibition has never worked before and it is not working in this century either.

In my opinion the money needs to be shifted from the "war on drugs" to the "war on poverty" and education for everyone. But that is just my opinion.

What is yours?

"My Illusions Have Left The Room....."

I remember when I was about six years old, at Christmas time, when I so eagerly awaited Mr. Santa Claus, to deliver my presents under the Christmas Tree. I wasn't sleepy that night, and I thought I heard Mr. Santa's sled outside my window! I couldn't resist the temptation to peek into the living room to see if anything was going on.

The first "peek" I saw what looked like a small refrigerator, and some boxes. Then I heard something and looked again....Dad, he was putting the presents under the tree!

"But I thought Mom and Dad were in bed!" I only watched for a few seconds and went back to bed, still hoping that Mr. Santa didn't see what I had done. What if he told Mom and Dad?

Even though I had seen with my own eyes that Mom and Dad were the one's placing the presents under the tree, I still thought that Mr. Santa must be directing the show! After all, I had heard his reindeer bells!

Some years later as a teenager, Dad had told me that you should "never believe anything you are told or that you read, and only half of what you see!"

As an adult, at thirty years old, he came over one day to my house and we was having our little political conversation, and all of a sudden he looked at me and my husband and said "What political party do you vote for?" We both answered with the standard answer for our family, "Democrat"! Then, slowly but deliberately he drew his hand out of his pocket and pointed a loaded .22 at both of us and repeated the question: "Now!" "What political party are you in favor of?" We both froze.

It wasn't until about six years ago that it finally hit me what he was doing.

He was attempting to prepare us for what would most likely happen in our future. At the time, I just took his actions as a "Daddy" joke.

In June of 2001 he passed away. In September of 2001 what we all thought, hoped and prayed would never happen, did. I can remember telling Mom that I was glad he was not here to see it. But now I realize; he already knew what the future held. He had already seen it, in WWII.

All of a sudden, my outlook on the world changed, as I am sure it did for many others, here and around the world.

For five or more years, (especially the first year), I stayed glued to CNN News, (remember Daniel Pearle?), eager to get all the information they had to offer. Then one day, while browsing the internet, a thought came to me to check out a search for Medical Marijuana.

I had used for years, but never considered it "medical". I typed in medical marijuana on a search and www.mmjactionnetwork.com came up with Tonya Davis' name. I immediately went to her site and checked it out and have been searching the internet ever since for all the information I can get about it. Tonya is a wonderful person and I can't say enough good things about her. If it were not for her and my Dad (even though he was already gone), I would never have

been brought to where I am now. I still believe that Dad was the one that led me to the search for medical marijuana.

You might remember that I had mentioned in a previous article that my father had asked me for marijuana about six months before he died. At the time I was not prepared for the use of cannabis for illnesses like his, or for any illness, except what I used for my "nervous conditions". And I certainly was not prepared for my father to ask me for it.

He had in fact known that I smoked cannabis for a lot of years. This I found out from my brother-in-law, who finally told me about a year ago, after a conversation about it. I had felt guilty that even though that I knew that Dad knew about it, it was an unspoken fact of life for us.

I am only one person. I realize that I can't change the world. Politicians are going to remain politicians until the end of the world. They all lie, cheat, steal, and take away our rights. The New World Order, the 911 conspiracies, the cover up of JFK's assassination, to name only a few....

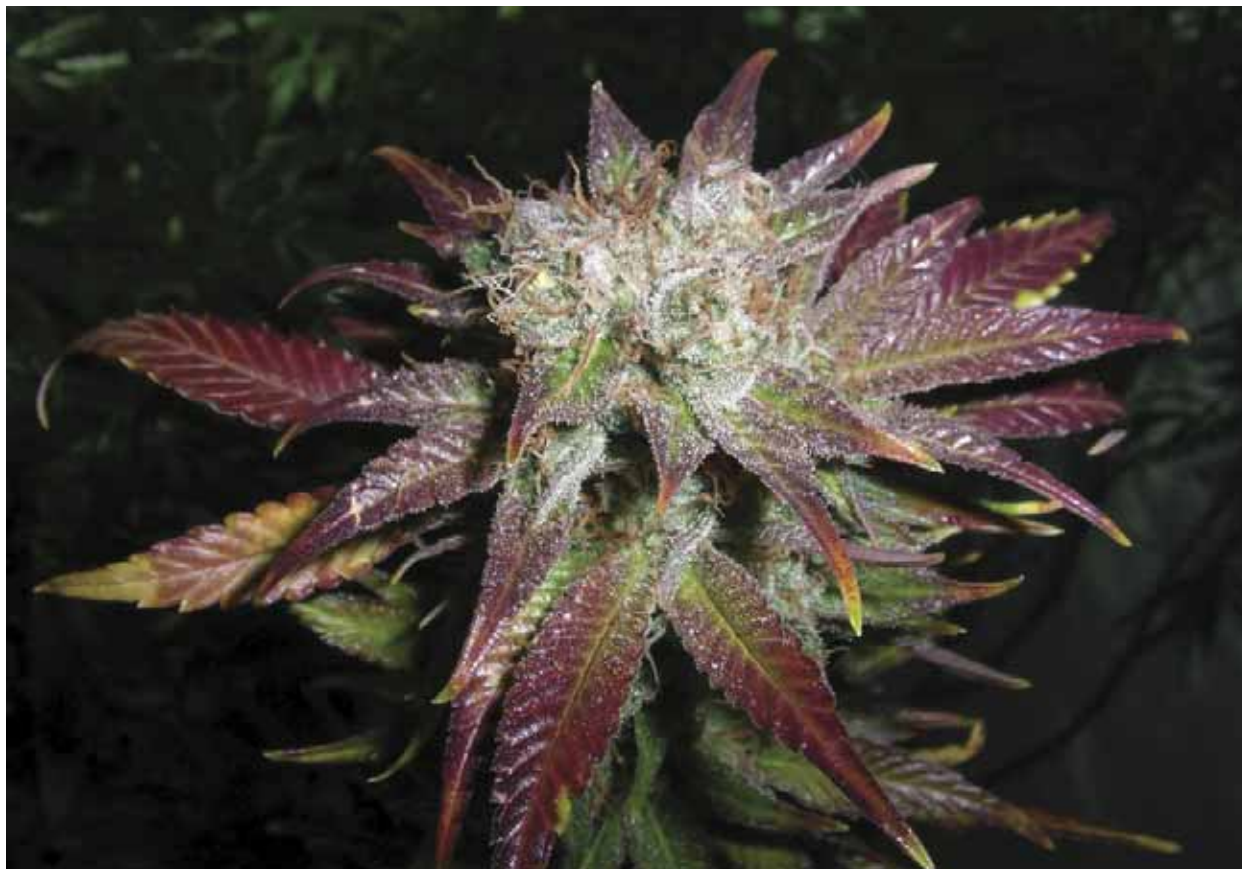
If I can just put a small dent in a large conspiracy of "untruths", then I will feel I have done some good. Educating ourselves and others is the key to winning the battle. Doing the research that no one else has the time or are just unwilling to do. Putting it out there in front of the public as much as you can and hope and pray that someone will start to ask questions.

It remains to be seen just what our future will hold. But if everyone from all over the world would just "quit fighting" and learn to live together in a FREE society, just "imagine" What we could live to see.

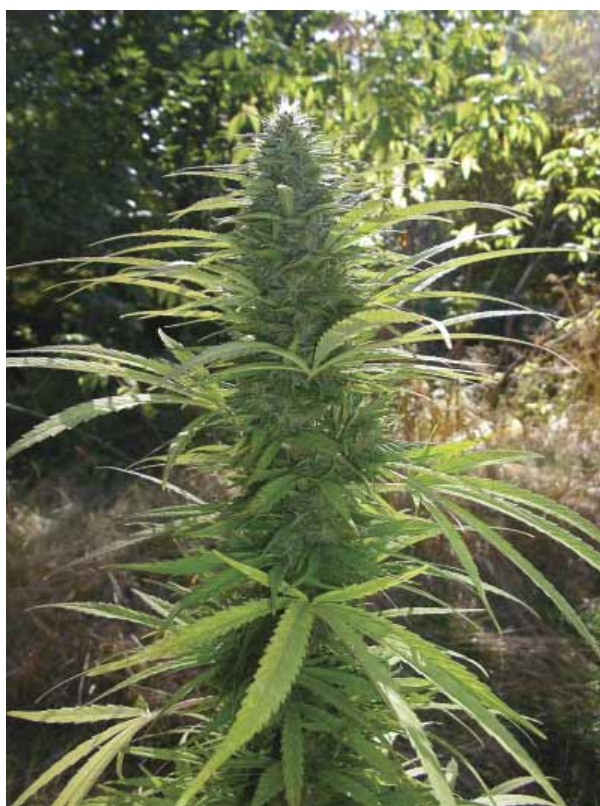
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The images on this page are courtesy of the Greenlife Seed Company. Above is a beautiful ripe bud of Next Generation Seeds' "Purple Diesel." Below at left is an example of the tall phenotype of Next Generation Seeds' "Durban." At the bottom right is one of Next Generation's growrooms.



Shipping Clones

As you may know it's not as easy to get a live plant of your favorite Cannabis strain, as it is to get an heirloom tomato. Someday it maybe possible to walk into your favorite nursery and pick up all the clones you need. Until that time clone trading is a good alternative. Notice I said trade!!! I'm not saying that you need to go through all the trouble of starting from seed and selecting the best Phenotype before you start trading, but when you come across one make sure to share it with those that hooked you up.

One of the problems with this is the fact that Cannabis is illegal to the vast majority of human on this planet. So, it may not be possible to even find some clones in your town. And since many patients aren't able to travel, shipping clones might be a good solution. Now there are risks when it comes to this and it is my intent with this article to minimize those and make sure they arrive in as healthy condition as possible.

Our two major concerns are making sure the clone arrive healthy and more importantly keeping it out of the hands of the Drug War Gestapo. As we've seen in the past just because you have a legal right to your medicine doesn't exempt you from these Nazis. Legal

battles can be very expensive, and most patients don't have that kind of money. The method of shipping of shipping clones I use does an excellent job of eliminating these issues.

To do this proper you will need a few supplies other then rooted clones. The most expensive of these would be one of those machines that vacuum pack and seal up bags to protect your food. Now hopefully you already have one of these to protect cured meds, in jars of course and NOT in a bag!!! The other supplies you'll need is paper towels, zip seal bags, heavy-duty boxes and a large padded envelope. Even if you buy top of the line supplies, which I HIGHLY recommend, it will still be WAY cheaper then bail!!!

The first thing to do is to take your rooted clone and wrap the plug with a damp paper towel. This is to ensure that the roots and plug doesn't dry out. I like to use soak the paper towels in weak nutrient solution with some type of B-Vitamin to help alleviate the stress that happens. Place these inside a zip seal bag; I like to have one clone per bag. This was should a plant succumb to some ailment it will be isolated and not damage all of them. Blow some air into the bags before sealing, this provides CO2 and O2 for the trip. Make sure you label the bag too, that way there will be no confusion, should you be sending multiple strains.







We've all heard the jokes about what poor shape packages arrive; well the reason why these jokes are funny is because it's true. We don't want are girls getting all beat up so I suggest you find the strongest box you can. The boxes in the pictures are 2" X 2" X 10.5" (I know damn American) and are the perfect size for two clones. Put those bagged clones in the box and pack them in tight but not too tight where the air in the bags is pushed out. Just snug enough to keep the clones from sliding back and forth too much. I also like to label them box as well, again to save any confusion.

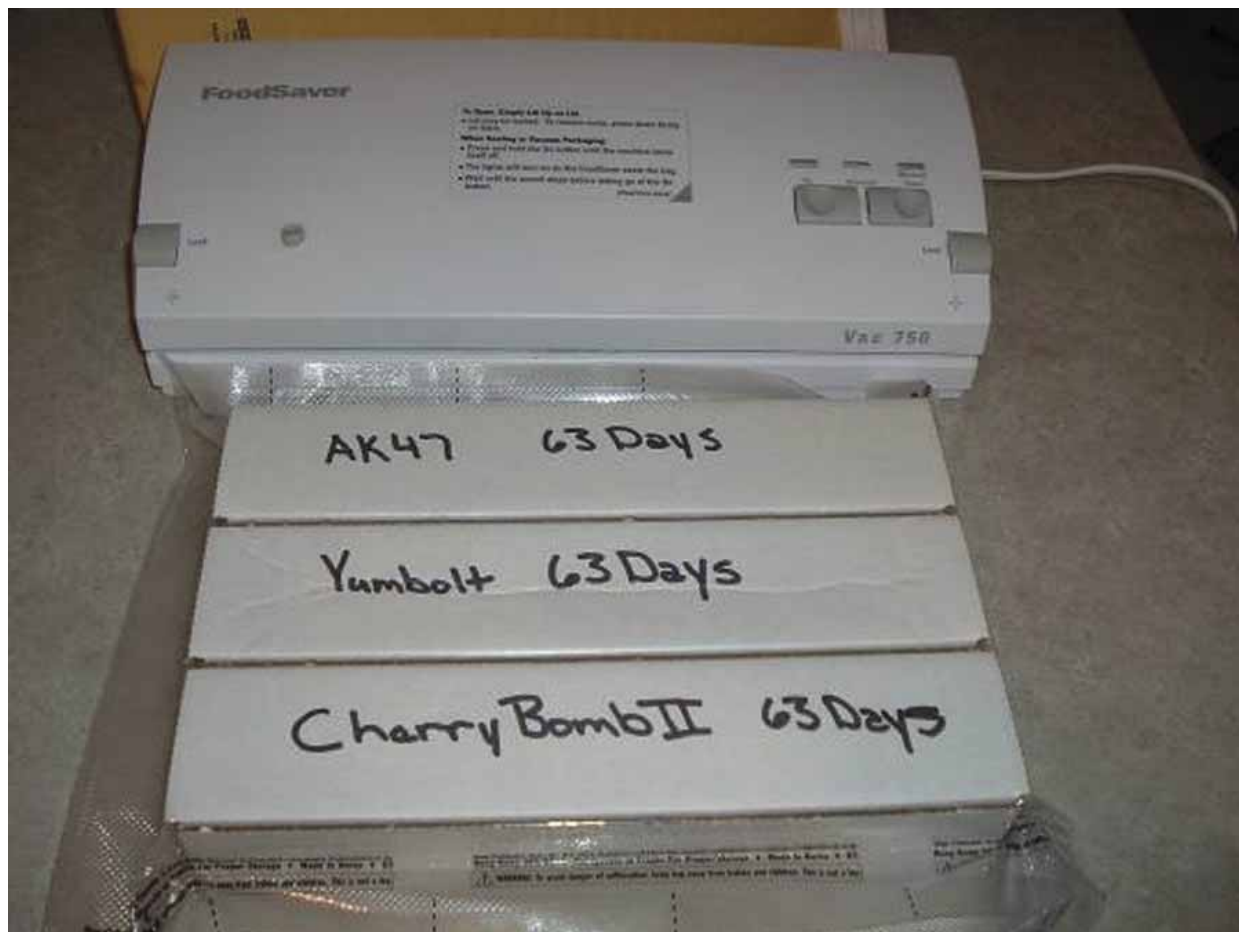
Once you've got your clones all boxed up its time to break out the vacuum sealer. Put the boxes inside and seal the bag up. With extra heavy-duty boxes you can vacuum that air out too, the clones already have the air inside their zip sealed bags. Now you've got to wash the whole package with soapy water to make sure you get any scent off the bag. If it's clean a K9 can sniff it all day long and your package will still get to where it's suppose to get too!

Put your freshly cleaned package inside the large envelop and it's ready for shipping. The next step is

VERY important. ONLY ship using the mail service and only ship within your county! I'm not sure about all countries but it takes a warrant to open US Mail! Whereas other shipping companies reserve the right to open packages and they do on a regular basis. Now the USPS provides an envelope to its Express and Priority mail service and I highly recommend that you use these in addition to the previous envelope. I do so to help the package "blend" in. They are so used to seeing these that they will hardly get a second look. It's always best to ship these overnight so it arrive to it final destination with as little stress a possible.

Happy Trading,
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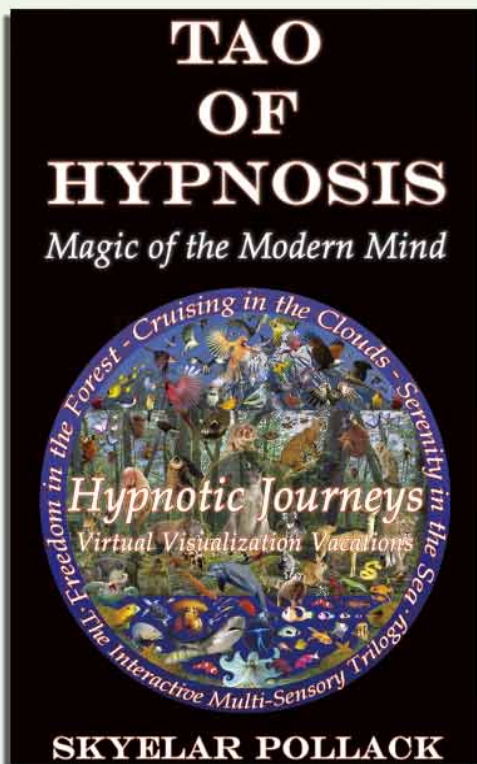
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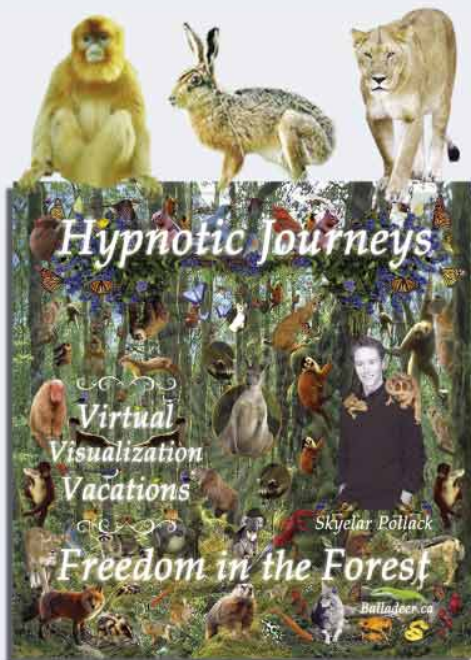
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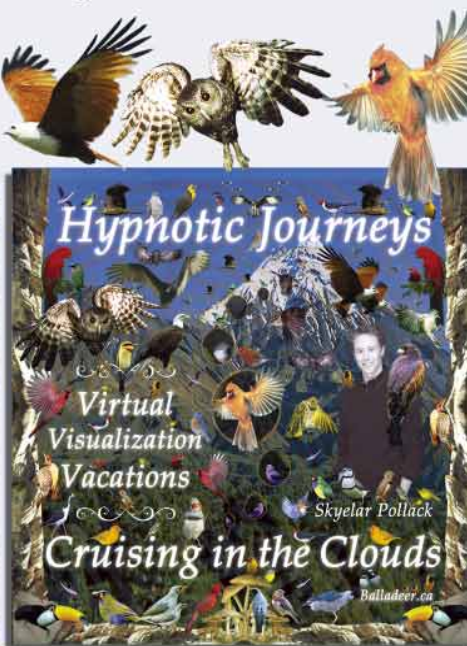


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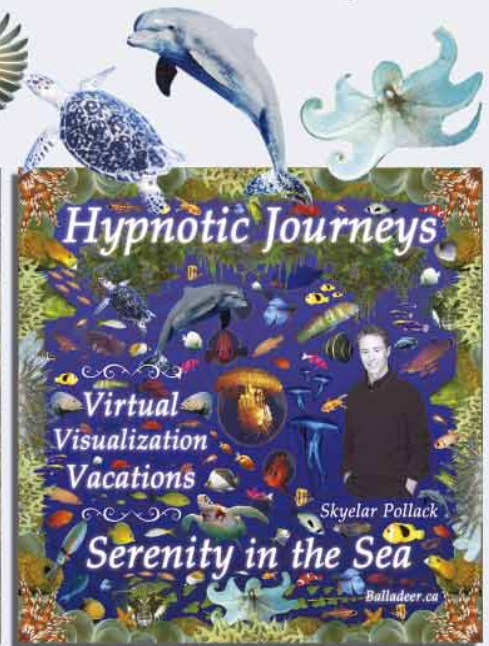
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Grow Cabinet

(Environmental Chamber)

Made Easy

by Otto Snow

Starting plants indoors in a short season climate, can jump start the garden, plus it is lots of fun. Small plants can be trimmed back and grown all year round. The environmental conditions must be monitored and be able to be adjusted to achieve maximum growth in specific species. For a couple of hundred bucks, you can build yourself a small hobby grow cabinet that costs pennies a day to run.

