

From the Executive Director

They come, one at a time, to do the job they have chosen. Alone, Chris repeatedly reorganizes the basement storage room, putting things in order so we can find them when needed. It is not a glamorous job, and no one is around to sing praises. Weekly, Mary vacuums and scrubs, so the clinic will be clean and sanitary for the patients. Every two weeks David brings his big lawn mower and makes the backyard tidy, so we can enjoy the beauty of nature. There's coffee at 7am, then off to the computer, where Cathy works on MAMA's books before her regular job.

And so it is, as volunteers help make the MAMA office a busy and vibrant place. There are people who water plants, fill glycerine jars, help with mailings, make copies, run errands and more. As we expand our services, there are many areas where we could benefit from extra help. If you have some free time, sign up for a job that suits your skills and gives you pleasure, at the same time helping others.

Through your commitment to do a job, consistently and often alone, you will become an integral part of the larger MAMA Family. We are dedicated to helping patients access the OMMP. We teach ways to build a better community by offering a hand up when we can and by showing people how they can better help themselves..

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



MAMA
5217 SE 28th Avenue
Portland, OR 97202

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March 2007



NEWSLETTER

AND

CALENDAR



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



We cannot hold a torch to light another's path without brightening our own." - Ben Sweetland

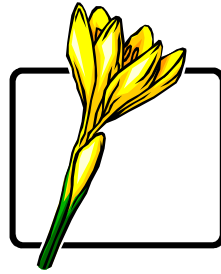
Entering our third year of operation here at the MAMA Clinic, it is amazing that there are so many willing to travel (from all over the State) to participate in the MAMA family. We are honored.

It is my extreme pleasure to announce that we have grown to the point where we can offer a **\$15 discount** to our Returning Patients. Your repeat visits are appreciated and affirm our reasons for creating a comfortable environment and providing a more comprehensive approach to health.

A very special thank you to those who share with gifts of cuttings and rooted clones or just a simple nudge to get the process started. It is always reassuring to know that there are like-minded, responsive individuals out there ready to lend a hand to help.

Light each others way- Daniel

Crocuses are blooming in the back yard!



That means it's time to clean up the yard and get ready for relaxing times visiting with friends around the fountain, or

pond, as Sandee likes to call it. We have warm weather activities planned for children, for families and for adults. It's nice to have a break from the kids once in a while. Last summer's attendees were delighted by the magic of musicians, who performed as volunteers.

MAMA Spring Cleaning Day!

Join us on Saturday March 24th from 10 AM -1 PM for a few hours of cleaning and caring for the beautiful area that surrounds our clinic.



We are looking for help with yard maintenance, debris removal and general sprucing up. Contact the MAMA office @ 503-233-4202

for more info and to sign up to help. Refreshments will be provided.

MAMA's WISH LIST



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

MAMA make good use of items people have, but no longer need or want.



Thank you to all who have so generously contributed in the past.

SOCIAL EVENTS

MAMA MONTHLY



POTLUCK

LUNCH

FRIDAY, MARCH 9TH

Noon to 1:30 PM

Join us with your favorite dish

St Patrick's Day Open House



Saturday, March 17th
between 2 and 7 PM.

Stop by for awhile between 2 to 7 PM for some corned beef & cabbage, vegetable-cheese pie and green beverages.

Weather allowing, we will be in our backyard, with live music. Be sure to be wearing the green to avoid pinches.

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 Website www.mamas.org has a calendar and newsletter that will help keep you informed of MAMA events.

See the "Bee Aware" column for important meetings & happenings.

The "Bears Watching" column tells of pending legislative action in regard to drug policy.

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MARCH CLASSES FOR OMMP CARDHOLDERS ONLY

Advance Reservations REQUIRED
Fee \$25

"Harm Reduction Techniques"

Mondays- 5th & 19th 4 PM
Overview of the various techniques of using medicinal cannabis, includes demonstration of a variety of vaporization devices.

"Joy of Life", Making Cuttings"

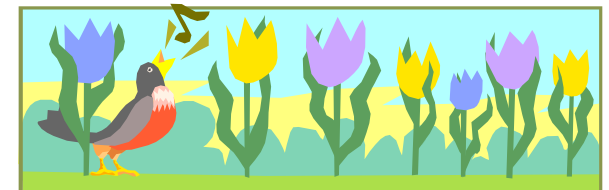
Wednesdays - 7th, 14th, and 21st 4 PM
Get your fingers in the dirt and learn to make your own healthy cuttings. Organic, dirt.

"Growing in Small Spaces"

Wednesday - 28th 4 PM
Learn how to meet the challenges of limited space and still produce quality medicine.

"Cannabis Preparations"

Thursday - 22nd 4 PM
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 nearly 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. It is important to 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



Bears Watching

Senate Bills Pending

Check our website
www.mamas.org for new bills.

SB 294 -Relating to medical marijuana.

SB 348 By Senator PROZANSKI —
Relating to industrial hemp; appropriating money.

SB 393 By Senator KRUSE - Relating to drug testing of public assistance clients.

SB 394 By Senator KRUSE - Relating to drug testing of state government employees.

SB 396 By Senator KRUSE - Relating to drug testing of public education employees.

SB 423 By Senator DECKERT - Relating to discrimination because of medical use of marijuana.

SB 465 By COMMITTEE ON JUDICIARY -Relating to drugs in workplace.

SB 606 By Senator NELSON - Relating to drug testing for public assistance.

SB 767 - Relating to State garden & dispensary

Senate Bills 294 and 465 are identical bills which would preclude Oregon Medical Marijuana program registrants from gaining or keeping employment.

House Bills Pending

HB 2306 - Relating to drug tests for public officials.

HB 2429 - Relating to deduction from wages to reimburse employer for cost of drug test given to employee.

HB 2441 By Rep. HANNA & Rep. CAMERON - Relating to eligibility for unemployment insurance benefits.

To see a copy of these bills go to
http://www.leg.state.or.us/bills_laws/
or call 503-986-1000

**The Fifth National Clinical
Conference on
Cannabis Therapeutics
April 4-5, 2008**

Asilomar Conference Grounds
Pacific Grove, CA.

"Cannabis: Entering
Mainstream Medicine"
www.medicalcannabis.com



Bee Aware

Meetings

Governor's Council on Alcohol and Drug Abuse Programs

Tuesday, February 27, 2007

9:30 am to 3:00 pm

Business meeting

Keizer Training Center- Coquille
Room - Salem

Tuesday, March 27, 2007

9:30 am to 3:00 pm

Business meeting - Salem

Human Services Building 137A

Advisory Committee on Medical Marijuana (ACMM)

Regular quarterly meeting

Thursday

March 29, 2007

10:00 am to 2:30 pm



Dept. of Administrative Services
Conference Room A155
155 Cottage St NE Salem OR

<http://oregon.gov/DHS/ph/ommp/acmm.shtml>
OHD.ACMM@state.or.us