

# CANNABIS HEALTH

THE MEDICAL MARIJUANA JOURNAL  
Volume 1 Issue 2

January / February 2003

**FREE**

## COMPASSION UNDER ATTACK

Hilary Black

Losing Faith in HEALTH CANADA

also inside:

Drug Free Zone?

Legal Eagle

Getting Baked with Hemp!

Compost Tea for Health!

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versions of the stories and links to  
information and resources

**cannabishealth.com website poll results**  
**5,513 total votes**  
**73% legalize - 27% decriminalize**

**The Cannabis Health Foundation was formed in the  
spring of 2002 as a non-profit foundation.**

The foundation is dedicated to:

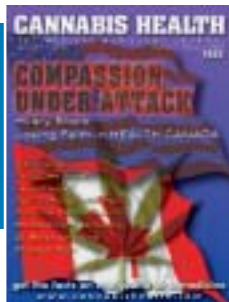
- Promoting the safe medicinal use of cannabis.
- Research into efficacy and genetics of cannabis.
- Supporting and protecting the rights of the medical cannabis users.
- Educating the public on cannabis issues.

The first initiative of the foundation is this complimentary hard copy publication of Cannabis Health.

Other activities will include financial and practical support for low income patients and the establishment of a legal defense fund. The free hard copy of Cannabis Health is also reproduced in whole on the World Wide Web at [cannabishealth.com](http://cannabishealth.com) (the foundation website) with extended stories and hot links to resources and information.

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*Cannabis Health is published 6 times per year by  
Cannabis Health Foundation, P.O. Box 1481, Grand Forks, B.C. Canada V0H 1H0  
Phone: 1-250-442-5166, Fax: 1-250-442-5167*  
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**Cover design by Brian McAndrew**  
*Brian hoped to illustrate the underlying influence that the uncompassionate U.S. drug policy is having on Canadian marijuana laws.*

*Production Manager's Note: Not always is it the editor's fault. Our apologies to Debra Harper, who wrote the "Canadian Cannabis Coalition" story in our premier issue, for not mentioning her name. We also apologize to anyone else that we may have forgotten in the hectic schedule of putting a first issue together. Thank you to everyone involved.*

# CANNABIS HEALTH

## the FOUNDATION

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## the MAGAZINE



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Brian Taylor  
Editor-in-Chief

Thank you all for the warm reception to our first edition, it truly was "about time". As we promised, we will not shy away from the controversial. In this edition we have printed an article submitted by two young people on the topic of "home-made smoking devices" (page 12) - a first test for us at CH: are we willing to open up the lines of communications with the youth in our communities and talk about what is truly dangerous? I was struck once more by the similarity of this cannabis educational challenge and my childhood memories of sex education classes with anxious nuns or embarrassed school teachers speaking in riddles, because they were never given permission or allowed to use the common language. The results of the November U.S. elections have many in the cannabis community re-grouping and re-evaluating. Legalization forces were defeated in Nevada, but never count the U.S. out - San Francisco may be going into the growing business and the City Council of Sebastopol became the latest to approve a resolution supporting California's medical marijuana law and asking that the municipal police force

avoid working with the DEA. I predict an emerging North American realization that the medicinal marijuana movement will provide the most reasonable path to ending prohibition and the introduction of saner drug laws. I hope the new year will bring a closer working relationship between U.S. and Canadian cannabis organizations.

I am sorry to report a growing dissatisfaction, even hostility, towards Health Canada and the whole medical access program. Anger by patients that are struggling to retain their exemption and unable to find any support in the medical community, anger too at delays and the arbitrary nature of the application process. This magazine placed three questions in front of Health Canada's medical access program 6 months ago. Not only have they not responded to the questions, after promises to at least respond, they have resorted to the lowest, but most effective bureaucratic tactic known - they just ignore you. Also, buying U.S. cannabis for experiments in Canada and hiring a U.S.-biased marijuana expert, appear to many to be undermining their own program. Cannabis reform and access to a safe supply are not exclusively Western issues, but when John Walters, the U.S. drug czar, threatens to make Canadians pay a price at the borders for

softening our laws on marijuana, I want a Prime Minister that stands up and loudly proclaims, "Enough, John, you moron, enough!" Unfortunately the federal governments non response is increasing my personal feelings of Western alienation.

Approaching our print deadline we have yet to hear from the Canadian Commons committee on the non-medical use of drugs. As the Commons report reaches the final edit stages, the usual leaks and pre-announcements are preparing Canadians for decriminalization with a ticketing or fine system. This decision will likely be taken in the spring and it doesn't take a clairvoyant to see that Canada's safe first step will quickly be challenged in the court of public opinion and in the courts of the land.

Watch for John Conroy and three constitutional challenges being heard in Canadian Supreme Court beginning December 13, and we are anxiously waiting for a ruling on Alan Young's case concluded in October, challenging the federal governments on behalf of a group of 8 medical patients, for the governments failure to provide a safe supply of medicine.

From all of us at Cannabis Health  
*Happy New Year*

## Letters to the Editor

*Hi from the Kootenays*

I received your magazine today from a man in Tim Hortons in Castlegar. I read it fully and must say how very impressed I am. Five years ago I lost my best friend to cancer, throughout his two years of fighting it he was taking THC pills, which helped him more than any morphine ever could. Since then I have used marijuana in my everyday life from in my home to smoking marijuana to help me with lupus. My boyfriend and I think that your magazine is a thousand times better than *High Times*! We feel very proud to be Canadian! We are definitely going to subscribe. I am very interested in anything that I could do (advertise, flyers, etc.) to help the magazine and/or medical marijuana in the Kootenay area. Congratulations on an amazing and knowledgeable magazine!  
Sincerely, Kym Baart

*Give me the dope!*

Thanks for sending us a number of copies of your magazine. It has been a big hit. We are interested in stocking and selling your magazine. Would you please give me the dope on how we go about it?

Danny (420 Hempshop) Sechelt, B.C.

As a medical marijuana friendly store you are already on our mailing list, receiving 5 free copies of our magazine per issue.

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Left: John Walters,

Right: Mark Emery

November 20 Walters the US drug zealot visits Vancouver John Walters speech at a Vancouver Board of Trade event, was cut short today, when a group of well-known cannabis activists began to heckle. David Malmo-Levine, Chris Bennett, Mark Emery (who organized to have them all attend), Michelle Rainey-Fenkarek, Rielle Capler, Dana Larsen and Chad Ellis took a front table. About 10 min. into Walters' rather rambling speech, the group starting to heckle Walters with shouts of "lies!" and "forced treatment!". Walters stopped his speech and addressed the table on a few separate occasions, then cut his own question period short, and left obviously rattled at the encounter with the boldness of B.C.'s opposition to his message.



# COMPASSION UNDER ATTACK

Story by Hilary Black / Photos by Sprout

On a bone-chilling and soggy November day, the world outside is dismal and dark, however, the world inside the B.C. Compassion Club Society (BCCCS) is cozy and buzzing with activity. Three phone lines are ringing, a crowd is waiting, discussing today's strains, and the distribution staff are busily filling orders. The smoking lounge is providing a refuge from the severe weather and an escape from the harsh, cold realities of the outside world. The hot topics of conversation today are musing over Health Canada's most recent sordid attempt to derail the federal medical marijuana program, and the fact that a majority of the members of the BCCCS are in the process of having their disability status and benefits re-evaluated due to the intended cuts by the provincial Liberals. This means that most of our community is living in fear of having a portion of their meager incomes stolen away by the provincial government. Already some folks have had their incomes and other support services - such as home care - cut or drastically reduced.

We have learned of one person in our community taking their own life, due to the insurmountable pressure being added into their already difficult lives. Poverty is continually one of the most difficult and prevalent issues for those living with illness, and now our ignorant and uncaring provincial government has

made mere survival a challenge. We (BCCCS) are responding to these attempts to punish some of the most marginalized members of our society by increasing dedication to lowering the prices of the cannabis available on our menu, and through increasing access to our Wellness Center.

The recent slashes to services available through the Healthcare System have tremendously increased the demand on our practitioners. The BCCCS has been proving free and low-cost alternative and complimentary natural healthcare, through our Wellness Center, to our membership and community. We offer access to 2 Clinical Herbalists, 2 Clinical Counselors, a Nutritional Counselor, 2 Doctors of Traditional Chinese Medicine, a Reiki practitioner, an Acupressure Massage Therapist and a Yoga program. These services are subsidized by the distribution of the

cannabis. Members of the BCCCS are charged on a sliding scale of \$3 - 30 for Wellness Center services, and members of the community are charged on a sliding scale of \$25 - \$50. Those who have more, pay more, those who have less, pay less. Through our Wellness Center we encourage the wholistic use of cannabis, one of many medicinal herbs, as we recognize that cannabis is not a cure in most cases, but is a preventative medicine, provides symptom relief and improves the quality of life.

The provision of natural healthcare through our Wellness Center to our community, members and staff prevent many doctor and emergency room visits, saving



Herbal Apothecary



Tom (member) & Jasmyn (Herbalist)

the healthcare system precious dollars. However, those precious dollars are presently being squandered by Health Canada. Recently, two events have unfolded, which are both a waste of money and further expose Health Canada's counter agenda. The first is their decision to use low quality NIDA (National Institute of Drug Abuse) cannabis for research in Canada, and the second, a decision to pay Dr. Billy Martin, a U.S. pharmaceutical scientist and NIDA director, to testify against Canadians who

are having difficulties with the Medical Marijuana Access Regulations. In light of the well-known position of the American government on medical marijuana, it appears to be in bad faith that Health Canada hired Billy Martin, the Director of research at the U.S. NIDA, a U.S. government-funded agency, which appears to have a mandate to disprove the benefits of medicinal cannabis. Martin also works for a multi-national

The B.C. Compassion Club Society has been distributing medicinal cannabis to those in need since May of 1997. It is a provincially registered non-profit organization, which presently serves 2,180 members and has a staff of 41. The daily menu offers a variety of 8-10 types of cannabis, hashish, tincture, and a variety of baked goods. For further information, to donate your fine organic herb to those in need, or to make a monetary donation, please call 604-875-0448, or e-mail [info@thecompassionclub.org](mailto:info@thecompassionclub.org).



Ana (member) at the distribution centre

pharmaceutical company, Solvay Pharmaceuticals Inc. that manufactures Marinol, a synthetic "alternative" to whole plant medicine. One of the strongest opponents to medical marijuana is the pharmaceutical industry, which for obvious reasons would prefer that the plant be deemed illegal, while they patent pharmaceutical drugs that are far more toxic, more expensive, and less effective than whole plant medicine. This is the "leading expert" Health Canada has chosen to pay \$9000 for his testimony.

Health Canada's choice to use cannabis from NIDA is another waste of taxpayer's money. Throughout the cannabis

community - comprised of scientists as well as medicinal cannabis growers, distributors and users - NIDA cannabis is known for its poor quality. The THC levels found in NIDA-produced cannabis are much lower than those typically found in medicinal quality cannabis. Furthermore, it is understood their product consists of synthetic THC sprayed onto immature buds. We are unsure if there are other vital cannabinoids such as CBD and CBN in this product. Any cannabis used for research into its medicinal efficacy must be medicinal grade, and NIDA cannabis falls well short of that requirement. We believe that it is unethical to give poor quality cannabis to those in need, particularly if they have been successful at relieving their symptoms with higher quality medicine. If Health Canada insists on using cannabis from NIDA, we will know Health Canada is conducting research with pre-

determined negative results. In our view, these decisions are counter-productive, show a tremendous lack of respect and compassion for suffering Canadians, and are a waste of precious health care dollars.