Many people do not have the space or the inclination to set up a halide grow room in their house. The grow cabinet is designed as a small grow space. It is adjustable in both temperature (70-98 degrees), and lighting times. It is easy to build and is automated. Regular fluorescent fixtures are used, halide lights maybe a fire hazard. The temperature ranges from room temp to high nineties (eight lights going).

Someone with building skills could run with this design and construct a commercially marketable model.

Components:

The closet is a commercially available model that can be purchased at most department stores. It is 5-1/2 feet high, 3 feet wide and depth of 21 inches.

Parts:

Smoke detector (just in case)
Fire extinguisher (just in case)
4 Fluorescent Light (2 tube) fixtures 2 foot length
8 Grow lights
8 Nylon cords; adjustable (available from grow supply or camping supply companies; used to hold down tarps).
2 Surge protectors with multiple plugs
14 large eye bolts w/nuts
Several boxes of screws

Several boxes of washers
6 L-brackets to reinforce base.
6 Electrical cords; plug in lights (4) and two to fans.
2 small AC fans
12 feet of garage door weather stripping
1 timer
A voltage/amp monitor (to monitor electrical usage).
24 cut quart orange juice plastic jugs; plant containers.
2 trays to hold the plastic jugs.
1 shower plate for air intake on base of closet.
Strips of wood to cover bolts on top of closet.
A can of white paint

Eight spots are marked on the top of the closet for the holes to be drilled for the eye bolts to hold the lights.



L-brackets were used to reinforce the base of the growing chamber. The inside of cabinet is painted white.

Holes are drilled for screws to hold surge protector strips.

The fixtures for the lights were hung from nylon lines that were adjustable. Lines from the fixtures were wired in and plugged into the surge protectors. It is important that all lines are grounded.

The garage door stripping was screwed in around the door prevent light from leaking out or coming in. Some extra weather stripping fills in any gaps.

Once the gizmo is together, the timer for the lights and fan are adjusted. Remote temp/humidity monitor is used to calibrate.

Fantastic. With three light fixtures, the temperature warm but low enough, with the fans cranking. A larger fan might be better. The lights and fans all worked very well. With four light fixtures, it got up to 98 degrees F. and would need a larger fan. Four fixtures maybe overkill as three provide plenty of light.

Most guys would love to have a nice automated growing cabinet. It is a small unit and provides a couple of square feet of growing space for the amateur gardener. The fluorescent lights don't cause sunburns (cancer risk) that are seen with halide lights. They use about the same wattage as three 60 watt incandescent bulbs. It might make a wonderful science fair project for children; with parental guidance.



My grandmother grew orchids in the middle of the winter in Maine with Gro-lux lights. The Gro-lux were very good for starting tomatoes, cucumbers, peppers, or your favorite botanicals a couple of months before the short growing season. Grandmother would give away hundreds of the starter plants to friends. When harvest time came, they gave her lots of fresh vegetables for her charitable efforts.

My father worked in an environmental defense lab with environmental chambers. He got a severe sunburn on his face from a halide light used in a sunshine test. Later it developed into skin cancer.



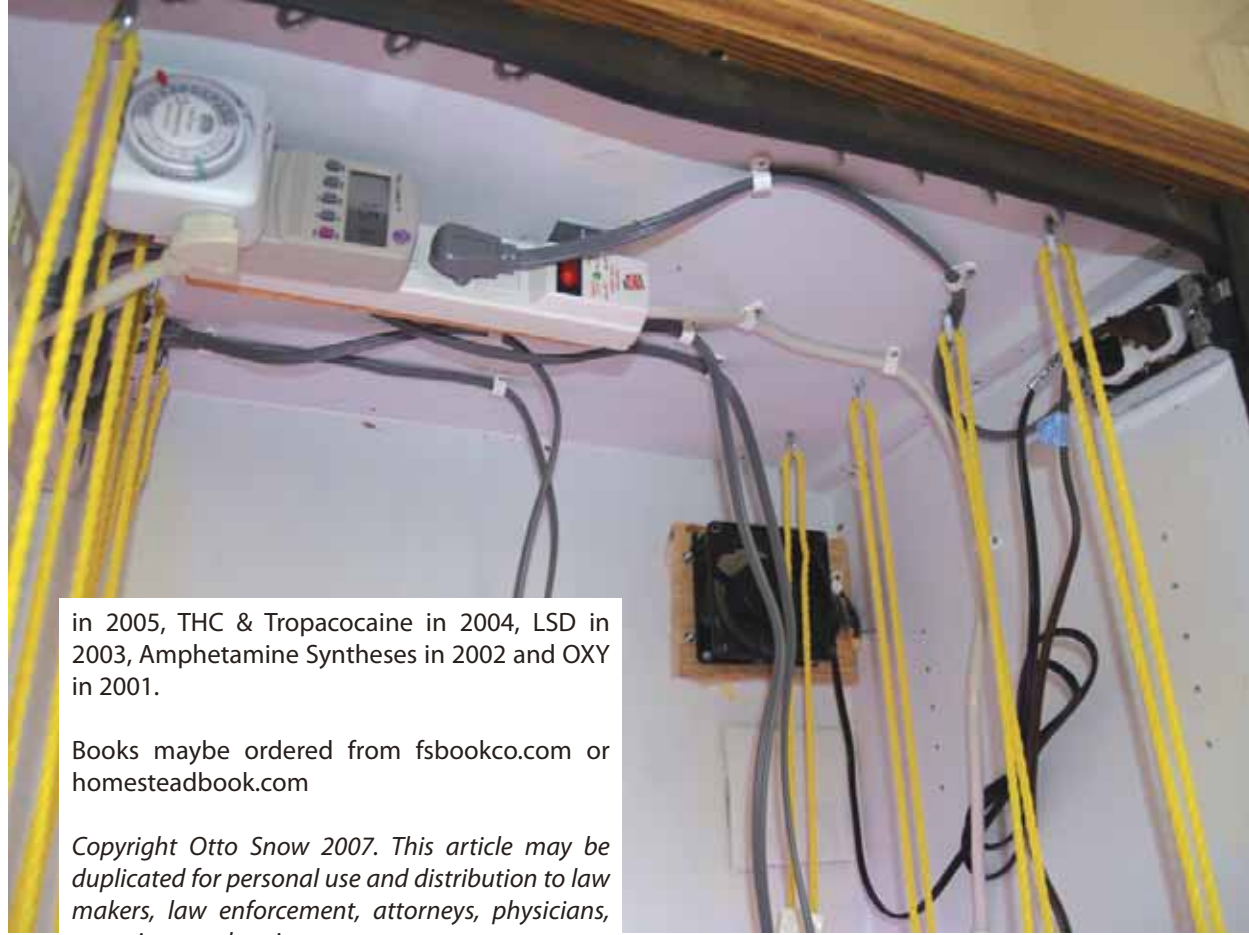
I hope that people get interested in developing environmental chambers. Improvements in the prototype would be a fan with a filter system; to neutralize odors. A humidity generator of some sort with an inside coating in the chamber that is resistant to high humidity environments might be nice for tropical species.

Fluorescent lights use less electricity (reduce global warming) plus they run much cooler than halides.

Happy Building.

About the author: Otto Snow is the author of a series of drug chemistry books used by students, law enforcement and government agencies across the globe. Love Drugs





in 2005, THC & Tropacocaine in 2004, LSD in 2003, Amphetamine Syntheses in 2002 and OXY in 2001.

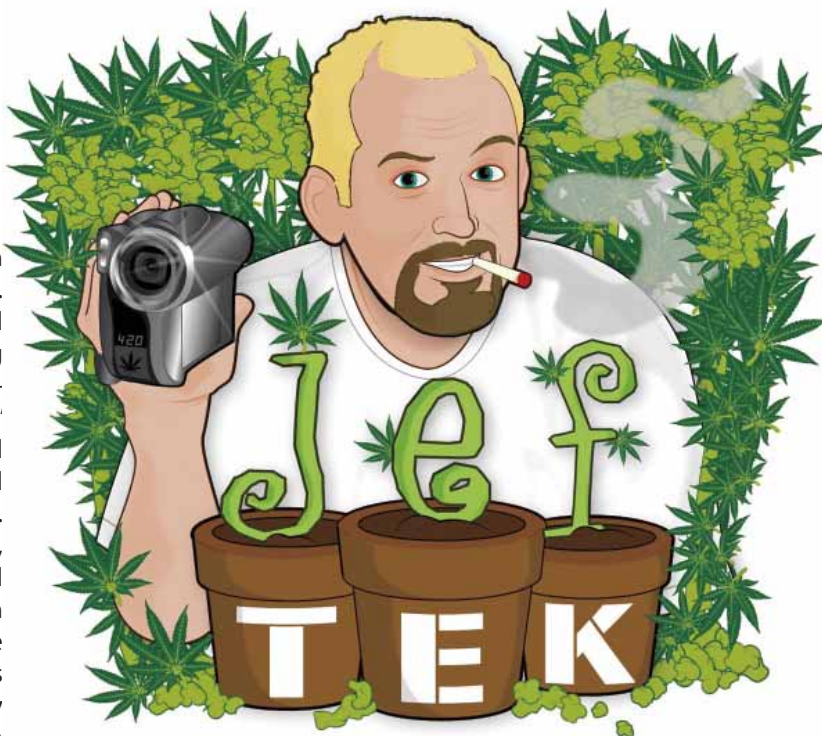
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Growing Satisfaction

I've had a million different jobs in my life. I am a real Jeff-of-all-trades. Each one started out all bright and shiny like a raw jewel just waiting to be discovered, waiting to be deciphered, explored and then used for its highest purpose. I've always believed that there is a lesson to be learned even from the most menial of jobs. There must be a lesson to be learned, right? Well, each new "career" wound up being less than fulfilling, both spiritually and financially. Most were just physically draining while others were physically easy but emotionally draining. I have always dreamed of a career that combines my technical skills and common sense with something that is equally challenging and rewarding. Something that would un-lock the secrets of my journey and replenish my soul. Something that becomes its own reward...



In the spring of 1997 I found myself working 60 hours a week supervising a maintenance crew in an international bakery. Schwag was all anyone had, bought or sold at the time, but I got a bag of commercial weed that had some nice nugs in it for \$60 a quarter ounce.





One of these nuggs had 9 seeds in it that were so fully developed dark-green and tiger-stripped that they just made me stop and think for a moment. I germinated the 9 unknown seeds in a paper towel folded twice inside a plastic zipper bag moistened with one ounce of tap water. I placed the bag on top of my cable-TV converter because it was a constant 80 degrees. Within days all the seeds busted 3 inch long roots with the first leaf set already free of the seed shell. I carefully transferred the delicate seedlings into Sam's Club potting soil mix with Osmocote time release fertilizer already in it. I put each plant into a plastic disposable 16 ounce drinking cup. (The kind you can buy 200 of for around 6 bucks.) I drilled a single 3/16" hole in the bottom of each cup so water could come out and placed all 9 cups in the cement scrub-sink in my basement under a four foot fluorescent shop light. I brought a 400 watt metal halide ballast, bulb and reflector home from work the next day and installed this along with a 150 watt high pressure sodium bulb above the happy little plants. While these plants were growing I read and re-read all the pot magazines and books I could get

my hands on; then set out to combine the best ideas from the best growers with my own practical common sense and spare time.

It was now May and I had 9 plants that were completely different from each other. One was fat and short, two were real thin and tall with massive internodal lengths between branches, some were darker and some were lighter. I was forced to have a garage sale just to make a little extra dough to buy a bag of schwag. My dealer comes over and tells me that I've got 4 males, (those two tall and lanky bastards were males, thankfully), and the 5 are probably girls. I now needed to build a light proof room that I could inconspicuously grow some buds in. First I made a quick drawing to build a 4 foot by four foot square by 6 foot tall box and a material list. I used the cheapest lumber I could find and I used thin Luan paneling for the sides. I cut a hole in one side that fit a full-sized box fan and over the box fan I built a cardboard plenum with a thick blue filter on the side towards the wall to keep light out and let air in. I had

a 6 inch duct on the top sucking the heat/smell right up the chimney. I leached the plants with plain water every 2 or 3 weeks. I lit this “box” with a single 400 watt metal halide bulb in the center with two 150 watt high pressure sodium bulbs pointing horizontally in from either side about a foot from the top. The interior was painted white with oil-based gloss paint because it was left by the former owner. I put a four foot piano hinge on the front and cut out a door. I sealed the edges with foam and insured total blackness inside with all the basement lights on by sitting in total blackness. I didn’t know dark; dark could be. I didn’t leave anything to chance. I filtered all my water. I kept every surface hospital clean. I set a timer for 12 hours on and 12 hours off, (the magic “bud” numbers). I used Sam’s club soil in 2 gallon buckets fertilized with a little miracle grow and had no idea what ph was. I never used more than half the recommended strength. I switched to the 10-50-10 tomato bloom formula when they went into the box. I watered twice and fertilized once whenever they seemed dry and everything went pretty smooth. My first lesson came at around week 7 when I got bud mold on the middle portion of one tall cola and lost about ¼ of an ounce. This taught me to leave the fan running all night instead of only timed on with the light. This lesson also taught me that you can harvest the cola and the rest of the plant will continue to fill in nicely. I was cautious and patient and 1 week later I had my first self-made buds.

It was the beginning of August in Chicago. I had just spent an hour in stop and go traffic driving a piece of shit GMC Safari Van that looked like someone painted it with a dirty mop. No Air conditioning! I had just finished my 15th straight day of work and it was Friday, frustration and exhaustion were my only companions. It had been 6 days since I harvested. One of the 5 pot plants turned such a dark blue-green that parts of it were almost purple. One of the lower less-dense buds on it felt dry so I crumbled some into my wooden bowl, tentatively and cautiously. Skeptical!? I remember being extremely skeptical. I was at work so much and never really gave those plants all the time that they deserved, I felt that there was no reason this would or should work, and after all this was just “HOME GROWN” and everyone knows that these two words don’t bring any good expectations. Homegrown was slang for ditch weed where I grew up, the two words were synonymous! I was feeling crabby, depressed and un-optimistic as I touched a self-lighting wooden kitchen match to the contents of my little wooden bowl.

Crumbled, my whole world crumbled with the exhale of my first hit of my first crop. I literally stood in front of a mirror watching myself finish the bowl that I had just packed. I was stoned! First came the rush then a tingle enveloped me as I realized this was real. The taste was superb, like nothing I’ve ever experienced. It was so



fresh and clean tasting, very sweet. The buds were better than the buds I got in Hawaii while on vacation the year before. There was still a trace of doubt in my mind until I shared some with my friends. Everyone kept asking me what it was because it didn't taste anything at all like the nasty commercial Mexican weed we had all been smoking in the Midwest since the 1970's. Paranoia abounds rightly in the land of the alleged free and even though I was a novice I wasn't stupid enough to tell anyone that I produced this fine, connoisseur bud myself. Someone started a rumor that I must have gotten a connection in Hawaii. I never disagreed so it must be true, right? Nobody minded paying 100 dollars per quarter ounce for "kind bud" so whenever somebody wanted some I'd just pretend to go call my guy. If anyone knew that I grew it all by myself they would most likely have wanted it for free, but as long as they thought I was only a middleman I could act that part thus avoiding suspicion and blackmail. It is a cold and cruel world out there and you can't afford to let anyone know, not your brother, no one! Every person who knows you grow has a gun pointed directly at your head; it is their get-out-of-jail-free card. It is their power over you. You don't need their money anywhere as much as they need your weed, don't be a chump. I know the pride you'll feel when you reach this stage of the game. You are going to want to go outside with a big ol' branch and show the first person you see what a remarkable job that you've done. You'll want to walk right into your local cop-shop and tell them that if this flower that you grew in your basement using your lights and your technology is really against the law that you want to be locked up right now! Then you'll take another puff and quickly realize this would definitely not be in your best interest. (Been there-felt that!) The high I felt was like none I ever experienced before. Just knowing that it could be done, knowing that I had done it, knowing that I could do it better, instantaneously and forever changed my whole life as well as my whole outlook on life. It gave to me a new belief, not in any religious sense, but a deep and profound belief in myself. (You Gave To Me, A New Belief, And Soon the World, Will Love You SWEETLEAF, oh yea baby!) Black Sabbath.

I found myself at work smoking a jay on my bakery roof one night in September, summer was just about over and even though I didn't even get to really enjoy my summer I knew that summer was always going to be happening in a room in wherever I live in for the rest of my life. Acapulco, they say, is always 72 degrees and sunny, the most comfortable place on earth. "Acapulco is in my basement, why am I in this stinking bakery?" I'd ask myself over and over. I'd calculate how much pot I would have to grow to equal what I make working, then calculate how much pot I could grow

to pay my mortgage off. Then a buddy of mine, who is quite good in real estate, told me that I should grow whatever number of plants that it would take to make a million dollars then buy an income property and live off of the profits for the rest of my life. I quickly scratched this plan because it is not about living comfortably or the money, it is the love that I have for fine-fresh marijuana. A constant supply of fresh, clean medicine and never having to go over to over to some dude's house to play his mind games and jump thru his hoop and pay his price for schwag again. It is total self-reliance and freedom.

