

FROM THE DIRECTOR

The Oregon Medical Marijuana Program exempts those registered from prosecution under state law. However, because it does not allow sales, patients are dependent on the helpfulness and generosity of other OMMP patients. Some patients have others who help grow the cannabis.

Patients may reimburse the person responsible for a marijuana grow site for the costs of supplies and utilities associated with the production of marijuana for the registry identification cardholder costs.

No other costs associated with the production of marijuana for the registry identification cardholder, including the cost of labor, may be reimbursed. Since growers cannot be paid for their time, it is important that there is a feeling of mutual trust and a clear understanding of each party's expectations.

Although this process is imperfect and too many patients still go without medicine, an atmosphere of "freely giving" has developed that is astounding and wonderful. Those who have excess seek out other patients with whom they can share medicine, cuttings or plants.

Additionally many patients have figured out ways to use the medicine that is on the bud leaf and are able to help those who are without medicine.

We encourage patients to embrace this philosophy and create their own positive, personal karma.



February 2007



NEWSLETTER

AND

CALENDAR



Mothers Against Misuse and Abuse
5217 SE 28th Avenue Portland, OR 97202
503-233-4202 mama@mamas.org

MAMA
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Portland, OR 97202

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Where there is
love there is life.
-Gandhi

This rings especially true in a busy February here at MAMA's. We would like to encourage all to come and share in the life and love that keeps the office humming. There are always opportunities for volunteers and the social events and classes are an excellent chance to speak with like-minded individuals. Harm Reduction is such an important issue it affects us all, and new warnings from the FDA reaffirm what MAMA has been promoting for years, "All drugs are capable of producing side effects and adverse reactions that put the consumer at risk." An increase in types and numbers of drugs has NOT been accompanied by an increase in education to teach decision-making skills that could reduce drug misuse and abuse. Most of the public has little access to accurate information on these substances. This is where MAMA can help make a difference. "Drug Consumer Safety Guidelines" is available as a printed booklet may be ordered by contacting our office or via our website. These guidelines help people make informed decisions concerning drugs; they could save your life or that of someone you love.

Live...Love - Daniel



Winter's here,
but Spring is near.

While the view out your window may reflect the cold, damp weather of winter, remember, spring is just around the corner. Patients with outside gardens need to start thinking about the plants they would like to put out near the end of April. Now is the time to cozy up to those with indoor gardens and ask for clippings so that you can get your cuttings started toward roots. For those who like to extend their harvest time, starting now and forcing plants into flower early can actually enable outdoor growers to harvest in mid-June. To learn more about these techniques, schedule for the "Joy of Life" class taught on Wednesdays. Call ahead for reservations. 503-233-4202



MAMA's WISH LIST

- * Floor lamps *
- * Folding chairs *
- * Spray bottles *
- * Folding step stool *
- * Folding wheelchair *
- * Locking file cabinet *
- * Surveillance cameras *
- * Baby food jars with lids *
- * Electric stove *
- * Dish washer*
- * Volunteers *
- * Coat rack *
- * Shelves *



MAMA will put to good use items people have, but no longer need or use

We appreciate the generosity of those who have given in the past.



Thank You!

SOCIAL EVENTS

MAMA MONTHLY

POTLUCK LUNCH

FRIDAY, FEBRUARY 23

Noon to 1:30 PM Bring your favorite dish and join us.



MARDI GRAS Open House

Saturday, February 17th
between 11 AM and 6 PM.

Stop by for awhile between 11 am to 6 PM for a cup of chicory coffee, other warm beverages and food that reflect the flavors of New Orleans.

Jennifer, Daniel and Sandee look forward to swapping stories with friends both old and new.

Bring your best story.

MAMA's Office

Open Monday through Friday
from 10 am to 4 pm.

MAMA's Clinic helps patients gather needed medical records and schedules appointments with our doctors. MAMA's counselors are well versed in the OMMP application process and teach patients how to avoid negative interaction with medications, and other harm reduction techniques.

MAMA's Classes, separate from the clinics, are designed to help patients become self sufficient as quickly as possible.

MAMA's Social Events offer an opportunity to meet people, network and have fun.

MAMA's Calendar and other information is on our website at www.mamas.org

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CLASSES FOR
OMMP CARDHOLDERS ONLY

Advance Reservations REQUIRED
Fee \$25

"Harm Reduction Techniques" 4 PM
Mondays- 5th & 19th

Overview of the various techniques of using medicinal cannabis, includes demonstration of a variety of vaporization devices.

"Joy of Life", Making Cuttings" 4 PM
Wednesdays - 7th, 14th, and 21st

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

"Growing in Small Spaces" 4 PM
Wednesday - 28th

Learn how to meet the challenges of limited space and still produce quality medicine.

"Cannabis Preparations" 4 PM
Thursday - 22nd

Learn about making glycerin tincture, butter & oil; a great way to stretch your medicine.



It's Your Turn

For many years there were only a few legal patients who could freely speak about how cannabis helped them. Those were the people in the Investigative New Drug (IND) Program who received medical marijuana from the Federal Government.

One of the IND patients, **Elvy Musikka**, now an Oregon resident, traveled throughout Oregon and other states telling her story and convincing people that marijuana was indeed medicinally beneficial. Over and over Elvy told the media, groups and individuals how cannabis helped when other medical procedures and medicines didn't, and they saw the marijuana from the government.



Elvy Musikka

One Month's Supply

Changing Public Opinion

Elvy's story helped change public opinion and we now have over 15,000 patients legally registered in the Oregon Medical Marijuana Program. Each of these registered patients has the opportunity to educate others by telling their personal story about how cannabis helps them.

People need to hear from those of you who found relief from cannabis when nothing else worked or were able to work after using cannabis rather than prescription drugs with severe side effects.

Talk, Talk, Talk

Your personal story is just as unique and important. Talk to your family, your friends, your pastor. Develop a relationship with your local, state and federal officials.



Don't be afraid of not knowing what to say, because you know how cannabis helps you. Tell your story, or that of a friend or relative who uses medical marijuana.

Pay back those who worked so hard to get medicinal access to marijuana. Pay forward to those who are still denied access to this wonderful medicine. Please, don't wait to start. There are still too many people suffering needlessly. So do your part.



Talk, talk, talk!

Sandee Burbank with 3 of the 5 Federal Legal Patients at the Conference on Cannabis Therapeutics in Santa Barbara April, 2006



Irvin Rosenfeld, Elvy Musikka, Sandee Burbank & George McMahan