The highly charged political environment caused by prohibition has created a situation where the political agenda has been prioritized over real health care concerns, as Health Canada is

pandering to prohibition, rather than making rational and compassionate decisions. We will continue to attempt to communicate and work with Health Canada, as we have with the previous Health Minister and the Senate Committee on Illegal Drugs.

One of the fundamental principals that the BCCCS will always hold as a priority in this battle is the right to access, grow, and use whole plant cannabis. As corporate interests take notice of the progress we as a community are creating, they will find ways to use the legal room we have created to reap their profits, such is the nature of this capitalists society. It is our shared responsibility to battle the beasts to ensure the rights of those in need are never compromised in order for the profiteers to profit, or in order for the government to maintain the status quo of pandering to prohibition while pretending to be concerned about those Canadian who are desperately in need of their freedom.



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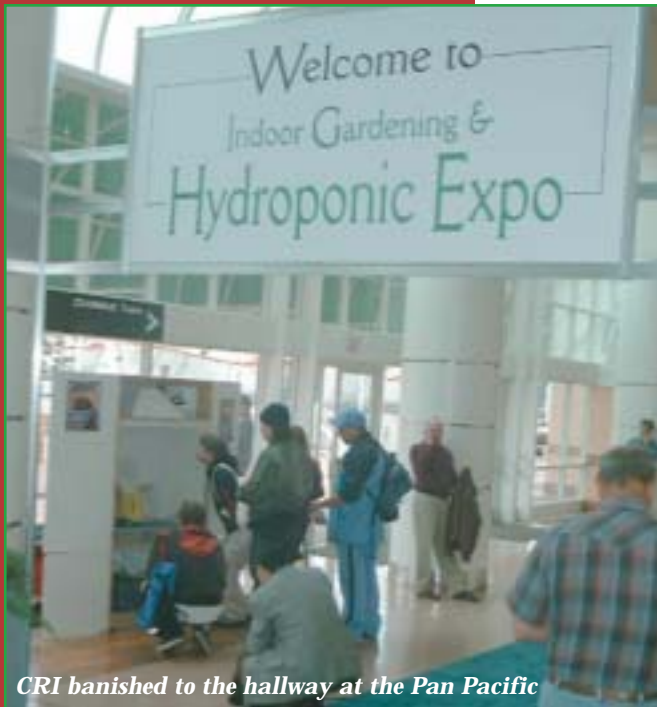
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CRI banished to the hallway at the Pan Pacific

## Welcome to the Tomato Game

Imagine hundreds of people and scores of companies and businesses colluding to pretend to sell their products to tomato-growing enthusiasts who want firm, aromatic and resinous tomatoes and flower growers looking for beastly buds, when in reality they are actually selling millions of dollars worth of products and equipment to the illegal marijuana industry. Come on, someone has to be supplying all that nutrient and equipment; that 5 billion Dollar B.C. marijuana crop doesn't grow on its own.

So, this strategy works so well, that the businesses are able to expand to the whole of Canada. This group becomes so powerful, that they are able to keep the law and the media at arms length, publish their own magazines and hold their own (by invitation only) trade show. From a simplistic legal perspective all of their products can and are - to a lesser or greater degree - used to grow other things and besides, with limited resources and lack of public support, law enforcement is not interested in challenging this

part of the marijuana infrastructure. The media have never seen it as all that interesting, saying "Well, it's not news when everyone knows it" and the Green Teams keep taking all that expensive equipment to the dump.

The mark-up is substantial on some items, but the profits on nutrients is lucrative and highly competitive, with some retail stores offering 50 different products from 20 or more companies.

Enter *Advanced Nutrients*, these so-called bad boys of the nutrient industry, begin to market marijuana-specific nutrients, using comparative ads, taking out radio ads on the rock stations and producing stunning translucent graphics and ad materials showing marijuana plants in full bloom. They broke the code of silence, stepping boldly where none had tread before and in true B.C. entrepreneurial spirit said to the competition, "Throw away the crying towels, boys, and come out to play." The rest of the companies were thoroughly ticked off. A number of the U.S.-based companies are unwilling to admit that they had any interest in the marijuana game, for fear of losing U.S. customers and incurring the wrath of their own DEA and federal government. The European companies, being more familiar with the open marketing of marijuana specific nutrients, are somewhat amused at all the fuss. *Advanced Nutrients'* response, "Yes, we have an uneven playing field,

but considering the enormous profits that some of these companies have been making, we feel this is taking back our own B.C. business." So why am I and others at *Cannabis Health* so concerned? Well, since this Journal's involvement with *Advanced Nutrients* we have found ourselves caught in the crossfire of the nutrient wars. We were unceremoniously kicked out of the hydroponics trade show for having pictures of marijuana in our display, suppliers have told us that they no longer want our business and recently we were informed by one irate retailer that we were now being formally boycotted.

The lights came on in my grow unit when I heard that word "formal". That means that two or more people actually sat down and conspired to punish us for our involvement with *Advanced Nutrients*. I have some sympathy for the need for secrecy and candor in the past, but the world is changing, and pipe suppliers, equipment and nutrient companies who want to enter the legitimate market should not be bullied, threatened or boycotted for wanting to be honest with their customers. I guess the other thing that bothers me about the phenomena of the "big lie", once a group is committed to the lie, how far will they go to protect their turf?



Earlier in the day at the show



# DRUG FREE ZONE???

by Paul J. Henderson

The U.S.-led war on drugs has always

focused to a large degree on kids and keeping illegal substances away from children. It is tough to argue that drugs – legal or illegal – shouldn't be kept from kids. Ingesting drugs is detrimental to development and can only hamper the learning process. Because of these possibly self-evident notions the police are taking - and are being handed - ever-increasing access to the young generation and that is bothering some parents and civil libertarians, not to mention the kids themselves. Giving kids a bufferzone to "just be kids" certainly seems well intentioned enough, but increasingly police and anti-drug zealots are focusing their attention on turning schools into arbitrarily designated "drug-free zones". The police-taught D.A.R.E. program, drug-sniffing dogs patrolling school hallways, and the areas surrounding schools deemed "drug-free zones" are the 3-D drug war attack on schools in Canada and the U.S.. British Columbia's privacy commissioner is currently questioning the privacy issues behind the use of random drug dog searches by school boards in the province. The Executive Director of the B.C. Civil Liberties Association, Murray Mollard, goes much further: "This is absolutely asinine. The RCMP has to realize that they are part of the problem, not part of the solution. The war on drugs is an abysmal failure."

According to a number of lawyers, parents and critics, surrounding schools (some and not others) with a "drug-free zone" is not only arbitrary and unusual; it has no legal validity.

In Grand Forks, B.C. there is an approximately 10-block circumference surrounding Grand Forks Secondary School that also encompasses Perley Elementary. The proponents of the drug-free zone, here and in similar zones across North America, claim that those caught with illegal substances within the zone will face double and triple the normal penalties. The head of the local RCMP detachment, Sgt. Daryl Little, makes no apologies for the harsh treatment of transgressors caught within the zone. "Are the penalties tough?" Little says regarding the

treatment of a recent case involving a young offender, "Damn right they are!" But a number of lawyers and the father of a young offender caught by a teacher with an illegal substance contend that the drug-free zone is not only an arbitrary designation and not only does it constitute cruel and unusual punishment, it doesn't even have legal validity or relevance.

"It is a frightening thought that special interest groups can come up with these ideas and then have the police subscribe to them," says the father of the young offender, who cannot be named. "The police are becoming the moral arbiters of what we do and I really have a problem with that.... The punishment meted out already was more than adequate. Putting this in front of a judge was ridiculous, absolutely ridiculous!"

The case heard in Grand Forks Court this past summer involved a young offender who was caught in school with a pot brownie. The marijuana content in the brownie - despite being an almost insignificant amount - was then considered a possession issue, but according to the individual's father, even the judge in the case was baffled by the Crown's zeal in pursuing a strong conviction.

"The judge was obviously on my side," the father says. The Crown prosecutor was sticking to his guns, says the father, but the judge then asked the Crown prosecutor if the young offender didn't have a 'de minimus' defense - in other words, a dismissable quantity. The judge apparently asked the lawyer to drop it three times. In the end the young offender faced a conditional sentence and six months probation. That, of course, was on top of the punishment meted out by the school, not to mention by his embarrassed parents.

He was given a one-week suspension, prohibited from extra-curricular activities until the end of the year, given drug and alcohol counselling and then, when mom and dad got through with him, he was grounded, had his allowance eliminated and was forced to do extra work. "He couldn't play rugby or go to school dances," the father says, "How do you think that makes a 17-year-old feel?"

The laundry list of punishment inflicted

on the young offender for the minuscule amount of marijuana angers and baffles his father to no end.

"As far as the drug-free zone goes, statutes are made by legislature, not by police departments and school districts. This drug-free zone has no legal validity. It has none," he says. Local lawyer Peter Somerville agrees. "The school district and the police are arbitrarily designating an area as drug-free," Somerville says. "Does the issue concern me? Yes, the Controlled Drugs and Substances Act section 10(2)(a)(iii) states that a relevant aggravating factor in sentencing includes a person who traffics or possesses for the purpose of trafficking a substance in or near a school or on or near school grounds, not simple possession of marijuana."

Somerville negotiated with the Crown on behalf of the young offender who was without a lawyer at the time. Somerville is concerned about the school, the police and the Crown acting in cahoots to force the issue of doubling fines in an arbitrarily designated area.

"Is there legal validity?" Somerville asks, "Good question. Where do the school district and RCMP derive authority to arbitrarily designate an area outside of school property as drug-free? My guess is that young offenders in the drug-free zone are treated harsher than adults in criminal court."

Sgt. Little doesn't disagree. "You know what? You make some bad choices. They've got to learn," Little says, "It was a bad choice to make. Did he receive a harsher penalty than an adult would have in criminal court? Probably." But



## DRUG FREE ZONE???

others in the legal community also question this idea of a drug-free zone. The B.C. Civil Liberties Association (BCCLA) criticized the idea of drug-free zones back in their 2000 Annual Report. They say that the way police and school officials have sold the idea by stating anyone caught in the zone would face double and triple the penalties has no relevance in our legal system. According to the report, there are no such allowances to increase penalties.

Under the section of the BCCLA report entitled *Brickbats & Bouquets* where they list the best defenders of, and the worst offenders against, civil liberties, high schools around the province received a Brickbat for creating drug-free zones. A constitutional lawyer in Vancouver (who had never heard of drug-free zones until talking with *Cannabis Health*) also found the concept strange and without merit.

"There is no discretion on the part of an officer to dictate penalties," says Ronald A. Skolrood of Lawson Lundell Lawson & McIntosh. "The sentencing judge has some leniency, but that range is set by the criminal code. They [the police] don't

have unilateral discretion to do that. That is an issue for the legislature and the sentencing judge." But Sgt. Little does not contend that there is any legal validity to the drug-free zone, only that it is an extenuating circumstance that the RCMP hope a judge will take into account.

