

# CANNABIS HEALTH

2<sup>ND</sup> ANNIVERSARY  
E D I T I O N





friendly service



for all of your



personal and

wholesale needs

KUSTOM RETAIL  
470 River Ave. Winnipeg, MB  
(204) 453-PIPE  
[www.kustomkultureshop.com](http://www.kustomkultureshop.com)

KUSTOM WHOLESALE  
(866)827-2924  
e-mail: [kustomk@mts.net](mailto:kustomk@mts.net)

**Kustom Culture**

*new look, more selection...*



*...same great people*



# SEEDS Kind

WWW.KINDSEED.COM

 Vancouver Office 866-408-1198  
 UK Office 00 44 (0) 796 34 33021  
 Jamaica Office 876-329-0679

## High Times Cannabis Cup November 2004

Kind Seed for the first time ever has become a sponsor for the 17th Annual HighTimes Cannabis Cup in Amsterdam. Join us November 21 - 25, 2004 as we introduce "Kindica" Kind Seeds first original Indica Strain. Not only will Kindica be entered as a "Seed Entry", we'll also be sharing samples of the buds and bubble hash at the Cannabis Cup! Visit HighTimes.com for Cannabis Cup 2004 Passes. For a limited time, Kind Seed will offer the Kindica in packs of 15 seeds per order for only \$95US or \$120 CAD! All other seeds sold by Kind Seed are sold in packs of 10 seeds per order.

**1-866-408-1198**

### Sensi Seed Bank

Afghani #1.....	\$145
American Dream.....	\$175
Black Domina.....	\$220
Big Bud.....	\$190
Durban.....	\$145
Early Girl.....	\$145
Early Pearl.....	\$145
Early Skunk.....	\$95
First Lady.....	\$145
Fruity Juice.....	\$280
Hawaiian Indica.....	\$130
Hash Plant.....	\$240
Jack Herer.....	\$340
Maple Leaf Indica.....	\$145
Mothers Finest.....	\$160
Mr Nice G13 x Hash Plant.....	\$300
Northern Lights.....	\$240
NL #5 x Haze.....	\$300
Sensi Skunk.....	\$80
Shiva Skunk.....	\$175
Silver Haze.....	\$180
Silver Pearl.....	\$145
Skunk #1.....	\$80
Skunk Kush.....	\$160
Super Skunk.....	\$130

### Soma Seeds

Buddha's Sister.....	\$210
Kahuna.....	\$190
NYC Diesel.....	\$300
Somango.....	\$200
Rock Bud.....	\$200

### C.C. Brains

Afghani Special.....	\$55
Bahia Black Head.....	\$55
Brains Choice.....	\$55
Brains Damage.....	\$55
Brains Escape.....	\$55
Brasil x KC.....	\$55
California Special.....	\$55
Cristal Limit.....	\$55
Cristal Paradise.....	\$55
Cyber Cristal.....	\$55
Danky Doodle.....	\$55
Haze Special.....	\$55
K.C. 33.....	\$55
K.C. 36.....	\$55
K.C. 39.....	\$55
K.C. 42.....	\$55
Leda Uno.....	\$55
Mango.....	\$55
Mind Bender.....	\$55
Northern Light Special.....	\$55
Spontinica.....	\$55
Sweet Dreams.....	\$55
Swiss-xT.....	\$55
T.N.R.....	\$55
White K.C.....	\$55

### Sagarmatha

Bubbleberry.....	\$190
Mangolian Indica.....	\$155
Matanuska Mint.....	\$180
Matanuska Tundra.....	\$280
Peak 19.....	\$160

### Dutch Passion

Blueberry.....	\$120
Blueberry.....:feminized:	\$280
Buddha.....	\$95
Durban Poison.....	\$90
Durban Poison.....:feminized:	\$175
Green Spirit.....	\$120
Green Spirit.....:feminized:	\$200
Hempstar.....	\$175
Holland's Hope.....	\$85
Masterkush.....	\$90
Masterkush.....:feminized:	\$220
Mazar.....	\$95
Mazar.....:feminized:	\$235
Oasis.....	\$105
Oasis.....:feminized:	\$235
Orange Bud.....	\$80
Original Flo.....	\$120
Passion #1.....	\$75
Passion #1.....:feminized:	\$125
Power Plant.....:feminized:	\$175
Purple #1.....	\$85
Purple #1.....:feminized:	\$140
Shaman.....:feminized:	\$135
Skunk #1.....	\$75
Skunk #1.....:feminized:	\$140
Skunk Passion.....:feminized:	\$175
Super Haze.....	\$105
Trance.....:feminized:	\$140
Twilight.....	\$85
Ultra Skunk.....:feminized:	\$240
White Widow.....	\$160
White Widow.....:feminized:	\$260

### Paradise Seeds

Amsterdam Flame.....	\$180
Durga Mata.....	\$105
Dutch Dragon.....	\$160
Magic Bud.....	\$105
Nebula.....	\$180
Sensi Star.....	\$200
Shehrezade.....	\$180
Sweet Purple.....	\$70
Swiss Bliss.....	\$70

### T.H.Seeds

S.A.G.E.....	\$160
Chocolate Chunk.....	\$110
Kal-X.....	\$120
Stinky Pinky.....	\$120
Mr. Bubble.....	\$200
Mendocino Madness.....	\$115
Heavy Duty Fuity.....	\$160
Bubblegum "the original".....	\$185
Puna Budder.....	\$110
Honeymoon.....	\$55
the Hog.....	\$280
MK Ultra.....	\$280
SAGE'n Sour.....	\$185

### Serious Seeds

AK-47.....	\$180
Bubble Gum.....	\$160
Chronic.....	\$160
Kali Mist.....	\$180
White Russian.....	\$160

### BBZZ Seeds

Afghani x California Indica.....	\$105
Aurora Indica x Afghani.....	\$105
Big Bud x Skunk.....	\$105
KC-33 x Skunk.....	\$105



## kindica

The Kindica is a true f1. Anyone seeking a potent indica with a solid yield will find nothing more impressive. Great for relief of many aches and pains, and a good nights sleep. The resin from these plants makes some of the finest hash known to humankind. The aroma of the herb is rather lemony, and the flavor is a peppery spice. Yield: Very good Harvest Outdoors (50N): early October Harvest Indoors: 8 weeks flowering on average.

\$95 for 15 seeds

PRICES QUOTED IN US\$ CANADIAN ORDERS ADD 20%

## ? HOW TO ORDER ?

- 1: Order Online - [www.kindseed.com](http://www.kindseed.com)
- 2: Mail an International Money Order (pink from your post office) payable to Cash or Kind Seed for the total amount of your order plus \$5 for shipping. Be sure to include your clearly written order and send it to:  
**SUITE 233-2906 WEST BROADWAY  
VANCOUVER BC, CANADA V6K2G8**
- 3: FAX 604.408.8548 Include your order, credit card & contact info, and cardholder signature.

Our entire full color catalog complete with germination instructions, full strain descriptions, and over 175 photos can be mailed to you for only \$5!

## \*\*\* IMPORTANT! \*\*\*

- 10 SEEDS PER PACK
- INCLUDE \$5 for S&H
- NO CODs NO PERSONAL CHECKS
- MUST BE 19 TO ORDER

Our seeds are intended for medicinal and research purposes only! We will not accept any responsibility for any other intended use. Check your local and



KIND SEEDS FIRST STRAIN OF THE INDICA STRAIN



# CANNABIS HEALTH

VOLUME 3 - ISSUE 1

The Editor's Desk.....	4
Off the Web.....	4
Your Turn.....	5
Letters to the Editor	
Sinister Glass.....	6
Laurie Lee explains what makes her career hot	
The Canadian Election Scene.....	7
Former CH Editor, Brian Taylor, on the political scene	
Junkyard Bong Contest.....	7
Lakota Hemp Days.....	8
Bob Newland, of Hemphasis Magazine, reports	
Da Kine.....	10
Pete Brady covers the story of this Vansterdam club	
Cooking with Cannabis.....	14
Delynn Armitage tells us how to make his Kick Ass Bruschetta	
Puff Mama's Cannabis Bakery.....	14
Sell Marijuana Legally.....	16
Wendy Little and Eric Nash release a groundbreaking new book	
The Hemp Church.....	18
Designs by Donald.....	20
Montel Williams touches the heart of a nation.....	22
Cannabis Health on the Road.....	24
Cannabinoids and Brain Cancer.....	26
IACM Update from Issue 12.....	26
US Election 2004: Cannabis on the Ballot.....	28
Plan your Grow.....	32
Klozit King helps remind us all to be prepared	

## EDITOR

BARB ST. JEAN  
editor@cannabishealth.com

## PRODUCTION MANAGER

TERESA TAYLOR  
production@cannabishealth.com

## SALES MANAGER

LISA SMITH  
sales@cannabishealth.com

## DISTRIBUTION MANAGER

LORRAINE LANGIS  
distribution@cannabishealth.com

## STORE AND SHIPPING MANAGER

GORDON TAYLOR  
store@cannabishealth.com

## ACCOUNTING

BARB CORNELIUS

## WEBMASTER

webmaster@cannabishealth.com

## GENERAL INQUIRIES

info@cannabishealth.com

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

Our mandate as a non-profit foundation is to provide accurate up-to-date information on Cannabis Marijuana and Cannabis Hemp in a conservative style magazine that appeals to the general public. We are pleased to announce the journal is now being made available to: Government health organizations, patient support groups, medical associations, research foundations and other cannabis related corporations at the very low bulk distribution rate of \$1.00 per copy + shipping. Advertisers in the journal receive up to 300 free copies per issue. For advertising information, contact our Sales Manager.

## SUBSCRIPTION / DISTRIBUTION

If you would like to receive 6 copies per year of the most informative resource for medical marijuana available, subscribe to Cannabis Health by sending your name and address to:

Cannabis Health Foundation  
P.O.Box 1481  
Grand Forks, B.C., Canada  
VOH 1H0

email: distribution@cannabishealth.com  
Toll-free 1 866 808 5566

Canadian orders \$25cdn, US orders \$45cdn  
International orders \$75cdn  
Bulk distribution rates in boxes of 100 at \$1.00 per issue plus shipping.

*No part of this magazine may be reproduced in any form, print or electronic, without written permission of the publisher. Cannabis Health is also reproduced on the web in downloadable pdf format at [cannabishealth.com/archive.html](http://cannabishealth.com/archive.html).*

## ON THE COVER

The works of our cover artist Pat Ryan and the story of his continuing effort to express the feeling of one love for our troubled planet, keeps him painting and laughing. Now, creating new works at his hilltop retreat above California's Sonoma Valley, Pat's art can be viewed and is available to the whole world at: [www.start.com](http://www.start.com) and soon at: [www.PatRyanArt.com](http://www.PatRyanArt.com)

WWW.INAVAP.COM

BE SMOKELESS. BE HAPPY.  
VAPORIZE.