My hobby became my passion. The next crop was Mikado and a wicked Southern California strain of Blueberry-Skunk. The "little" 700 watt 4' x 4' x 6' Box now became the grow/clone room and I built a 4 foot by 8 foot tray into a 6 foot by 10 foot room mostly out of tarps and drop cloths hung from the basement ceiling. Into this room went a 1000 watt high pressure sodium light (the first light I actually bought) and two 400 watt metal halides from work. I rigged up a small gas pilot-light assembly in a coffee can to augment the carbon dioxide and there were fans everywhere. I still had the heat/smell going up the chimney. I remember one spring day while getting a burrito a full block from my house, there was a breeze coming from the general direction of my house and I smelled my pot. The blueberry-skunk mixing with the grapefruit ness of the Mikado was unmistakable. I wondered how many other people smelled it. I knew it couldn't last much longer, my back was breaking from working just to pay bills and it wasn't getting any better shoveling snow. After a few more crops of Mikado and Blueberry-Skunk I quit my job and sold my house. I moved to California 'cause all my friends said, "that's where you ought a be", so I loaded up my truck and I moved to Beverly....Well, San Diego anyway.

In the fall of 2000 I loaded up a trailer with my tools, my motorcycle and all my grow gear and drove to the land of fruits and nuts with the best dog in the world, Misty Bitch and rented a 3 bedroom grow house. I found a nice house in a box-like suburb 15 minutes from the coast for only \$1500 a month. My first month's electric bill was about \$40 bucks; my last month's electric bill was \$900 bucks, go figure? I set up one bedroom with a 400 watt metal halide and one 4 foot fluorescent shop light. The shop light hung over a 4 foot table that perfectly held two 10 x 20 trays sitting on two heat mats for cloning. The 400 watt metal halide light hung over a 4 x 4 tray for the vegging stage. The other bedroom was huge so into it went two 4 x 8 trays and four 1000 watt high pressure sodium lights. By the fourth month there was a 10 foot wall of stink surrounding my ranch style house

and I found it hard to believe that the mail lady didn't turn me in. Then, like magic, a new grow store opened directly across the street from my house. Previously I had to drive 25 minutes to reach a grow store that wasn't that well stocked and I always felt a little paranoid at. I casually strolled around the back to see that they were fully prepared for "back door" traffic which, needless to say, suited me perfectly. My first purchase was a Mountain Air Charcoal filter and matching blower fan for \$550 bucks. I hung it horizontally from the joists in the budroom with perforated strap iron and used a 90 degree elbow to vent it directly into the ceiling. There was never a smell that left that house again! That was the second lesson; Charcoal filter, don't grow without one.

Remember what I said about telling no one? Yea, I didn't take my own advice and I felt like I was kind of safe because nobody really knew me in California and I guess I just got too big for my britches. I rejuvenated a blueberry skunk phenotype that just got fatter and fatter the longer it grew. I had no room inside for this mother that already produced hundreds of clones, it was getting too big and it already formed 7 main branches so I foolishly stuck it outside in the southern California sunshine in a 9 gallon bucket of used sunshine mix. I watered it every day and by the third day there were bugs all over it so I drenched it with

the garden hose full blast. I mercilessly blasted that plant until it was hanging limp over the sides of the bucket like a green spaghetti mop. The next day all of the bugs were gone and there were 9 arms defiantly growing towards the sky. I blasted them with the hose again until the branches were all drooping over the sides again. The very next day I couldn't believe there were about 11 arms all pointing to the sky like William Tell shot them into the pot from the direction of the sun. I tried to knock them down with the garden hose but they held firm to the shape they were to stay in from now on. It turned into a 5 foot tall monster bush all dark green from second hand fertilizer and the real sun. The Buds filled out and grew to be bigger than my forearm, eleven times. I turned it ¼ turn every day and moved it diagonally in the yard to get the most sun. The neighborhood kids noticed it too and would have stolen it if I didn't harvest it early due to some gipsy moth larvae. I found some holes at the bottom of one or two colas and some bud mold inside them as well so I axed it and hung it in the garage to dry because I didn't want any critters in my house. It just happened that I had my first major harvest going on inside with 13 fully dried plants hanging from fishing line strung across the top of my master bedroom/ drying room. It was Wednesday, around 4:30 in the afternoon, I had just enjoyed my 4:20 doobie and remembered,(because pot makes me smarter),that my



dogs needed their 6-month supply of flea medication so I quickly went to the pet store then scored myself a cheeseburger only to return to the most unlikely sight. The first thing that hit me when I walked in the door was that I KNOW I didn't leave my refrigerator and freezer doors wide open...

I knew that I didn't leave every door and every drawer exactly open as if to imply, "already checked THIS drawer does not need to be checked again." The cushions of my couches were in the middle of my living room. Both my dogs thankfully came to see if they were in trouble, which under the circumstances, made me feel angry. The window of my freshly sterilized budroom was broken into using a glass cutter, (definitely amateur hour), where 60 just planted clones were just starting their 8 week journey into buddom. All 13 dried plants were gone and it took me a moment to realize this and what was missing and what wasn't missing from my life that was there only 45 minutes earlier. They had their own bag because they had to carry all that out in something, my bed sheets weren't missing. They took nothing personal except my scale and a tin with bud in it. I had \$3000 dollars right above the kitchen stove in plain view that they missed because I disguised it in a pepper can. There was two quarter pounds of buds all trimmed up and ready to go in my open freezer right in plain view. I resealed a couple of frozen waffle boxes with hot glue after filling them with my product. This is what saved my ass, a grand a piece for the q-p's plus the three grand in the pepper can lasted me until my next very-paranoid harvest. Thanks to being stupid I got burglarized, thanks to being pragmatic and paranoid I avoided losing 5 thousand hard-earned dollars. This is lesson number three, lesson number one in importance; don't bring any un-necessary attention upon yourself. Don't grow outdoors near where you are growing indoors. Don't leave cash or buds in plain view, don't trust anyone.

I then installed an X-10 alarm system and fenced up the perimeter of my house better. I spent a week watching the video monitor I installed looking for "them", twenty

four hours a day, they never appeared! I lived there for three more perfect indoor harvests and turned all my equipment over to a brand new medical marijuana patient who wanted to grow her own. I am now proudly growing the medicine that keeps my wife healthy and happy. I feel that I'm actually making a difference, a positive impact on this big beautiful world around us.

No job has ever given me what Marijuana has, a purpose, a goal or satisfaction. I'll never be totally satisfied, always striving to make things better, simpler or easier. Now I have to keep on growing, going on the knowledge that my satisfaction is "growing".

It isn't as hard as you might think. This is a true story. Thank you all. Jeff





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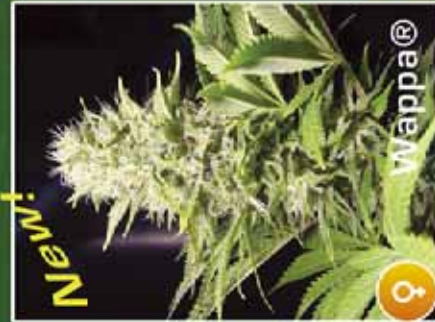
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MzJill: The Finished Product

Properly processing the marijuana at harvest is a craft that must be mastered in order to maximize taste and potency. Many talented growers fail to implement some of the following techniques and the result is not up to maximum potential. This problem is compounded by the fact that most growers feel his or her pot is better than everyone else's. Try to tell a grower whom is your friend that he or she could do a better job on trimming and curing; this will usually result in the end of a friendship. A good trim and cure can make the difference between green tasting, hard to burn nugs, and smooth clean burning dank.

TRIMMING

For the best end results we have found that upon harvest, it is best to trim all foliage from the colas/buds while the foliage is still rigid and fully hydrated. It is very important to remove as many leaves protruding from the bud, as possible. These small leaves may still contain chlorophyll, which will adversely affect



the taste of your finished product. Many growers prefer to leave these leaves to curl around the bud for finished appearance, but we feel that it will definitely take away from the taste and smoothness. We like to separate the shade leaves from the sugar leaves. We use the sugar leaves for hash or butter making. It is important to have a good pair of scissors for trimming. A good ten-dollar pair of hair cutting shears will do the

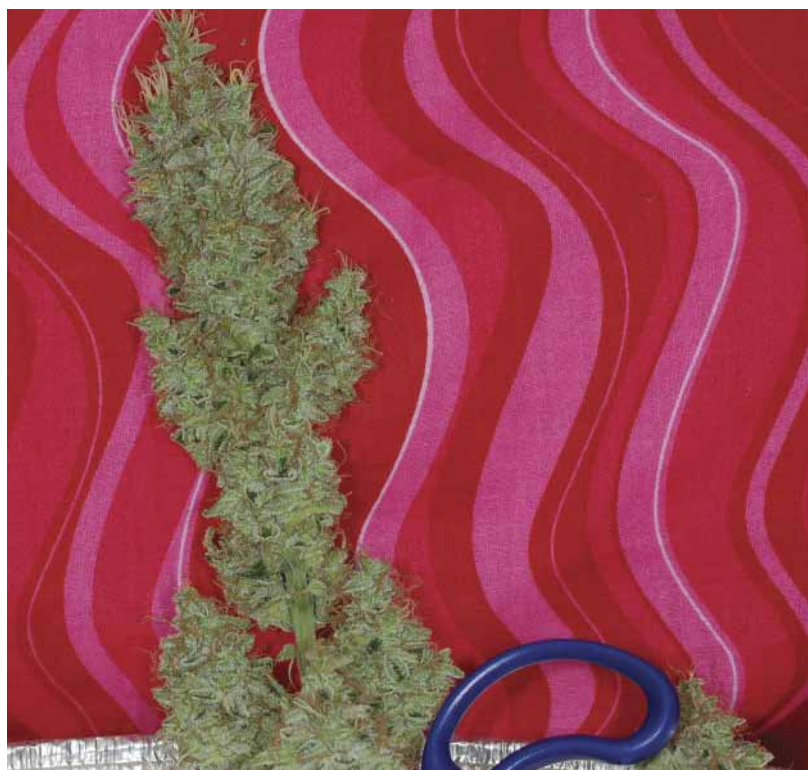


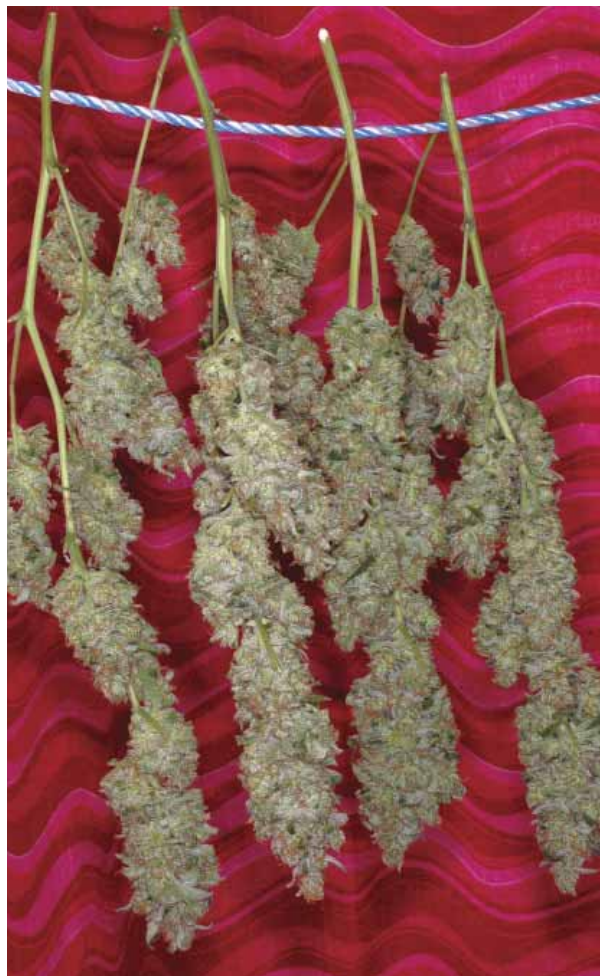
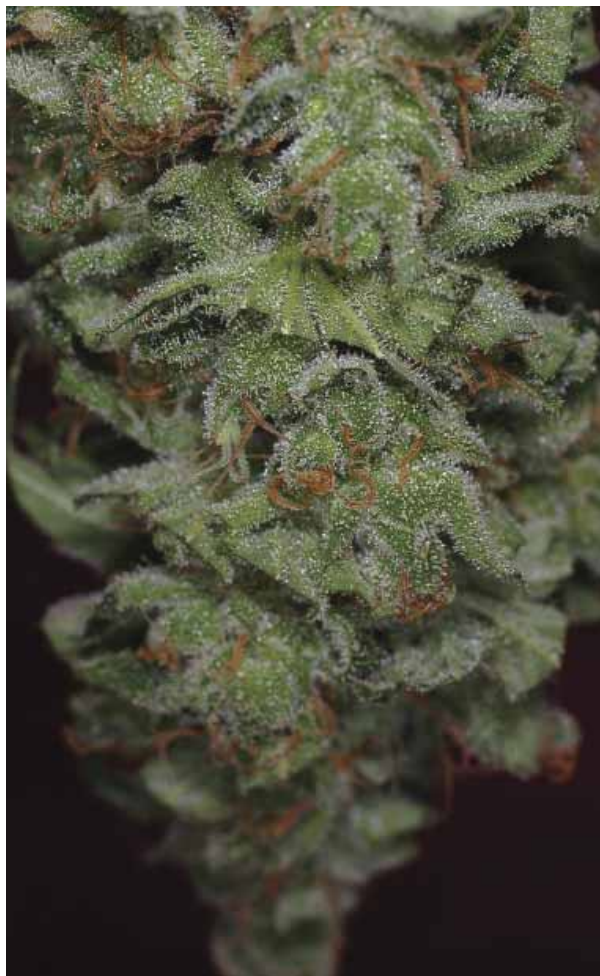


job very well. It is nice to have a bowl for the shade leaves and a bowl for the sugar leaves. A table, along with a comfortable chair, and good lighting are also musts for trimming.

DRYING

Leave the buds on the stems and hang on a string or hanger of some sort. It is best to dry the buds in a place





that allows dark to indirect lighting and also adequate air circulation. A fan is good to have in the room, but not directly pointed at the hanging buds. Allow the buds to dry until they are crisp on the outside and the stems will still be pliable, since the stems contain so much residual moisture it is best at this time to remove the buds from the stems and place in a large bowl, on a screen or a tray. In our climate the hanging time is about five days, but the drying time will vary due to humidity. We like the buds to dry slowly as this makes for a smoother cure, rather than drying the buds too quickly. According to the time of year, the temperature and the type of heat in your home humidity, airflow, and the density of your buds; drying time can vary from five days to ten days.



CURING

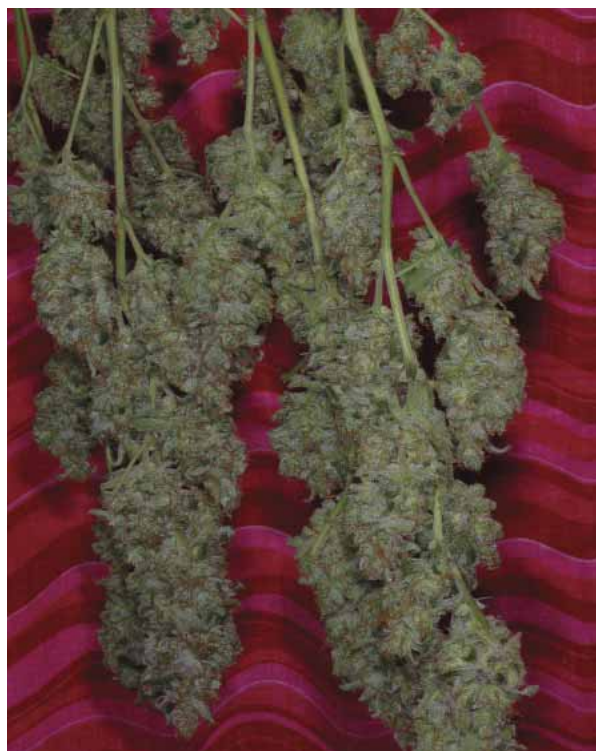
When the small stems, which remain under the buds, are completely dry enough to snap and the buds are dry enough to smoke, it is time to start the curing process. We use glass-canning jars, such as Mason, Ball or Kerr, to cure and store our marijuana. During the first three days we open the jars about once a day. After the first three days, once a week for a month, when the cure will be complete. Make sure your marijuana is completely dry before leaving in sealed jars. Leaving wet marijuana in a sealed jar will result in moldy marijuana, and it will become unsafe to smoke.

Written and Photographed by:

MzJill of Subcool Seeds/TGA

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WE DROP THE DANK



In the distressing times of today with so many sick people the need for fine cannabis genetics worldwide was needed. A small group of cannabis breeders united and developed the finest medical cannabis possible and the ultimate delivery method was born. The sound of roaring engines appeared on the horizon in the rural dankland country side, a sound that hasn't been heard in ages. A group of cannabis green painted F4U corsairs. Keep your eye in the sky and watch as they spread the seeds that will heal the nations. **The Green Avengers**



16gantz

Strains for Pains

by Jay Generation

The diversity of the highs and effects of different strains is almost as plentiful as the number of cannabis varieties there are. Cannabis is an amazing plant for its ability to thrive in many parts of the planet. Climatic differences around the world bring about genetic traits that are as unique as the land itself. With the influence of humans in selecting their own favorite traits from landrace strains for centuries, cannabis enthusiasts will always have more new flavors to discover. With the world becoming a smaller place in the last few decades the genetic pools are mixing with some amazing results. As a cannabis breeder, I've had a lot of experience with many of the world's top strains for over a decade now. It has given me some insight into how different varieties are useful for different ailments. Some of my info is direct from patients and some effects are apparent when you get to know the strains.

One of the main medicinal strains on the west coast in the last 10 years is Romulan. It's a very potent strain that has been used by medical clubs from California to British Columbia. The Vancouver Compassion Club had preferred Romulan and Romulan x ISS for their patients for many years. A Romulan x ISS is also a favorite to compassion clubs on Vancouver Island. These are prized for potency as it only takes a little bud to feel the



effects. It has both a heavy body stone and a cerebral high, all wrapped into one. Upon working with a few patients with extreme whiplash from car accidents, we discovered a few strains that were useful towards easing nerve pain. It did not eliminate the pain but it did dullen nerve spasms and helped with the stomach pains from the prescription drugs. Pot use allowed these people to consume less pharmaceuticals, and have a more active life. We found that with nerve injuries like this, heavy Indicas are the best. The Sativa based strains aggravated the nerves making the pain worse. The Best we have found for nerve pain relief from the strains we have worked with are: Bonkers, Romulan x Hashplant and Romulan x Grapefruit. The Hashplant and the Grapefruit are heavy Indica's and blend well with the Romulan. Romulan Hybrids have high THC and CBD levels from the Romulan parentage and the vigor of these F1 plants produce great yields. The Bonkers was also a stand out for our smokers although it was often too stony and sleepy for some, end of the day kind of smoke.