"There is no legal validity," Little says, "What it does is allow the judges to hear about the circumstances. Courts are independent and we respect that. That is the foundation of our democratic system. It is their decision. We don't say, 'You have to double the penalty.' We would like the judges to listen to this." But Mollard of the BCCLA says that this war on drugs mentality simply causes more harm and does nothing to address any real problems. "Where a student does receive criminal charges and is convicted, it can affect their life in a negative way for what might be youthful experimentation and errors that are made," he said. More recently in Grand Forks another student got busted for possession of marijuana seeds found during routine – but randomly timed – drug dog patrols. These random patrols in the Boundary school district and in the Surrey school district are being questioned as invasions of privacy.

"I'll tell you what I think about this," says Mollard, "I think it is a terrible message to youth about the random use of police agents to essentially suspect everyone of having drugs in their possession." Schools have an important role in drug education and this heavy-handed practice of monthly drug-dog patrols is no way to treat young people, according to Mollard. "This sends the wrong message to children and is ultimately an extension of an American mentality of the war on drugs. I'd like to see schools engaging with students in a mature way in which they have open and frank discussions about drugs and not an authoritarian police state," he says. But Boundary school district Superintendent Denny Kemprud says there is nothing strange about random police dog checks and they are necessary to "protect" students. Despite incredulity on the part of many adults who find out that an RCMP officer and a German Shepherd routinely patrol the halls at GFSS, Kemprud claims it is nothing new. "We have used drug dogs as long as I've been in education," Kemprud says. "That's 30 years." B "Absolute bunk," says Mollard. "I was a student 20 years ago and I never heard of it until recently."

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In terms of the legality of the searches, the school district has got that covered. Even the lockers of students don't belong to them, nor are they used even in a rental-type arrangement, so the infringement of privacy might not be an issue. "Students are told that the lockers are the property of the school district," GFSS principal Doug Brydon says. "But usually we keep the lockers private." Whenever Cst. Terry Carter and Bela from the Nelson RCMP dog unit are in the Grand Forks area, Brydon says they invite him in. On Oct. 9th, 2002 they cruised the halls and Bela found something interesting in a locker. A few marijuana seeds

were found and the student was immediately put on indefinite suspension as per school policy. Kemprud says that the dogs come into the schools once every month or two, depending on the availability of the drug dog unit, and the procedure is kept random. And they don't like to talk about it. "There are too many ears and too many scanners," he says. "You have to appreciate the public welfare of the students is paramount and it's public property, but it's public property that we have to make sure we look after." Mollard says he is not an apologist for drug use but rather he is stating that marijuana is virtually decrimi-

nalized, so it should be treated as such. Kemprud isn't interested in that argument and says in that way it is the same as a legal drug in the school: alcohol. "Until such time as it is decriminalized we will keep our schools clean," he says, "and even after that we will keep our schools clean. Simply because of the fact that you can't ask a teacher or an administrator to be running a school with somebody that's stoned."

*Note: Paul Henderson has moved to Toronto and will be continuing to give insight to the goings-on in the East.*

## Legal Eagle!

### Dear Mr Conroy,

I am a grade 11 student in a rural high school in Saskatchewan. Last spring on a Friday at about 1:30 pm, the school alarms were sounded and all the students were asked to leave the school. As we sat and stood around on the lawn, the RCMP brought dogs into the school and searched a number of lockers. The principal said that they had reports of students selling marijuana. By the way, no marijuana was found. My question is, what are my rights as a 17 year old student? Can they just search through my packs, lockers and personal belongings? Is it a possible constitutional issue? J.K.

### Answer:

Whenever "the State" or one of our governments through their agents or representatives claim authority to intrude into an area or place in which someone has a "reasonable expectation of privacy", Section 8 of the Canadian Charter of Rights and Freedoms, which forms part of our Constitution, comes in to play. It provides that everyone has the right to be secure against unreasonable search and seizure.

The person who claims a violation of their constitutional rights bears the onus of proving the violation in court. This includes establishing a "reasonable expectation of privacy" in the relevant place that was searched in addition to the unreasonableness of the search itself - that it was not authorized by law; that if it was, the law itself is unreasonable; or, that the manner in which it was carried out was unreasonable. However, you have to pass the first stage of the inquiry before it proceeds to the second. The Supreme Court of Canada (in a

case called *R. v. M. (M.R.)* [1998] 3 SCR 393) has held that it is reasonable to have a subjective expectation of privacy in one's per-

son. However, this expectation may be diminished in some circumstances and it is specifically lessened for students attending a school. This diminished expectation was found to exist based on students' knowledge and acceptance of the fact that the school authorities have to provide a safe school environment for them and maintain order and discipline there. This means that the students know that they will be sometimes subject to search of their person and personal effects, including their lockers and any prohibited items found, subject to seizure. The court substantially lessened the usual requirements, including the need for a warrant.

While this case stands for the proposition that searches and seizures by school authorities are subject to section 8 of the Charter as they are part of "government", this diminished expectation of privacy reduces the likelihood of a court excluding any prohibited items found in the search from the evidence at trial.

This case only applies to school authorities, even though a plain clothes policeman was present as a matter of school policy. The court held that the vice principal in the circumstances of the case was not acting as agent for the police. Consequently, if the police search and seize at a school - without a warrant or with a warrant, but still in an unreasonable manner - and perhaps getting the teachers to act as their agents - then the full requirements of section 8 apply. Therefore it sounds like your section 8 rights may have been violated. The police did the searching and you make no mention of a warrant. Clearly the school authorities supported the police, but it is unclear

who received the information - the police first, who told the school or the school principal, who then brought in the police. Either way, nothing was found, so you are not charged with anything and there is no evidence to exclude as the remedy under section 24(2) of the Charter. You could apply for an "appropriate and just remedy" under section 24(1), but it would probably not be worthwhile economically. This case provides a good example of how the law will often apply different standards where "children" or "young people" are involved, on the basis that they are immature and in need of protection until they reach adulthood. Even John Stuart Mill acknowledged this exception to "the harm principle".

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## BACK TO ZERO TOLERANCE AT THE BORDERS

*U.S. Federal DEA spokesman Will Glaspy said in a recent interview: "If it contains THC and it's meant for human consumption, then it's an illegal product. Congress does not make allowances for trace amounts. The law specifies that any amount of THC is illegal."*

*With their livelihoods threatened, Nutiva, a U.S. company that converts hemp seeds from Canada into snack bars and oil sold in 1,200 health food stores nationwide, and six other hemp businesses joined with the Hemp Industries Assn. of America to sue the DEA in the hope of blocking the ban. The case is now before the U.S. 9th Circuit Court of Appeals in San Francisco, considered one of the nation's more liberal venues. A decision is expected soon.*

# HOME-MADE DANGERS



by T. and S.

Home-made smoking devices: what are these strange contraptions, and are they safe? People who smoke seldom think about the damage to their lungs. After you have smoked through a pipe for a period of time, check out the black tar and goop that builds up and eventually plugs

up your pipe.

Most young people are unable to afford proper commercial smoking devices like bong and water pipes that can cost hundreds. Instead, young people have developed a whole range of inventive alternatives.

**Worst alternative:** one of the easiest and most common ones is cheap and gets the job done, but is in our opinion also the most dangerous. The pop or beer can is quickly

converted to a smoking device with a few pinches and a pin. Along with whatever cannabis he places in the indentation, the smoker is treated to heated aluminum commonly associated with later onset of Alzheimers, as well as an array of chemicals from the burning paint.

**Better:** The "Third Lung" involves the use of a 2 l plastic pop bottle and a small plastic shopping bag (see picture). This system offers a cleaner method, cooling the smoke in the chamber and delivering an immediate and hard-hitting toke. The downside of this device is the potential damage to the lungs by the greedy who take too large a hit and can burn and scar their lungs.

**Better yet:** The "Gravity Bong" (see picture) is a 2 l plastic pop bottle with the bottom cut out, and a 4 l icecream bucket with water in it. The gravity draws the smoke towards the water, cooling it at the same time. Of course the well-rolled joint - using a finer hemp paper, not a "horse blanket" - is still probably the simplest and safest alternative, at least until you get down to the black and gooey roach. Lots of young people smoke pot and we would like to offer some sage advice from two young people who know: Save your tokes for the weekends and smoke safe.



Kati Medford

Jennifer Wallace has created a haven for

Christian cannabis users at [www.ChristiansForCannabis.com](http://www.ChristiansForCannabis.com). Once a skeptic of the plant, she started her pot research out of concern for a friend who was a user. Being a devout Christian, Jennifer even conducted a Bible study. Contrary to her notions about the dangers of "reefer," or "the devil's weed," marijuana was not a menace. In fact, the Bible did not support the idea that use is wrong or sinful. Jennifer found that cannabis

should be celebrated by Christians with a clear conscience. An encouragement to Christians alienated for their appreciation of cannabis, the site spawned a movement among religious circles to end marijuana prohibition. Said one visitor: "It's about time we had a voice..." Because of this voice, soon religious leaders everywhere could be faced with the hypocrisy of their stance, hopefully to return to the teachings of Jesus.

The group's true number is difficult to measure because many still live in fear of persecution from peers and authorities. Following Jennifer's lead, Christians For Cannabis are speaking out and making a difference in the battle for drug policy reform. They are active in spreading the doctrine of Jesus as stated by Paul: "Thou

shalt love thy neighbour as thyself. Love worketh no ill to his neighbour: therefore love is the fulfilling of the law [of God]." Romans 13:9b-10 (KJV). Prohibition laws are undeniably "working ill" to society, and the Christians For Cannabis movement is crucial to exposing and changing that. Joined by a handful of denominations including The Presbyterian Church (USA), the Unitarian Universalist Association of Congregations, the Philadelphia Yearly Meeting of the Religious Society of Friends and the Progressive Jewish Alliance, these Christians are working for a more compassionate approach to fighting drug abuse, hopefully ending the violence of prohibition. Kati Medford reporting from West St. Paul, MN

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# PUT THE HASH IN COMPASSION

by Chad Keefer

In Canada and many other countries in the world we are currently rediscovering the medical applications of cannabis. It has been my experience volunteering with the Vancouver Island Compassion Society that hash is an effective and safe method of ingesting cannabis for medical applications. However, under current regulations Health Canada does not recognize hash as a whole plant medicine and therefore it remains illegal. Because hash, keef and other by-products isolate the medical variables, it is important that Health Canada and others look into using these products as a harm reduction strategy.