INFO@INAVAP.COM

JOIN THE SMOKELESS  
**REVOLUTION**

THE **INAVAP** VAPORIZER WILL HEAT YOUR HERB TO A TEMPERATURE FAR BELOW COMBUSTION YET WARM ENOUGH TO VOLATIZE THE ACTIVE INGREDIENTS INTO VAPOR.

VAPOR IS COOLER IN TEMPERATURE THAN SMOKE AND DOES NOT CONTAIN HARMFUL COMBUSTION BY-PRODUCTS.

THE **INAVAP** HAS THE SAME EFFECT AS SMOKING BUT WITHOUT THE UNWANTED SIDE EFFECTS!

ORDER ON-LINE:

WWW.INAVAP.COM

GET YOURS TODAY!



WWW.INAVAP.COM



THE AWARD WINNING  
**OMEGA GARDEN**

"...Ingenious... defies gravity... makes... photosynthesis... a thing of the past... The Omega Garden excels... to be put to the test in space."  
- The Growing Edge Magazine

THE ORIGINAL  
HYDROPONIC  
ROTARY GARDEN  
(1982-2002)

New BASIC SYSTEM Now Available!

Allows you the flexibility of adding your own lighting and cooling fans.

The Basic System will accommodate: 400's, 400's or 1500 watt, or compact fluorescent.

Toll Free: 1.877.962.3278  
www.omegagarden.com

Outside N. America Call: 664.322.5111 Fax: 504.325.0549



omega - Low Over-Cost solution  
Box of 6 units, Steel construction  
omega - grow 12 - 16 plants/footway



"Most Innovative Hydro Kit" 2002  
"Best Indoor Cultivation Kit" 2003  
"Best Complete Hydroponic Garden" 2004  
- High Times Magazine -

Complete System Includes:

- 2 X 800 watt HPS lamps with individual timers.
- Air cooled bulb housing with built-in fans.
- 25 gallon reservoir with pump and timer.
- Pre-wired and CSA safety certified.
- Thermal cut-off for crop protection.
- Durable stainless steel construction.
- Dimension: 48" W x 56" L x 67.5" H
- Easy to assemble.
- Full one year warranty.



"Success lies in apprehending and giving actuality to the way of the Universe."

Richard Whelan  
from the "100th"  
or "Book of Changes"

At Omega Garden Inc.  
the work of conservation continues...

Pictured below is our vision  
for commercial scale horticulture.

Each carousel carries six, 8ft. long Omega Gardens; equalling as much as 1500 sq. ft. of greenhouse... yet only using 150 sq. ft. of floor space, including access!

This is a fully automated system. Each rotating garden is in turn rotated on the carousel down to the waterfeeding tray at floor level, minimizing plumbing, while providing easy access.



Interrotated  
Patent  
Feeding



Tower above the  
compression with the  
Omega Garden Carousel!



Interrotated  
Patent  
Feeding

# THE EDITOR'S DESK

"A water fall begins with only one drop of water. Look what comes from that."

PK, *The Power of One*.

As I was putting together this editorial many people and events flashed through my mind. This is our 2<sup>nd</sup> Anniversary edition. There have been many changes over the last two years and yet change has not come fast enough for many. I'm reminded of Don Appleby who wrote an article for us, THE COST OF COMPASSION, in Issue 4, and how sad it was when we had to print IN MEMORY OF DON APPLEBY, as our last tribute, in Issue 8. We followed Howard and his horse across America in support of Law Enforcement Against Prohibition, and witnessed 175,000 people attend Seattle Hempfest this year. We also saw DaKine go into business and then out again, and Marc Emery and Tommy Chong get put in jail. A few of the so-called "news worthy" stories hit the media, creating quite the stir; unfortunately the media doesn't always show the same compassion that we, as activists, feel. How could they really, they spend all their time filming people blowing smoke at the camera, whenever the word "Marijuana" is mentioned.

There has been a lot of controversy within the "cannabis movement" lately, as well. The activists are questioning the future direction and roles we need to play in order for the

coverage by the mainstream media to change. This exploration within the movement is positive; it means we have reached a new level of awareness and I believe we can move forward. However, we must all remain strong. Who else will spur the mainstream into the start of the inevitable "end of prohibition"? It might feel at times, we are not moving forward, but we are. Public support for the use of marijuana as a medicine has reached the 90 percentile in Canada. Politicians are finally throwing away their fears and taking a stand, but the pressure on the "powers" must increase and it needs to start coming from all different directions. I don't understand why some of the "media" continue to prolong this agony by alienating mainstream from the realities of prohibition with clouds of smoke, but some already know just how powerful the "90% of the public" can be if given the opportunity.

Quentin Hardy, Senior Editor for Forbes magazine, told us in a recent interview, what the mainstream media will cover. "Basically Forbes is interested in this as a financial story. You know what they say in journalism, 'Follow the money'. If you want to understand something, figure out the business part." Many of the grass roots activists strongly disagree with using the words




Barb St. Jean

cannabis and business in the same sentence. However like it or not, we are, according to Quentin and many others, "in a classic early stage industry" already. What we need to remind ourselves is; collectively, "we" can ensure in this early stage of development, that ethical

industry standards get implementation, so money generated from this new industry can be used for good not evil. It will take a meeting of the minds. Who's in? I plan to explore this topic in future issues and I would like to hear your comments on the kinds of "ethical standards and implementation strategies" we should adopt. Letters to the editor are always greatly appreciated, please send to [editor@cannabishealth.com](mailto:editor@cannabishealth.com).

I would also like to take this opportunity to thank all the Volunteers, Contributors, Advertisers, Distributors, and Subscribers. Without all of you this magazine would not be possible. All the people in this movement have touched my life and left a lasting impression on my soul and I am looking forward to another exciting year.

Barb St. Jean, Editor 

"Changes can come from the power of many but only when the many come together will there be the power of one."

## OFF THE WEB – US Marijuana Dispensaries

**Temecula, CA bars medical pot dispensaries - Officials say the ban allows for study of therapeutic issues and potential legal conflicts.**

A temporary ban on medical marijuana dispensaries was approved by Temecula early September following a standoff between local advocates and City Councilman Jeff Stone. The showdown left three medical marijuana advocates grumbling that Stone, a pharmacist whose term as a Riverside County supervisor begins in January, is closed-minded on the issue. The advocates did not lobby for a dispensary, but instead wanted to educate the council on marijuana's medicinal uses. They volunteered to serve on a committee that would study the issue and return to the council with a recommendation. The dispensary inquiry was received July 30 from Compassionate Caregivers, which opened in February 2001 and now operates cannabis clubs in

Oakland, San Francisco, West Hollywood and Ukiah. Information provided by the group states that it has 142 employees and more than 7,000 members and serves more than 20,000 medical marijuana patients as far away as San Diego.

Source: [www.pe.com/sharedcontent](http://www.pe.com/sharedcontent), *Press-Enterprise*


**Roseville, California Medical Marijuana Store Reopens**

Just days after federal agents raided a Roseville medical marijuana shop, the "open" sign is back up and customers are lining up. At the federal courthouse in Sacramento, a dozen medical marijuana supporters protested against this most recent raid. But they also said that — in some ways — the federal government is actually helping their cause. "Every time the DEA attacks another medical marijuana facility, the public awareness of medical marijuana rights

goes up. The support for medical marijuana patients goes up," said Americans for Safe Access spokeswoman Hilary McQuie. In the eight years since California voters approved Proposition 215, support for medical marijuana has gone from 56 percent to 74 percent. And the number of medical marijuana stores has grown to about 100.

Source: SacramentoBee [www.thekcrachannel.com/health/3716533/detail.html](http://www.thekcrachannel.com/health/3716533/detail.html)

**Medical marijuana clinic in Bend**

The Oregon Medical Marijuana Program (OMMP) has announced that the number of patients legally using medical marijuana in Oregon is over 10,196. Many patients report that cannabis provides relief when other methods and medicines have failed. Source: [www.bend.com/news/ar\\_view%5E3Far\\_id%5E3D17794.htm](http://www.bend.com/news/ar_view%5E3Far_id%5E3D17794.htm) 

# YOUR TURN

TELL US WHAT YOU THINK

## VAPOR LOVER

My wife and I both use cannabis primarily for health reasons. She for pain management and for myself, it helps me sleep through Tinnitus. We purchased a vaporizer about 6 months ago and are very impressed with the results. Not only does the amount required per dosage lessen with vaporizing, but the drug's effects are noticeably stronger and seem to last longer. All this relegates to a lot less (expensive) consumption and - Wow! - no cloud of smoke lingering for hours to advertise what you have smoked. The dog really appreciates this and doesn't leave the room like he used when we *lit up*.

Also, being a back woods cyclist, I have noticed a *huge* improvement in my lungpower and stamina. It's the same feeling I received 12 years ago after quitting cigarettes. The final bonus is because we are not actually burning the product - a lesser grade of cannabis can still be run through a vaporizer without poor taste ruining the ability to medicate properly. Now leafy shake from trimming can be used for more than just brownies!

Allen Town ~ British Columbia 🌿

## NO COMPASSION OR COMPENSATION!

On Oct 1 / 85 I was injured at work by a 14,400 volt power line. The resulting injuries left me a double amputee and suffering from phantom limb pain. I've known for years that cannabis helped rid me of the pain better than anything that is commonly prescribed. Recent developments allowing medical access prompted me to go through the licensing process to become legitimate with my use. I highly recommend anyone that needs cannabis go through the process. It brings you a new freedom.

Becoming legitimate also left me under the

full scrutiny of law enforcement officers and unable to finance my needs by buying a little amount and sharing with others in need. I then realized that I was taking my medicine as a result of a work injury and asked to be compensated at federal rates for medical pot. I was flatly refused at first and have been put in the position of appealing their refusal. I obtained a copy of the Saskatchewan WCB act that pertains to me. Under the act it states that an injured worker is entitled to have any medical aid related to the injury, prescribed by a physician or deemed necessary, paid by the WCB. I fail to understand why I was flatly refused a medical aid that is directly related to my injury. The WCB has no answers either! My argument is quite simple. I have established my need with their doctor and want to be compensated at what the federal government says is their cost recovery base of \$5.00 per gram. I have spent a vast sum of money to build a technically sound system to grow high-grade organic cannabis. Then there is the monthly operating expenses as well and the ever-present danger of having something happen to the crop.

I have done my due diligence in going legitimate and am now faced with financial hardship staying legitimate. I'm calling it as I see it. I have jumped all the hurdles to play by society's rules and now they don't want to play ball?

Concerned law-abiding citizen 🌿

## HI CANNABIS HEALTH

I just recently received my copy of the Cannabis Art and Spirituality issue of Cannabis Health. It is great to receive the magazine, although I often have to wait my turn to read it, as it usually ends up in my hubby's bag for a little while.