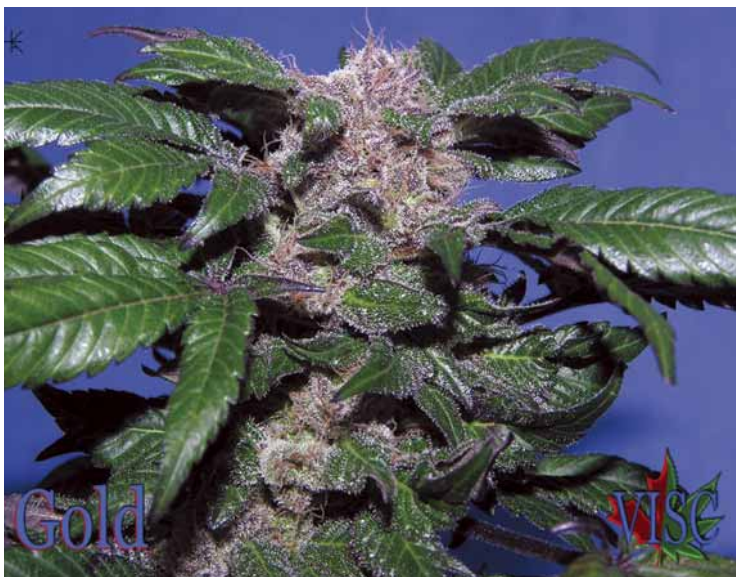
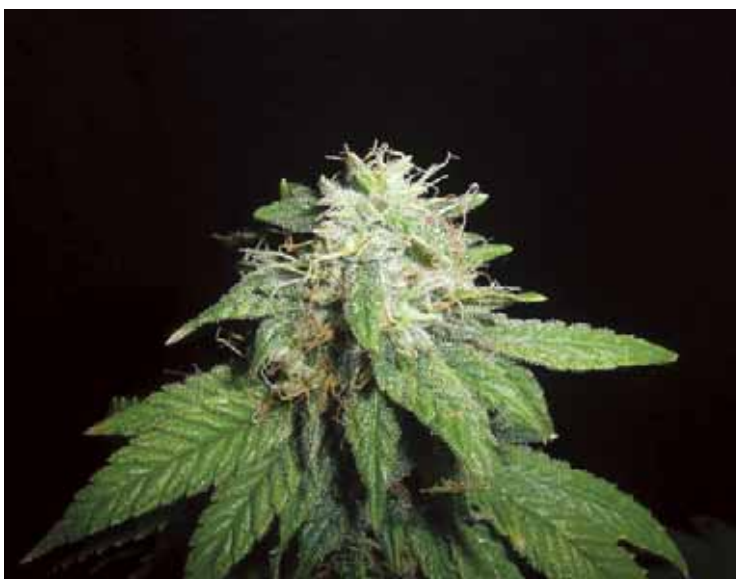
In a recent visit with VISC (Vancouver Island Seed Company) I had the chance to discuss characteristics of their strains that are useful to medicinal users and how. The first thing that came out with no hesitation was "Gold", referring to the variety they dubbed "Nagano Gold" which has been shortened now to just "Gold". This is a prized variety they released in honor of Ross Rebagliati's Olympic gold medal win with BC bud in his system. They went on to explain how the effects of this strain are exceptionally relaxing, to the body and mind. It has the ability to temporarily distract and relieve you from your daily pains and lose yourself in simple pleasures of good conversation or a good book or movie. Good for calming the nerves after a stressful day. It's a pure Indica selection that has been in the VISC breeding program for many years. One of the best things about choosing VISC strains is that you will be enjoying some of the most flavorful marijuana available. They have been selecting for extremely powerful, full flavors and aromas for decades and their gene pool is unique and very distinct.

In the 10 years I have been growing in Canada, I have met many of the Canadian seed companies and had the privilege to sample the finest buds. I've grown seeds from over a dozen different companies and this one stands out for me. In my opinion the Vancouver Island seed company is one of the most under-rated seed companies in the world. My hat goes off to them. Their genetics have been perfected for over 25 years, as long or longer than the original Dutch companies. They only became known to the outside world when they started making some of their genetics available in the mid 90's in Canada. Still after that they

have keep themselves in a relatively very private world of amazing strains. They where breeding for decades before getting into the seed business and did it for the love of fine buds long before it was profitable. Smokers in BC have known of the great smoke from the VISC gardens for a long time. Many of the famous strains that come from BC originated from the grow rooms of the VISC. Burmese is one of these that was perfected by VISC before other companies tapped into the VISC gene-pool. Hawaiian Sativa and Godbud all found there roots in the offspring of VISC breeding. This is where many Canadian breeders found the good stuff for there own breeding projects, I know growers and smokers will appreciate their genetics when they try it from the source.

The aggravating strains were always ones with a larger % of Sativa in the parentage. The strains we tried that made nerve pain worse were; Durban, Skunk#1, Diesel and Super Silver Haze. This is not a rule however, some sativa's like the Skunk#1 x Haze had no negative effects and left us with a great buzz and a bounce in our step. One thing I have noticed is that every patient is different and needs to try several varieties to find one that helps with there ailment or in their life. The effects of cannabis cannot be restricted to one chemical like THC or a few CBD's. Cannabis has such a wide array of effects on different illnesses that its medicinal properties cannot be disputed any longer. So much more work needs to be done with illness specific strains, the illegality realty gets in the way of legitimate research by knowledgeable breeders and scientists.

Our over all consensus was that for body aches and pains the Indica based strains were the place to start. The heavy sedating effects seem to help ease the pains and relax the body. The sativa's tend to have more use in mental relief, stress relief, and psychological disorders. This of course is only a place to begin; most strains on the market are a hybrid or combination of sativa and indica. This makes sampling several varieties the only way to know if cannabis can help improve your quality of life.



Treating Yourself Here, There, and Everywhere

by *Jeremy Norrie – AmsterdamDVD.com*

The last two columns I have written were very different from my normal subject matter. This issue we are going back to the basics and reviewing a few dispensaries I have visited in the San Francisco and Oakland area. Prior to these recent raids by DEA, I had been visiting many of the new shops here in Southern California and there have been some great new changes that I will discuss in future articles. It's true, some very good shops have opened up, but still my heart stays in San Francisco where I find the best and most unique cannabis. I am not obsessed with any 1 strain, and of course coming from LA I have experienced plenty of the best OG Kush, Sour Diesel and Granddaddy Purple among many other popular So Cal varieties. That being said, I still believe for a true connoisseur the SF/Oakland scene is by far the best, even better than Amsterdam in terms of variety, quality, and ability to fully inspect each strain or concentrate. Of course they still have many of the same problems we have in LA, but they also have a huge community of dedicated individuals who have been involved with the movement for years. They know their strains and they know the real values, most importantly they are in it for the love of the plant and the power of the medicine, not the chance to get rich. Unfortunately too many new activists are falling victim to the pursuit of the almighty dollar. Nevertheless, I prefer to focus on the positive side of things, and as such I have some great places to recommend.

We can start with the best new dispensary around, Harborside (1840 Embarcadero, Oakland). This shop has only been around a handful of months but its right up at the top in terms of service, quality and honesty. Their location is somewhat hard to find, not that it's hidden or anything like that, but mostly because the building is so large unlike most other shops. They also are aptly named as they are across the street from a

small harbor of sorts. Once upstairs and inside patients are warmly welcomed into the huge room where they serve their medicine at a counter. The different varieties are held in special containers so that a patient can examine each one fully with minimal damage to the sample inside. Smell and appearance are the main things people will look for with the helpful counterperson having a very good amount of basic genetic knowledge while also being very honest. No sales pitches here, in fact they were more than interested in sitting down and discussing the ways they could better serve their patients. Their selection of medicine ranged from high quality to medium quality, with some special deals also here and there. The top strain at the time was the Oger and there was a limit on how much a patient could buy. The other strains were not as strictly dispersed, so we also sampled their Super Silver Haze as recommended by the counterperson. The quality of their selection was of a high medicinal value and proved to be both clean and healthy as well as powerful and effective medicine. Definitely a wonderful place and worth a visit, especially if your fed up with the lack of real medicinal quality cannabis at your local dispensaries.

Next place on the list has been around for a couple years now, and seems to be somewhat overlooked. Re-Leaf Herbal Center (2980 Twenty-First St., San Francisco) is in the Latino part of town, or at least it seems to be, with a great many murals and ethnic markets to reflect their traditions. The shop itself is small with a steel fence and guard inside. Once patients are in the door they are ushered into the room where the server is located. The same gentleman has always served me, and I would assume he is at very least partial owner. He is helpful but also seems to try and suggest more of the lower priced medicine, probably due to his patients desire to save money. They have always had at least one really high quality strain of a slightly higher price, generally what seems like a homemade hybrid of sorts, but also excellent and extremely high quality surprisingly. Previously we sampled some fantastic Grape Kush, but this last time we obtained Purple Tarantula. Both are examples of somewhat lesser known strains that proved to be high quality, even better than many well-known strains. They also have had a variety of different plants available, with one being almost as tall as I was and seemingly ready to flower almost instantly after transplanting. If you can find it, have a look at this shop and I am sure you will be pleasantly surprised.

Also in San Francisco there is a dispensary called Mr. Nice Guy (174 Valencia St., San Francisco). Yes, the name is just like the guys from the movie Half Baked. Mr. Nice Guy is located right next to one of



Figure 1 CCAC GRANDDADDY



Figure 2 CCAC PURPLEFIRE



Figure 3 CCAC PURPLE PRINCESS



Figure 4 CCAC PURPLE RAIN



Figure 5 Harborside Oger



Figure 6 Harborside Super Silver Haze



Figure 7 Mr Niceguy Blueberry



Figure 8 Redleaf Purple Taranchula

the Gracie's Jiu Jitsu schools so you can't miss it. The staff at the time was somewhat unfriendly to say the least, and they also had little to no knowledge about their genetics. Their prices however were tiptop and some of their quality was really worthwhile. We tried their Blueberry and were pleasantly surprised. Not the very best quality or the most powerful, but definitely a wonderful strain and a very good value. All in all I would say there are better places to visit, but they do have fair prices.

Last but not least I will mention again the people at CCAC (21222 Mission, Hayward/Oakland). These guys are kings of the purple, so if you're looking for some grapes they will undoubtedly have some of the best around. They have a variety of prices but seem to cater to a specific type of crowd; as such they seem to only carry purple strains making the prices somewhat reflective of quality. Their top shelf always seems to have some of the best bag appeal out of anything I have ever got from any shop. The colors are so vibrant and the smells like the sweetest grape candy mixed with a slight skunk smell common in so many of the best strains. Previously we have enjoyed their Granddaddy Purple, this time we sampled some Purple Princess; both are top notch in just about every

way. We also tried Purple Rain and Purple Fire that proved to be of a fair value for their quality. These lesser price varieties were also very good but more organic and less attention grabbing. Despite the horrible atmosphere surrounding this place, and the intimidating individuals who frequent the shop, I think it is worth visiting. All in all, this is can be your one stop purple shop so give it a try and don't be scared, they have plenty of security.

Guess it'll be short but sweet this time. Thanks for reading, hope you were able to find some good pointers here. Maybe you'll be able to give the new place in Oakland a try and find out for yourself if its what you have been looking for. Maybe you'll be able to find the purple you have always heard of or maybe some other rare strain. Maybe you'll simply use the tips to save cash. Any way you can use this info is great. Next issue is still a mystery for me, although I have some possible directions. Also, keep your eye out for my DVD coming soon called "The Battle of the Buds: California vs Amsterdam" more info can be found @ www.AmsterdamDVD.com. Take it easy, have fun, don't believe the hype and find what works for you. Good luck.



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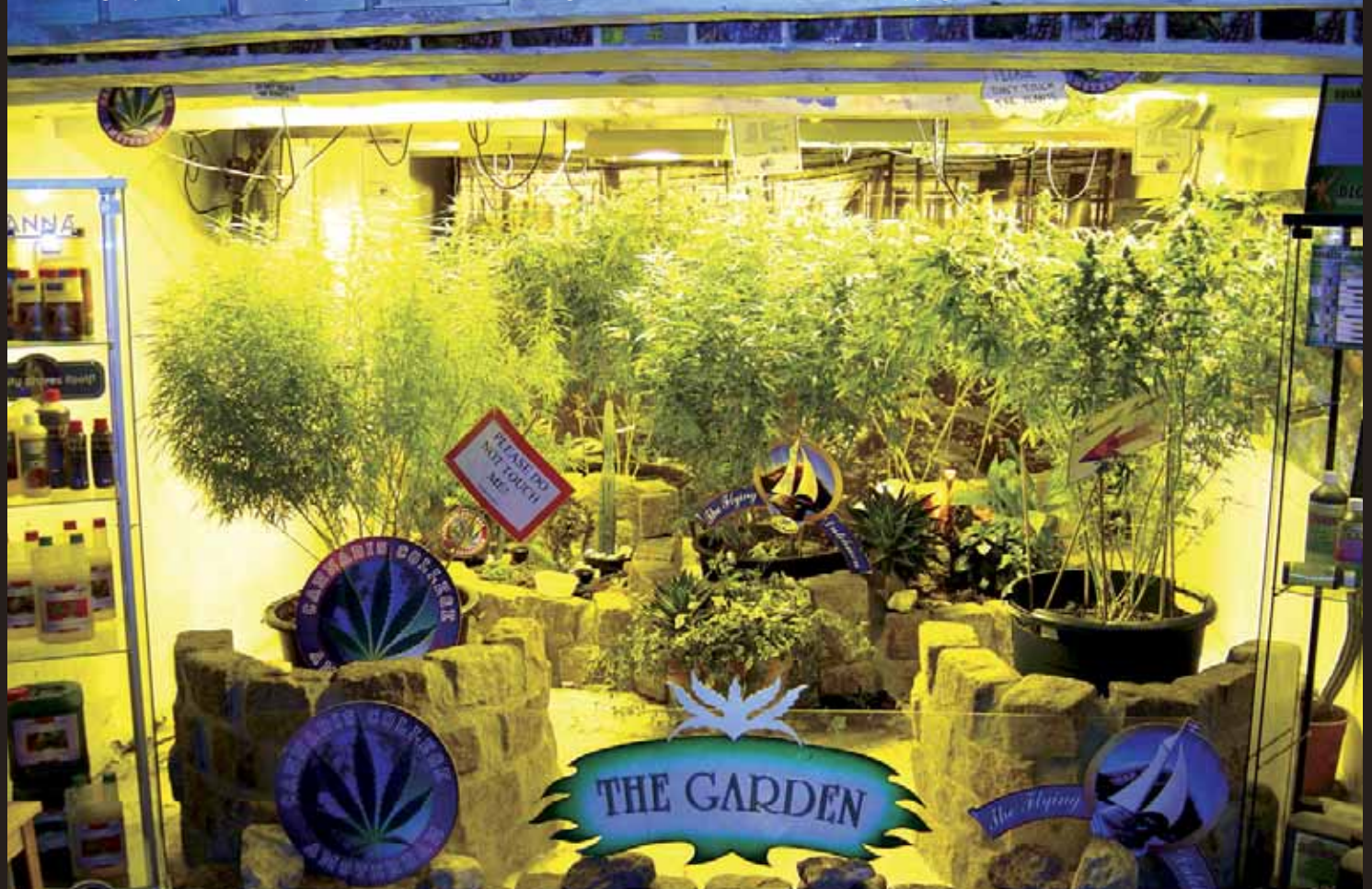
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Poetry

All

I feel that every day is a holiday.
I know I'm not supposed to feel that way,
but you'd feel that way too,
if you saw things my way.

Today may be a day to you,
but a violet changed my point of view.
Just the way the sky outlines the leaves of the ever-
greens,
separates me, like miles do.

The road I travel intervenes.
I walk the road, taking in the scenes.
When I go places,
I look at magazines.

I embrace cultures and races.
When a holiday approaches,
anticipation heightens,
and the genuine surfaces.

~ Mary Scardino

Susan B. Atwood

cook, chauffeur, housekeeper, and mother

cordially invites you

to attend her divorce

from Henry James Atwood

attorney, financier, and trustee,

at the Cook County Court Number One

on the 29th, at high noon, high time.

Reception afterwards at the Battered Women Center

on Halstead

~ Louie Crew

look

Look at her
I used to be her
Look at her
She holds unrealized power, strength
Look at her
I used to be her

Look at her
I used to be her
Look at her
She has a "presence" an "aura"
Look at her
I used to be her

Look at her
She is beautiful
She smiles, she is kind
She is loved and adored
She breaks hearts without intention
Look at her
I used to be her

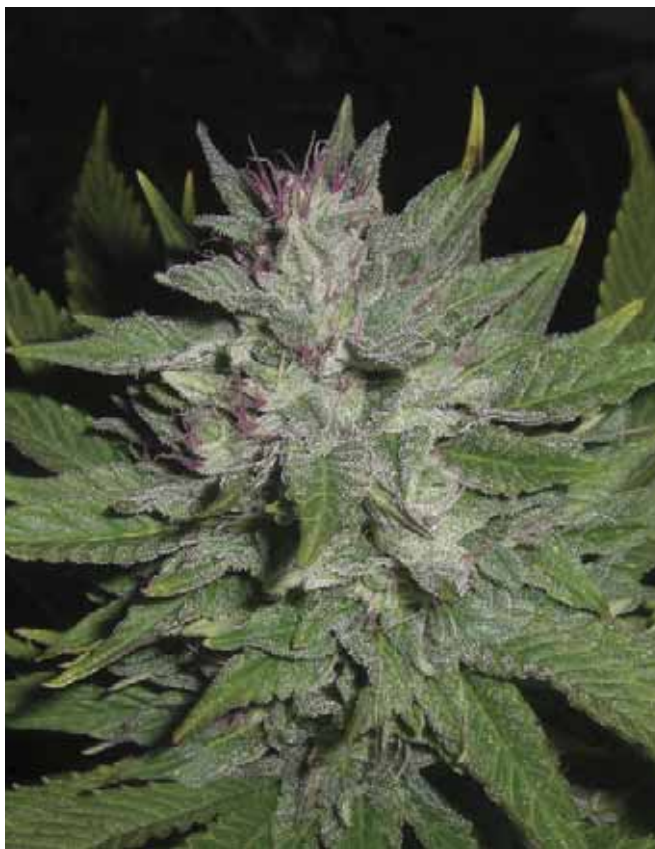
Look at her
Strength, ability, youth
Look at her
Fearless, adventurous, bold
Look at her
I used to be her

Look at me
I am old and scared
Look at me
I am invisible
Look at me, LOOK AT ME!
I used to be her!

Look at me
Afraid to leave my home
Look at me
Lost spirit, lost soul
Look at me
I used to be her

Look at me
Weary, worn, wrinkled
Take my pills...try to smile
Look at me. can you?
Where am I?, Where did I go?
Am I really here? HERE?
Look at me... Look at me!
I used to be her

~ Nancy O'Leary



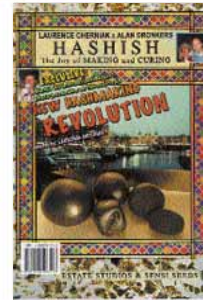
"Brainwarp" is an offering from Secret Valley Seeds. The lovely flower above was provided to Treating Yourself Magazine by Greenlife Seed Company.

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Mouths

I sing of mouths.....

Big ones, dried in the Sahara,
sucking teeth at a camel.

Little ones, pursed against the trumpet
blasting Jericho.

Round lifesaver ones on whistlers
at the beach or on murderers on their
nights off as they stalk just alley cats.

Mouths. Passages huge, red, veined,
dripping in slick globules
through tunneled ruts of strawberry,
watermelon skin, bouncing brilliance
off a Socratic tongue with a snake's
fierce flicker.

Cleopatra's saying 'yes,' then "no," then
"yes" again.