Hash or keef is a concentration of resin glands, and therefore is a more potent product than cannabis itself. As a result, less smoke is needed to achieve the desired effects. Cannabis resin is contained in the gland formed atop a trichome stalk. This trichome grows as an extension of the plant. In this resin we find many of the active ingredients found in the cannabis plant, such as 66



known cannabinoids, 120 terpenoids (the essential oil and fragrant aroma of cannabis)



resin-gland-topped trichome on a female marijuana flower.

and many other constituents. There has been speculation that some of these ingredients may mitigate the carcinogenic effects of smoke inhalation. There are various ways to isolate the trichomes from the plant. Charas or hand-rub is achieved by rubbing the flowering plant between your hands, then collecting the resin by rubbing your hands together until the hash starts to stick and form a ball. A more common method is screening the dried flowers (and leaves, too!) on a fine screen such as nylon or stainless steel mesh. The screen acts as a filter to separate the trichomes from the plant material. Once you have isolated trichomes, you can smoke this powder (also known as keef) as is or continue the process and press it together to make hash. Water extraction uses the principle of density to isolate the resin glands. By agitating the cannabis in ice water, the trichomes are knocked off the plant material and sink, they are then separated and collected on screens. Although THC and other cannabinoids are not water-soluble, many of the terpenoids are, therefore you may not get as much flavour, but the desired effects are well maintained. Since we know that resin glands contain the active ingredients of the cannabis plant, it should be noted that they are easily lost. Every time you handle the cannabis flower, you are losing trichomes. By storing your cannabis in jars or stash boxes you can reduce much of this loss. A personal favourite is breaking up the cannabis on a fine stainless steel screen and collecting the finest and tastiest keef in addition to enjoying the whole plant product. When we bring up cannabis as a medicine, we are forced to look at a balance of harms versus benefits. Hash, keef, cookies, tincture, vapourizers, and various other safe methods of delivery for cannabis make it a unique and versatile home remedy.

Top photo: 2 layer dry screen method with hash, press and screens. Also, balls of resin rubbed off hands after handling bud.

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Dr. Ethan Russo

# Ask Dr. Ethan

*Medicine is an ever-changing science. While suggestions for therapeutic use of cannabis or other drugs may be made herein, this forum is designed solely for*



*educational purposes, and neither the author, publisher, nor other parties, will assume any liability whatever for application or misapplication of any information imparted. We cannot claim scientific proof or accuracy of the material discussed, and no warranty, expressed or implied is advanced with regard to the information.*

*Cannabis is illegal in most jurisdictions, and the reader must apply awareness of this fact when considering its usage. Medical use of cannabis may or may not be a viable legal defense where you reside. Canadian clinical cannabis patients are encouraged to seek exemptions under existing law from Health Canada. The proper forms and procedures are available on their web site.*

*Full disclosure and discussion of medical issues with your health care providers is encouraged, as is proper education with respect to effects and side effects of existing medication.*

### Q.1: Dear Dr. Russo,

We have a grow operation next to us we are working with and in the evening, during the venting process (this crop is only nearing the harvest), the odour is fairly bad - our children are getting severe headaches and stomach cramps. We are also experiencing headaches and upset stomachs. Are these fumes harmful to our health and the health of our children? Is there a medication we

can take? Our family doctor has prescribed inhalers, as he suspects we may have an allergy to something.

Please answer back as soon as possible, as the crop is coming into maturity and the odour has started again. The ozoneator just can't keep up, I suspect.

Thanks! - Kelly

**A:** I must say that your question is an unusual one, but has a ready explanation. While many people find the scent of growing cannabis pleasant, it is possible to have too much of a good thing. I suspect that your family members are sensitive to the high quantity of fumes. Perhaps you are migraine-susceptible, as people who are may experience similar symptoms with any strong odour, such as diesel, perfume, chlorine bleach, etc.

This is not an allergy. There is no long-term risk from it. While migraine-preventing drugs might help, it makes absolutely no sense to medicate this problem, when the answer is common sense: you must limit your exposure. The solution would be to manage the venting more efficiently, aim it somewhere else, or isolate family members from the grow-op.

### Q.2: Dear Dr. Russo,

I am 58 years old and use cannabis to relieve the pain of arthritis. I smoke and eat cannabis that I grow myself. I have a black lab named Arthur (Art to his friends) who is almost 10 years old and has lots of old dog problems and is in his final few years. About 6 months ago I started to share my brownies with Arthur. I have given him very small amounts but I am convinced he is more active and in less pain. I have been frightened to ask my vet for fear of being accused of animal abuse. Am I helping him? Gloria T. - Montreal, Quebec

**A:** I was initially hesitant to respond to this question, but as the son and brother of veterinarians, I felt compelled to do my best. Dogs and humans are much more alike than different. Cannabis has had a venerable history in veterinary medicine, particularly as a colic treatment in horses and mules, two difficult species that do not

have the equipment to vomit when they need to do so.

Dogs are particularly sensitive to getting ataxia (wobbliness) when overdosed on cannabis. That would be a sure sign of giving too much. Although I think that 'Rover' may well benefit from such treatment, I would advise caution, and certainly hope that you do not run afoul of the Humane Society or other agencies interested in the welfare of our domestic companion animals. Cheers.

### Q.3: Dear Dr. Russo,

Oh no! I ate the whole brownie.

A friend of mine who is a Leukemia survivor recently had a very bad experience after eating a small piece of a cannabis brownie. She has used Cannabis successfully over the last few years for pain and nausea relief, but is now afraid to try it again. About 1 hour after consuming the quarter-sized brownie she started to feel slightly nauseated, dizzy and disoriented. But the feelings quickly intensified to panic, anxiety, increased heart rate, sweating and vomiting.

A friend took her to the hospital and they told the doctor about the brownie. The doctor was not overly concerned about the cannabis itself, but felt it was more of a drug interaction to the large quantities of cancer maintenance medications she was also taking.

The doctor gave her Benadryl, Prochlorperazine (Stemetil), Magnesium which seemed to help after a 3 hour delay. My question is: Is there anything a person can take or do to counteract the feeling of being overstoned?

**A:** It is hard to be absolutely specific in responding to this question, as the exact drugs your friend was taking are not listed. Chances are that the reaction may have had very little to do with the cannabis per se. However, the anxiety and increased heart rate are typical of what can occur with cannabis. The usual treatment is "talking down", since the symptoms are self-limited, and very amenable to suggestion.

In general, cannabis may have additive sedative effects with other drugs in that classification. It has been reported that indomethacin (Indocin, a non-steroidal anti-inflammatory drug) may counteract a cannabis high.

As with any drug combinations, caution is advisable, and use of low doses that are increased as needed. Situations such as this are better treated with a vapourizer, where a slow and steady dose titration is possible, as opposed to a single dose of oral cannabis that may come on slowly, irregularly, or too strongly.



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# Phantom Pain

Oct 1st, 1985 was the day my life as I know it was turned upside down. I was working as an oil field worker and came into contact with 14,400 Volts of electricity. The accident cost me my right arm below the elbow and the right leg below the knee. While hospitalized I went from a 200 lb rock to 123 lb of wilted flesh, so bad as to have my doctor worried that I was about to die the second time in so many months. I was prescribed beer and peanuts because that was my favourite thing in the world to have that was calorie-laden. The big problem was, I had little appetite for anything. A true friend came to the rescue with a little stash of pot and a pipe, because my ability to roll was not forthcoming.



It was as if someone waved a magic wand and the nurses were kept busy getting me beer and peanuts. Shortly after that I was strong enough for my doctors to perform the double amputation to save my life. I was released from hospital on Dec 10th in '85, still in bandages and incredible pain. My friend, who had helped me in the past, was no longer available, so I was unfortunately left to my own devices. Well, it was a long time of using and abusing prescription drugs mixed

with alcohol with little or no effect for my next big problem, "PHANTOM PAIN"! What became painfully obvious in hindsight was that if I couldn't kill the pain, I was going to kill myself one pill and one drink at a time! So I went searching for answers again and I realized that when push came to shove, one thing helped before when all else failed. It hadn't dawned on me to try marijuana for my pain! I went in search of my elusive saviour and quickly found out that instead of quelling the pains that become a routine part of my life, I could completely avoid them by regular doses of about 4-5 grams of marijuana a day! This was unbelievable good luck but a curse at the same time. The street prices of the drug where beyond the reach of my budget.

I then bought books from *High Times Magazine* that detailed how I could easily grow my own medicine. My life turned from desperate seeker to becoming self-sufficient producer! My life became manageable again to the point of learning how to downhill ski and riding horses. The downside was I was a true bonafide criminal and this wore on my marriage to the point of no return. In March of '93 my wife and I divorced. Even though I was the person that was at home raising our children, I lost them because she was able to blackmail me and tell the courts this man is a user of illegal drugs. What next, I thought? I went about rebuilding my life once again and it did include me producing my own medicine. I've been quite successful in my do-over. I bought an acreage and started breeding Golden Retrievers! A hobby became a business and the next

thing I know I have a website, [amulet-goldenretrievers.com](http://amulet-goldenretrievers.com), and I'm shipping Goldens all over Canada and the USA. I was really starting to hit my stride when my 13 year old son came to live with me full time. Yes, you guessed it, because of the prospect of being lead out of my house in handcuffs I pulled the plug on my personal growing room. What should be my biggest triumph has thrown me back into a world of pain because as a

They do concede that there is overwhelming 'anecdotal' evidence of its effectiveness.

dad I don't want my son to have to go through the emotional torment of seeing dad thrown in jail and him returned to his mother. I then went to see my regular family doctor to get access to a legal source. I was referred to a shrink for my phantom pains! I then went to another doctor and while he was sympathetic to my plight, he was unable to help under the new statutes called for by our government. It

turns out I need two specialists to agree that this is my best option for pain relief. Turns out that besides there being no doctors who specialize in the field of

medicine relating to phantom pain, the doctors who do specialize in the field of pain are unwilling to prescribe marijuana under advice of the Saskatchewan medical association, saying that there is yet to be credible evidence of marijuana's effectiveness. They do concede that, although there is overwhelming 'anecdotal' evidence of its effectiveness, there is yet to be any medical evidence! Does anyone smell the pharmaceutical companies that send these doctors on vacation junkets to distant places involvement in our medical communities decisions to make an effective herb unavailable? Well, I have found that through all of my struggles there is one thing that separates us from the rest: "It is not how far you fall, it is really how well you bounce that counts!" With that in mind, my brothers and sisters, though it sounds as ridiculously impossible as me feeling limbs long gone, I do feel your pain and frustration of not knowing where to find the strength to fight the good fight. Maybe the answers are the same as putting a double amputee at the top of a mountain and telling them to get down themselves. One precious foot at a time and Alan Shepherd's prayer, "Oh God, don't let me screw up!"





by Arlene Smith

As a chocolate lover, taking my muscle relaxant or sleep aid medicine by way of these delicious brownies is much more appealing than choking down prescription pills. I control exactly how much medication I ingest by choosing the size and number of brownies. Being a small person with an active metabolism, these babies will wipe me right out within an hour of ingestion and I am eager for bed. With only one income in our family, using medical marijuana regularly can become quite a financial sacrifice - so can prescription drugs, for that matter. Smoking anything is damaging to the lungs, but the elimination of papers, which often contain chemical residues, can be an important issue for immune systems that are already fighting pain, insomnia or illness.

**Ingredients:**

- 1 cup oil
- 2 cups brown sugar
- 4 eggs
- 1/2 tsp salt
- 2 tsp pure vanilla extract
- 3/4 cup cocoa
- 1/2 cup whole wheat flour, minus one tblsp
- 1/2 cup all-purpose flour
- 1/2 cup marijuana flour
- 1/2 tsp baking powder

high sides use an eggbeater to beat the oil and sugar together well. Beat in one egg at a time. Beat in salt and vanilla. Place a fine sieve over the bowl and with a spoon work the cocoa through it. Beat well.

In a separate bowl, mix the flours and baking powder with a strong spatula. Combine the dry and wet ingredients. Pour into

scription drugs tend to harbor undesirable effects from long-term use. All of these issues are settled by making these tasty treats.

