

Join **MAMA** Today

MAMA has existed since 1982 with the support of members, who generously contributed funds, goods and their time. We are still dependent on memberships, donations and volunteers to help with our daily operation and to promote MAMA's exceptional, rational approach to drugs.

MAMA is a 501(C)3 organization and all donations are tax deductible.

*You may designate MAMA to receive part, or all, of your **United Way** pledge.*

Sign me up for a MAMA Annual Membership

- Basic:** \$25
- Supporting:** \$50
- Sustaining:** \$120 (only \$10/month)
- Benefactor:** \$500

Name _____

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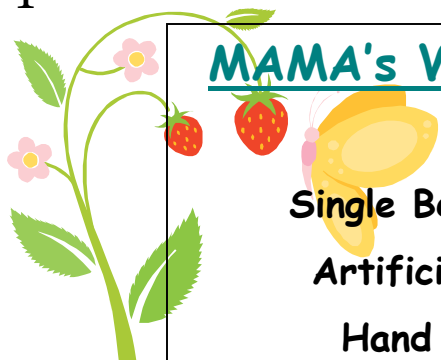
City _____ State _____ ZIP _____

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Receive \$5 off MAMA classes and services.



Mothers Against Misuse and Abuse
5217 SE 28th Avenue
Portland, OR 97202



MAMA's WISH LIST

Single Bed Sheets

Artificial Plants

Hand Towels

Pint Jars w/ Lids

Paper Shredders

Director's Chairs

Thank you to all who have so
generously responded to
MAMA's needs.

PDX Computer Services



Mark Miller

Trusted

&

Patient

Friendly

503-709-8430

Services

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massage?

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schedule an appointment

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This newsletter goes out 4 times a year to our
direct mailing list of over 2,500 MAMA members
and cardholders.

For more information call
503-233-4202

Call MAMA's
office to make an
Appointment for
your
Health and
Wellness
Clinic with
Dr. Paysse
503-233-4202

Web Design

When Your Customers

Search Goggle,

Make Your Site

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Search engine optimization

Flash video/Dynamic content

Wayne@haythorn.us

541-478-2444

July 28, 2008 **A Stroke And Good Fortune** pg.1

It's been over a month since my life suddenly and dramatically changed. On June 17, 2008, as I was writing a press release on my computer, my eyes suddenly just 'went crazy'. I couldn't focus and felt a tingling all along my right side. My frightened family brought aspirin and sugar, not sure what was happening. After an ambulance ride and a 4-day stay in Hood River Providence Hospital, the diagnosis was **a stroke**. All the time it was happening I kept thinking how lucky I was.

I lived inside my body for most of two weeks, in the dark, barely eating, and mostly sleeping. My entertainment was counting how many times I was breathing IN through my nose and OUT through my mouth.

Thanks to my loving family and close friends I was well cared for, which in addition to attending to most of my physical needs, included massages several times a day. The Bowen treatment I received also helped speed up my recovery. Regular physical stimulation, including petting my little dog Abby, helped me get back to the outside of my body, where I prefer to live.

On day 13 I was able to sit up in a chair, but I was so weak I could hardly hold my head up. To stimulate my appetite, I used my medicine, but it was very important to have the food ready prior to use of the cannabis. I was finally able to eat and build my strength. To help me sleep naturally at night, without the use of sleep aids, I used the walker to go outside at 6 a.m. to sit in the morning sun.

Slowly my strength is returning and my vision seems to improve daily, but my balance is still poor, I take longer on the computer and I'm not driving yet. Healing is a gradual process, but I think of the many others who suffer much more than me and I am grateful for my prognosis of a complete recovery. I do know that nature has told me that I WILL take a break and direct my energy differently. To protect my health I'm putting one Tablespoon of organic, cold pressed Hemp Seed Oil on my salads twice daily. It is quite delicious and is rich in Omega-3.



**MAMA's crew at
The Fifth National
Clinical Conference on
Cannabis Therapeutics
Asilomar Conference
Grounds,
Pacific Grove, CA.
April 4 & 5, 2008**

I am so appreciative of the MAMA staff and volunteers, who, without warning, stepped up and did what they had to do to take care of business. The MAMA Office and Clinic are, as always, competently staffed. Volunteers are taking a greater role in the social events and day-to-day maintenance of our office and yard. July 19th I was able to attend a BBQ and visit with friends, both old and new. The back yard and flowers were beautiful; the food delicious and the company superb, with Steven's sweet melodies entertaining us.