Nero's dripping vomit or sperm.

Jesus's burping wine at Cana or smiling
knowingly at the women in his life,
and at the men.

Tiny prayer makers. Eating machines.

Chewers of lies and of truths. Storerooms
of enamel and a colorless tasteless liquid.

Suppose you didn't have one for just one hour
out of each day, an hour unannounced,
struck wherever you happened to be, not
speechless, but mouthless, at the butcher's,
or hunting spiders, or at heaven's gate
banging on the tiny brass knocker, anywhere,
mouthless.
No twitch at the corner that isn't there.
No sigh; at best a snort.

It'd be nice for some people, just at the point
of the lie we'd rather not hear, just at the
point of the truth we'd prefer not think.

But mouthless we're not.

A mouth open in tropical heat.

A mouth oozing, drooling ice cream.

A mouth juicy with desire, freshly red with

magic below a 60-watt bulb in a tiny broken
mirror where a girl sets her expression as
she would rather be but feels only part of
the time.

Mouths biting peanuts. Mouths biting people.

Fierce bites. Playful nibbles.

Barkers. Suckers. Bubblers. Coughers.
Frowners.

Breath passage. Room of stereophonic slush
interrupted in peasant dialects of the
eighth century in England, asking for mead.

Suction tubes for children's cries
muffled by air conditioning.

Fathers' salesman-like mouths.

Mouths that say all. That say nothing.

Sing, tell, bring forth, speak, shout it,
break forth, "It's good enough for me!"

Spink. Splat. Take that.

Mouth it, mumble moundingly.

Marvel mit mein mind.

~ Louie Crew

*The sea of green in the background here
is Copyright 2007 by Chris Thompson*



"Pansies, That's for Thoughts" (Ophelia)

Bring the pail of warm water, Molly.
Tomorrow is Victory Day.
Don't remember, but there's no work.
Let's go to mud creek. You buy the worms.
There are lots of people there.

Dark light on a blue wall.
Cavities wadded with paper and glue.
Who scrapes at the window?
Let the stranger in. Yes, let him in.
Shoes covered with dried mud.
A bony hand on an ivory cane.
A beaver gnaws at an elephant's tusk.

Wild green onions sprout on a red clay mountain.
Waterbugs hatch in a skyscraper's basement.
Grandfather's watch! Be careful.
We've got to re-paper the room.
Yes, it must be chartreuse.
Purple blood from a pregnant womb.

Did you ever watch wind blow fuzz from a
dandelion?

~ *Louie Crew*

Bio:

Louie Crew edited special issues of *College English* and *Margins*. He is the author of 1,798 published works, including four poetry volumes *Sunspots* (Lotus Press, Detroit, 1976) *Midnight Lessons* (Samisdat, 1987), *Lutibelle's Pew* (Dragon Disks, 1990), and *Queers! for Christ's Sake!* (Dragon Disks, 2003). The University of Michigan collects his papers.

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~Nardwarz TY Member

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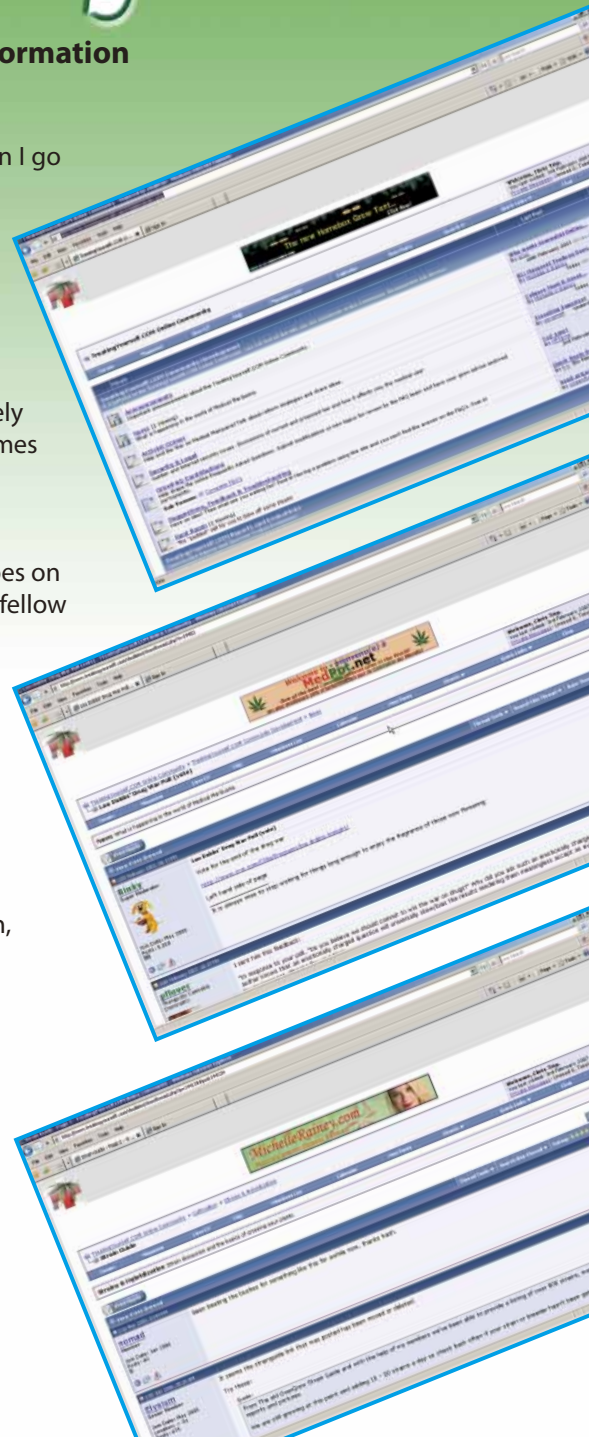
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IS CANADA REALLY A MAJOR SUPPLIER OF CANNABIS TO THE U.S.?

That's what U.S. "Drug Czar" John Walters says...



John Walters

"The problem today is that Canadian production of high-potency marijuana in British Columbia is a major source of marijuana [in the United States] ... and it's spreading."

- U.S. Drug "Czar" John Walters
(Director of the Office of National Drug Control Policy)

"Canada's pot policy under fire from U.S." September 13, 2002 - Globe & Mail

Walters said Ottawa's push toward decriminalizing marijuana could "complicate" border security. **"Frankly, I'm worried about Canada beginning to look like Mexico as a major supplier of drugs into the United States,"** he told one Canadian news program.

- U.S. Drug "Czar" John Walters

"Why the U.S. must invade Canada — now" June 30, 2003 - Salon.com

The Facts Say Otherwise...



Canada

"Canadian-produced marijuana accounts for only approximately 2% of overall U.S. marijuana seizures at its borders."

- United States-Canada Border Drug Threat Assessment, 2004



Mexico

46% of the cannabis consumed within the U.S. is imported from Mexico.

- United Nations Office for Drug Control and Crime Prevention
Global Illicit Drug Trends, 2002



U.S.

"The U.S. are basically their own main source of marihuana."

- RCMP Report: Marihuana Cultivation in Canada, 2002

More Information: Canadian Foundation for Drug Policy (CFDP)
"Evidence Challenging U.S. Claims About Canadian Cannabis Exports"

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Book Review

~ Submitted by Audio Works

I Smoke Pot With My Family, by Ruth Bergner.
Published by www.iUniverse.com Go to the web site,
click on Book Store and search the title.

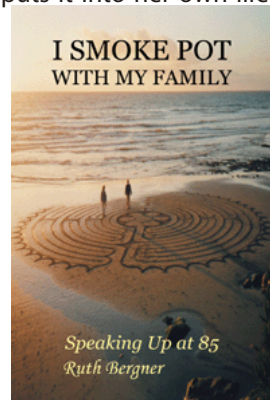
Taboo! TABOO!! NO! NO! NO! You DO NOT TALK ABOUT THIS!

First, I should mention the mature subject matter in this publication. Take a look at the contents page on the website. Do subjects like "Pot Enters The Picture" arouse your curiosity? Or maybe "Falling In Love" would offend you!! Life Outside The Box?!? What might that mean? And that's just the first 3 chapters! If you have purchased a copy of this book, DO NOT read chapter 7. Sex With Pot is not for mortal eyes. You have been warned! The threat is REAL! Even visiting the website could induce PARANOID (what ever that means) Oh, that's covered in chapter 12. Or maybe

Smoking Marijuana With My Grandchildren (chapter 16) would offend... or maybe encourage you!

No, I don't work for the publisher. No, I do not know the author. Yes, I read the book. In fact, I read as much as I can find about cannabis. Truth is hard to find but is also hard to hide when the light shines! This light shines! But, there is nothing really new for any cannabis user. We already know and have seen The Light. Ruth Berner just puts it into her own life-words and the Light rings true to every Responsible Marijuana User! (Oh, that's chapter 13).

The book is 96 pages. And, even if Ruth never wrote her journal, kept it hidden in the bathroom for years (see chapter 12) and finally decided to publish her story, the Truth still rings



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Ackola's review of music produced by Fernan Enriquez

I was thrilled to be presented with a selection of CDs produced by Fernan Enriquez after seeing him play samples of his music at the Home and Garden show at the International Centre in Toronto this March. His music consists of South American pan flute melodies with a background of guitar and Charango. For those of you who are perplexed by the mention of Charango, let me fill you in! The charango is based on the guitar, which was introduced by the Spanish, but has a total of ten strings. This instrument is popular in Peru and Bolivia and provides a gentle melody that complements the flutes beautifully.

Fernan Enriquez has put together a number of CDs that gives way to delivering his South American style music to a broad range of musical tastes. His CD titled "Haunting Melodies" has cover versions of popular songs such as Simon and Garfunkle's "Scarborough Fair" and "unchained Melody". The title speaks for itself as he has woven together a mesmerizing, gentle sound based on the pan flute or "siku" as the Andean people refer to it. It is certainly an excellent choice

to unwind to after a hard days graft. This theme is carried out amongst all of his CDs. For those silver tongued devils, slip on "Romantic Notes" for the ladies which opens up with "don't cry for me Argentina" which always evoked fantasies involving Tangoing with someone tall, dark and handsome in Argentina. Fernan has also produced a selection of Christmas tunes that covers all of the classic carols which would be ideal for entertaining that gathering of relatives over the festive season. It might actually reduce the incidence of fighting and bickering amongst them and instigate peace and goodwill instead. For those of you who find comfort in Christianity, I imagine that you will be moved by the CD "Songs of Faith" which covers a number of hymns such as "Amazing Grace" and "the Lord's prayer". I saved my favourite until last when I talk about his CD titled "Andean Dreams" where he produces more traditional songs which are haunting melodies. This is the kind of music I like to fall asleep to because it is so relaxing.

Fernan Enriquez originates from Santiago in Chile and has been producing music since he was fifteen years old. He is an avid performer and participates in many festivals both in Canada and abroad. His website has pictures of him performing in various locations in South America. What I really like is the intoxicating sound of his pipe music that is both poetic and beautiful. For those of you who like popular music, he brings this to you with his own style. Personally, it evokes a deep longing in me to visit South America and experience it first hand both culturally and historically. His music has a flavour that is both colourful and exotic and I would highly recommend it. If this might be to your liking, you can order the very reasonably priced CDs by logging onto www.kordillera.com or calling 1-800-563-7234.



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Zardoz Product Reviews



Wolf Productions is a maker of fine rolling accessories; their lineup ranges from their "Original Roll Tray" available in Pine/Basswood (standard) to their deluxe range made from Red Birch. The "Original Roll Tray" is available in 5 size ranges, from their smallest utilitarian T1 to their decadent T4 that has ALL the bells and whistles.

Now "Wolf Productions" has another range of excellent accessories that more closely caters to the "medicator on the move". This lineup consists of 5 different "Hemp" based rolling kits. The hemp kits are available in your choice of 4 different colours... Black, Blue, Pink and even a Khaki Green kit that would have found a place in my field kit as a self medicated soldier.

The hemp kits are tough and durable; the kit pictured is the "S3". This kit features two zippered pockets, one suitable for a stash baggie and the other fits a standard small herb grinder. This kit also contains Wolf's

own "Flexi Rolling Aid" in it's own little pocket... top this off with a pocket for a lighter a paper dispenser and even a pocket for "pre cut" filter packs. The "S2" and the "S3" are reversible for added storage capacity. This is truly a great little kit!

Now I'm NOT going to embarrass myself and try to show you how to roll with the Wolf kit; suffice it to say that my "inept fingers" managed to roll myself a nice large "fatty" after ruining just two papers first.

Those that know me know that I am a hopeless roller; my efforts normally yield a rather lumpy "pregnant" looking joint. With a little practice the Wolf kit allowed me to build myself a very nice respectable joint... long (double wide paper), evenly packed (thanks to the flexi). I even managed to roll a filter into my joint.

To "sum up" I have to give the Wolf Productions folks and their products a definite two thumbs up! Their products are well made and well thought out, a value to the patient that wants to be able to roll just a little bit better/easier! So go on over to www.wolfproductions.net and take a look at what they have to offer... my bet is that they have something that will fit your needs perfectly!

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer



XTR 1000

Here we have a unit called the “XTR 1000”. It has been called “The Mother of all Bubbles” by its maker at “icecold.org”... personally I call it “The Stainless Steel Tower of Power”! In Canada the unit is supplied by KDK Distributors (valleyofgreen.com). KDK is operated by our friend Kelly, this fellow is a fountain of knowledge as well as a purveyor of some GREAT gear!

I first saw the XTR 1000 some time ago and wondered at its functionality. My “wonder” was soon replaced with amazement as I watched the machine work its magic! This machine is capable of extracting some of the purest essence from your choice of plant matter. Of course MY choice of plant matter is cannabis!

My first run with this machine was made with dried leaf and bud trim from a predominately “White Widow” indoor grow. The XTR is capable of processing an incredible 1.5 pounds of fresh cut “wet” matter and .5 pounds of “dried” plant matter. The material you see in this review is dried plant matter.

Every project begins with “set up”; the preparation of this machine is simple. Place the machine in its provided stand into a space that will safely contain 10 gallons of water (shower stall, kitchen sink...) then rinse and chill one of the two collection bottles. Connect the collection bottle to the XTR by pushing the tubing at the bottom of the collection funnel into the neck of the collection bottle (about an inch insertion is good). Now place a shallow layer of ice into the bottom of the extraction chamber... time to add some REALLY cold water! The colder the better! Fill the unit with ice water until your layer of ice just begins to float, now tap lightly on the screen to remove any air bubbles (air bubbles slow down and impede the progress of trichomes as they begin to fall). Now add enough ice water to fill the extraction chamber half way, time to add your plant matter. With “dried” material it is VERY important to NOT crush the material; we do NOT want tiny particles of plant matter floating around.

Now it's time to add a full bag of ice on top of the material, now we top off the unit with more ice cold water... fill the unit to 1 inch of the top rim (don't overfill!). Now we wait, we wait because my material is “dried”; dried material needs to be pre soaked in the ice water for at least 20 minutes (until leaves become pliable NOT brittle) if you have a quantity of flower tops you will want to soak for up to 40 minutes.

OK the pre soak is now done... let's XTRACT some PURE GOODNESS! Here comes the easy part (as if this hasn't

been easy enough already)... all that is required is to connect the supplied hand mixer, latch down the “windowed” lid and start up the mixer! Use the mixer on low to medium speed, once agitation has begun you will see gland heads begin to fall after 15 minutes or less. The transparent polished plastic collection funnel makes monitoring the quality of your collected material a snap!

As you watch your material give up its goodness you can clearly see the quality of your product in the collection bottle, to separate the BEST from the “rest” you can use the supplied hose clamp to effectively clamp off the tube so that you can remove your collection bottle and replace it with the second supplied bottle. Now you have a bottle full of water and XTR a refined trichome “mash”, now I like to set the bottle into the fridge and let things settle for a good 30 minutes. After settling, carefully and slowly pour out about half of the water from the collection bottle... now swirl the remainder until all of the collected resin is in “suspension”. Once you have all of your collected trichomes in suspension it's time to remove the water from the equation; simply dump the contents of the collection bottle into the supplied coffee filter and housing. Use the supplied water spray bottle to “mist” the trichomes down the walls of the coffee filter. I set my second batch aside and forgot about it until the next morning... I feared that I had caused myself some grief. This was far from the case; all I had to do was pull apart the filter at its seam and out popped a tidy little “chunk” of already drying trichomes.

For drying your now “de-watered” material I recommend my tried and true favourite method, simply spread the trichome “paste” as thinly as possible on a sheet of parchment paper. Now place that into a standard food dehydrator, no heat is required all you need is a constant flow of air. Even the largest batches can be dried by the next day using a food dehydrator (or two ... or three...).

Now you have a “sheet” of trichome matter, depending on the quality of your source material you have options open to you. If your source material is pure quality and you swap your bottles often you will see the quality of your result change... trichome mass with ZERO plant matter will not require pressing or any other “special” consideration. Trichome mass that is somewhat “contaminated” with plant matter is likely to require pressing.

My first collection bottle consisted of material gathered after only 1 hour of material agitation. The resultant trichome mass was the BEST I have ever produced, it yielded only a small “ball” of resin weighing in at maybe 5 grams. This material is of such high quality

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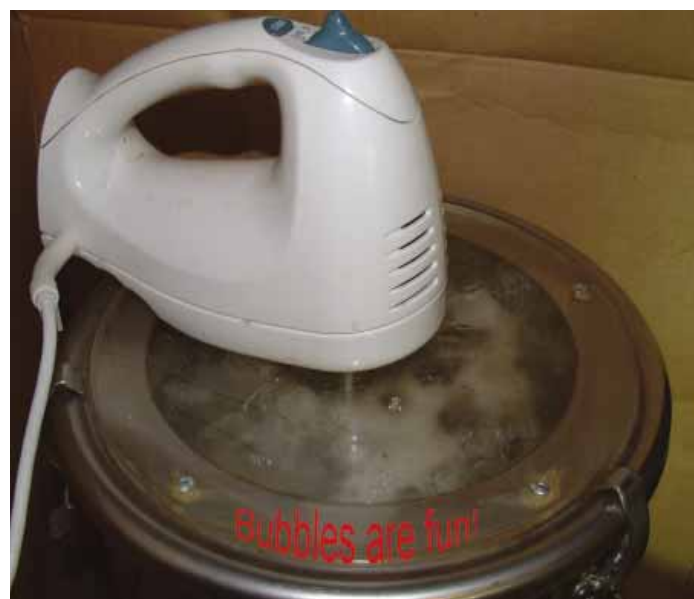


that only the tiniest "dot" is required to medicate... this is the ONLY time I have ever managed to produce "full melt bubble" with almost ZERO hassle! The remaining collection was mixed together to achieve a more homogenous mixture... it did require to be pressed.

Now here is the real kicker... I ran my first batch of material for a total run time of approximately SIX whole hours! I expected the resultant material to be very highly contaminated with plant matter... this was NOT the case. Even my "middling" material that

I produced was very nice in taste and effectiveness. Upon speaking with Kelly at KDK and admitting that I had likely "over-run" my material he sort of chuckled and told me of someone that had run their XTR1000 for more than 12 hours on a single batch and they were still quite pleased with the end result! It seems that this machine just "knows" what belongs down the pipe and what doesn't.