Place dried leaf (obtained during the harvesting and trimming processes) on a fine screen and rub the leaves through - this step removes large fibers. If you use flour left over from making keef the screening can be skipped. Then, run the keef through a blender to make a fine flour and store in a recycled peanut butter or mayonnaise container. These healthy brownies not only extend the value of marijuana, but also reduce the waste formally destined for the compost heap.

Being a fudgey, chocolatey dessert, this brownie recipe makes for a pleasant medication and yields quite a number of squares that can be frozen for future use. The danger lies in the temptation to consume several, but it is important to

Preheat oven to 350°F. Grease a 9"x13" pan, or two cake pans. Place about 2 tbsp of white flour in the pan, tap the edges and turn the pan until the flour coats all the grease. Dump excess flour into the other pan and repeat.

In a medium bowl with

the prepared pans and bake for 30 minutes. Check for doneness by inserting a dry butter knife in the centre of the pan. If it comes out clean, your brownies are done. If not, give it a few more minutes cooking time. Remove from the oven and set on some wire racks, where they can cool completely before attempting to remove them from the pans.

Removing from pans can sometimes be tricky, often the centre will stick. There are a few tricks to help with this. First, run a butter knife all around the edges and lift the corners up a little. Place your hand over the cake for support, invert the pan and tap firmly on the bottom. Little gentle shakes from side to side can help. You should feel it begin to loosen now. Sometimes it will pop out nicely. If not, you may need to employ the aid of a small spatula to help pry it out. Now, if it breaks in half upon removal (and this has happened) simply trim the broken edge so it has a clean cut and carry on. But if the cake refuses to leave the pan, cut your squares

remember that the number and size of squares to take will depend on your body type and medication needs. Treat them responsibly, as you would prescription drugs.

A good example of this problem is a story I heard recently from a reliable source. After receiving no relief from his doctors, a desperate man decided to try medical marijuana. He was given a package of brownies to go home and try, with admonishment regarding the dosage. They were too good, unfortunately, because this man and his wife succumbed to temptation and consumed many of them in one evening. Being unfamiliar with the effects, they became worried enough to admit themselves into hospital! Now, the same thing could happen if you took a handful of prescription drugs, rather than the recommended dosage.

Similarly, don't expect to drive or operate machinery and don't mix with alcohol. You can eat these on either a full or empty stomach. On an empty stomach, there will be quicker digestion and more immediate, stronger effects - you may notice a warm feeling in your stomach. For myself (5'2", 112 lbs.), my high metabolism requires only one 1 1/2" square for a mild muscle relaxant or sleep aide. For heavier medication, I have eaten as much as twice that amount, but find I am groggy in the morning. My husband (6'2", 170 lbs.), takes two 1 1/2" squares for a mild insomnia aid and to ease the effects of his tennis. I recommend that you take only one 1" square brownie - wait a couple hours and see how you feel. Others may argue with me here, but I feel this is something you want to consume when you are in a secure, restful environment - like in the evening at your home.

and remove one at a time with your spatula - the first one or two may get mangled, but the rest should come out looking beautiful. If you have cooked them a little too long, the edges may get over-done; simply trim them away.

Okay, so you have your cake removed and placed right side up on a cutting board. Cut with a long sharp knife into squares. Don't use a little knife, as the sawing motion will cause the edges to crumble. Instead, use one you can press through the whole cake, with one hand on the dull side to aid the cut. Separate and freeze (using wax paper to separate layers). If you have chosen to frost the brownies, it is wise to freeze them on a cookie sheet

before placing in the container. This step will protect your frosting design while allowing you to stack them in layers.

### Variations:

Substitute white flour and white sugar for brown sugar and whole-wheat flour for a less healthy and slightly fudgier brownie.

- Add 3/4 cup finely chopped peanuts, walnuts or almonds.
- Frost them with butter icing or drizzle with melted dark or white chocolate.
- Omit the marijuana flour, increase flour by 1 tblsp and serve as a dessert - rather than a medication. Be sure to label them



clearly. To be even more sure, I use a frosting code (green for marijuana/white for plain) and do not drizzle chocolate on the plain ones as well. These steps help me to eliminate confusion or mishaps.

**Editor's Note:** *Our apologies to the "Patients Out of Time" for calling them the "People out of time" in our previous issue. Our apologies for the typo. Keep up the good work!*

On October 9th, 2002 Patients Out of Time, in conjunction with The Coalition for Rescheduling Cannabis, filed a rescheduling petition with the Drug Enforcement Administration (DEA) of the United States. The Coalition is only concerned with the use of existing federal laws and procedures for assessing the legal and scientific justification of the scheduling of cannabis under the Federal Controlled Substances Act.

The Coalition has advanced a detailed scientific argument that marijuana has an accepted medical use in the U.S., is safe for use under medical supervision, and has both a lower dependency liability and potential for abuse than drugs such as cocaine and metamphetamine. The Coalition argues that cannabis does not meet criteria for either schedule I or II drugs, and that the scientific record supports the rescheduling of cannabis to schedule III or a less restrictive schedule. The Coalition challenges the DEA determination that cannabis has no medical value in the U.S.; that cannabis is addictive; that cannabis is a toxic substance.

The DEA, by its own rules, must accept or reject the petition. If accepted, the DEA must study the petition's text, references and any other material deemed important to the subject matter of the petition. While the petition is expected to be accepted by the agency, there is no definitive timetable by which the DEA must act to resolve the request.

Patients Out of Time recommends that you read the entire text of the petition. It is an excellent and complete recapitulation of therapeutic cannabis research

world-wide to date. It is very readable for the layman and meant to be used as a teaching tool and reference source to be circulated widely for U.S., Canadian and European patient advocates. The complete text is at [www.drugscience.org](http://www.drugscience.org)

### 1st CLINICAL POT TRIAL TO USE U.S. STASH

OTTAWA: Canada's first clinical study on the use of medicinal marijuana will use cannabis grown in the United States while a large Canadian-grown stash of the drug sits on ice.

The United States National Institute on Drug Abuse has agreed to supply the drug for a Toronto-based trial, even though that country's drug czar disapproves of the program.

Meanwhile, about 200 kilograms of cannabis grown with Ottawa's sanction in an abandoned Manitoba mine sits in storage and will not be used on patients, Health Canada says.

"It's ridiculous," said Alan Young, a Toronto lawyer who is fighting the federal government in court, arguing that regulations controlling the

use of medical marijuana violate constitutional rights.

The trials, expected to start within two weeks, will include 32 patients with HIV infection. It is intended to look at whether the drug can stimulate appetite and weight gain in the patients, and will take place over a six-month period.

An advertisement for 'The BC Vaporizer'. The image shows a blue and clear plastic vaporizer device with a glass bowl and a blue mouthpiece. The text 'The BC Vaporizer™' is prominently displayed at the top, followed by the tagline 'Your Healthy Alternative'. At the bottom, the website address 'www.bcvaporizer.com' is written in white text on a dark background.

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feeding. Using calcium carbonate alone, your plants get a spiked feeding of macro and micro nutrients. Advanced Nutrients uses more Magnesium Phosphate than General Hydroponics. Through our extensive research, Advanced Nutrients has found that marijuana loves Magnesium Phosphate. Magnesium phosphate along with EDDHA and calcium chelate are all very expensive ingredients. In fact EDDHA is four times the cost of EDTA and eight times the cost of the micro nutrients used by General Hydroponics. All Advanced Nutrients products are the only nutrients in the industry to offer a performance guarantee. All of our nutrients are produced and extensively field tested in British Columbia, Canada. Advanced Nutrients are the only nutrients fully endorsed by the Cannabis Research Institute.



# Out of the Closet

By Allen Town

I'll admit it. I have smoked marijuana recreationally as a youth. And now, 25 years later, I am still enjoying the high and the relaxation as well as the pain relief of past injuries it gives to both my wife and I. I do not have, or have ever had, the urge to move on to the harder drugs. I do not consider myself a criminal for smoking -

although the current law system does. In fact, the only guilt I really feel, is that I have supported the criminal element by having to buy my grass from an outside source. I have always wanted to grow my own from the day my friend's older brother showed us some seedlings that he was taking out in the bush to plant. I once tried growing in an old army ammo box lined with tin foil with a 60W lightbulb mounted in it. My mom found it, and for some reason didn't believe it was a science tomato project! Ah, memories!

The cost of buying is enough reason to grow, but the consistency of the strength

and the flavour are also important to most smokers. Medicinally speaking, if one strain of marijuana will relieve pain on one or two puffs while the next takes 2 - 3 times that much for the same effect, which would anyone prefer? Isn't any possible carcinogenic risk going to be higher, if one needs to smoke more? What if the grower used an undesirable amount of chemical fertilizers to increase his yield? When I recently moved to a smaller community, I decided the time was right to finally take the step and grow my own supply. A very generous friend gave me a plant of his favourite strain and set me up with some basic equipment (light, timers, and nutrients). I started with a 1000W light in a small room, but found the heat and the smell was too much for a house I was only renting, with frequent visitors often dropping by. I had almost given up hope when I saw a small grow unit built to look like a kitchen cabinet. It had no smell and until it was opened I had no clue it housed 8 budding beauties ready to yield about 3/4 of a pound of top grade marijuana.

Again I was inspired to try my hand at it. I converted an unfinished closet space in the basement into two individual ones. The larger (B) of the two is about 36" by 40" square and 60" high. The smaller (A) is 36 by 36" square and 40" high. In the B closet there is a 400W HPS bulb for budding and A closet has a 24" dual fluorescent fixture for rooting and early vegetative growth. The door on each has hidden magnetic catches with a nice wood trim framing a poster and a corkboard to help mask the fact of anything being behind it.

I started the project with a no smell/no see system in mind. Unlike the friend's booth, mine would be out of sight and, hopefully, out of mind. So then the primary concern was the venting of any odours. I purchased a quiet, low vibration fan of 6" diameter and enclosed it in a homemade manifold I designed so that both rooms could vent with the same fan. The manifold is in B closet with a 4" flexible dryer hose going to A closet. The fan runs on A closet's schedule, so B closet has extra venting even during lights-off for added fresh air/odour venting during flower time. I exhausted this to the outside wall of the house with a common dryer vent with a door flap that prevents insects from getting in. The closet doors are not airtight, but while the fan is on causing a negative pressure inside the closets, any odour will be pulled out the vents and not escape into the house. If the odour

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is detectable during lights-off time, I simply leave the fan on constantly. I wired (from experience) a power source to the closet that was not visible to the outside room, but had a hidden switch to cut the power to the closets at any time without having to open them. Then white plastic was stapled up inside for added illumination. (Measure, or take note of, stud points before the plastic covers them up, so you can anchor your lights securely). For added protection against leaks and spills I made a lidless box out of tenplast (corrugated plastic used for sign boards, etc.). I designed it to fit snugly inside the closet so the white plastic of the walls hung down into the box. I then taped all of the seams and staple points on the white plas-

tic for additional leak proofing. The light ballast was hung high in the space with the idea of keeping the hot air up where the fan will immediately pull it out rather than passing through the space occupied by the plants. The light itself is hung on a chain to allow height adjustment as the plants grow. Finally, a power bar is mounted on the inside wall and a timer for each closet is set to appropriate schedules. With this set-up I am able to grow 6 small plants very discreetly, and having the smaller A closet allows a continuous cycle with very little down time. It goes as follows: Just before the B closet is ready to flower, 12 cuttings are taken and put into a lidded plastic bin in A closet for rooting. The B

closet will then flower for 10 weeks. After harvest, I force the same 6 plants to re-vegetate for another 2 weeks, then flower yet again for another 10 weeks and a second harvest. By now the 6 best plants in A closet have had 22 weeks of vegetative growth and will now replace the A closet plants which have outgrown their pot size. Once started, the closets yield every 3 months and averages about 8 ounces per harvest. The initial cost of this particular set-up was about \$400, with average monthly costs of \$10 for power and \$10 for organic nutrients. This could easily be paid off in savings, 3 or 4 times after the first harvest. You do the math and decide for yourself.