Long-time subscriber 🌿

Subscribe and Win!



Every subscription received until Dec 31/04 will be entered into a draw for a one-of-a-kind, handmade pine needle basket. The basket is created by local Metis artist Danny Apukoses in traditional Metis style, and is valued at approximately \$450.00 CDN.



Winner will be announced in the November/December issue of Cannabis Health Journal.

## TELL US YOUR STORY!

CHJ is asking readers to send in their stories, of 500 words or less.

We are looking for personal experiences that were meaningful, happy, sad, or funny.

Pictures or artwork will also be accepted. Each entry will be entered in a draw for a WONG BONG PIPE.

If we publish your story you will receive a free one year

subscription to the journal. Anonymity will be respected.

Send your entries and contact information by email or snailmail to: [distribution@cannabishealth.com](mailto:distribution@cannabishealth.com)

Or  
Cannabis Health: Contest  
Box 1481

Grand Forks BC  
VOH1H0

Entry Deadline December 31, 2004

**TRUE NORTH HEMP COMPANY LTD.**



10760 WHYTE (82) AVE  
EDMONTON ALBERTA, CANADA  
T6E 2A8  
780-437-HEMP 43671  
FAX-780-433-0085  
[WWW.TRUENORTHHEMP.COM](http://WWW.TRUENORTHHEMP.COM)  
[STORE@TRUENORTHHEMP.COM](mailto:STORE@TRUENORTHHEMP.COM)

ALBERTA'S PREMIER CANNABIS STORE - ADVOCATE, LOBBYIST, AND RETAILER



We ONLY sell Pyrex glass smoking tools because it is the best and healthiest choice.



[www.wongbong.com](http://www.wongbong.com)



Laurie Lee at work in her studio

# SINISTER GLASS

By Laurie Lee – Pipesmith

today have evolved through a continual process of experimentation and accomplishment rather than from simply following the procedures set down by anyone else. I find a great deal of other artists' glasswork to be phenomenally inspiring, but I don't really want to mimic so much as I want to draw new inspiration from it. Find a fresh direction and run with it a bit to see where it can lead. This is where glass is such a nice medium, it's strict *and* forgiving! Glass allows you to test things out and if something doesn't work quite the way you planned you can always just start out from fresh and try it all a little differently the next time around.

Curiously, as far as my products go it's been a region where the consumer has defined the parameters of what I manufacture for my business. I'm an artist but I'm a practical one, this is my living and like everyone else at the end of the day I've got to eat dinner. This just happens to focus me more on pipe making than anything else as that's what the majority of my clients are interested in right now. Before this I'd spent years working as a marketer where I focused on bringing untried products into the public sphere... it was a job and very little more than that. However, from this background I've drawn a rock solid ethic of professionalism and reliability that shows in my reputation. This is one of those little areas where I'm pretty sure that the colloquial image of the common pipe maker differs from my own personal reality as an entrepreneur. If a client places an order, I'm working on it right then and I'm not satisfied unless it's moving to be shipped

**When art becomes your business and your business becomes art.**



the very next day. Even the most basic materials I choose when making glass pipes reflects this ideology, from the extra thick walled high quality glass chosen for durability to the annealing processes I utilize to reduce point stress in the finished pieces. Everything is based upon providing a finished work of art that is altogether beautiful, functional and as close to a permanent investment as it's possible to be.

One of the only difficult aspects in my job is the negative bias that is still sometimes prevalent where cannabis associated products are concerned. I run an open shop where people can come in and watch me while I'm working and there have been a few times when somebody will come across me sculpting a piece and will watch in fascination until they realize that I'm crafting a pipe which will most likely be used for smoking marijuana. Then they'll feel that voyeuristic guilt which our society has entrenched when it comes to all things still not politely acceptable and in these moments I can sometimes feel a little bit awkward. It's not a common event though, and most people quickly become

absorbed by the unique character of the glass working process to the point that even if they have a differing view concerning the finished product they still can appreciate the intricacies that go into the making of a beautiful pipe.

Sinister Glass Studio  
[www.sinisterglass.com](http://www.sinisterglass.com) 

**Kashmir Gold**  
 NANCY CAMPBELL/Designer  
 Fashion - Ladies & Men  
 Hemp Cotton Silk Wool  
[www.kashmirgold.com](http://www.kashmirgold.com)  
[www.kashmirgold.matol.com](http://www.kashmirgold.matol.com)

**SEX, DRUGS, VIOLENCE AND THE BIBLE**  
  
 \$24.95 US plus \$5 for shipping  
 \$34.95 Canadian plus \$5 for shipping  
 Payable to:  
 Chris Bennett c/o Pot TV  
 307 West Hastings  
 Vancouver BC Canada V6B 1H6  
[www.forbiddenfruitpublishing.com](http://www.forbiddenfruitpublishing.com)

**For Sinister Glass Products**  
 Contact  
 SWAG 604.709.0763  
 swag1@tbs.net  
  
 STICKERS • BUTTONS • T-SHIRTS • GLASS PIPES



# THE CANADIAN ELECTION SCENE

By Brian Taylor

Shortly after the election, the new Canadian Liberal minority government under Paul Martin confirmed that by October 2004 they would re-introduce the so-called "decriminalization" of marijuana legislation. This legislation has been introduced twice before and has never had the support of the Bloc, the NDP or even some of the Liberal party's own MLA's. Knowing that no amount of work on this bill would garner the support of the Conservatives, one can only assume that the government is prepared to consider the amendments that would be introduced by the parties that hold the balance of power in this minority government. I would expect both the NDP and the Bloc to ask for a small legal plant limit with no fines, the expunging of criminal records for simple possession, and a commitment to a broader cannabis action plan that will address the issues of driving, youth and criminal activity.

This week on a local television news show,

the guest addressed the issue of "Is smoking marijuana legal in Canada?" I was shocked at the simplicity of her presentation and yet, as her host and co-worker questions confirmed, many people are at the same starting place. People are confused. They read confusing media headlines; they see the counter sale of marijuana, they hear references to the compassion clubs, internet cannabis sales, medical permits and licenses. The medical marijuana program is treading water; law enforcement is frustrated, and commercial grow operations are threatening the safety of Canadian citizens.

These are the pressures to which Martin and the Liberals are responding. The situation has become intolerable and increasingly expensive. Will the government risk "non confidence" on the pot bill? Clearly no. Will we finally see an acceptable next step towards legalization? I sincerely hope so.



## HEMPFEST 2004

# JUNKYARD BONG CONTEST

By Johnny Hempseed -Treating Yourself member and contestant



Team "Treating Yourself"

Hempfest 2004 held near Sault St Marie, Ontario was a very special celebration this year. It was a first for many, and a couple of members came from as far away as Kentucky and Saskatchewan! Treating Yourself, had more members in attendance than any other group and were victorious in two of the contests held on Saturday. First place in the "Most Unique Rolled Joint" contest went to Robert Neron. In a team effort, 3 members, Undereducated, Duck and J\_Hempseed also took first place in the "Junkyard Bong" contest! With Undereducated acting as team captain, the three medical users headed out

around the sprawling property to find materials to cobble together a working bong; not an easy task when you consider they were in the middle of the wilderness. Wandering the property a while, the members located a rich source of materials, in a small dump, complete with dilapidated school bus. The original idea for a bowl was to acquire an apple from one of the guests, but when none could be located, a lemon sufficed. The piece was worthy of the event as it was a true "Junkyard Bong" and it actually worked! After entering it into the contest and seeing it tested, it was only a matter of the crowd's approval to make it official. Team "Treating Yourself" walked away with a trophy, an event hat and t-shirt, and a one of a kind 4 person water pipe, "The Purple People Eater", made by Chills for the event. Next year promises another opportunity for members to compete again, and you can be sure they will be in attendance to represent the largest online medical marijuana community...

[www.treatingyourself.com](http://www.treatingyourself.com) 

<cut along border>

## CANNABIS HEALTH JOURNAL SUBSCRIPTION FORM

SUBSCRIPTION COST:  
CANADA \$25.00 USA \$45.00 INT'L \$75.00  
(PRICES ARE IN CANADIAN DOLLARS)

Please send a 1 year (6 issue) subscription to:

Name \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_

Street Address: \_\_\_\_\_

City, Prov/State \_\_\_\_\_

Post/Zip Code \_\_\_\_\_

Payment Type: (please circle one)

Visa Mastercard Int'l Money Order Cheque(CANADA ONLY)

Card # \_\_\_\_\_

Expiry Date \_\_\_\_\_

please sign above

Is this subscription for yourself or a gift?  
If it is a gift, please include the name & mailing address  
of the recipient on a separate sheet of paper.

Mail form along with payment to:  
CHF/CRI  
PO BOX 1481  
GRAND FORKS, BC CANADA  
V0H 1H0

TOLL FREE: 1-866-808-5586  
EMAIL: [distribution@cannabishealth.com](mailto:distribution@cannabishealth.com)  
US DOLLARS WELCOME...  
PHONE FOR EXCHANGE RATE

<cut along border>

# LAKOTA HEMP DAYS

By Bob Newland  
Hemphesis Magazine

From August 25th through the 29<sup>th</sup>, 2004, thirty hemp enthusiasts from all over America harvested and manufactured hemp on the Pine Ridge Indian Reservation in southwestern South Dakota. Billed as the "3rd Annual Lakota Hemp Days", the event was designed by **Hemphesis** magazine and the South Dakota Industrial Hemp Council (SDIHC) to illustrate the versatility and functionality of industrial hemp.

In 1998, the Oglala Sioux Tribal Council, the governing body of the Pine Ridge Reservation (recognized, sometimes, as a "sovereign nation" by the U.S. government) re-legalized the production of industrial hemp on the reservation, making a distinction between hemp and marijuana, and removing the legal barriers to industrial hemp production. Alex White Plume, a Lakota farmer and rancher, planted a hemp crop in 2000.

In August of that year, U.S. government paramilitary terrorists in the employ of agencies such as the DEA, FBI and BIA raided White Plume's crop and stole it. White Plume sued, but Rapid City Federal Judge Richard Battey said he could see no merit in a suit charging the U.S. government with plundering the crops of a peaceful farmer in a neighboring nation.

White Plume planted again in 2001. Again, the feds destroyed his crop in August. In 2002, Alex planted again, and pre-sold his crop to Madison Hemp and Flax of Lexington, Kentucky. In August, there was considerable news coverage of White Plume and the actions of the feds. As he harvested, he was served with an injunction, signed by Judge Battey, prohibiting him (or his "agents, assigns, heirs, family, or employees") from taking any action in furtherance of production of industrial hemp. A violation of the injunction would draw a "contempt of court" citation and could result in White Plume's being imprisoned for 18 months on no more authority than a snap of Judge Battey's fingers.