As usual I find "something" that I feel can be done "better". Yes sir... I found something even on this



Zardoz Product Reviews

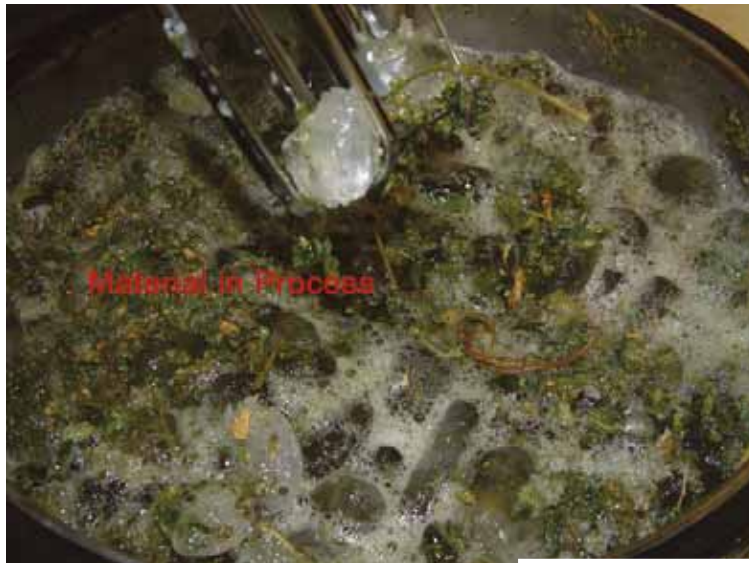
marvel that I would love to see improved. Don't get me wrong here folks... these are very MINOR issues but I think it is only fair to give you my opinion. The first is simply a plastic tub that will fit inside of the XTR's stand and allow your collection bottle to sit someplace that is clean and confined in such a way that you don't loose anything in bottle swaps (even if it is a clean and painless procedure... stuff happens... we all know that), as luck would have it my darling wife Unicorn gave up a brand new dollar store purchased bowl that fits darn near perfectly! The second is the separation of the trichomes from the water... again don't get me wrong... this is only minor. I now use a piece of "super fine" (not sure of the micron size) screen and a LARGE stainless steel colander to separate the water from the trichs, I find it works faster and is capable of handling a "larger load".

In all of my test runs I found this machine capable of holding a very low water temperature with minimal ice addition, in my longest run yet (6 hours) I've only had to add a single bag of ice to maintain sufficiently low temperature to continue the process. It helps to stop the hand mixer every half hour or so and give the extraction chamber a good stir, I find this helps keep the screen clear and keeps the trichomes "marching" down the tube toward the collection bottle. A pointer given by the folks at icecold.org states that you can encourage trichome delivery by "milking" the collection funnel, this is quite true. I found that this can be assisted even further and faster by using a vibratory "hand massager" and slowly and evenly running it over the entire collection funnel.

The XTR1000 comes with every-



Treating Yourself Laboratory



thing you need except the plant matter, it even comes with a spare collector funnel, a video and some other cool stuff that you'll have to find out about when you get your own XTR1000.

Yes at first glance the price seems high, however upon further inspection I can see that this price is somewhat justified. In the USA the unit can be had for \$895.00 USD plus s/h



and taxes, this figure jumps for the CDN customers unfortunately... by the time you clear customs and convert the dollar you are looking at a \$1500.00 CDN purchase. Still a reasonable value... though I would like to see KDK be able to sub-contract under license to icecold and have this made more locally, thus effectively lowering the cost to CDN customers (I haven't shared this idea with Kelly until just now... so I hope he and "icecold" are listening as it would benefit everyone involved from the consumer through the retailer to the original manufacturer). In the end this unit should serve for YEARS with little or no trouble at all... the only thing that I'll be



replacing anytime soon is the hand mixer, the unit is supplied with a quality "home" grade hand mixer. I have at my disposal a gorgeous "Phillips" brand "commercial" grade mixer, it's practically an antique so I have to find mixing whisks for it someplace first... once I make that upgrade I believe that this machine will be 10 years or more before ANYTHING goes wrong with it.

I've sent a friend to look at this machine, not for the same purposes that I use it ... rather it will allow her to collect and refine her own essential essences for use in her home based (and thriving) natural soap business. The "icecold" store even has kits so that you can extract your own beer hops for homemade beer!

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer

Herbal Aire

Here we have another fine product brought to us by our friends at "valleyofgreen.com". Up for review is a handy little unit called the "**Herbal Aire**"; I spoke with Kelly at KDK Distributors for some time regarding this unit and again he proved to be very knowledgeable. In my talks with Kelly I've come to understand that he just simply will NOT "cave in" and support something he doesn't believe in... something that he and our magazine owner Marco Renda have in common. You won't find any "BC" vapes in KDK's premises nor do I think it's likely that you'll find those cheesy "Day-Glo" plastic bongos. No what I'm sure you will find is that every item on their inventory list is of significant quality, quality that will keep customers coming back for more as their needs change.

I have to tell you... the first thing that came to my mind when I opened the box with the "Herbal Aire" in it was "hmm what's this?... looks like something the Army made for field use!". At first glance this unit looks like it was originally built to "safely" hold a grenade or small arty shell or some other "sensitive" ordinance. The reason behind my thoughts is the material that the body of this unit is made of... the best way I can describe it is a "bullet-proof" combo of glass fibre and some wicked high tech plastics.

You place the unit on the table and you see a small black tower with a hole in the top centre of it. The only other features that are readily apparent is a temperature setting dial and a little vent hole in the back of the

moment here... "I can put LED's in there!") No such luck... the unit is glued/screwed and tattooed shut! So thinking "there goes my little idea" I plug it in and pre-heat the chamber to get ready for a trial vape. Well to my surprise across the table from me is Unicorn and she's shielding her eyes? Heh what do ya know? The crafty folks that made this little beauty have already done what I wanted to do! There are four tiny but very bright red LED's mounted in the base shining through that little clear plastic disc (I'll get back to these later... as usual I have an idea...).

As the unit is heating for its first time and I'm ignoring it while it "cooks off" any oils or foreign matter from manufacture/shipping I go through the rest of the kit. The kit comes with a fish tank air pump with a cord mounted switch (for balloon filling) also included is a "main mouthpiece" a "crucible" (med holder) and a couple of mouthpiece extensions (these make for handy/hygienic sharing) last but not least is a small metal tool for clearing any packed herb. The "small parts" all come in a clear plastic tube that makes keeping track of the little bits a lot easier. The plastic tube uses a pop bottle screw on top so if you loose the original just grab one off your favourite soft drink, don't loose the tube though... you'll find that handy for doing a little alcohol cleaning when things get "gummy". Just place the resin clogged bits into a tube with some alcohol, put on the top and shake vigorously.

OK the unit has heated to temp and I've ignored it for too long... well would ya look at that? This little bugger has an auto shut off for safety and long life! So I dial back to "OFF" then back up to 360/365 degrees. There is a little "Tri colour" LED below the heater control knob, this indicates the machines state of readiness. The lights codes are as follows Green: the unit is heating up, Yellow: the unit has reached the selected temperature, Red: the unit has exceeded its selected temperature and is now cooling off momentarily. After setting my temperature I take a nice little nag of some herb and chuck it into the "crucible"... (This thing is way cool! It has a super thin wall thickness so it cools very quickly once removed from the unit) a nug seems to be preferred to "ground" meds as the screens used in the device are rather "open meshed" and ground meds would either be inhaled or may block the screen. Trust me I've had some VERY tight nugs in this vape... it handled them just fine... no loss of vapor happening there! Once the crucible is filled it is dropped into the top of the unit, then the main mouthpiece is inserted into the machines med heater. At first the main mouthpiece seems to be rather loose, give it a second as soon as it begins to warm even a tiny bit it swells and fits nice and snug.



unit, plus of course its power cord. Well I take a close look at this little device and see a small clear plastic disc in the bottom of the unit (I have a little eureka

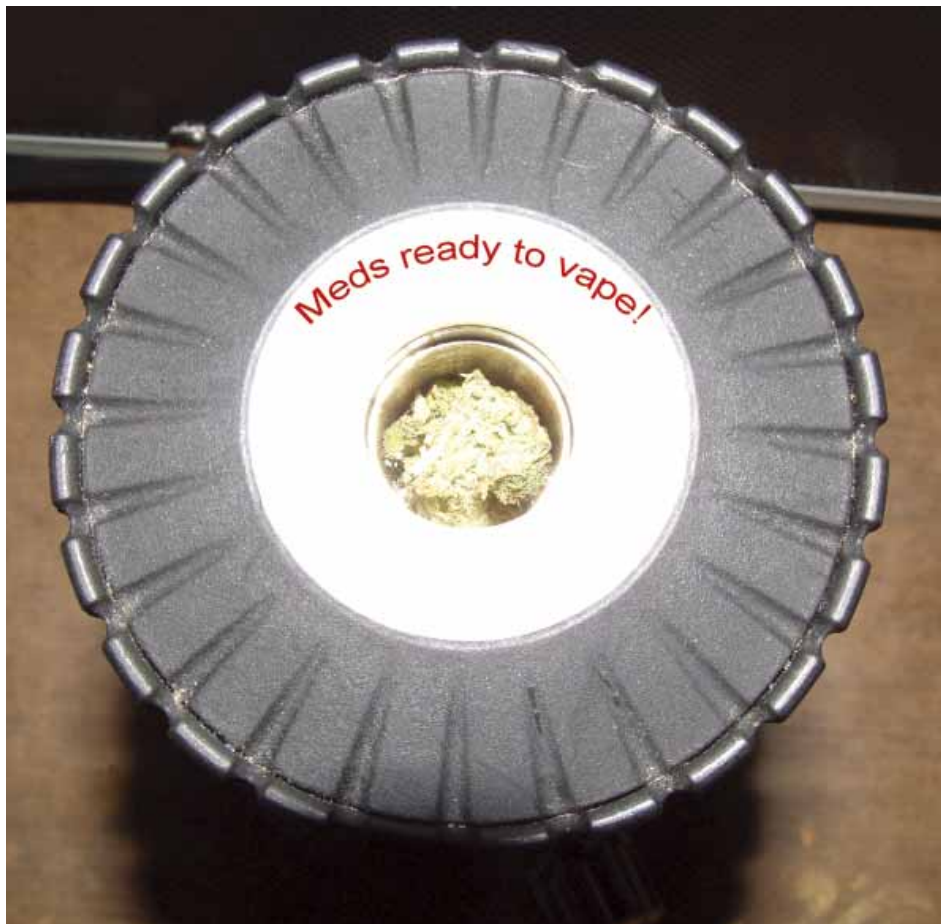
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OK so now you have the machine loaded with your "finest kind", you know the light codes... Green does NOT mean GO here it means WAIT, Yellow means GO. You have the yellow light what are you waiting for? Go for it! Take a draw on your new vape, draw on the vape any way you choose... this is a "learning vape". If you are a "small lunged, light toker" the machine will sense this and adjust temperature control automatically... likewise the "veteran big lung" will not be disappointed, as the machine's microprocessor will sense the increased thermal drop on the heater and boost the power to give you what you need.

It doesn't end here though, no the folks at Herbal Aire want in on the "balloon system" craze as well (who could blame them?). So this is why we have an air pump with the unit along with two complete balloon sets. To fill a balloon you simply set up as you normally would, then you plug the air pump's fitting into the mating hole in the body of the vape, put your main mouth-piece on with an extension then insert the opposite end of the extension into the balloon kit. Turn on the air pump with its cord switch and watch your balloon fill with precious medicated vapor, as this is filling you might want to get your second balloon ready to go as this can be filling as you use the one that is almost ready to be removed. The balloon kit works decently but if you want faster fill times you will want to get yourself a high output air pump, a note of caution here... don't forget to plug the extension with your thumb when you remove the balloon as there is no valve system in place to "lock" the vapor in until drawn upon. Another point needs to be mentioned here DO NOT forget to turn off the air pump... when there is no balloon in place that little pump will just keep forcing a steady stream of vapor out until it's all gone (don't even ask me how I came to learn this... I can tell you that this little unit can and will give you one heck of a "super" if you inhale from an air supplied Herbal Aire).



Zardoz Product Reviews



If you know me you know that I practically exist to "mess with stuff"... in that spirit I adapted the two mouthpiece extensions along with a small piece of airline tubing to enable me to pull my vapor through a water bong... add the air pump and you have a machine that will "feed" you high quality vapor that has been water chilled and even flavored if you like. If you do this though you MUST make sure that ZERO water gets "backwashed" back into the vaporizer (a fish tank one way check valve between the vape and the bong will ensure that this never happens)!

So there you have it folks another fine offering from our good friends at valleyofgreen.com (KDK Distributors). I find this unit VERY handy to travel with;

As usual I have a short list of things I'd like to see done, First I would move the temp indicator LED to a position ABOVE the control knob (this way you could see it whilst vaping). An even cooler solution would be to remove it altogether and put TRI colour LEDs in the base in place of the red ones already there, trivial really... I just think it would look even cooler if this was done hehe. Second, I'd like to see a second crucible delivered as part of the "standard kit". This would make a "re-set" a VERY fast operation indeed!

it's small and efficient and heats very quickly. A note of warning though... just because I've told you that the crucible cools VERY fast don't touch it too quickly upon removing it from the main body... it WILL tattoo your finger tips!

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer



Pollinator P150

"Mila's Famous Pollinator P150" is the subject of this revue. I received this machine for review purposes; I was very excited to get my first look at a commercially made dry sifter. Upon opening the box I see a largish Grey plastic box with snap locks on the hinged lid, on the side is another plastic box... this serves to protect the motor as well as house the on/off switch and the wall adaptor plug in.

I pop the catches on the lid and get my first look at the "real" workings of this little Gem. I'm disappointed when I see that the machine has been mildly damaged by our "wonderful" posties.

On closer inspection I find that one of the VERY powerful magnets that hold the "drum lid" on has been wrenched from its seat, slightly damaging the end cap of the drum. Being a resourceful guy I grab my two part epoxy and in a couple of seconds all the damage the posties have done has been reversed.

I'd like to pause here and give KUDO's to the great folks at www.greenharvest.ca, KUDO's for supplying this unit for review and last but by no means least for taking the time to listen to my theory about HOW the posties damaged this machine. What had happened was during shipment the box was jostled sufficiently to make the sieve drum jump out of its bearing end mount, this allowed unwanted torque to be applied to the bearing shaft... thus forcing the magnet out of its position. I sent a quick note to greenharvest.ca and gave them my version of a solution for this shipping problem. I suggested that before shipping it would likely help to place a nylon "zip tie" over each sieve drum mount as this would prevent the drum from jumping out of its mounts during shipping. A few weeks later here at the TY "laboratory" (folks will understand at a later date what I am referring to as the TY "laboratory") we accepted delivery of a second "Pollinator" this time it was a P500 that was delivered. I opened the lid to



the Pollinator and was very pleased to see that my suggestion had indeed been adopted, on each drum mount there was a nylon zip tie holding the drum very FIRMLY in place... this unit arrived with ZERO damage. KUDO's greenharvest.ca you serve your customers VERY well indeed!

The folks at greenharvest.ca offer three versions of the "Pollinator". The P150 will process 150 grams of dried material, the P500 will process 500 grams of material and last but not least they offer a very LARGE model... this one is a MONSTER! The biggest Pollinator thus far on the market is the P3000 this big beastly will process up to a whopping 3000 grams of material! That's a LOT of "trash" turned to hash!



Zardoz Product Reviews



Personally I like to mix a little dry kief into my pot to give it a little extra "boost". When I get gummy kief I like to use a BB sized piece in one of my many "hash only" pipes, some folks think that having a nice glass pipe that is ONLY to be used with hash is a little silly... personally I find that a pipe used primarily for marijuana can and will distort the incredible taste of quality hash!

That's it... it's just that EASY!

Now don't go and toss out your sieved material, time to put it back into the freezer and get ready to run the material again in a "wet extraction" process such as

OK let's get busy and see what this machine can do! The first thing I do is weigh out 150 gram bags of leaf/bud trim (thoroughly dried and frozen). We pull off the magnetic end cap and load the material into the drum. Now we replace the magnetic end cap and place the drum into its "drive end" first then rest the round shaft into its bearing support. Now all that remains is to close the lid, connect the power adaptor and switch on the unit!

You won't need to wait long with this little device, in the first 15 minutes of run time you will have collected the very BEST of your trichome material. After your first 15 minutes of run time you simply switch off the machine and lift out the sieve drum (place it aside in a CLEAN place), now grab your plastic library card or an old credit card and start scraping the collected kief into a pile. At first it doesn't look like much... just a fine film of dust coating ALL surfaces, but once the collection /scraping begins you will find a nice tidy PILE of collected kief!

Now what you do with your kief is largely up to you, some kief is quite gummy and will press well... you might find that your kief is rather "dry" and resists pressing. This is not a big problem... you only have to adjust your method of use.

the "Bubbleator". Granted the quality of the product will be reduced due to having already been previously extracted by dry sieving... however I think it is still worth trying (and will try it today myself for my last review in this issue).

Folks if you've ever wanted to do dry sieving and don't want to spend hours hunched over a flat sieve I HIGHLY recommend you get yourself one of these awesome "Pollinators" you will NOT regret it!

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer



Treating Yourself Laboratory



Photograph by Chris Thompson of a growroom with air-cooled lighting system. Copyright 2007

Bubble Now!

That's exactly what we are going to do in this review! The "Bubble Now" was provided for our review purposes by our good friends at www.freshheadies.com. Fresh Headies carries the well known "Bubble Bags" and all bubble bag related gear, as well as the extra cool "Hemp Hoodlamb" hemp jackets.

Since I have a lack of "fresh" (un-processed) material this review will be conducted with leaf/bud trim that has already been processed through a dry sieving process. I have been waiting to test my theory that dry sieved material can be still be processed through a "wash" method and still achieve effective product result. I base this on the premise that a 10 or 15 minute dry sieving process will likely as not leave some of the trichomes intact that are further into flower heads. Dry sieve seems to leave flower tops "un-affected"; largely only stripping off the trichomes that exist on the surface.

We shall soon see.

We begin by filling the screen bag with 200 grams of dried trim then we add a large bowl of ice to the contents of the bag and zip up the bag. Now I put the whole works into a plastic shopping bag and put it back into the freezer until I'm ready for it. OK so we have our dried trim "on ice", time to fill up the "Bubble Now". We fill the Bubble Now with enough COLD water to reach the "M" line in the site window. Now we go get that frosty cold screen bag that's waiting in the freezer, let's make some bubbles!

OK now we put our screen bag into the Bubble Now and submerge it beneath that COLD water! Now add more ice to the machine until the water level reaches the "H" line. TIME to BUBBLE! Close the lid on the machine and turn the timer clockwise to your desired "run time" (I always use 15 minutes... sometimes even doing multiple runs from the same material). When the timer stops I open the lid and remove the screen bag, gently squeezing the remaining water from the screen bag into either the machine OR straight into my filter bag set. Now place the screen bag into a bowl and put it aside for possible later use (personally I put mine right back into the freezer as I will sometimes run the same material up to three times). Remove the hose from its hanging clip and QUICKLY place the end of the hose into your bucket/screen bag kit (rinse down the inside of the machine with fresh COLD water to catch any stray trichomes).