### ALL CHARGES AGAINST THE KUBBYS DISMISSED IN SECHELT COURT

Nov 25th, SECHELT, B.C.

Steve and Michele Kubby, who recently arrived in Canada from the USA in search of sanctuary, were in court today to ask for the return of their growing equipment and medicine, but they ended up with more than they had bargained for. At the request of Crown Counsel Don Fairweather, all charges against the Kubbys were dropped today in Sechelt Provincial Court. Judge Dan Moon also ordered the return of all growing equipment

seized last April when the RCMP raided the Kubby home.

In a related development, Brian Carlisle, who is also a patient and a friend of the Kubby's, was granted his request for return of equipment and medicine by the Chilliwack Supreme Court today as well. The Kubbys' credit Mr. Carlisle for assisting them in obtaining their exemption and return of equipment.

*Mr. Kubby said he was thrilled about the judge's order and relieved the charges were dropped. "Can you believe it? A judge telling police to give all my stuff back? Only in Canada."*

Oct. 28th, 2002 - Ottawa Citizen, Toronto

The federal government has hired a U.S. scientist to outline the dangers of smoking marijuana in a continuing court case, despite his ties to a large pharmaceutical company that manufactures a synthetic alternative to the drug.

Professor Billy Martin has worked with Solvay Pharmaceuticals Inc. for the past year to further development of a metered dose inhaler for THC, the major psychoactive component in marijuana, that was patented by the Virginia-based scientist. "I agree with most scientific experts who assert that the future lies with pure synthetic cannabinoids as medications rather than marijuana," Martin wrote in an affidavit filed in Ontario Superior Court.

Bulletin of Nov. 24th, 2002 - Int. Assoc. for Cannabis as Medicine

Cannabis may be helpful in Parkinson's disease. Nearly half of Parkinson's disease patients who have tried cannabis say the drug helped relieve their symptoms, according to a patients' survey. Dr. Evzin Ruzicka, neurologist at Charles University in Prague (Czech Republic), reported the findings at the Movement Disorders Society's Seventh International Congress of Parkinson's Disease and Movement Disorders held on November 10-14th in Miami.

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# Compost Tea For Health

by Michael Straumietis

Imagine healthy vivacious plants without any foliar or root diseases and maintaining this plant health by not using any synthetic man-made fungicides or chemical treatments. Yes, it can be, with a new technology that is very ancient in some respects, but very new and cutting edge in its approach today. It is home compost tea brewing. Simply put, it is an extract of compost, aerobically brewed, that contains some soluble nutrients and a wide range of aerobic beneficial bacteria, fungi, nematodes and protozoa that make up the soil food web. There are millions of microscopic organisms that live in the soil and around the roots that interact with each other and with plants, this is called the soil food web. Healthy soil contains 600 million bacteria per teaspoon of soil, and as many as 25,000 species. In comparison most agricultural soil contains only 1 million bacteria and less than 5,000 species. There is also a foliar food web similar to the soil food web, on the foliage of your plant. The plant's leaf, fruit, blossoms and stems release exudates just like roots do; this action feeds these organisms that keep a protective layer around the plant, so antagonistic pathogens cannot attack. Boosting fungal and bacterial activity on leaf surfaces also increases the length of time the plant stomates stay open, which promotes nutrient uptake, especially when foliar-feeding plants. The brewing of aerobic compost tea is very easy and takes 18-24 hours. During the brewing benefi-

cial micro-organisms are extracted from healthy compost into the tea. They reproduce into the billions making an inoculum of beneficial micro-organisms, to be either drenched into the root zone or applied as foliar spray that will establish and colonize beneficial microbial life that creates its own ecosystem so thoroughly that antagonistic and pathogenic bacteria and fungi cannot establish themselves onto, or into, root and leaf surfaces. Beneficial micro-organisms in soil break down and digest basic nutrient materials into forms available for plant uptake, promoting stronger vigorous plants with rapid root growth and resistance to disease.

## Why use compost tea?

Using today's "dead" man-made growing mediums like rock wool, expanded clay pellets, sphagnum moss mixes or other growing mediums for indoor gardening, they lack these beneficial micro-organisms. If you colonize beneficial micro-organisms on leaf surfaces and into the root zone, the bad microbes have literally no place to live and grow. They can't find food. Compost teas have shown very impressive disease suppression in trials conducted at Oregon state, Arizona state and Cornell University. Benefits of a "good" fungal colonization are the suppression of powdery mildew, downey mildew, snow mold, red thread, fairy ring, brown patch and summer patch. Benefits of good aero-

bic bacterial colonization are suppression of pythium, dollar spot, crown rot, necrotic ring spot, pink patch, leaf spot, yellow patch and stripe smut. As well, beneficial protozoa in compost tea release nitrogen, phosphorus, sulphur and other nutrients in plant-available forms.

Beneficial nematodes consume root-feeding nematodes, certain species of nematodes carry bacteria that attack ring-worm, root grubs, maggots, crane fly larvae and weevil larvae.

## How to brew at home?

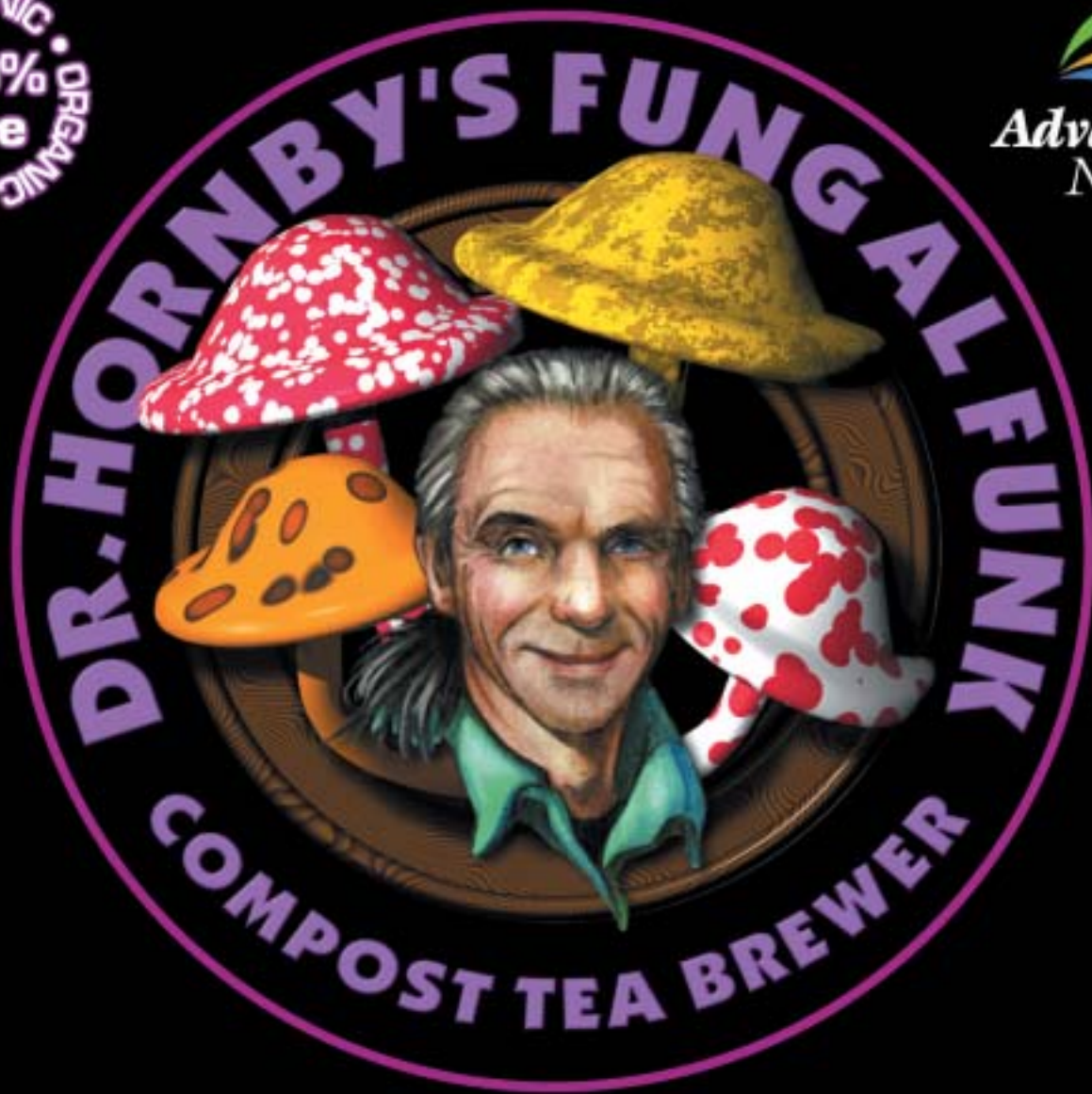
In ancient times various manures were put into vessels and beaten with a stick to add oxygen. The ancient way produced anaerobic bacteria that are not that beneficial to plant disease suppression, and most of the plant growth benefits came from the actual N-P-K value of the manures. You could make your own tea by using 1 lb of very good worm compost and adding some Fulvic and Humic Acid (1/4 tsp each) to produce higher fungi counts. Then, place this compost into a 5-gallon bucket that has an air stone on the bottom of the bucket hooked up to an air pump and brew for 24 hours, then strain and use immediately. The sooner, the better - no longer than 10 - 15 hours after brewing. Additional suggestions on how to create an even more beneficial inoculant of bacteria and fungi: use worm compost, mushroom compost and forest litter. Some high quality chicken manures are good, addition of syrup or

molasses, plant extract of yucca or nettle, fulvic, alfalfa meal, and yeasts, such as bakers and brewers, are all good for bacterial growth. Sources of humic, cellulose, fish hydrolysate, lignin, kelp, glacial dust and calcium are all good for fungi development.. Hay infusions are good for protozoa growth. For beneficial nematodes, there are only 2 good sources of material, good compost and healthy forest litter. When brewing, you want to keep the tea well aerated. At least 6ppm - 8ppm of oxygen or 70% dissolved oxygen and brew (aerate) for 18 - 24 hours at room temperature (65° - 70°).