Had White Plume not been enjoined, he would have delivered the hemp he and his family had harvested in 2002 to Madison Hemp and Flax. Instead, a group of celebrants/mourners gathered to reflect on this fact.

The U.S. government claimed that Alex was growing "marijuana", and destroyed his crop. Alex was not arrested, even though he admitted growing what the government called "marijuana". In three successive years, White Plume advertised that he was growing industrial hemp, called "marijuana" by the feds, and did so, yet he was not arrested.

Judge Battey, in his injunction, specified that Alex could not produce "marijuana or industrial hemp". This action, and the ones listed directly above, are clear evidence that the feds understand (and apply, in a way so perverse that it could only make sense to a socialist/fascist federal judge) the difference between "marijuana" and industrial hemp.

The shocks (bundles) of Alex White Plume's industrial hemp stalks were lying on the ground between Alex White Plume and Craig Lee (from Madison Hemp and Flax). Stripped of their leaves and flowers, the hemp stalks were ready for manufacture. Neither man could touch the stalks for fear of violating the injunction.



Brian LaBatte (Manderson, SD) harvests green hemp plants.

Craig Lee produced a shock of legally imported Canadian hemp stalks at that 2002 event. He used a hemp break to shatter the stalks and extract the fiber, which he then combed out and refined to the point that one of the celebrants was able to braid a bracelet, which another of those present purchased.

Canadian (and Romanian, Russian, Chinese) hemp is regularly trucked past barely-surviving U.S. farms to supply a rapidly rising U.S. market. U.S. farmers are barred from participating in the multi-billion dollar world market for industrial hemp. Such is the political concern, from both the Republican and Democrat wings of the Imperialist Party, about the "loss of family farms".

In 2003, the Hemp Industries Association held its annual convention at Kiza Park, near White Plume's home on the reservation. **Hemphesis** and the SDIHC thought the tradition should solidify in 2004. Why we originally called it the "2nd Annual" event, we don't know.

On August 25, 2004, we met at Kiza Park, just north of Manderson, South Dakota, on the Pine Ridge Reservation. There, the 30 of us rented camping and meeting places from Alex White Plume. Over the next four days, we harvested wild hemp growing on the reservation, and placed it in Wounded Knee creek for retting, and then stored it to dry. Using dry hemp stalks we had harvested last year from hemp patches in South Dakota, we separated fiber from

hurd and manufactured several saleable hemp products.

Was Alex flouting the injunction? We don't think so. We paid for a four-day stay at a privately owned camping park. Alex may have been aware of our specific hemp activity, but did not take part in it. Furthermore, we followed all of the specifications laid out by the Controlled Substances Act (CSA) for harvesting wild hemp. We harvested only the stalks, after separating the leaves, flowers and seeds from the plants.

While feral hemp grows in abundance in road ditches, along waterways and in fields all over America's farm country, there is no other place we could have a gathering like "Lakota Hemp Days" without interference from local law enforcement officers, although harvesting wild hemp is technically legal all across America.


We hope readers will take the initiative to get permission of land owners and harvest wild hemp in the same manner we did at Lakota Hemp Days, setting up the rudimentary infrastructure needed to convert hemp from stalk to concrete for homes, or paper, etc. Folks can harvest nature's most useful crop legally without getting a permit from the DEA. Hemp is harmless and this is why the CSA makes a distinction for it. Most people just don't realize that they can harvest the crop legally.

We made a couple of hempcrete tiles and refined some fiber to the point it could be spun into yarn. We made paper from hemp hurds. By so doing we no doubt amuse some folks, who think of a cottage industry as something "hippies" do to avoid working for Wal-Mart or the government, but not something that has any "serious" commercial potential.

Yet, with a few scraggly hemp stalks and 30 people, none of whom had experience with a hemp break or comb and little or no experience mixing and forming concrete or spinning yarn or making paper, we made saleable products in a few hours. Attendees experienced first hand how hard hemp farmers and processors of yesteryear had to work to refine hemp fiber. Prior to Emancipation, some slaves earned their freedom by breaking hemp for several years.

Any farmer with a moderately-equipped farm shop has the capability of adding value to hemp by extracting fiber and hurds from the stalks, or by pressing the seeds to make bio-diesel fuel, food oil and hemp cake for livestock feed, or by making paper (albeit crude paper, absent specialized machinery) and insulation. Local farm cooperatives could form marketing units to sell the crop and its value-added products.

Imagine a thousand, ten thousand, a hundred thousand such individuals and co-ops; suddenly we have marketing power and hope for those who want to make a living off the land, but who find the idea of sterilizing the soil and poisoning the world around them with crop petrochemicals—fertilizers, herbicides, pesticides—abhorrent.

By the time **Hemphaxis** publishes again, the multi-national corporations will have chosen either George Bush or John Kerry to continue the task of destroying family farms. Neither they, nor any of their water-carriers in Congress will speak, except derisively, of the potential of the most versatile crop on Earth. They will speak with pride of their accomplishments in the "drug war", proclaiming, we presume, that it's been a good thing to promote (by saying "marijuana" makes girls more sexually accessible, among other absurdities) and tax (through fines and seizures) pot smoking, while making the world safe (free from competition from hemp) for Eli Lilly's, Cargill's and Monsanto's toxic products and policies. 

# Advanced Garden Supplies

Helping you grow into the future!

North Okanagan  
Advanced  
Nutrients  
Dealer



Custom Sheet Metal Work  
Reflectors • Venting  
Odor Control

Ph: 250-545-9545

Fax: 250-545-1122

[www.advancedgardensupplies.com](http://www.advancedgardensupplies.com)

Vernon, BC

## FLORAWHIRL

the best hash machines in canada

### Presses



the traditional \$165



the discmaker \$195



the power press \$260

Never throw your  
leaves away again!  
Hash is easy to make.  
No ice.  
No chemicals.



175 gm \$415

400 gm \$497

600 gm \$595



1 204 832 9574

P.O. Box 2880 Stn. Main Winnipeg, MB R3C 4B4

Tel. (204) 832 9574 Fax. (204) 832 9550

All prices are in Canadian dollars. Satisfaction guaranteed.

# DA KINE

By Pete Brady

BRADY/DA KINE-REVISED/WITH PHOTOS/COPYRIGHT 2004

Ten years ago, Don Briere was busy day and night in British Columbia. He had 100 employees and dozens of business locations in the province. He worked 20 hours a day. He made millions of dollars. The good times ended in 1999, when Royal Canadian Mounted Police officers from Surrey, BC arrested Briere for money-laundering and growing marijuana. Briere's business was so substantial that the media called him "the pot czar." He was running hundreds of thousands of watts worth of high intensity lights in grow operations that dwarfed any seen before. He had long been a hemp and legalization advocate, but few had guessed that the mild-mannered, cheerful, blonde-haired businessman headed a provincial marijuana growing collective. The evidence against him was rock solid, and he was betrayed by a family member who became a police witness against him. Thus, in October, 2001, he pled guilty to marijuana cultivation and other charges, and was sentenced to four years in prison. Canadian income tax officials added insult to injury by slapping him with an order to pay nearly \$1.5 million in back taxes.

In Canada, where growers caught with 1,000 plants routinely receive suspended sentences and no jail time, Briere's severe sentence is indicative of the stature of his grow ops in the eyes of police, prosecutors, and the judge. Briere served part of his sentence in prison, and was released as a parolee in late 2002. While in prison, he endured physical and emotional pain, surviving heart attacks and assassination attempts. Alone in his cell, grieving and bitter about the bust and about the death of his eldest son from a drug overdose, Briere focused on his love of marijuana and the business of growing and selling it. "Just before I went to prison, I founded the Canadian Sanctuary Society," Briere explained during interviews I conducted with him beginning in November, 2003. "I intended to grow and sell marijuana for medical need. In prison, I refined the idea of my Da Kine cafes for selling marijuana. As soon as I got out of prison, I rented a seminar room and advertised my marijuana business seminar. I explained how to run marijuana businesses. Everybody said I was crazy. "Crazy or not, Briere began secretly

laying the groundwork for opening a Dutch-style marijuana shop. He was on parole, and faced immediate parole revocation if his parole officer suspected he was involved with marijuana. When Briere began to campaign as a British Columbia Marijuana Party candidate in provincial elections two years ago, his parole officer warned him he would be sent back to prison if he continued to speak publicly in favor of marijuana. "I would not let them intimidate me," Briere recalled. "The drug war is a real war, and some people like me are going to be casualties, not because we want to, but because we have to. If they send me back to prison, so be it. Once I made that decision, all my fear went away; it liberated me to tell the truth and implement my business plan."

In the autumn of 2003, Briere teamed up with an idealistic, mild-mannered Canadian businesswoman and marijuana activist named Carol Gwilt. The pair prowled the streets of Vancouver, looking for a location for their first Da Kine shop. Gwilt had no criminal record. She says she ran a "cannabis-friendly public café near Vancouver before becoming involved with Da Kine." She had also been a college-educated teacher for disabled children and adults, known for being especially successful helping people who had developmental disorders such as autism. "I always enjoyed helping people; I knew marijuana helps people," Gwilt said. "I have a chronic vertigo condition that has dogged me since I was seven. Doctors had given me all sorts of prescription drugs that hurt me instead of helping me. When I was a teenager, I smoked pot and discovered that it got rid of the nausea caused by the vertigo. When I met Don, I felt I had finally met somebody who believed in marijuana as much as I did. "In January, 2004, Gwilt and Briere leased and began renovating a business space at 1018 Commercial Drive in Vancouver. "The Drive" is described by tourist brochures as "bohemian, fun and funky." It was already home to several marijuana-related businesses, including the Melting Point store, owned by Marcus Richardson, aka "Bubbleman," who is credited with popularizing the use of ice



Carol Gwilt



Cannabis at Da Kine



Don Briere

water to make hashish. Richardson was arrested in Vancouver in 1998 after police discovered cash, 13 pounds of marijuana, and hash oil in his car. Richardson said the marijuana was destined for a Commercial Drive marijuana dispensary known as the BC Compassion Club Society, founded in 1996 by activist Hilary Black. The club is still in operation about a mile from where Briere and Gwilt leased their space. It sells smokeable and edible cannabis, and clones. Gwilt says Black's club was an inspiration for Da Kine. Emboldened by Black's success and by comments from Vancouver's Mayor and City Council endorsing legalization of marijuana and a "harm reduction" approach to drug law enforcement, Da Kine's founders believed they could keep open a marijuana club if it followed guidelines similar to those in place at Black's club.