Cont. 3

Seeing all this gave me a great deal of reassurance. Those of us, who formed MAMA in the early 80's, assumed the responsibility of trying to bring truth and sanity to drug policy. We faced strong opposition from people angry that we would even say 'marijuana' out loud. We are now in our fifties, sixties and seventies and are excited seeing our next generation emerging as the leaders with the fire, strength and commitment that drove us and the same desire for the truth.

We know that the struggle for drug policy based on true science is not over. It is comforting to know that as we are ready to pass the torch, the next generation is already beside us with their hands ready. It is especially encouraging to see this OMMP community take ownership of Oregon's unique program, with over 20,800 registered patients. The compassion shown by older patients, in supporting new patients they may not even know, is what it takes to make this Program work. Thanks to all who 'get it' and do what they can to help.

Another Thank You to all who sent uplifting cards and flowers, while respecting my need for quiet healing. It was wonderful to know that so many care. I'm not going away, but will be doing more work from home and attending social events and meetings.

- I will be speaking at the Seattle Hempfest on August 16th & 17th and helping with the MAMA booth. One of my heroes, Rick Steves will be there as well.
- Now that the OMMP is 10 years old, the afternoon of August 26th I will be joining Tawana Nichols, OMMP Program Director, as we address the Governor's Council on Alcohol and Drug Programs.

Cont. 4

- In Portland on September 19th the next meeting of the Advisory Committee on Medical Marijuana (ACMM) is scheduled. This is always an interesting meeting.
 - I have or will be meeting with the candidates for our district's House position, talking with sheriff's deputies, meeting with interested medical professionals and more.
 - I will be able to finish the publications we have started, as well as update our website so more folks have access to MAMA's information.
 - As you can tell, I'm still going to keep busy.

But, I will also take more time to spend with my husband and children, visit my old friends, read to my granddaughter, rock my grandson (due September 1st), go to garage sales, catch up on my correspondences (I'm so far behind), and work in my garden. In other words...have a private life.

I'll miss regularly seeing the many friends I've grown to love while I was almost living in Portland. You can bet that I'll be making time to attend as many social events as possible. Don't forget, MAMA hosts festivities here in the beautiful, scenic Columbia River Gorge, as well as Portland and Bend. See the monthly newsletter for the schedule.



Y'all come now!

Sandee

Seattle Hempfest **Saturday, August 16th & 17th**

MAMA will staff an information booth and Sandee Burbank is scheduled to speak. The Seattle Hempfest is founded in the belief that the public is better served when citizens and public officials work cooperatively together in order to successfully accomplish their common goals.

OBJECTIVE AND PURPOSE

To educate the public on the myriad of potential benefits offered by the Cannabis plant, including the medicinal, industrial, agricultural, economic, environmental, and other benefits and applications, including domestic industrial hemp production and commerce. In particular, Seattle Hempfest seeks to advance the cause of Cannabis policy reform through education, while advancing the public image of the Cannabis advocate or enthusiast through example.

2008 Theme

Industrial Hemp, and what it can do for America

Seattle Hempfest is August 16-17, 2008

at **Myrtle Edwards Park** on the beautiful Seattle waterfront, just north of Pier 70 at the corner of Alaskan Way and Broad Street. See maps from Google, Microsoft, or Yahoo.

Event hours are **10 a.m. to 8 p.m.** both **Saturday and Sunday.**

Admission is **FREE.**

Myrtle Edwards Park is 1.25-mile (2.4 km) long and on a clear day has fantastic views of the Olympics Mountains, Mount Rainier, and Puget Sound, with easy access from downtown and easy connection to bike paths to Magnolia.



Sandee Burbank &
Rick Steves
Hempfest 2007

For more information see <http://hempfest.org>

Meeting New Patient's Needs

We at the MAMA Clinic help new patients network with established patients for assistance in getting their gardens started and in finding the medicine that new patients need until then can produce their own. This investment of time is voluntary and is provided to help NEW patients, though occasionally even the best gardener can have problems and need the help of the network.

We wish we were able to help all who need it, but with our limited resources it is difficult to help those, who after a year, are still regularly turning to us for this help.