COMPOST TEAS FOR PLANT DISEASE CONTROL	
Late blight of potato, tomato <i>Phytophthora infestans</i>	Horse compost extract Weltzein (1990)
Gray mold on beans, strawberries <i>Botrytis cinerea</i>	Cattle compost extract Weltzein (1990)
Fusarium wilt <i>Fusarium oxysporum</i>	Bark-compost extract Kai, et al (1990)
Downy & Powdery mildew-grapes <i>Plasmopara viticola</i> <i>Uncinula necator</i>	Animal manure-straw compost extract Weltzein (1989)
Powdery mildew on cucumbers <i>Sphaerotheca fuliginea</i>	Animal manure-straw compost extract Weltzein (1989)
Gray mold on tomato, pepper	Cattle & chicken manure compost extract Grape marc compost extract Elad, Shtienberg (1994)
Apple scab <i>Venturia conidia</i>	Spent mushroom compost extract Cronin, Andrews (1996)



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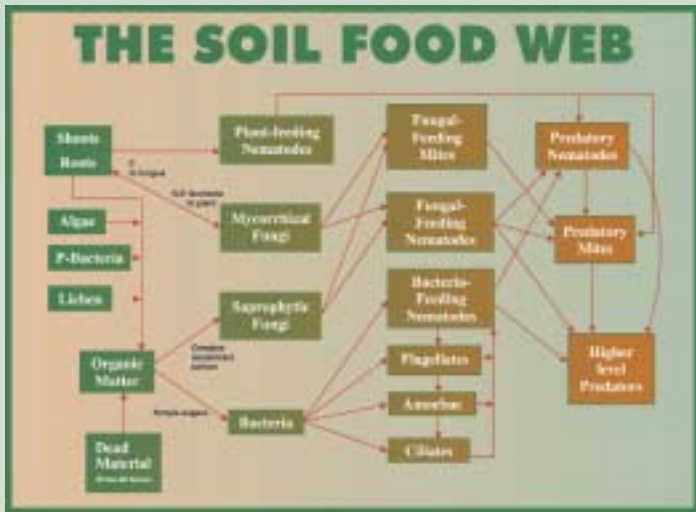
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Also, make sure your water has been degassed of chlorine. If the compost smells like manure, don't use it. Good compost has an earthy smell.

**How to apply?**

Strain your tea, if you are going to foliar spray and apply at a dilution ratio of 5:1 or, if soil drenching, dilute 10:1. Remember to use within 10 to 15 hrs of brewing. If you

disease problems become prevalent during specific times of the year. When used as a foliar spray you should have at least 70% leaf application. As a soil drench in poor soil multiple applications might have to be made. For outdoor gardens 2 to 3 applications, several weeks apart, may have to be made. At least 1 application should be made before planting crops.

wait to long before applying, your tea will go anaerobic, and this is not good. You want your tea to be aerobic to be beneficial for plants. Teas that have gone anaerobic have a smell like sewer or sulphur (rotten egg). Don't use these teas or products.

**How often to apply?**

For most purposes applications should be made weekly or as

Indoor gardens: 2 applications should be sufficient. In the 1st and 3rd weeks of flowering or every 2-3 weeks in vegetative stage. It would be hard to over-use a properly made tea.

If all this is too much for you to do, don't despair, there are a few companies that make these home brew kits, and they work very well.

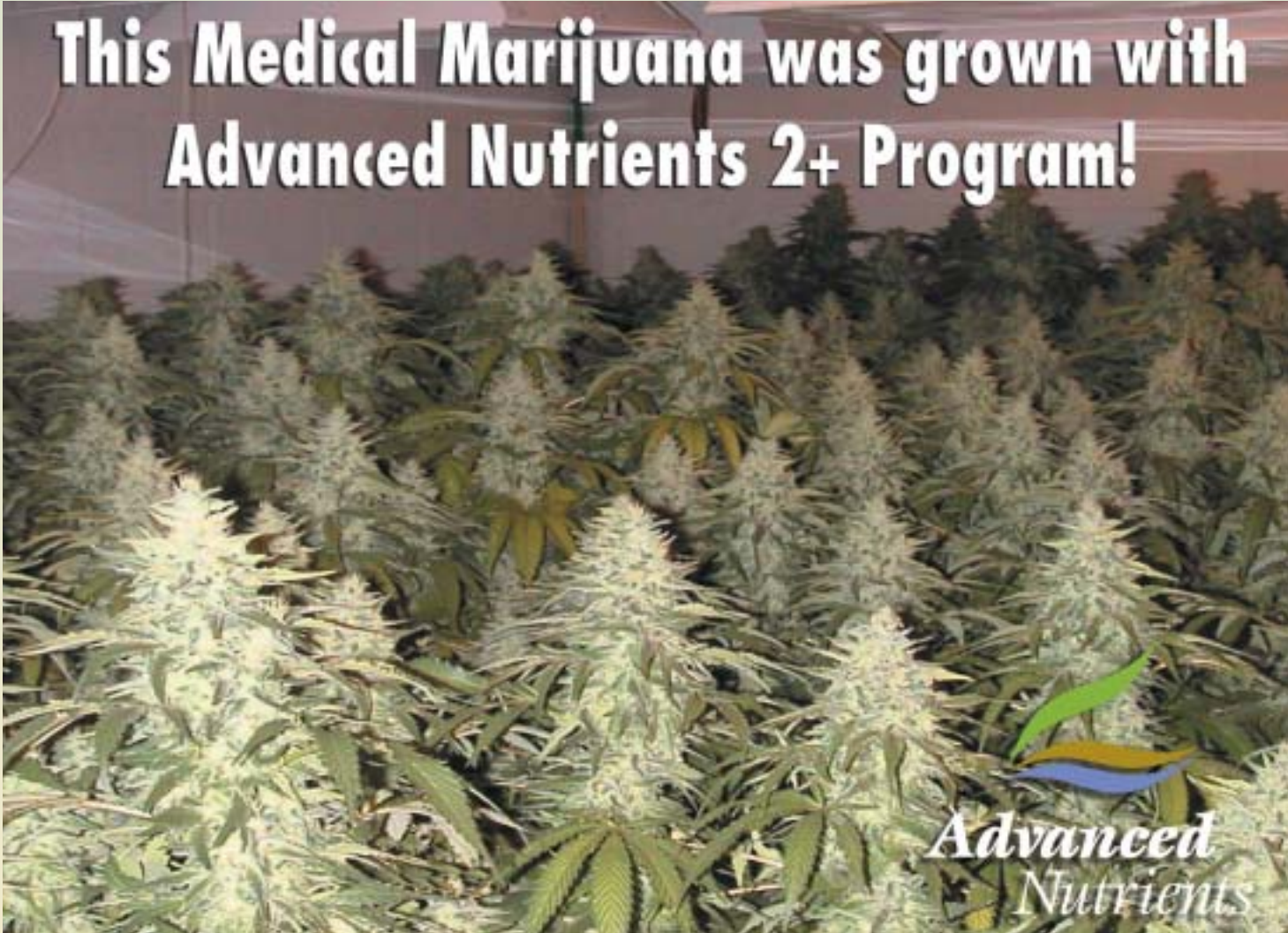
There's Alaska Giant (www.alaskagiant.com), who makes 1 and 5 gallon machines. They have won awards for huge vegetables that you can see on their website.

Simplici-tea (www.simplici-tea.com) makes a 5 gallon kit.

Soil First (www.soilfirst.com) has 35 and 85 - 500 gallon systems.

Advance Nutrients (www.advancenurients.com) Dr. Hornby's Fungal Funk compost tea brewer is a 5 gallon home brew kit.

Whatever you decide on, get brewing today and have happier, healthier, disease resistant plants.



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StoneHemp Mix1 has been used in many ways to make this EarthShip.

**e-ship2002-91:** As a finishing plaster, its one-coat application and slow setting time allows the creation of free-form shapes in both walls and other structures. This plaster is an artisan product and has to be properly cured in a warm, moist environment, but the results can be carved and polished for up to a week after initial setup, and our compression testing still gives 1,200 psi+ for long-term durability.

**StoneHemp plaster on cobbled tires:** The plaster flows easily around the curved surfaces and reduces the amount of cob needed to prepare the tire walls. (Cob is made from clay slurry, earth, sand and chopped straw - it's a major effort to mix and apply, so the less one has to use, the better).



tile setting

sheeting. No wire, no tar paper, only some 9/16" staples shot into the boards to act as 'keys', and the usual metal stucco separators and starter strips. A one-coat finish with major reductions in labour and material costs. Finished

with a mineral oxide coloured quicklime wash, and sealed with 'HydroStop' from the Kryton Group.

**cistern 2:** A 2,000 gallon water container made from cobbled tires, finished with 3/4" of StoneHemp Mix1 plaster and waterproofed with applications of Krystal T1 & T2 from the Kryton Group. Now operating as part of the 'tail-race' for the e-ship's micro-hydro system.



cistern 2

**flashing details:**

StoneHemp plaster has the flexibility and strength to handle complicated structural details, such as roof flashing.

**tile setting:** StoneHemp

**StoneHemp plaster on OSB:** This is a first! The StoneHemp plaster is applied directly to a standard 2x6 stud wall covered with oriented Strand Board

Mix1 is non-hygroscopic (unlike Portland Cement-based materials); it does not attract and retain moisture. This means, it is an ideal material for ceramic tile setting and grouting.

**canwall2:** The e-ship's greywater recycle growing area under construction. The can-wall on the left is held together with StoneHemp plaster. The tirewall (on the right) and the floor structure are cobbled, and the whole inner surface plastered. Krystal T1 & T2 for waterproofing.



canwall2

**stonehemp floor2:**

StoneHemp flooring, sanded flat five days after application to make the hemp hurds more visible. Finished with 3 coats of oil-based polyurethane.

StoneHemp™ has been developed through an

exhaustive testing program. The results so far have well exceeded our expectations and the EarthShip allows us to field test both materials and application procedures.

If you are interested in finding out more about any aspect of this project, e-mail "Dave Cull" <nozone@uniserve.com>.



StoneHemp plaster on cobbled tire wall

# Hemp Floorcloth

by Barb Kowalik


As the European world began to expand, the principle means of trade and travel was the sailing ship. These ships were

dependent on canvas (from the word cannabis) and hemp rope - hemp fibre is 3 times stronger than cotton and rot resistant to salt water. Along with the development of canvas for use in sails, in the 1400's artists used sailcloth for



painted canvases, tapestries, wall hangings, table runners and floorcloths. Most paintings prior to the development of the large cotton factories in the early 19th century were on hemp canvas. Canvas floorcloths are one of the earliest forms of

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water-repellent floor coverings, until the development of linoleum at the turn of the 20th century. The popularity and value of floorcloths during the 18th and 19th century is evident in the frequent references to floorcloths in wills and the many advertisements displayed in newspapers. As floor coverings were not affordable to the entire population, the investment in a canvas floorcloth was backed with promises of high quality and good workmanship. Today floorcloths have come full circle. Once again they're created by individual artists, blending craftsmanship with the design, materials and production techniques of contemporary society. The diversity of designs can range from the traditional hand-painted or stencilled to many other surface

decoration including collage, photo transfer, weaving and appliqué. The enduring popularity of floorcloths can be attributed to their unique qualities. They can be custom sized, custom designed and custom

coloured for each home. Hemp canvas is the original material for floorcloths and is the perfect medium for today. Hemp is naturally resistant to mold, bacteria and pests, it is grown without pesticides, herbicides or agricultural chemicals (except some fertilization) and is receiving the full support of the green movement. As a floor covering it offers a water resistant surface that is easy to clean, is hypo-allergenic and non-toxic.