In early discussions with city officials and police, Gwilt was dismayed when officials said Black was the only person allowed to run a marijuana club because "Black and the City have a memorandum of understanding" that the City would not grant to anyone else. "We told them that if they are going to allow one club to operate, then they cannot discriminate against someone else doing the same thing," Gwilt recalls. "They said it was a technical violation of the law to allow Hilary's club to operate, and we said, 'Exactly, so if you are going to look the other way with her club and also bend the drug laws to allow the city's safe injection site for hard drug users, you have to do the same with Da Kine.'" From January, 2004 until Da Kine opened on May 4, Gwilt had repeated run-ins with city officials. The problems involved marijuana, and unauthorized renovations. The activist informed neighborhood groups, police, building inspectors and business license personnel that Da Kine intended to sell marijuana. She was told not to sell marijuana or to allow smoking in Da Kine.

Unbeknownst to Gwilt, a few community members had begun a campaign of opposition to Da Kine. Representatives of the local community policing center and parents concerned about Da Kine's "close" proximity to local schools, complained to the police department and City Hall prior to the May 4th opening. "It was obvious to everyone what we intended to do," Gwilt said. "We didn't try to fool people. In April, a building inspector came in when we had marijuana plants and buds all over the shop. He just pushed the buds out of the way and told us to make some changes to our handrails. The city will show you some paperwork and tell you we agreed not to sell pot. Well, we

had verbal discussions too, and in those discussions, they indicated that they would issue us our license anyway, and we told them we were going to sell pot. We were led to believe they had decided to treat us the same as Hilary's club."

Despite objections from police and some community members, the City gave Da Kine its business license. The shop opened quietly in early May. During its first weeks of operation, customers were required to provide a physician's documentation or sign an affidavit stating that they used marijuana for medical purposes. The shop, decorated with an Egyptian theme and photographs of marijuana flowers, offered an ever-expanding menu of pipes, top-quality marijuana, hashish, edible cannabis, capsulated cannabis, and concentrated cannabis. Da Kine was the first cannabis shop in the world to sell a solvent-extract cannabis product called Budder, which tested at 82% THC. Budder is best consumed from a hot knife heated by a propane torch, so Da Kine opened an illegal "smoking room" and began offering mind-numbing "Budder hoots" for five dollars each. The popularity of Budder generated a sharp increase in business as the June tourist season began. Gwilt was by now official manager and spokesperson of the shop.

Briere, afraid publicity would alert his parole officer, toiled away in the background. "We totally avoided media coverage; we didn't need or want publicity," Gwilt said. "We especially didn't want Don's name in the press." Briere's anonymity ended when his name, his connection to Da Kine, and his parole status were disclosed without his permission by a free-lance journalist on the Cannabis Culture website in late spring.

Soon thereafter, Briere received a stern warning from his parole officer. "He requested a meeting, and I was sure he was going to revoke my parole and send me back to prison," Briere recalls. "He asked me if I had been doing media interviews and if I was involved with Da Kine. He said 'higher-ups' were interested in me, and that I was in danger of being revoked." Briere escaped with only a warning. In the meantime, Da Kine was becoming excessively popular. Customers were waiting outside the door when the shop opened in the morning, and the shop was standing-room busy until its late-night closing time. At the beginning of July, Da Kine put on a "BudderBowl!" to coincide with the Toker's Bowl. The shop was packed with customers and received tons of publicity.

"We couldn't keep up with demand," said Gwilt. "We couldn't find enough staff or bud. We would spend all day and night trying to find product, weigh it, package it, and get it to customers. We were providing a fantastic menu, with seven or eight types of marijuana, imported and domestic hash, potent pot food, measured dose cannabinoid capsules, and Budder. But it got out of control. We were the only real aboveground cannabis shop in North America, and people were flying here from all over the world to be our customers. Don and I felt overwhelmed. "In

**jupiter**  
cannabis shop

**Canada's Premier  
Cannabis Culture Retailer**  
Best Prices Selection & Service

Pipes • Bongs • Papers  
Blunts • Scales • Books • Detox  
And Everything 420 and Much More.

Canada's Leading Retailer of Color Changing Pipes!

10408 Whyte Ave., Edmonton, Alberta  
780.433.1967

611 Queen Street West, Toronto Ontario  
416.703.5150

www.jupitergrass.ca  
sales@jupitergrass.ca

## DA KINE

hindsight, Briere and Gwilt admit they could not manage Da Kine's popularity. They had no time to train staff. They collapsed in exhaustion to sleep for two or three hours on the shop's floor night after night. They didn't always insist that customers follow medical cannabis guidelines. The ventilation system in their illegal smoking room failed; clouds of pot smoke poured onto the street. Undercover police officers made controlled buys. Street dealers broke the shop's front window and burgled the store, threatening further retribution because Da Kine provided a competitive alternative to their business. Da Kine averaged 600 customers per day. It resembled a busy potshop in Holland, with no pretense of being a medical marijuana club. For a few weeks during the height of summer, Da Kine was the hippest place in

reporters and other media crews camped like vultures outside Da Kine, telling Gwilt they were waiting for a massive bust that police informed them would be happening as soon as the lead story ran. Gwilt closed her shop early that night, just as the CTV report aired. Uniformed and undercover police showed up that night and subsequent nights. They repeatedly invaded and surveilled Gwilt's shop, along with another counterculture shop on Commercial Drive, called The Spirit Within. On one occasion, Gwilt physically prevented an undercover officer and two uniformed officers from entering her shop, telling them that their actions

has to show what it looks like to be free. I wasn't going to let anybody run me out of my own building."

On September 9th around 6 pm, approximately 45 Vancouver police officers, some wearing masks to hide their identity, cordoned off a huge section of Commercial Drive and then smashed their way into Da Kine. A crowd of 200 protesters gathered to



Police



Gwilt outside Da Kine

town, hosting music, activism, and a non-stop pot party. It was Amsterdam in Canada.

In August, police started visiting the shop. They hassled a few customers, but generally ignored the open marijuana retail operation, concentrating instead on telling Gwilt to close Da Kine's illegal "smoking room." Gwilt argued with officers and largely ignored their warnings, although she eventually shut down the smoking room.

On August 30th, Gwilt received a call from CTV television reporter Rob Brown. "He said somebody had complained about pot smoke, and that the police were onto us," Gwilt said. "He wanted to come here and do an interview. I consented. I wish I hadn't. His report gave us publicity we did not want or need, and it forced the City to come out against us." Brown's report was scheduled to be the lead story on the 6 o'clock news on August 31st. For most of the day, CTV

against Da Kine were "nothing more than a job creation program for law enforcement." Police responded by setting a trap in back of her shop, where they detained and interrogated several of her employees.

For a week following the CTV report, Da Kine played cat and mouse with police who threatened to stage a massive raid. British Columbia's top law enforcement official, Solicitor General Rich Coleman, pressured Vancouver officials to close Da Kine. Briere's parole officer banned Briere from being at the shop, but he defied the order. "Carol needed me there," he said. "It was my place, my dream. It was our attempt to do for Vancouver what the first cannabis coffeeshop had done for Amsterdam thirty years ago, which is to show the people that marijuana stores cause no problems but instead provide benefits. I felt like somebody

hurl abuse at the police as they busted the shop. Officers detained and "processed" 33 customers, but didn't arrest any of them. They did arrest Gwilt and seven Da Kine staffers, charging them with a variety of offenses, including possession and trafficking of marijuana. Police claim to have seized 20 pounds of marijuana, a pound of hashish, and \$63,000 in cash. Gwilt and her staffers spent nearly 24 hours in jail, and face serious penalties if convicted. When Gwilt returned to Da Kine after being released from jail the next day, she was overjoyed to find that volunteers had reopened the shop. BudderKing, the inventor of Budder, was in the smoking room giving free Budder hoots. Customers were lined up on the street, giving defiant interviews to dozens of reporters who broadcast reports all over the world. Some Vancouver City Council members expressed cautious support for Da Kine, but Mayor Larry Campbell ran away from his earlier support of marijuana legalization while critics demanded that Da Kine be shut down forever.

Da Kine continued openly selling marijuana despite threats of more police raids. Gwilt took advantage of the media attention to push her view that Da Kine was a harm reduction experiment that the City should support. "We reduced street crime. We never had a fight, a date rape, a theft, or any other problem in our whole time being open, despite the fact that we had hundreds of customers a day. We proved that marijuana consumers are good people, and that a

marijuana business can operate safely. Our shop was far more orderly and harmless than alcohol bars and other establishments. The media and the police created the problems, not us or our customers," Gwilt insisted.

On Sunday evening, September 12th, Briere went out for a short drive and never came back. Gwilt spent the next 24 hours frantically searching for him. She finally learned that he had been arrested on Sunday, had a heart attack, was hospitalized and then returned to jail. She was prevented from seeing him, and worried constantly about his health and his civil rights. Gwilt's friends and attorney pleaded with her to stop selling marijuana at Da Kine. She disregarded their advice. On September 16, she was arrested for violating bail conditions and for new criminal violations. Police allege that they found 14 pounds of cannabis and \$10,000 in cash in her vehicle.

As this article is being written in mid-September, it seems certain that Briere's parole will be revoked, and that he will serve out the remainder of his original sentence behind bars instead of as a parolee. Another near certainty: Da Kine's business license will

be suspended or revoked at an October 6th City Council hearing. Even if the license is not revoked, Da Kine is likely to close because Gwilt is unable to find the will, money, marijuana, and staffing to keep it open. Indeed, after Gwilt was re-arrested, her lawyer issued a statement that Gwilt had decided to stop selling marijuana at Da Kine.

In the post-mortems for Da Kine are many conflicting opinions. Some members of the pot community and mainstream media condemn Gwilt and Briere, accusing them of "recklessly" defying the law in a way that brought heat on other marijuana providers. Police accuse Da Kine of being an organized crime operation, and say the shop had to be raided because it was openly flaunting the law. Other observers say Briere and Gwilt were absolutely not connected with organized crime, that they were kind-hearted and generous employers and activists, and that they should be lauded for their vision and courage. These observers question police and media priorities and veracity, noting that police and media are aware of Hells Angels marijuana retail outlets, brothels, and other illegal businesses in Vancouver which never get highlighted in the media or shut down by police. Gwilt says

she and Briere intend to sue police for their conduct during the raid, and for "misuse of public funds." She says taxpayers should be outraged that their money is spent "busting a peaceful shop instead of on health care, schools, the environment, transportation, and other ways of improving society." "I am not ashamed for providing marijuana. Da Kine proved that the Dutch coffeeshop model can work in Canada," Gwilt said after her shop was raided. "If they want to put me in jail, that's their choice, but I consider Da Kine a necessary step on the road to freedom for our culture, and I am proud that Don and I took this step." For Don Briere, an affable man who spent the last 15 years growing and selling marijuana, Da Kine was a dream that turned into a nightmare. Nevertheless, it's likely he would do it all over again. The night before he was arrested, I asked him if he was willing to again go to prison for marijuana. I reminded him that he has young children and a heart condition. Was it worth it? "Absolutely," he replied without hesitation. "During World War Two, Canadians had to go fight Hitler, and they died. I consider the drug warriors to be Hitler. Somebody has to stand up to them. If they kill me, at least I died fighting."



