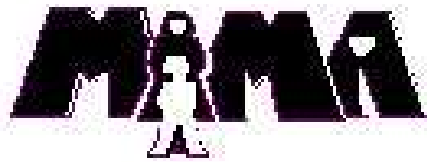


**November 2008**



**Newsletter**





## MAMA Clinics Expand

We introduced our first MAMA Clinic in **Portland** in February, 2005. We offered a dignified, educational experience for patients who qualify for the OMMP.

Response from patients was very positive.

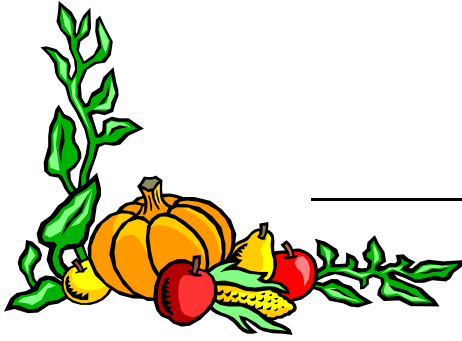
For those patients who desired more time with the doctors to explore holistic approaches to good health, we added "non-pharmaceutical, wellness clinics" to our schedule. Here the doctor and patient have more time to examine life style issues such as exercise, sleep, diet, etc and to develop a plan together to maximize the patients' health.

In March 2008, we held our first monthly clinic in **Bend**, to make it easier for patients in that area. To help patients network in the Bend area, MAMA sponsors monthly social events, which are quite popular.

We are happy to announce that on **November 24th**, we will hold our first monthly clinic in **The Dalles** to help those on the Eastside. All scheduling is done through our Portland office at 503-233-4202 or [clinic@mamas.org](mailto:clinic@mamas.org) . Soon we will hold monthly social events in The Dalles.

We are also seeking a medical office in the **Cottage Grove/Eugene** area so we can offer once-a-month clinics, combined with a social event, held elsewhere locally.

Interested in helping? Please contact us at 503-233-4202



# November

## 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 ** Class <u>Joy of Life-1</u>	6	7	8
9	10 ** Class <u>Harm Reduc- tion</u>	11 Veterans Day 3-7 Open	12 ** Class <u>Joy of Life-1</u>	13	14 Bend Social	15 Clinic - Bend
16	17 ** Class <u>Choco- late</u>	18 ** Class <u>Bubble</u>	19 ** Class <u>Joy of Life-1</u>	20 ** Class <u>Prepara- tions</u>	21	22
23	24 Clinic - The Dalles	25 Govern- ors Council Alcohol	26 ** Class <u>Joy of Life-2</u>	27 Thanks giving Closed	28 Office Closed	29
30						

# CLASSES

**For OMMP Cardholders ONLY**

**\$25 RESERVATIONS REQUIRED**

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## "Harm Reduction Techniques"

Overview of the various techniques of using medicinal cannabis.

Mon - 4 PM      November 10<sup>th</sup>

## "Joy of Life-1" (Making Cuttings)

Get your fingers in the dirt and learn to make your own healthy rooted clones. Organic, dirt.

Wed - 4:20 PM      November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

## "Joy of Life-2" (Advanced Class)

After making cuttings, learn what comes next.

Wed. -4:20      November 26<sup>th</sup>

## "Chocolate Making"

Learn how to make perfect, melt-in-your-mouth, chocolate truffles, taught by a professional chocolate maker. This class is a favorite and fills up fast

Mon- 4:20 PM      November 17<sup>th</sup>

## "Preparations"

Learn about making glycerin and alcohol tincture, butter and oil; expand your medicinal uses.

Wednesday - 4:20 PM      November 20<sup>th</sup>

## "Bubble Class"

Various methods of gleaning medicine from waste, using water, ice and more.