**Floorcloths by Barb Kowalic**

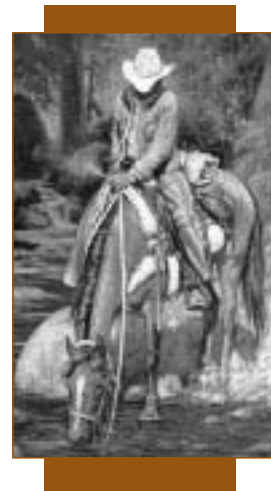
*Although her favourite surface has always been walls, Barb was thunderstruck by her first encounter with the floorcloth. Here was her medium! The design of a floorcloth requires "structured" creativity. For Barb, the creation of each floorcloth is an adventure. As the design is planned and the colours are selected, she incorporates the structure and attention to detail acquired from years in the computer industry.*

**EX-COP A  
FOUNDING MEMBER  
OF "LEAP"  
HIS THE TRAIL  
TO SPOTLIGHT  
DEFICIENCIES OF  
"WAR ON DRUGS"**

Howard Wooldridge gave up his badge years back. But you'd never know it, when you see the old lawman on the trail riding his trusty, one-eyed hoss. Tall and weather-beaten, Wooldridge still looks every bit the peace officer. The 51-year-old loner rode into the St. Louis area on Halloween after seven dusty weeks in the saddle. Thousands saw him riding along Highway 40 in St. Charles, on Manchester Road in West St. Louis County and on Lindbergh Boulevard through South St. Louis County. Wooldridge set off from Denver and is working on the second of three legs in his ride across America. He usually camps on roadsides, though he's been known to accept offers of room, board and vittles for his horse. He lets children pet Misty, his 8-year-old pinto who lost her right eye in a fight with another horse. Wooldridge wears a T-shirt that says "COPS SAY LEGALIZE POT - ASK ME WHY." He's also a founding member of LEAP, ([www.leap.cc](http://www.leap.cc)) or Law Enforcement Against Prohibition, a group of current and retired police officers who support

drug legalization. A former detective from small-town Michigan, Wooldridge now calls himself a "modern-day Paul Revere" who spreads a message that the drug war is a failure that takes more lives than it saves. He says that he realizes that most people don't want to hear political lectures, especially about drugs, but that the horse "opens up a lot of doors." The price for petting Misty's muzzle is the sermon Wooldridge has given countless times before. He says drug prohibition drives up cost and provides a racket for criminals. Legalization, regulation and better-funded addiction treatment programs would be more effective and would allow

police and prisons to concentrate on violent offenders. Stay tuned to the next edition of this Journal for more of Howard and Misty and their epic journey across America.



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# getting baked with hemp

By Arthur Hanks

At a recent industry conference held in a snow-swept prairie province, the minister of technology surprised me by smuggling into his otherwise proforma

speech an anecdote about breadmaking. He made bread, he said, because he found it relaxing. The minister asked for a show of hands, only a few responded. Most of the audience were men, which is pretty much what you get in agricultural fields, so of the many people there, most of them didn't bake bread. Undaunted, and committed to his anecdote, the minister plunged ahead and said that he made the bread with his hemp oil. The cold-pressed hemp oil used in the bread was delicious, in fact, according to him, it was the best tasting bread he had ever made.

I must congratulate the minister for his culinary adventures, but his story does raise a very interesting question. Can and should you cook with hemp? Certainly! Cooking with hemp oil adds flavour to all foods and helps to fuse ingredients into a synergistic whole.

Who, except the warm West Coast raw food crowd, would reject a hot, well-cooked meal, especially during a Canadian winter?

But cooking also changes the constituents of food, and hemp oil is no exception.

Now, one of the best parts of hemp seed is the oil content, which is about 35% of the seed. This oil contains the Omega-3 and Omega-6 essential fatty acids (EFAs) that help make hemp such a wonderful health food and nutraceutical. Hemp is reactive to both heat and light, which is why you usually buy hemp oil packaged in dark bottles and stored in a fridge. Cooking (and heat) alters the particular molecular geometries of these fatty acids, straightening out the chemical bonds in the food's compounds and transforming them into unhealthy trans-fatty acids (TFAs). And the more EFAs in a food, the more to be transformed into TFAs.

TFAs have been linked to many degenerative physical conditions, like diabetes and

increased risk of heart attacks. No wonder that some fast food restaurants are now changing their cooking oils and trying to bring their TFA content down. They may get some publicity, but they will never reach their goal, as all cooking oils are commonly refined, bleached and deodorized. While these processes make oil much more "shelf-stable" - which is useful for commerce - they eliminate many of the best nutrients found in oils.

Interestingly, hemp's health benefits lay not just in the food itself, but what the body does with hemp. Normally, enzymatic reactions help convert EFA's into other metabolic products that the body needs. If heat changes the structure of these EFA's, then essentially the body gets confused; necessary enzymes are not produced as the metabolic pathways are blocked.

So, knowing this, some common sense advise to follow is: "If it's too hot to eat, it's too hot for hemp oil." So you shouldn't think of hemp as a frying or cooking oil (whether or not you should even bother frying any oil is outside of the scan of this article). But you can warm hemp oil at a low temperature for short periods of time. Until we know more, experts suggest that hemp oil can be briefly heated to temperatures of between 100-150 degrees C.

Don't overdo it.

Definitely, you can add hemp oil to cooked foods - a tablespoon of hemp oil over steaming rice, pasta al dente, toasted whole wheat bread, or your morning oatmeal is delicious.

OK, so more to the point: Can I bake with hemp oil?

As noted, you will have some degradation of the hemp oil, if you cook at high temperatures for a sustained period of time. But in baked goods, the degradation will be limited to the browned outer layers of crust; the inner layer should remain moist and unaffected. So, what you are doing is making a trade-off between degrees of health and taste. Extra conscious folk may want to cut off the crusts, but that's probably overdoing it for many. Is there a happy medium here? I think there should be. A healthy, active lifestyle will help the body process small amounts of TFAs. And if you eat fresh, uncooked fresh-pressed hemp oil already as part of your diet, you should be all the better prepared to deal with those small amounts. As with everything, moderation is key.

*Arthur Hanks is a Saskatchewan writer who never grows tired of hemp for some reason. He can be reached at [hcf@sk.sympatico.ca](mailto:hcf@sk.sympatico.ca)*

## PIONEERS



John Stahl makes paper by hand at his mill in Northern California. He spoke on the Paper Panel at the first Vancouver Hemp Symposium,

he has written numerous articles on hemp and he is a frequent speaker at hemp events. Since about 1990, he has used "anonymous local donations" of hemp stalks provided by local growers. In 1993 he first applied to the DEA for a permit to cultivate hemp for his paper mill, under the terms of the Controlled

Substances Act of 1970. This has been a very long, expensive and fruitless effort. In spite of complying with all procedures, laws and guidelines, his application (including four separate \$875 non-refundable fees) was summarily rejected without being allowed a hearing. Full details of this adventure are published on his website at [www.tree.org/a2.htm](http://www.tree.org/a2.htm).

In 1994 he went to Ukraine in pursuit of low THC seed for his proposed hemp farm. He brought seed back (to the surprise of the International Hemp Association in Holland, where he left his seeds for safe-keeping), but he was also introduced to the work of Dr. Krotov of the Pulp and Paper Research Center in

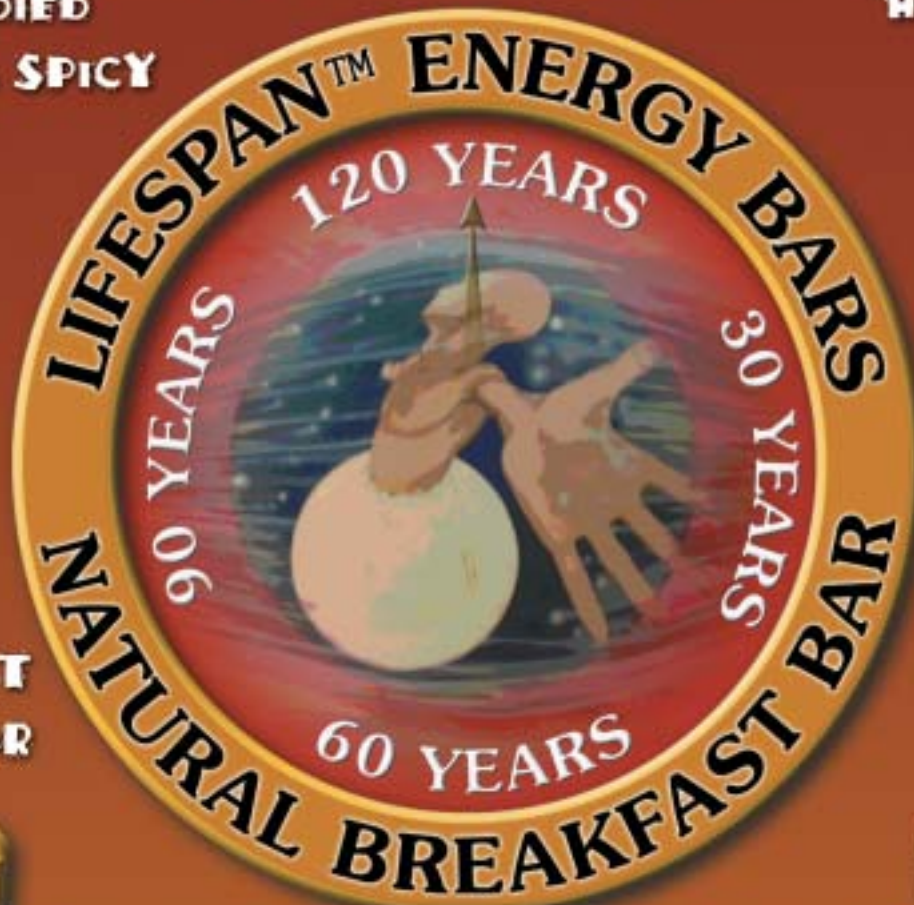
Kiev, who had designed a process of pulping the whole stalk of hemp (and flax, kenaf and similar non-wood fibers) that was very efficient, clean and economical. Since that time, he has sponsored the engineering work which has continued to the point where it is now ready for construction. The cost to construct a 15 ton-per-day mill is about \$4 million, and can be financed on about \$1 million. The cost of the pulp produced will be about \$360 per ton, and the market for the premium quality non-wood pulp produced will be about \$700 to \$1500 per ton. Several projects are under negotiation, but there is still time for financial participation by interested investors.



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**U.S./Canadian medical marijuana benefit concert, Hands Across the Border:** Persons interested in the organization of a major musical event in the fall or late summer of 2003 please contact CH, attention "Benefit Concert". We are seeking organizers, volunteers, bands, financial backers, etc. This is the first call for assistance with this project and the organizers are open to all ideas and suggestions.

Drop on by the website that tells the REAL stories and valiant struggles of Federal Medical Marijuana Exemtees in Canada. We KNOW you are curious.... so, see you here. Check out the National Media attention we have received for this issue already. Remember we are here to stay... Chow for now. Gary Lynch, Alison Myrden Web Designer. Federal Medical Marijuana Exemptee. The Medical Marijuana Mission. [www.themarijuanamission.com](http://www.themarijuanamission.com)

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