As the OMMP is a self sufficiency based program, we encourage these patients to more aggressively seek to meet their own needs and allow us to dedicate our time and limited resources to helping those who are just getting started. MAMA's social events offer the opportunity for those in need of a caregiver, or willing to be one, the chance to meet other cardholders.

As it is not a casual relationship, both patient and grower should meet and evaluate the needs and character of the other in hopes that a mutual agreement can be reached. We encourage those who can help in any way to contact us at 503-233-4202.

MAMA wants to know

How has cannabis helped you?

Many who qualify for the OMMP don't know about the various forms in which this effective medicine can be administered and the relief it can provide. We will be happy to anonymously share your experience with our readers. Send your response to: clinic@mamas.org.

or write:

MAMA 5217 SE 28th Avenue
Portland, OR 97202





HEALTH WATCH!

Article submitted by:
Christine McGarvin, MSSW



“GOING GREEN”

Have you decided to go green and turn over a new leaf this year? Do you want to help save Mother Earth from the impending crisis called “Global Warming?” Of course you do! You recycle, you car pool, you’ve even changed your light bulbs to compact fluorescents in order to save energy. You are trying to eat more fruits and veggies and organic when you can. You’re reading labels and beginning to get an idea of how many chemicals are in packaged products.

There are chemicals in everything these days. Chemicals in packaged food add smoothness and extend its shelf-life. Chemicals in garden products, chemicals in plastic containers, and not least chemicals in household cleaners. There are over 72,000 chemicals registered with the Environmental Protection Agency.

But how many of those chemicals are hazardous to your health? Don’t ask that question too loudly or you might find out that over 90% of registered chemicals could do damage to your health and our environment. And you won’t be surprised to learn that the majority of reported poisonings to the American Association of Poison Control Centers are caused by household cleaning products.



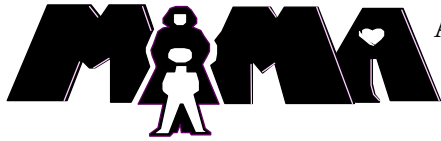
“Going Green” Cont. 2

For people whose health is already compromised, these chemicals are downright dangerous. For example, air fresheners release nerve-deadening agents and contain highly toxic formaldehyde. Antibacterial cleaners may contain triclosan, a chemical tied to liver damage. Bleach, a strong corrosive, can cause vomiting, coma, and pulmonary edema. Accidentally mix bleach with ammonia and you could produce deadly fumes. Even chlorine, commonly found in our water supply, is the number one cause of breast cancer.

But our environments need to be clean for us to safeguard our health. So what can we do? Two words: BAKING SODA. It’s natural, safe, and effective as a mild abrasive and for absorbing odors. I buy the industrial size package of baking soda (you can get 12 pounds for around \$7) at the grocery store. I scrub the kitchen sink and counter tops by sprinkling dry baking soda on them. It absorbs coffee and other stains that stick to tile and grout. When children and pets make a mess on my carpets – I cover the problem area with baking soda, let it dry, and then vacuum it up. Mix baking soda with a little Dr. Bronner’s Liquid Peppermint Soap and water and you’ve got an anti-bacterial fungicidal “soft-scrub” type bathroom cleanser that will sanitize almost any surface in your home. It’s Easy, It’s Cheap, and Healthy too! Give it a try. You’ll be protecting your health, saving money, and helping the environment!

For more information see ***Clean House, Clean Planet*** by Karen Logan and ***Poisons Under Your Sink*** at:

<http://www.mamashealth.com/doc/cleanprod.asp>



A Rational Approach to Drugs
 503-233-4202
 clinic@mamas.org

Schedule of Events

CLASSES
 For OMMP Cardholders ONLY
\$25.00
RESERVATIONS REQUIRED

"Harm Reduction Techniques"

Overview of the various techniques of using medicinal cannabis.

August 11th Mon - 4 PM

"Joy of Life"

(Making Cuttings)

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

Wed - 4:20 PM

August 6th, 13th, 20th & 27th

"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

Tuesday, August 29th - 4:20 PM

"Preparations"

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

Thurs, August 28th - 4:20 PM

"Bubble Class"

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

Tuesday, August 19th - 4:20 PM

Friday, August 8th 4:20 PM – 7:30 PM

Bend Cardholders

Potluck and Game Night

Bend Community Center 1036 NE 5th St
 MAMA will provide beverages.