Tues - 4:20 PM      November 18<sup>th</sup>

**We at MAMA come in contact with many veterans who have served in a variety of places and times. You are invited to join us as we honor these veterans and their families with an open house.**

**Stop by our office between 3-7 PM on Veterans Day and we'll serve up cookies, beverages, conversation and more than a few laughs.**



**Tuesday, November 11th - 3 -7 PM**

**VETERANS' DAY OPEN HOUSE**

**Friday, November 14<sup>th</sup> 4:20 to 7:30 PM**

**Bend - Cardholders Pot Luck - Game Night**

**Bend Community Center -1036 NE 5<sup>th</sup> St - Bend**

**Thursday, November 27<sup>th</sup> and 28<sup>th</sup>**

**Office closed for Thanksgiving Holiday**

**Monday & Tuesday, November 24<sup>th</sup> & 25<sup>th</sup>**

**Meeting: Governor's Council on Alcohol and**

**Drug Abuse Programs**

**County Visit- Josephine**

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**Monday, December 15<sup>th</sup>**

**Meeting: Advisory Committee on Medical Marijuana (ACMM)**

**10:00 AM until 2:30 PM**

**800 NE Oregon Street - Room I-D**

**Portland, OR. 97232**



## **THANK YOU, VETERANS**

Veterans and their families deserve our gratitude for the hardship that they suffered while serving in the military and often after that service has ended. No matter what the conflict, many continue to feel the effects both physically and mentally long after they return home .

Cannabis has shown to be beneficial in treating many of the physical conditions resulting from injuries and are qualifying conditions for the OMMP. Yet many patients report that cannabis offers relief from anxiety, depression, insomnia and PTSD as well, but except for "Agitation from Alzheimer's" , none of these psychological conditions would allow a person to register in the OMMP. So far efforts to add these conditions to the OMMP qualifying have failed, but we must persevere.

Let us also remember the veterans of the "War on Drugs" who fought for access to medical marijuana and continue to fight those who would take it away. These people are often vilified and persecuted, yet continue to seek truth and wisdom, more often than not at their own expense.

**What can you do to say "Thank You"?**

**Support them through your letters and donations.**

## MAMA is looking



For a location to rent or lease in the Portland area to establish a meeting place for MAMA members.

Our current office is so busy with clinic activities that we need a bigger space, with access 7 day a week, to better allow for more educational and social activity. An old school, church or social hall, with parking and handicapped accessibility, would be perfect for lectures, classes and social events. It is important that it have, at least, a small kitchen for our cooking classes. Food and beverages are always popular at our social events. We have some really good cooks!

**If you know of such a place, please call  
503-233-4202 or email [clinic@mamas.org](mailto:clinic@mamas.org)**



We are so grateful to those who have helped us keep our expenses down by donating items and services to MAMA. Our expansion leaves us needing the following items.

Flat screen computer monitors

Tincture bottles

Paper lawn clipping bags

Spray bottles

$\frac{1}{2}$  Pint & Pint Jars w/ Lids

Hand Towels

Paper Shredder

DVD player

Director's chairs

Small color TV

Fire pit or fireplace for Portland backyard

& wood to go in it

Thanks to all who have so generously responded in the past.

An all out attack on the OMMP has been declared by Dan Harmon and the Drugfree Workplace Legislative Work Group. It will be up to those who support this program to contact their legislators and let them know how you feel about the assault. Write a letter to the editor. Attend hearings. If you do nothing, the results of the next legislative session could be disastrous to patients who seek medicinal access to cannabis. Make an appointment, call, email, write or fax, but make your opinion known. See our website: [www.mamas.org](http://www.mamas.org) for more information. The legislative session is upon us, so don't wait to act.

To find you legislator go to: [www.leg.state.or.us/findlegsltr/](http://www.leg.state.or.us/findlegsltr/)  
You have the opportunity to have a meaningful impact on this issue by merely writing a letter or making a phone call. **Please join us.**

"Obviously, people who are responsible for others' lives should be held to the highest standards of job performance. But urine testing will not help employers do that because it does not detect impairment. If employers in transportation and other industries are really concerned about the public's safety, they should abandon imperfect urine testing and test performance instead. Computer-assisted impairment tests already exist, and, in fact, have been used by NASA for years on astronauts and test pilots. These tests can actually measure hand-eye coordination and response time, do not invade people's privacy, and can improve safety far better than drug tests can."

American Civil Liberties Union

## CHOOSE REAL SAFETY

### Drug Testing vs. Direct Performance Testing

- All the difficulties with Drug Testing are solved if we simply test for actual current alertness.
- This is called alertness testing, impairment testing, or direct performance testing.
- It is inexpensive, effective, and non-controversial.

To try out a Demonstration Alertness Test, go to [www.bowles-langley.com](http://www.bowles-langley.com).