## The vaporization method involves the heating of herbs with hot air to specific temperatures.

This allows the active ingredient to be released at a temperature below the combustion point, allowing pure vapor without any first hand or second hand smoke.

### Vapir Corded



Price: \$199.95 CDN

### Vapir Cordless



Price: \$299.95 CDN

### Vapir One



Price: \$149.95 CDN

### Element



Price: \$19.95 CDN

  
**vaporizers.ca**

*sales@vaporizers.ca*  
**866-35-VAPOR**



Shipping from Ottawa, Canada 

# COOKING WITH CANNABIS

By Delynn Armitage



Sometime ago, an old friend of the family was diagnosed with lung cancer. Loss of appetite and constant pain left him basically incapacitated and he began searching for answers. He has always been a believer in the healing properties of marijuana, but because he was unable to smoke he turned his attention to cannabis edibles. Knowing that I am a chef, he asked me to

develop some appetite enhancing recipes other than the traditional cookies and brownies. He also needed natural alternatives to the multitude of pharmaceuticals he was taking. So after a lot of experimentation in the kitchen, I think we have developed some great recipes. The good people at Cannabis Health have allowed me this forum, so we could share them with you. Hopefully, you will find them easy to make, as well as beneficial to your health, as my friend has.

One of the tricks I found to cooking with cannabis is to remove the overpowering taste of the marijuana, without changing the overall flavor. Experiment with different amounts of butter in order to find the right mix, but more importantly, the right dosage to suit your needs. The first recipe I want to share with you is for a great tasting, visually appealing "Kick Ass Bruschetta". This combination of flavorful ingredients covers the taste of the marijuana fairly well, yet it still leaves a hint of what you are eating. Enjoy!

## Kick Ass Bruschetta

### Ingredients

- 1/2 cup marijuana butter
- 1 baguette
- 2 whole cloves garlic
- 1/4 cup fresh basil leaves
- 1 onion
- 2 jalapeno peppers(seeded)
- 8 roma tomatoes
- 1/8 cup olive oil
- 3 tbs balsamic vinegar
- salt & pepper
- 1/2 cup Asiago cheese



Directions - Crush garlic adding half to the butter; mix well and spread on toasted sliced pieces of the baguette. (Toast your baguette slices until golden brown before topping with bruschetta mixture.) Dice tomatoes to 1/4 to 1/2 inch pieces, depending on your own taste. Finely chop onion and jalapeno and add to the tomatoes. Mix in the oil, balsamic vinegar and remaining garlic. Chop basil and fold into the mix. Add salt and pepper to taste. Sprinkle generously with Asiago cheese. Try *one* small piece to test the dosage... then share with a friend.

Effects can take 30 - 65 minutes to be felt. Please ingest responsibly. Overdosing on edibles can be very uncomfortable.

## Puff Mama's Cannabis Bakery

My name is Joey, aka Puff Mama. I make pot cookies for government exemptees and several compassion societies in Southern Ontario. I also make hemp cookies and vegan cakes for the Hot Box Cafe and Now Lounge in Toronto, and soon will supply the Up In Smoke Café in Hamilton. Either way there's Cannabis in everything I sell! Hemp is an excellent introduction to cannabis. It's a great replacement for meat and nuts and is one of few plants on

this earth that contains all the building blocks needed to maintain an effective immune system. Plus it tastes great! My goal is to take this forgotten staple and bring it back to the public plate fusing ancient and modern techniques from all over the world. The cookies are designed to appeal to everybody's taste buds, and perhaps become a gateway substance to a healthier life!

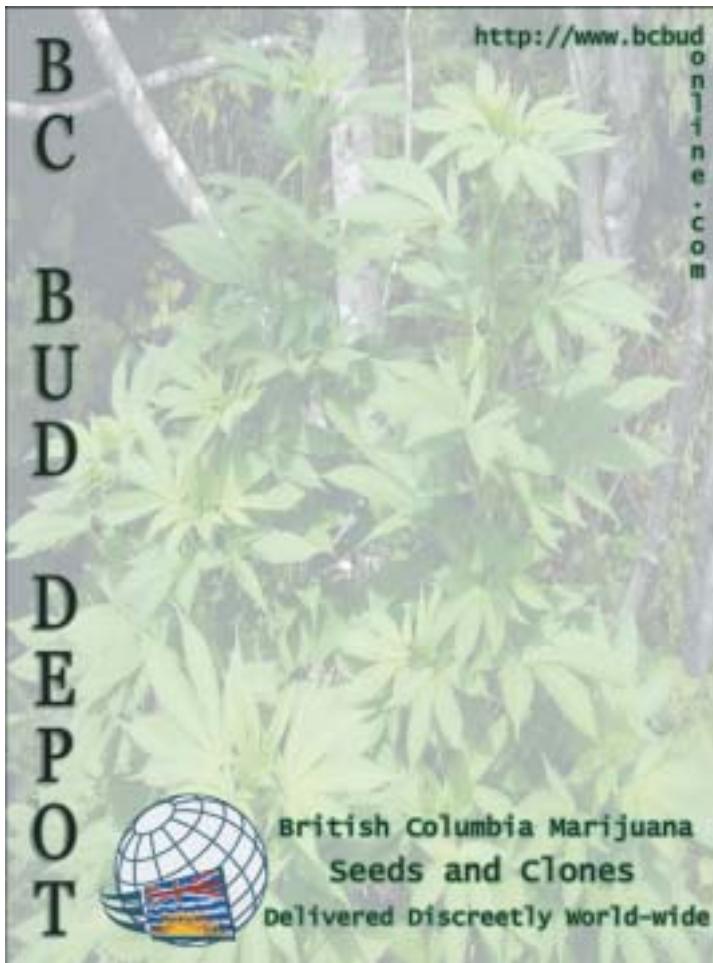

Check out the web at: [WWW.PUFFMAMA.CA](http://WWW.PUFFMAMA.CA)





http://www.bcbudonline.com

**B  
C  
B  
U  
D  
D  
E  
P  
O  
T**

**British Columbia Marijuana  
Seeds and Clones**  
Delivered Discreetly world-wide



**THC**  
TORONTO HEMP COMPANY  
www.torontohemp.com


Cannabis Superstore!  
Hemp and related products, herb smoking tools, and other interesting things.  
Est. 1994  
NEW LOCATION:  
637 Yonge Street  
416-920-1980




**Toronto Compassion Centre (TCC)**  
Established in 1997

Toronto's primary not-for-profit medical marijuana resource facility.  
www.tccentre.org  
416-931-8776

Est. 2002

**Sacred Seed** 



Exotic Seed and Houseplant Shop  
Specializing in medicinal, rare, and otherwise intriguing plants.  
2A Dundonald Street  
416-928-6811  
www.sacredseed.com


**HELP WANTED**

Cannabis Health is seeking experienced sales people to work on commission throughout North America.

Please send resume, cover letter, photo and desired territory to:

editor@cannabishealth.com  
or  
Box 1481  
Grand Forks, BC  
Canada V0H 1H0

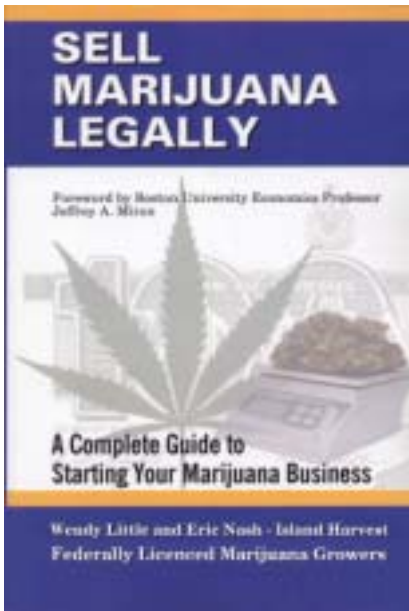
**The Ultimate Vaporizer**



[www.amazingvapor.com](http://www.amazingvapor.com)  
707 925-6494

# SELL MARIJUANA LEGALLY:

A book by Wendy Little and Eric Nash



## Sell Marijuana Legally A Complete Guide to Starting Your Marijuana Business

Authors: Little, Wendy and Nash, Eric. ISBN 0-9736018-0-9

The first comprehensive book on how you can become involved in the legal business of marijuana is now available. *Sell Marijuana Legally - A Complete Guide to Starting Your Marijuana Business* is written by Wendy Little and Eric Nash, federally licenced certified organic cannabis growers. Now that licenced growers can sell their marijuana to patients, a legal industry has emerged. *Sell Marijuana Legally* explains how you can be part of this new legal industry in Canada. By becoming a legally licenced seller of medical marijuana you'll be able to help authorized

Health Canada patients gain access to their supply of medical cannabis. In the book you'll find important information about the federal government application forms you need filled out to produce and sell medical cannabis. The book also tells you where to get the forms, and which government department to contact. If you're interested in government contracts worth millions of dollars, *Sell Marijuana Legally* covers this topic also. You'll find out how the past contract was awarded and what to expect for future cannabis cultivation contracts. *Sell Marijuana Legally* has a chapter devoted to selling your marijuana. It covers pricing, packaging and shipping – as well as the tools and equipment you'll need for cannabis distribution and sales.

Increasingly there is mounting pressure by Canadian society to end the prohibition on cannabis. For example, the Canadian federal government has been advised to legalize, regulate and tax cannabis by the Canadian Senate, the Fraser Institute and Vancouver Mayor Larry Campbell. In *Sell Marijuana Legally - A Complete Guide to Starting Your Marijuana Business* you discover many ways to ensure your future in the legal marijuana industry. You discover how to keep informed about trends and the latest news on the cannabis industry. At the back of the book you'll find a detailed Internet, books, and government contacts resource. Already have a growing book? This book is unique because it clearly outlines how to start your legal marijuana business. Now you can get a book on how to legally sell marijuana. The book's price of \$19.95 for information never presented before about a legal industry

worth billions of dollars seems well worth it. To get your copy of *"Sell Marijuana Legally - A Complete Guide to Starting Your Marijuana Business"*, ask your local bookstore, regional library or go to [businesscompany.com](http://businesscompany.com) and order direct.

## BOOK REVIEW

Barb St.Jean, Editor – Cannabis Health

Wendy and Eric's book "Sell Marijuana Legally" could soon make the list of #1 best sellers in Canada. This book raises the credibility of medical marijuana as a legitimate medicine in the eyes of the general public, and supplies the reader with all the resources and information needed to create their own legal and compassionate agricultural business in Canada. I left this book on the store counter for a few minutes as I went to answer the phone, only to come back to see that a crowd had gathered. One comment from a man in his late 60s said it all; "I would love to grow medical marijuana and be able to see my crop legal!" Eric Nash and his wife, Wendy Little, grow the healthiest pot in Canada. They are the first federally licensed medical marijuana growers to have their crop officially certified 100 per cent organic. They have followed the rules and used common sense to provide a safe and secure environment to produce cannabis and have demonstrated that growing marijuana can be done legally and in a manner that does not harm or alienate the community. This book provides a solution to the medical marijuana supply issues patients currently face. Thanks Eric and Wendy for a job well done.