Saturday, August 16th & 17th

Seattle Hempfest

MAMA will staff an information booth and Sandee Burbank will speak both days.

Saturday, August 23rd 4:20 PM – 7:30 PM

Ice Cream Social

MAMA Office Portland
 5217 SE 28th Ave.

Suggested Donation \$5

Tuesday, August 26th 9:30 AM-3:30PM

Governor's Council on Alcohol and Drug Abuse Programs

Human Services Building Room 160 -
 500 Summer Street, Salem, OR

Tawana Nichols, Program Director, & Sandee Burbank, ACMM Chair, are scheduled between 12:30 and 3 PM to make a presentation to the council.

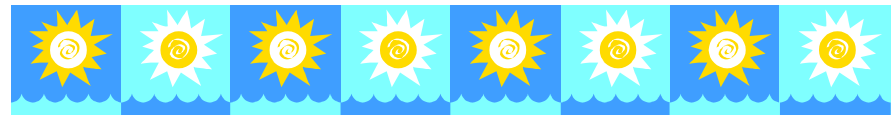
September

Friday, September 19, 10:00 AM-2:30 PM

Meeting: Advisory Committee on Medical Marijuana (ACMM)

Portland State Office Building - Room 1E
 800 NE Oregon St., Portland, OR

August, 2008						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 **Joy of Life	7	8 Bend Pot Luck	9
10	11 **Harm Reduction	12	13 **Joy of Life	14	15	16 Seattle Hempfest
17 Seattle Hempfest	18	19 **Bubble Class	20 **Joy of Life	21	22	23 Ice Cream Social
24/31	25	26 Gov's Council Drugs & Alcohol	27 **Joy of Life	28 Cannabis Preparations	29 Chocolate **Class	30





Latest News on the Drug Return Program Front

As regular readers of this newsletter know, MAMA has a very active interest in eliminating medication pollution of the environment.

Most efforts in this regard fall into two areas; the first is education of the public to stop flushing drugs down the toilet, or putting them in the trash; as this is causing significant pollution of our water sources and the environment as a whole. The second component is Drug Return Programs that provide legal and safe disposal alternatives for the public.

These programs have also noted other benefits, in addition to protecting water quality. Amongst them are reduction in the availability of prescription drugs for teens to go 'pharming' (diverting drugs from medicine cabinets for recreational use); and fewer childhood poisonings. In some states accidental RX poisoning from young children discovering and ingesting medications is the second leading cause of hospital admissions.

One hope of these programs was to be able to redistribute unused medications to those who could not afford them, but this is rarely provided, and has been the most difficult component to implement. Currently more than 13 states have, or are planning to implement some form of Drug Return Program. Oregon is one of these states. In October 2006 The Oregon Association of Clean Water Agencies convened a study of the extent of the state's problem, and formed a working group to come up with a Drug Return Program

The group, named the Oregon Pharmaceutical Take Back Stakeholder Group held meetings this last June and has drawn up a tentative program and proposed legislation. Cont. next page

Plans are afoot to have demonstration sites in place by 2009, with full program implementation by 2010. I'll devote my column in next month's newsletter exclusively on what is currently being planned for Oregon.

To date in the United States, Maine seems to have the most successful and widely implemented program. Authorized by Maine's legislature in 2003, the state's drug enforcement agency (Maine Drug Enforcement Agency) is required to provide pre-paid secure mailing envelopes for citizens to get at locations such as, but not limited to, pharmacies, physicians and post offices. The envelopes are sent into the Maine DEA which is tasked with safe, non-polluting disposal.

A number of cities and counties in California have implemented demonstration projects for medication return programs. Many of these programs differ from the Maine model, in that citizens are allowed to take drugs back to participating pharmacies for appropriate disposal.

My biggest surprise came in learning that overseas these Drug Return Programs are far more extensive than anything we are doing in the US and how long these programs have been in place. A few examples may suffice:

Australia has had a nation-wide Drug Return Program for more than 10 years, and is currently collecting more than 400 tons each year. Imagine what one pill or capsule weighs, then think about how many it takes to get to 400 tons.

In Canada, British Columbia has had a province-wide program since 1996 with the majority of pharmacies participating whereby citizens walk in and give them to pharmacists.

In Europe, 11 countries participate in drug take back programs and it is estimated that more than 90% of European citizens participate.

More Next Time!
Mark Miller