Now all we have to do is follow the same method that we always do with our filter bag kit, first we remove the inner "work" bag... this is used to catch anything that escaped from the zippered screen bag in the machine, trust me a "little" bit does get through so don't leave the work bag out of the process. Now if you've used a "3 bag kit" it's time to remove the middle bag and clean it of it's trichomes, I like to turn my bags "inside out" over a stainless steel bowl to tension the filter portion of the bag... this makes for easier trichome removal. Place the "wad" of trichome mash onto a sheet of parchment paper and spread it thin for drying in a food dehydrator. Now pull your final bag and remove the trichomes in

the same fashion as before, again spread them thinly over a sheet of parchment paper and put them on the next shelf of the dehydrator.

As they say in all those bad TV commercials... "It's just THAT easy!" and in this case they would not be wrong. The "Bubble Now" takes all of the drudgery out of mixing your product by hand or with any other sort of "need's constant attention" mixing style. From the results that I've achieved with this machine I give it two thumbs up! The Bubble Now machine makes a great



Treating Yourself Laboratory



addition to the already fine lineup of Bubble Bag gear!

I know that some of you have been reading these reviews from the start of our publi-

cation, yes you have seen this little "dynamo" of a machine before... it was "Blue" in that "incarnation" and provided by a competitor in the industry. The main difference between the two appears to be the inner zippered screen bag AND the variation that one calls for ice to be added into the zippered bag and the other does not.

Folks watch for the next issue where I'll pit these two "comparable" machines against one another. The test will be conducted using identical trim and will be administrated under the fairest circumstances possible. I'm not here to "play favorites" nor am I prepared to skew results to favor one company over another.



"Just the facts ma'am, just the facts"

Gord Hume; retired CDN Army Mechanic, legal medical marijuana grower/consumer

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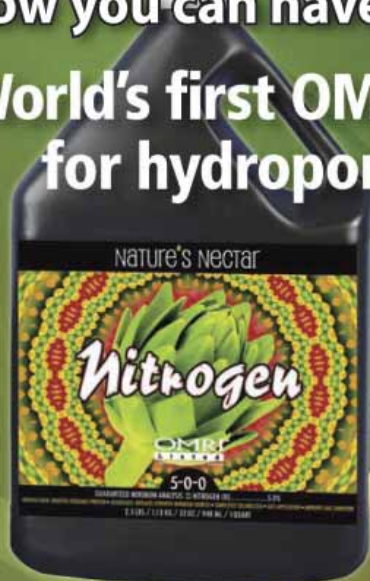
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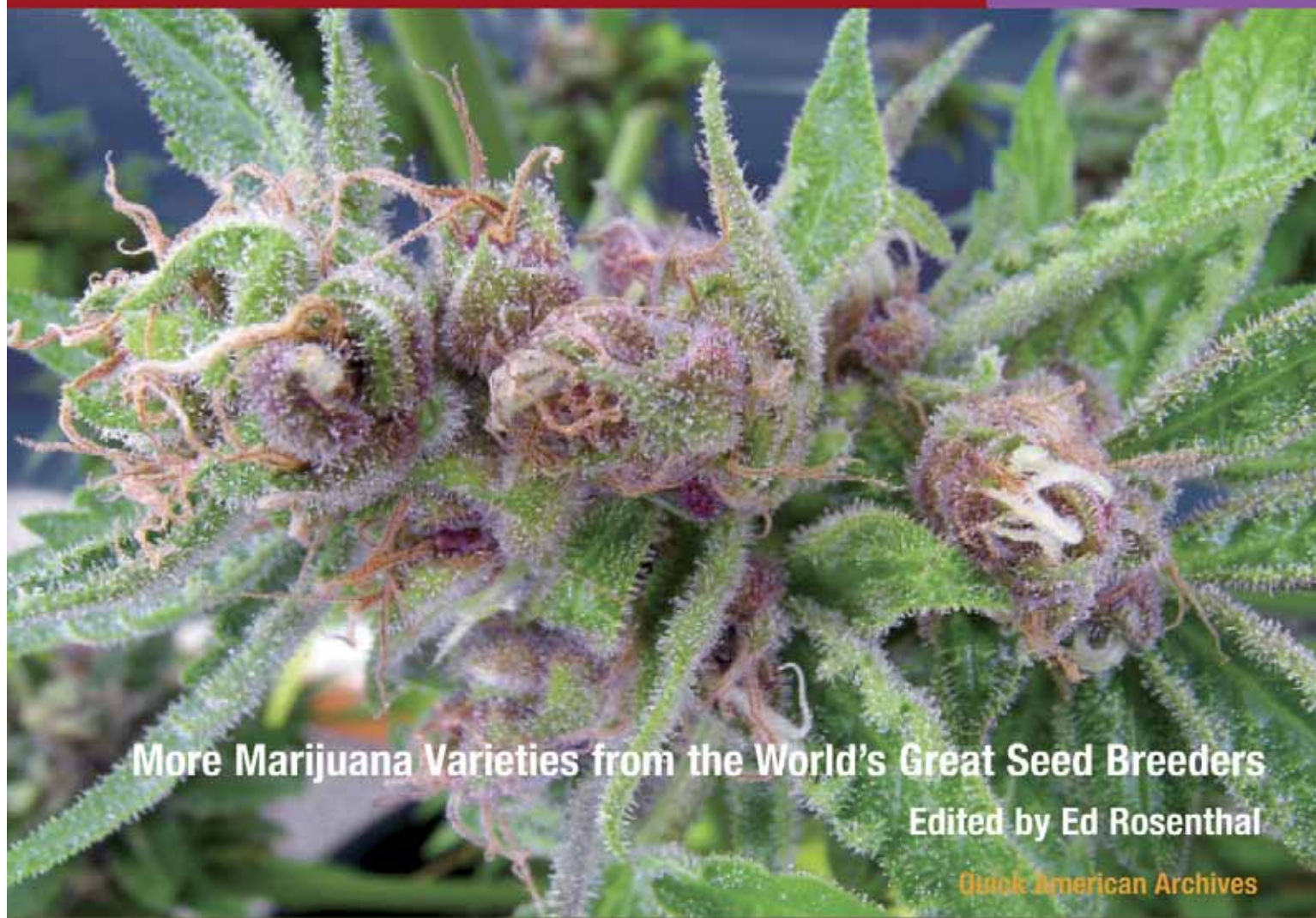
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**ED ROSENTHAL
PRESENTS**

Do it yourself cannabis capsules that don't come from the lab

Words & Pics: Green Born Identity – G.B.I.

The Cannabrex capsule kit has been available on the market for some years now and proven to be the cannabis scene's appropriate answer to overpriced synthetic Marinol pills sold by the pharmaceutical industry. The Cannabrex capsules, based on natural cannabis – marijuana, hashish or hash oil – are a blessing for patients, they can turn their own harvest into medicinal cannabis capsules, or use marijuana bought

from a reliable grower. With Cannabrex, it's possible to make use of the full Cannabinoids spectrum of the cannabis plant, and not only of THC - many patients do swear on the combination of Cannabinoids for getting the best therapeutic effect. And especially patients who are not a part of the cannabis scene, who are not using the drug for recreational purposes, people like your grandma or grandpa, highly appreciate the possibility of producing their own capsules simply because they are used to taking pills and not smoking or vaporizing weed. The Cannabrex Kit has made patients independent from the pharmaceutical industry, and this a very deserving achievement.

In contrast to smoking a joint or bong, using capsules is a very healthy way of medical treatment, there are no harmful by-products. Apart from that, using capsules guarantees maximum substance efficiency, nothing is lost via the air like when you smoke a joint, all the valuable Cannabinoids make it into your bloodstream. But the special formula of Cannabrex capsules adds even more advantages: The Cannabrex Oil Blend allows your body to absorb the THC quicker than any other fat, oil, or lipid, as your body will recognize the Cannabrex Oil Blend, along with the THC attached to it, as a carbohydrate - not a fat, so the THC does not get stored for later use, being immediately absorbed instead. And Cannabrex capsules can even enhance and alter the effect of the cannabis used for prepar-



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Second Anniversary Edition

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ing them, thanks to the additives Cannabrex 3X and Cannabrex 3X-AM respectively. These additives – one has to use either 3X or 3X-AM - act as bio-availability and potency enhancers, with 3X-AM being a special non-drowsy formula that adds an energizing, revitalizing aspect to the therapeutic effect, caused by mate and ginseng extract amongst others.

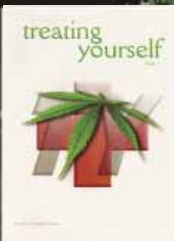
This advantageous product profile aroused the interest of Grandpa G, a member of the German ACM (Association of Cannabis as Medicine), suffering from MS and also a certain dejection and listlessness as a result of his disease. He does not like smoking, only vaporizing. I managed to get a Cannabrex 3X-AM Kit sent from Canada and together we put it to the test. As basic material, we chose “Cash Crop”, an exotic sativa polyhybrid with a small indica part, bred by a very talented German breeder from landrace genetics that reached the country decades ago. I do not report here on every single step of preparation, as this information is already provided by Cannabrex on their website. But I can tell you how the preparation guide worked for us and whether it was easy to produce the capsules or not. Well, to be honest, Grandpa G and I made a mistake – we were pretty stoned when it came to preparation, stoned from several Volcano balloons full of Cash Crop vapor. But being stoned while having to understand and carry out mechanical

processes was not the best of ideas, at least not for us... so it took a while until we grasped how to set up the Cannabrex Kit parts in order to put the green and white capsule halves together. But once we had realised how to do it, the scales fell from our eyes and we laughed at our temporary inability to understand a simple step!

We produced one set of capsules, 24 pieces with “silver strength”, 3.5 grams of cannabis for 24 capsules. Grandpa G swallowed the first capsule the day after they had been produced, as he was already stoned during production and wanted to experience the effect of the capsule unalteredly and also while undergoing a muscle cramp phase late in the evening. After about an hour, the effect became more and more noticeable, Grandpa G felt a pleasant relaxation; the cramps were gone after a while. He also sensed a long-lasting, strongly revitalizing and activating effect - the 3X-AM mixture did a great job, indeed. The therapeutic effect lasted for hours and Grandpa G was highly satisfied with the Cannabrex capsule’s performance. Since this initial experience with Cannabrex, he is a permanent user of the capsules – Do it yourself rules!

Green Born Identity – G.B.I.





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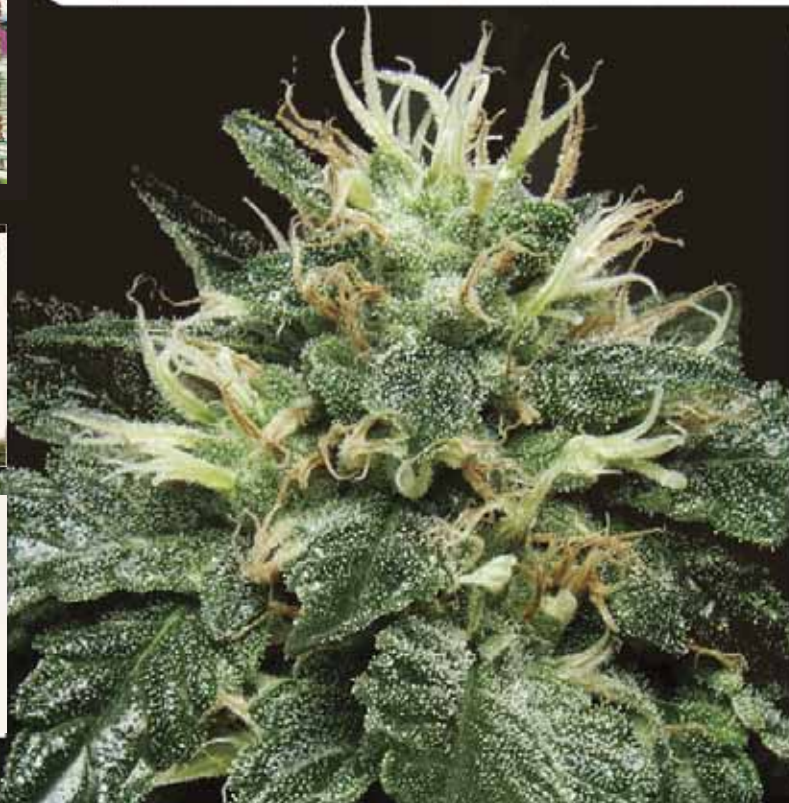
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Welcome to my Kitchen...I am Chef Uni also known as Unicorn on the TY website, but you can also call me Maggie. I have had the pleasure of writing for the Treating Yourself Magazine for a year now and it sure has changed my life.

I would like to share a little info about myself with you the reader's. I've been married for 21 + years to my best friend Gord aka zardoz. We are the proud parents of 2 fantastic kids, one girl and one boy. Some would say we have a millionaire's family without the mega bucks. We are originally from Ontario, Canada but now call Nova Scotia our home. I enjoy spending time with my family, photography, taking walks on the beach, reading, chatting (if you didn't know this already), and I love cooking and baking.

Treating Yourself is a big part of this family. Besides my Cooking Corner, Gord writes the D.I.Y. section and product reviews, and our daughter you will all know from the Non Using Teenager section. Our son has yet to join the force, but give him a few years.

I am proud to be part of the TY Family. I've met many members over the years and can say that along with Marco, many have joined our extended family becoming more than just friends. TY has taught me many things and

I am proud to be able to share my knowledge and experiences with others around the Globe, hopefully making just 1 more person's life a little bit better.

I love trying out new recipes and converting recipes into MMJ Treats and Dinners. I have many legal taste testers that I call my guinea pigs and I'm happy to say I haven't killed any of them yet. I will share their reviews with you and in each issue I will feature a quick and simple tip anyone with a little canna butter or bud can make in 30 minutes or with little fuss. I also would love to feature other Member's recipes as Gord and the other guinea pigs will get rather large always being taste testers.

If you have a recipe you want me to create and showcase for you or you have created something yourself and have high resolution pictures or you have tried out one of the recipes in the magazine and have a review, please email them to me at chefuni@treatingyourself.com.

See You In The Kitchen....Hugs Chef Uni

Quick And Simple Recipe

Chocolate Raspberry Canna Lava Cakes
- submitted by Chef Uni

This recipe starts with a box of Dr. Oetker Lava Cakes Mix.

It requires: 2 eggs and 3 tbsp of hot water

Follow the instructions on the box, except add 2 1/2 grams of finely ground MJ (adjust to your tastes) to the cake mix part.

The recipe only takes about 20 mins from start to serving. I wasn't sure if they would rise with the MJ in them, but they turned out perfectly. Now you can get different flavours of Lava Cake Mixes, but Chocolate Raspberry was the choice of my Guinea Pigs. Gord suggests that you may want to increase the MJ to 5 grams if you have a high tolerance level...but says it is a very tasty way to medicate.



Recipes from Treating Yourself Kitchens

Alleycat's Cannacakes

2 eggs
1 cup milk
2 1/2 cups Bisquick
2 tablespoons of brown sugar
2 tablespoons of lemon juice
2 teaspoons baking powder
1/4 cup ready made canna-vegetable oil
4 big shakes of cinnamon.

First add the eggs, milk and Bisquick to a bowl and mix.

Add the brown sugar, lemon juice, baking powder and the canna vegetable oil, mix well so no chunks are left.

Add the 4 shakes from the cinnamon and mix well. I use a gravy spoon to make somewhat uniform cakes. I can fit 4 in a big sized pan.

Cook until the holes stop disappearing in the middle and are staying, then flip the cannacakes.

Cook on other side for about 2 minutes, then test one.

I just leave the stove set at medium. I know medium is somewhere between 180-200 f degrees on my stove, so plenty far from the temp of wrecking the THC in the oil. Just under 400, can't remember the exact number at the moment.

It made 24 cannacakes. 2 of them is the right amount for me, to give me a nice relaxing buzz that usually will put me to sleep for awhile.

If stronger ones are desired, you can always use cannabutter to top them off, and when cooking them you can also cook with thc'd oil to add to their potency.

Just the normal cannacakes work for me though.

alleycat



Recipes from Treating Yourself Kitchens

Herbed Paprika Chicken

4 - 6 Chicken Breasts sliced
1/4 cup Butter
1 large Onion chopped
2 tbsp Paprika
2 tbsp Flour
3/4 cup Hot Water
1 cube of Chicken Bullion
3/4 - 1 litre Whipping Cream (unwhipped)
mixed with 4 grams of finely ground marijuana
(combine at least 1 hour prior to cooking)

Glaze onion in butter. Add sliced chicken and brown slightly.
Sprinkle paprika and flour over chicken mixture and coat well.
Add water and bullion cube and bring to a boil, reduce heat.
Slowly stir in cream till well covered.
Bring to a simmer and let simmer till sauce thickens.
Serve over rice or pasta.



Medicinal Chicken Nacho Supreme

– submitted by TNTMED

You will need cooking oil with THC or butter or you could use crushed bud

1. One large bag of Corn chips plain
2. Two large boneless chicken breasts
3. One large block of marble cheese
4. Parsley

1. Bake chicken breast and cut up into small cubes
2. Place a layer of corn chips on the cooking tray
3. Place a layer of chicken bits on top of the chips
4. Pour a layer of cooking oil/butter/bud
5. Add a layer of shredded cheese
6. Sprinkle with parsley
7. Repeat steps #2 - #7 as many times as needed





Patients Choice Pumpkin Puff Drops

a Schwab family recipe

These light, velvety soft, pumpkin drop cookies will not disappoint. What I basically did was find a balance between a spice cake and a pumpkin pie, and they melded together incredibly in a simple drop cookie form. The MMJ flavor masking is amazing, the taste is great, and potency is deceptively high... this recipe is a great because, as far as cookie go, they are fairly healthy...We hope you enjoy them!