[WWW.TREATINGYOURSELF.COM](http://WWW.TREATINGYOURSELF.COM)

**LOWRYDER Seeds**  
\$40USD Per 10 Seeds

**LOWRYDER Crosses**  
\$20USD Per 10 Seeds

**MEDICINAL MJ Seeds**  
\$20USD Per 10 Seeds

**FREE MEDICAL MJ TO THOSE IN NEED\***  
**FREE SEEDS TO QUALIFIED GROWERS\***  
**FREE ADVANCED NUTRIENTS TO QUALIFIED GROWERS\***

\*Contact [weedmaster@treatingyourself.com](mailto:weedmaster@treatingyourself.com) for further details

**HEMP GREETING CARDS**

Adult & Non-Adult Cards

Christmas Cards, 3D Generated Graphics, Touching Poetry, Tri-fold Cards, Optical Illusion Cards, Interactive Game Cards, Hand Drawn

**CANNABIS CARDS**

Call for a Catalog

1-877-Hemp-Card (436-7227)  
[www.cannabiscards.com](http://www.cannabiscards.com)  
customer-service@cannabiscards.com

Hemp Facts Printed On The Back of All Cards!

**HUMAN**  
HEMP USERS MEDICAL ACCESS NETWORK

PHN: 416-253-1021  
FAX: 416-253-1428  
EML: [info@HumanHempHealth.ca](mailto:info@HumanHempHealth.ca)

Toronto Therapeutic Cannabis  
Health & Nutrition Products

[www.HumanHempHealth.ca](http://www.HumanHempHealth.ca)

Pat Ryan's  
**HIGH AGAIN**  
 © 2004  
 DESIGNS

PRINTED ON RECYCLED PAPER

**the T-SHIRT DESIGNS YOU LOVED  
 ARE NOW GREETING CARDS!**

By Pat Ryan, The Creator of the World Famous California Homegrowers Association T-Shirts, Post Cards and Stickers first published in 1982. These new designs were introduced as T-Shirts in the 90's while living in Southern Humboldt County. Now available for the first time as Greeting Cards.

**8 BRAND NEW DESIGNS IN A BOXED SET**



FOR ORDERING INFORMATION AND PRICE LIST: [WWW.STTART.COM](http://WWW.STTART.COM) OR [PATRYANART.COM](http://PATRYANART.COM)



**CLEAR CHOICE**

**Vaporizer & Grinder**



**Glass Bowl Available**



**Factory Direct  
 ONLY \$39.99 U.S.**

[WWW.SMOKINGWIZZARD.COM](http://WWW.SMOKINGWIZZARD.COM)

Manufacturer, Wholesaler, Retailer

**1-800-858-9184**

Order Online or by Phone



TANDEM DREAM  
 ENTERPRISES LTD.

# THE HEMP CHURCH

For nearly a century in North America hemp has been restricted or prohibited by law. These misguided legal restrictions have targeted industrial hemp as well as cannabis hemp. Throughout the world battle lines are being drawn over hemp. While the United States is currently demonstrating the most broad and draconian approaches to regulating hemp, these misinformed regulations are also found in Canada and most other western countries.

Pro-Hemp activists are currently fighting the system with a variety of approaches and many are winning significant victories. In the US, activists have succeeded in having ballot initiatives passed providing state-level legal exemptions for medicinal marijuana users. The Hemp Industries Association of America (HIA) won a lawsuit quelling an attempt to ban non-psychoactive hemp foods. Others are taking on the laws regulating cannabis hemp as a "recreational" or a "medicinal" product. Many are paying for their activism with their freedom. Political parties are running candidates pursuing legislative change. While these diverse groups are able to take on a wide range of hemp issues there is also considerable fragmentation in what they advocate.

For every victory there are setbacks. Government agencies are working to stifle the pro-hemp movement. Compassion clubs are being raided. Police target medicinal growers and users. Pro-pot websites and publications are under attack from heavy-handed authorities. Governments are also undermining the production and use of industrial hemp. The lack of common ground among hemp supporters allows for anti-hemp groups to take a "divide and conquer" approach to maintaining prohibitionist agendas.



Two ordained ministers of The Hemp Church priesthood.

Where does The Hemp Church fit into this battle? The founding members of the Church had some diverse opinions on the subject of hemp. Some wanted to see total legalization. Others were more moderate, supporting decriminalization and medicinal use. Some were interested in the environmental benefits of industrial hemp. Despite diversity in opinion, there was common agreement that: (1) regulations on industrial hemp needed to end, (2) laws on cannabis need to change and, (3) individuals should have the freedom to choose as long as it doesn't harm others. This common ground is the real beauty of The Hemp Church. With this common ground we are able to unify hemp proponents and initiate rational discussion of the issues regarding all forms of hemp.

While we are quite serious in our activism The Hemp Church also is also about good fun and humor. With tongue firmly planted in cheek, the name The Hemp Church is built off the acronym THC, our ministerial members are "High Priests" or "High Priestesses", and anti-prohibitionist slogans like "God Gave Us the Grass" are dropped in just to

get a rise out of those with closed minds.

Anyone who holds similar views is welcome to join the congregation as a member at no cost. Those who want more than just membership can be Ordained as a High Priest or High Priestess of The Hemp Church. The ordination can be formally and legally completed so that members of our Priesthood can act in an actual ministerial capacity...meaning that they can conduct official ceremonies such as weddings. It's also makes for a great start to a pro-hemp conversation when someone comments on your ordination shirt. Take a moment to check them out on the web at:

[www.thehempchurch.com](http://www.thehempchurch.com)



A rectangular advertisement with a black border. At the top, it says "FREE MEMBERSHIP" in red. Below that, in yellow, "Become an Ordained High Priest/Priestess". In the center is a logo featuring a green cannabis leaf with a brown church steeple in the middle. The text "THE HEMP CHURCH.COM" is written in red across the leaf. Below the logo, it says "visit us online @ thehempchurch.com" in green and red. At the bottom, in yellow, "God Gave Us The Grass".

## CANNABIS IN EUROPE

**BRITAIN:** From January 2004, marijuana, formerly Class B, will become a Class C drug. Possession carries a maximum term of two years, but most offenders will get off with a warning.

**FRANCE:** Possession of soft drugs risks a heavy fine and a year in prison, but cannabis users are seldom prosecuted.

**GERMANY:** Cannabis use is illegal, but those possessing small quantities are seldom prosecuted.

**GREECE:** Users can face prison, but

enforcement is lax.

**PORTUGAL:** Cannabis is illegal, but those possessing small amounts are no longer jailed but are instead given mandatory counseling, and sometimes community service or a small fine.

**SWITZERLAND:** Cannabis remains illegal, but probably not for long. A government attempt to decriminalize it narrowly failed (2003), but police still turn a blind eye to those smoking it in public.

**CROATIA:** Prosecution for possession for personal use has ended, but selling it is punishable by up to 15 years in jail.

**ITALY:** A 1993 referendum decriminalized

possession of a "minimum daily dose" of marijuana.

**BELGIUM:** Possession of cannabis was decriminalized in 2002.

**SPAIN:** Possession of marijuana for personal use carries no sanction.

**THE NETHERLANDS:** Legislation dating back to 1976 decriminalized cannabis. Consumption and sale of the drug is allowed in coffee shops, with annual sales about UKP 1.8 billion.

Source:

[www.reconsider.org/issues/marijuana/Pot%20Possession%20in%20Europe.htm](http://www.reconsider.org/issues/marijuana/Pot%20Possession%20in%20Europe.htm)

# THE BC VAPORIZER!

## **SMOKELESS AND ODORLESS**

*Are you concerned about the dangers of inhaling any sorts of smoke?*

The BC Vaporizer is different from other smoking devices. Your herb is gently heated to the point where active ingredients are vaporized and released but never reaches combustion temperature.

### **BE NICE TO YOUR LUNGS.**

The BC Vaporizer is your healthy alternative.

[www.bcvaporizer.com](http://www.bcvaporizer.com)

17 East 6th Avenue, Vancouver, BC, Canada V5T 1J3

Telephone: 604 876 4494

Fax: 604 876 4847



*"this is a well-designed, easy-to-use, low-hassle vaporizer"*

Ask Ed, Marijuana Gold - Trash to Cash, Ed Presental

**All Natural!**

**THE ORIGINAL**

# O'MeGa

**HEMP BAR**

**2 Delicious & Healthy Choices!**

APPLE HONEY-HEMP  
IN CHOCOLATE

VEGGIE HEMP  
SUNFLOWER

**Plus**

**TWO MORE ENERGY-RICH PRODUCTS!**

**Hemp Nut**

**O'MeGa Hemp Seed Oil**

**gluten free • contains the highest quality all natural proteins**

Canadian Hemp Corp.  
9175 Mainwaring Road, Sidney, BC, CANADA V8L 1J9  
T 250-656-7233 F 250-656-8860  
sales@hempcorp.com

[www.omegahempcorp.com](http://www.omegahempcorp.com)

# DESIGNS BY DONALD **Bikinis with a Difference**



Model: Heather Lee Photo: Herbie Martin  
widemag.com/herbiemartin.com

Donald Phillips is as unique as the clothing he has to offer. After 20 years of service in the Canadian Army we find Donald doing something completely different. This original fashion designer understands every woman's body is blessed differently, and has a flair for what looks good. His designs are all crocheted to custom fit, as he is against mass factory production. Bikinis designed by Donald are truly homegrown and created from his favorite medium, the kindest fiber on earth, hemp. His swimwear is made to outlast the elements, won't shrink or fit too sloppy, because they are made especially for you. Why a hemp bikini for a Christmas Gift? Ordering a bikini in January guarantees a perfect fit by spring, and just think of

the fun you will have, when you tell her you need to measure her for her gift! This gift is earth-friendly, non-factory, and fun. Visit Designs by Donald's website for designs and a complete measurement sheet. <http://designsbydonald.hipplanet.com>

Cannabis Health 



**ORGANIC TRAVELLER**  
London's Real Head Shop  
"No need to panic, it's all organic"  
Ph: 519-432-HEMP Fax: 519-432-1618  
101-343 Richmond Street, London, Ont. N6A 5R2

 **LONDON COMPASSION CENTRE**  
Offering a healthy alternative since 1998!  
Phone 519-850-LCC1  
Fax 519-850-4665  
[londoncompassion@hotmail.com](mailto:londoncompassion@hotmail.com)