For more information on drug testing and other drug policy issues, please contact:

**MAMA**  
Mothers Against Misuse and Abuse  
5217 SE 28th Ave, Portland, OR 97202 (503)233-4202 [www.mamas.org](http://www.mamas.org)

MAMA's approach is based on personal responsibility and informed decision making, with respect for human dignity.

"Impairment Testing is the practice of determining which workers in safety-sensitive positions put themselves and others at risk by directly measuring workers' current fitness for duty. Urine testing, in contrast, attempts to determine which workers have used specific substances...impairment testing improves safety, is accepted by employees, and is generally superior to urine testing."

United Kingdom Department of Trade and Industry

**Order a copy of "Choose Real Safety" or go to [www.mamas.org](http://www.mamas.org) to print one.**

An editorial published: October 28, 2008 in the **Bend Bulletin**, "Pot Politics and Business", deserves a response.

Go to:

<http://mamas.org/beeAware.htm>

For articles and editorials

**2 grandmothers and other seriously ill patients, who use medical marijuana, kept from Chamber of Commerce forum**



**Sandee Burbank, Amelia Schlusser, Daniel Chandler, Alice Ivany, Jim Klahr  
- Albany, OR -**

“Seeing the contempt in their eyes was degrading and darkly disturbing,” said Sandee Burbank, Executive Director of Mothers Against Misuse and Abuse. MAMA is a non-profit organization an educational approach to drug use based on personal responsibility, informed decision-making, and respect for human dignity.

**10-23-08 - Alice Ivany** drove 50 miles to attend the forum sponsored by the Albany and Lebanon Chambers of Commerce and Linn-Benton Employee Council. The guest speaker, Dan Harmon from the WorkDrugFree Coalition and Drugfree Workplace Legislative Work Group was to speak on "The Economic Impact of Substance Abuse & the Need for a Legislative Solution".

Alice is a friendly and mild-mannered grandmother, who lost her arm in an industrial accident over 30 years ago and uses cannabis to relieve her constant pain. Stopped at the door, she was told that she couldn't come in because she was on a "list" and wasn't a Chamber member. She was shocked because she had pre-registered and paid as a non-member from out of the area. She asked, "What list?" Without being given an answer she was handed \$10, escorted out the door and told to leave the parking lot.

**Continued: "Grandmothers**

### Continued: "Grandmothers

Flustered, Alice realized that she had paid \$20, not the \$10 that had just been returned to her. She tried to explain and asked for the rest of her money but, was hurt by a man who kept talking over her as he grabbed her by her injured arm, squeezing her arm and pushing against it. Finally given the remaining \$10, she left upset and humiliated. As other pre-registered patients arrived they were treated much the same way. Although none of the rest of them were physically assaulted, they left feeling emotionally battered.

"I have never been treated like that in my life," said Sandee Burbank, Executive Director of Mothers Against Misuse and Abuse. "I am respectful of proceedings, raise my hand and wait to be called on, if I have a comment. Not only did I spend my time and money to attend the event, the experience was degrading and very alarming... Imagine our shock, embarrassment and anger as we were told that we could not attend because we weren't members of the Chamber, even though our receipts clearly show that we paid as non-members. All of us had driven over 50 miles and in some cases much further and even spent the night in Albany because the meeting started at 8:30 a.m."

Harmon, while representing the WorkDrugFree Coalition has been traveling around Oregon talking to various employer groups and creating fear of the Oregon Medical Marijuana Act (OMMA). According to an article in the Albany Democrat Herald, Harmon told business people gathered at the Central Willamette Community Credit Union headquarters that the OMMA "says something about permissiveness in this state, and we've got to stop this permissiveness," He "framed the effort to scale back the law as a moral crusade".

At least the cat is out of the bag. We were kept away because the DrugFreeWorkplace group is afraid of the truth we bring. The truth is that this effort has little to do with impairment in the work place or negative health effects. This is a plain and simple witch-hunt, trying to undo the will of the voters of "permissive" Oregon to allow medicinal access to cannabis, a safe and effective medicine. Over 20,000 patients are now enrolled in the OMMP and they will not easily let this program go away.

MAMA believes our workplaces would be safer with true impairment testing for safety sensitive jobs. Harmon chooses to spend more money for less safety, because it furthers his "moral crusade". We can solve this problem at the federal level by matching science and reason with drug policy and doing a better job of protecting our citizens from the dangers of all drugs, legal or illegal.