RATINGS

(scores represent 10 testers' average)

Taste: 9.5

Effect:9

MJ Taste Masking:10

TOTAL av. Rating: 9.5

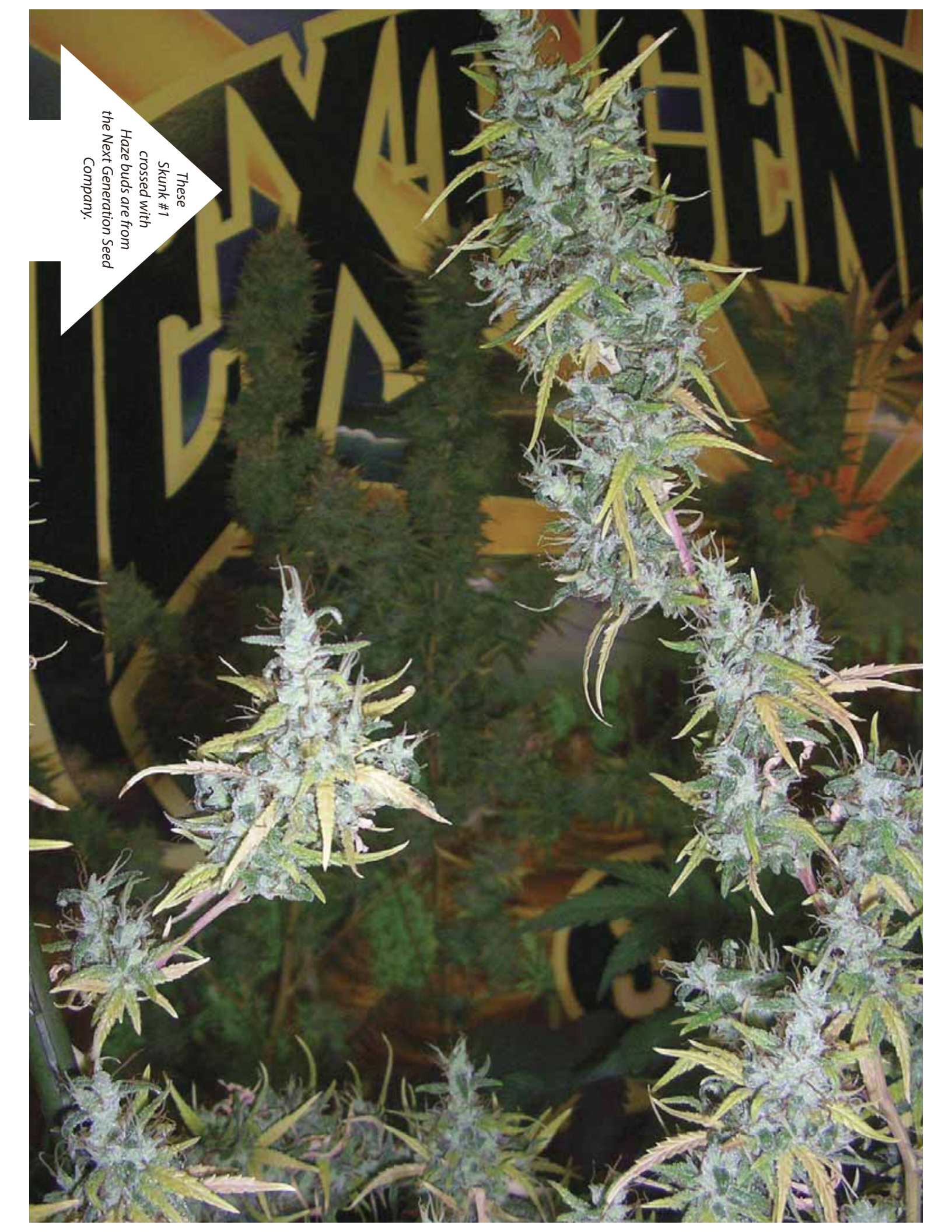
you will need:

2 cups all-purpose flour
1 teaspoon each baking powder, baking soda,
pumpkin pie spice
.5 teaspoon nutmeg
1 teaspoon butter flavor
.5 teaspoon salt

1 cup canna-oil
.5 cup brown sugar
.5 granulated sugar
1 (15 oz.) can pumpkin puree
1 large egg
1 teaspoon vanilla extract
6 oz. butterscotch chips
3-4 oz. white & chocolate swirl chips (optional)
.25 cup granulated sugar mixed with 1 teaspoon cinnamon

First, melt canna-oil, next combine all the dry ingredients (except sugars) in medium bowl & mix well. Now, in a large bowl, combine melted canna-oil, & sugars . Beat with mixer at high until light & fluffy. Beat in pumpkin, egg, & flour mixture until blended smooth. mix vanilla extract. Fold in chips. Now you have to chill the dough, covered, for 2 or more hours (overnight is optimal). Then, after the dough is chilled drop the dough by heaping teaspoonfuls onto ungreased cookie sheets. Press the cookie slightly with fingers to flatten and then sprinkle cinnamon mixture onto the top of each cookie. Bake about 11 minutes or until firm in preheated oven @ 375, let cool 2-5 minutes and place the cookies on wire racks to cool completely. Store in airtight containers at room temp or freeze for later enjoyment.



A close-up photograph of several cannabis buds. The buds are covered in trichomes and have a mix of green and yellowish leaves. A white triangular text box is overlaid on the left side of the image.

These
Skunk #1
crossed with
Haze buds are from
the Next Generation Seed
Company.



Ponyboy / Los Marijuanos

by Eddy Lepp

This is one of my very favorite people in the world. Ponyboy is EXTRA SPECIAL!!! A huge star world-wide

in the Latin community, he has starred in Spanish-speaking TV shows, and was featured in the film "Get Ponyboy."



Ponyboy has recorded many CDs with Los Marijuanos and many of Hip Hop's rising stars and celebrities.

Ponyboy's dedication to cannabis is right up there with Jack Herrer's and mine. He knows and understands the beauty of the whole plant and is hoping to see hemp come into its own again.

His music is a cry to all of us to stop the madness,

Lepptomania...

the wars and the hunger, the out-of-control state, over-zealous cops; and the word to his brothers is STOP THE KILLINGS. There are other ways.

Ponyboy and the Click, FCM CLICK that is, with Fuzzy and SH. These guys make up Los Marijuanos, and they really care about what is happening in the world. They do many events for little or no money, wanting only to help the world be a better place.

Los Marijuanos has starred at the Seattle Hemp Fest, Portland's HempStalk, and several times in Holland at the Cannabis Cup. Rumor has it that they will be in Amsterdam again this year, check with Apothecary Travel and go along with us!

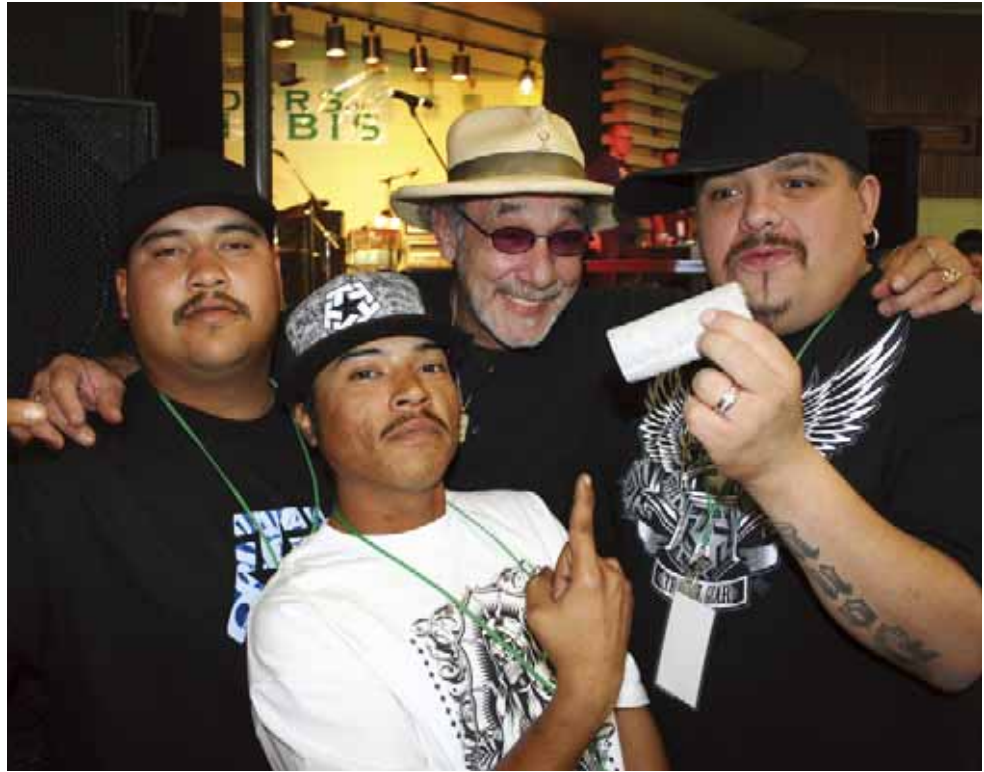
I really can't say enough great things about Ponyboy and the Click. They are really, really good, they CARE, and they ARE making a difference.

Like Pony says, "If you want it changed do something about it."

Thanks guys, we love you! We love your music. But mostly we are glad you care.



Ponyboy / Los Marijuanos



Respect All,
Hurt None,
Love One Another.
Eddy



The Compassion Cup/Glass Works and Edibles Show

By Eddy Lepp

Our friend Fishboy of Skunk Magazine, along with his wife Meri and Blazin Bruce (helped by Rev. Steve & Seeva Chermes, and Ganja Grocer-Ronnie amongst many others) put on quite the event with great entertainment, good food, and lots of vendors in February here in Northern California.

Our own Pinkey and the lovely Scarlett put on a glass show that had everybody on the floor so to speak.

Puffs Potiuons had the finest edibles, thanks Val! And Doc and the guys did security.

D & M Compassion Center gave Fishboy space to get back on the Bass Masters Tour, but the highlight for

me was when Linda was honored for all her work. Fishboy and the crew presented her with a beautiful glass cup.

Will and the Evaluation Center of Redding won the Cup for best weed.

We had a wonderful weekend and hope to be back here next year. Please support all the hemp and cannabis events that you can.

Respect all, hurt none, love one another.

~Eddy



The Compassion Cup



Lepptomania...



The Compassion Cup



Respect All,
Hurt None,
Love One Another.
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Lepptomania...

The Individuals

by Eddy Lepp

I met this group several years ago at the Seattle Hemp Fest, they really rocked the place.

They have two disks out, both full of pot loving songs. "Something to Smoke To" and "Something to Smoke To 2." And "Tha Don", Big Lou, Raw Bizness, and T.C.O. are the Individuals – having won seven awards for their songs, they have also sold some to the hit Showtime series "Weeds."



The guys like bowling, basketball and the ladies; but mostly they love the music. You can reach the group at myspace.com.

Check these guys out, they get it, and you should get them.



The Individuals are all for smoker's rights and encourage all smokers to stand up for their rights to smoke and grow. Running with Uncle Mike of Lokal 420, an organization dedicated to smoker's rights, they have a great message – respect each other, respect Mother Earth, and love each other.



Come and see us all at the Seattle Hemp Fest in mid-August.



**Respect All, Hurt None,
Love One Another.**

Eddy

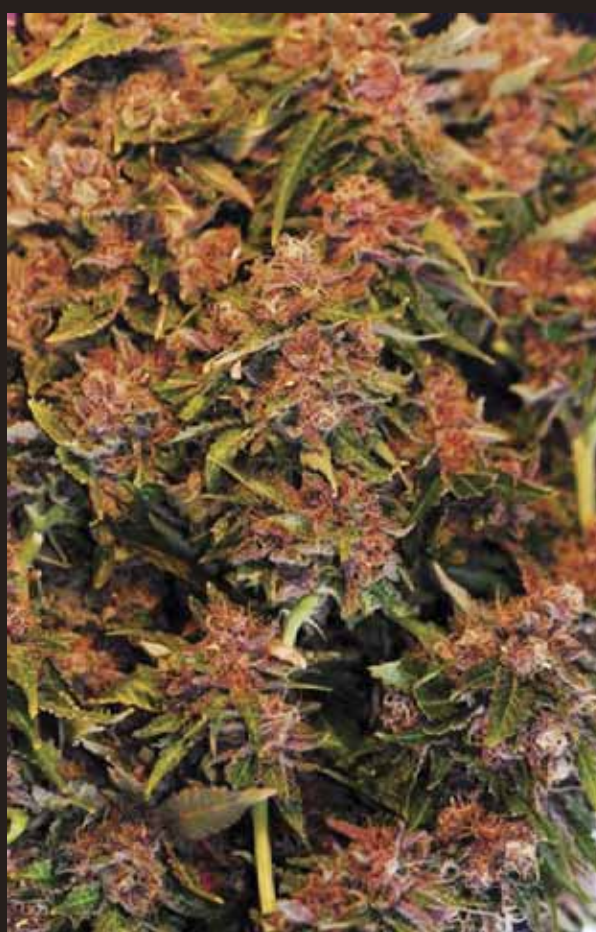
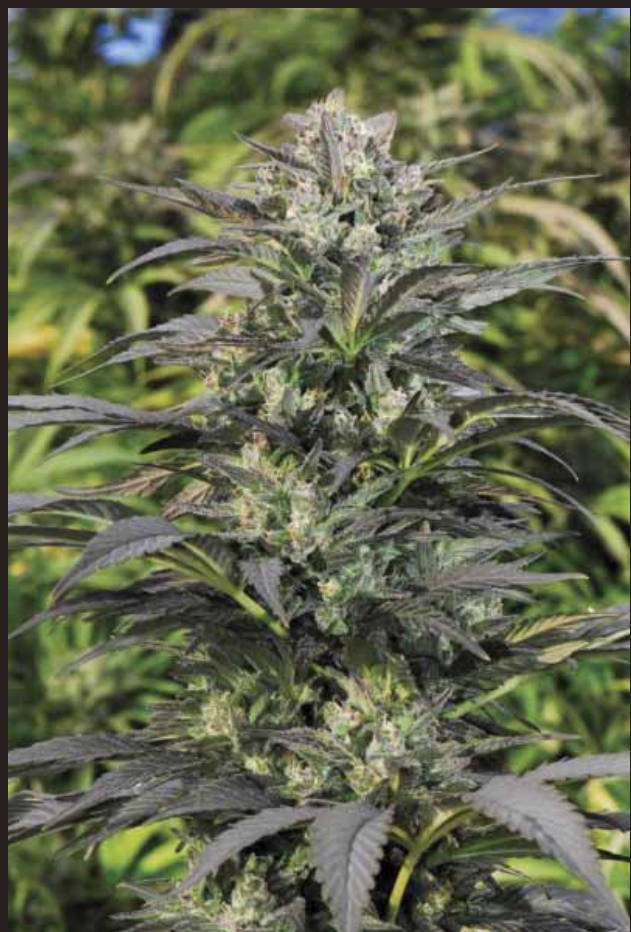
Photographs from the



Treating Yourself Community



Photographs from the



Treating Yourself Community





Treating Yourself Community



Treating Yourself Contest Page

Caption this! What is on Chef Uni's mind?

**Here is the Nova Scotia
TREATING YOURSELF GARDEN crew**



**Here is Chef Uni
our HOSTESS**



CONTEST ENTRY FORM ISSUE # 8

Please Print Clearly – Read Rules on Next Page

Photocopy or Cut this page

Mail your entry to the address below

Entry Must be received by midnight July 10, 2007

Name: _____

Address: _____

City: Prov/State: _____

Postal/Zip Code: _____ Country: _____

Phone Number: _____

Email: _____

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

If yes, what is your TY screen name: _____

What is on Chef Uni's Mind? : _____

Mail entries to Treating Yourself 250 The East Mall P.O. Box 36531 Etobicoke, Ont. M9B 3Y8

Entries Must be received By Midnight EST July 10, 2007

I would like to thank the following companies for making this contest possible:

East Side Impex, Fresh Headies, FS Book Co, KDK Distributors, Laplaya Glass, Quick Trading, Vaporolution
Silver Surfer Vaporizer, The Vapor Store and Vaporizers.ca

TY Issue 7 CONTEST WINNERS

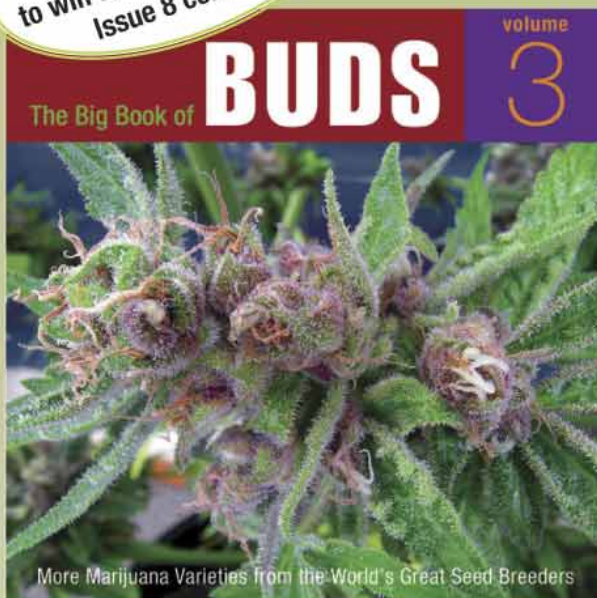
RS – Brooklyn, Nova Scotia
 Volcano Vaporizer
 RF - Toronto, Ontario
 Bubble Now
 TM - Chester, Nova Scotia
 Vapor Tower
 KM – Fergus, Ontario
 Silver Surfer Vaporizer
 EW – Toronto, Ontario
 Vapir One 4.0
 K.H- Stoney Creek, Ontario
 Vapolution Vaporizer
 J.T. – Fergus, Ontario
 Laplaya Glass
 D.S. - Burt, New York
 Big Book of Buds 3
 VF – Peterborough, Ontario
 Hashish – The Joy of Making and Curing
 Congratulations to all the winners from the sponsoring companies and everyone at Treating Yourself magazine!

Contest Rules:

1. You must have reached the age of majority in your state, province or country.
2. No purchase is necessary to enter. Hand drawn facsimiles of entries will be accepted. Mechanical reproductions will be accepted. But only 1 entry per person
3. Treating Yourself and contest sponsors are not responsible or liable for entries that are lost, misdirected, delayed, destroyed or lost in delivery.
4. Entries that are late, incomplete, illegible, damaged, irregular, have been submitted through illicit means, or do not conform to or satisfy any condition of the rules may be disqualified.
5. Winners will be notified by telephone, Email and announced in Treating Yourself as well as online at <http://www.treatingyourself.com>.
6. Treating Yourself and contest sponsors are not liable for any damages or injuries as a result of participation in any contest or as a result of attendance at events where prizes may be awarded.
7. Chances of winning depend on the number of eligible entries received.
8. Treating Yourself reserves the right to amend these rules as and when they deem necessary. Rules may change from time to time in any given contest. Treating Yourself and contest sponsors are not responsible for any typographical, production or distribution errors that may occur during the contest or in any contest material.
9. Decisions of Treating Yourself and contest sponsors are final in all cases.
10. Prizes must be accepted as awarded and cannot be transferred, assigned or redeemed for cash.
11. Contest sponsors reserve the right to substitute a prize of equal or greater value if the described prize cannot be awarded for any reason.
12. The Sponsors are not responsible for commencing, continuing or completing the contest in the event of circumstances beyond their control.
13. The Sponsors reserve the right to cancel or modify the contest if, in their sole discretion, they determine that the contest is not capable of being run as originally planned for any reason (such as tampering, fraud, technical failures, printing or distribution errors or any other causes or occurrences have compromised the fairness or integrity of the contest).
14. All entries become the sole property of Treating Yourself and cannot, nor will not, be returned for any reason. All entries will be destroyed four weeks after conclusion of the contest.
15. This contest is subject to the laws of Ontario and the federal laws of Canada as may be applicable.
16. By entering this contest, you acknowledge that you accept and will abide by these rules and regulations.

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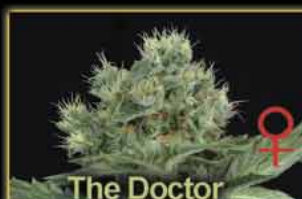
Himalaya Gold



Big Bang



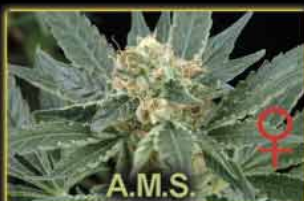
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