## BOOK REVIEW

A Comprehensive Guide to "BIG BUD" Marijuana Cultivation  
Author: CJ Harper  
[www.growweed.com](http://www.growweed.com)

CJ Harper gives insight into the world of hydroponics in her new book. If you are a newbie gardener thinking of going hydro or just a little curious about all the talk surrounding hydroponics, then this is the book for you. Have you ever wondered what "lumen" or "foot candle" means? CJ explains both in the chapter on lighting. The book, *A Comprehensive Guide to "BIG BUD" Marijuana Cultivation*, answers all the basic


questions, provides good information, and has pictures and humour scattered throughout. I found it to be a very informative read. To order: Online: [www.growweed.com](http://www.growweed.com) Mail order: CJ Harper, 9250 Hilltop Dr, New Port Richey, FL 34654 ,Download: \$19.95, CD Rom: \$24.95, Book: \$29.95

Cannabis Health 



## MS STUDY RESULTS BETTER IN LONG-TERM

Even though a huge number of MS patients, including talk-show host Montel Williams, have reported that marijuana helps enormously with the pain and muscle spasms associated with the disease, clinical studies have had trouble objectively measuring

those results. The long-term results of a UK study finally have. Source: AMERICANS FOR SAFE ACCESS A national coalition of 10,000 patients, doctors and advocates, Americans for Safe Access is the largest organization working solely on medical marijuana. [www.safeaccessnow.org](http://www.safeaccessnow.org) 

**ORGANIC FRIENDLY FARMER**  
Advanced Nutrients  
**519-438-4446**  
343 Richmond St., Lower level London, Ont.  
e-mail: [info@friendlyfarmer.ca](mailto:info@friendlyfarmer.ca)

   
5211 50ave(Geatz)  
open 11:00-9:00 later on weekends  
364 revolutions per year  
[hempydav@telusplanet.net](mailto:hempydav@telusplanet.net)  
**WWW.HEMPNSTUF.COM**  
**1-403-342-HEMP(4367)**  
Red Deer, Alberta, Canada

# Dreaming of a green Christmas?

Support your local hemp and headshops this season.

Laurie Lee, glass blower, shows off her talent with one of her pipes pictured here. See more of Laurie's work at [www.sinisterglass.com](http://www.sinisterglass.com)



Help support Team Cannabis and give someone a great gift, too! These hoodies are fresh and fun. Find them at [www.potbr.com](http://www.potbr.com)

Do you need a gift for that special chocoholic in your life? Would a chocolate bong do it? Go to [www.eathevidence.com](http://www.eathevidence.com) today and check out all their delectable delights!

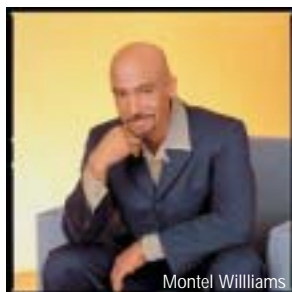


Smoking Wizzard is running a contest and free product giveaway. To enter go to [www.smokingwizzard.com/home.html](http://www.smokingwizzard.com/home.html), watch the two commercials and email them the correct file names of both commercials. While you are there, check out their whole product line, including the way cool Aqua Wizzard pipe. [www.smokingwizzard.com](http://www.smokingwizzard.com)

## Have a Happy and Healthy Holiday Season.

# MONTEL WILLIAMS TOUCHES THE HEARTS OF THE NATION

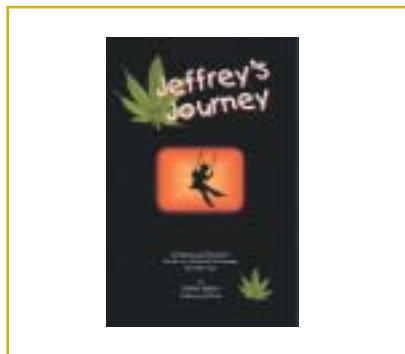
By Barb St.Jean



Montel Williams

On Tuesday, September 21, we watched Montel Williams devote another entire show to the topic of medical marijuana. Montel pledged to use his celebrity to help find a cure for multiple sclerosis (MS) after his diagnosis in 1999, but if that's not enough, he is now openly advocating the use of marijuana as medicine. Tears filled every eye in the office as we watched Montel and his guests pour their souls out for all to see. They talked about how marijuana improved the quality of their lives, or the lives of their loved ones. One mother of two, Angel, explained how marijuana kept her out of a wheelchair and gave her back the ability to hug her children. Another Mom and grandmother of a boy with severe mental disorders said medicinal marijuana was the only thing that helped him live a life of normalcy, and we listened to the repercussions they had when their boy was

institutionalized after their source of marijuana was taken away, because of the irrational actions of their own government. One main question Montel posed was - in spite of the federal government's attacks on the use of medicinal marijuana, why has it been producing and delivering its own medicinal mar-



ijuana for the past 20 years to a select number of patients? Medicinal marijuana has been approved by 9 states and is currently being considered for legislation by 6 others. Yet the US federal government still has power to negate the decisions passed by state legislatures and often targets both producers and users of medicinal marijuana. Montel exposed the truth behind his government's refusal to research the medicinal qualities of marijuana and its prohibitory measures to keep it away from the patients who need it. "Follow the money" he said.

So I did. The National Institute on Drug Abuse (NIDA) controls the only legal supply of research grade marijuana in the United States. Before scientists can study marijuana's medical benefits, they must ask NIDA

for its marijuana, and they just say NO. NIDA's mission is to lead the Nation in bringing the power of science to bear on drug abuse and addiction. In a "Progress Report on Marijuana Research and Dissemination Efforts from the National Institute on Drug Abuse" they claim; *Marijuana is the most commonly abused illegal drug in the United States. NIDA is committed to reducing the use of this drug and disseminating new findings to a variety of audiences.* Their Fiscal Year 2005 budget request is \$1,017,655,000.

Ed Rosenthal reported on February 21, 2003 that seven percent of the total criminal justice system expenditure in the US is spent jailing marijuana users. The total government expenditure on marijuana law enforcement is over \$15 billion a year with more than 100,000 prisoners serving time for marijuana convictions. Just think of the number of police officers, judges, lawyers and prison guards, not to mention prison construction firms and other providers of basic prison services, who are employed through marijuana's criminalization.

Montel was right on, "follow the money". It seems to be the only logical explanation for the lack of compassion from the powers that be. Montel opened my eyes and made them weep.

Source

- [www.norml.org](http://www.norml.org)
- [www.mpp.org/USA/news\\_3346.html](http://www.mpp.org/USA/news_3346.html)
- [www.angeljustice.org](http://www.angeljustice.org)
- [www.JefferysJourney.com](http://www.JefferysJourney.com)
- [www.montelshow.com](http://www.montelshow.com)



**Herb for your skin?**

*"The fresh Juice mixed with a little Oyl and Butter, is good for any place that hath been burnt with fire being thereto applied." Nicolas Culpepper 1653.*

BC Bud Rub will soothe sore or itching skin as well as stimulate healing.

- ★ Analgesic ★ Anti-pruritic ★ Antiseptic
- ★ Emollient ★ Anti-inflammatory

**BC BUD RUB**

Available by mail or at:

All Hemp Trading Co.	Courtney, B.C.
Practical Magic Herbs	Duncan, B.C.
Universal Life	Ladysmith, B.C.
The Smoke Zone	Nanaimo, B.C.
Kustom Kulture	Winnipeg, M.B.

**1-866-420-2420**

Made by **Ananda Canada**

3133, 103-191 Jensen Ave. E.Parksville, B.C., V8P 2T9

The Green Cross Patient Co-op is open to all Washington people that present a bona fide need for medicinal cannabis on the advice of their physician or other health care professionals.

**GREEN CROSS**

Ph: 206-766-8155  
Fax: 206-763-9855  
Green Cross, PO Box 80784  
Seattle, WA 98108-0784  
Email: [greencross@hemp.net](mailto:greencross@hemp.net)  
Web site: [www.hemp.net/greencross](http://www.hemp.net/greencross)

**THE WORMHOLE**

[www.the-wormhole.com](http://www.the-wormhole.com)  
[wormily@netzero.net](mailto:wormily@netzero.net)  
Ph: 206 768 1325  
P.O. Box 47347  
Seattle, WA 98104

A community outreach group of Patients educating Patients

**Smokers Articles**

Domestic & Import Cigarettes  
Jewelry • Scales • Pipes  
Incense • Stickers • Patches  
Body Jewelry • Gifts • DeluxFlashing Agents

**Zanies**

**IT HOUSE INC. Established 1972**  
Visit us on the web at: [www.zaniesonline.com](http://www.zaniesonline.com)  
Toll Free: 1-800-583-0588 / Ph: 509-326-8400  
2718 N. Division Road, Spokane, Washington

**WE SPEAK CANADIAN**

[www.meduser.ca](http://www.meduser.ca)

Internet store, featuring Advanced Nutrients, A Cannabis Research Section, Cannabis Discussion Forum, Seedbank, and a "LIVE" Chatroom!

Prizes given away monthly! Drop in and see us soon!





**Dr. Hornby**



*Advanced  
Nutrients*



# TARANTULA

PLANT GROWTH STIMULATOR  
ROOT GROWTH DEVELOPER  
BUDDING SITE PROMOTER  
YIELD ENHANCER  
BIO FUNGICIDE

**If you want to restore a natural balance to your garden that will increase yield, vigor, and flavor, use Dr. Hornby's Tarantula, backed by the Advanced Nutrients performance guarantee.**

# CANNABIS HEALTH: ON THE ROAD



Seattle Hempfest is by far the largest and most well known event of its kind. Despite this year's soggy weather, spirits were high. This annual marijuana-law-reform rally, now in its 13th year, had more than 175,000 in attendance. There appeared to be a new twist in the works this year as Hempfest took on a partisan stand for the election. The theme was "Vote Freedom!"

Participants were also asked to fill out a questionnaire that proposed harm reduction-

based seminars for the future, which would include education on safer use and substance misuse. In a movement that often claims that any and all cannabis use is healthy, it would certainly be a positive step towards legitimizing marijuana use if we took a stance on what constitutes responsible usage. Keynote speakers included Ethan Nadelmann, founder and executive director of the Drug Policy Alliance; Ed Rosenthal, a world authority on marijuana; Martha

Rosenbaum, medical sociologist and director of San Francisco's office of drug policy; and Keith Stroup, founder of the National Organization for the Reform of Marijuana Laws, or NORML. The organizers of the event are to be applauded for taking this very positive step forward. Hopefully they will be rewarded for their efforts by receiving record breaking attendance next year.

Visit [www.seattlehempfest.com](http://www.seattlehempfest.com) 🌿



The Shambhala Music Festival is an event like no other, a spiritual awakening in the forest atop a mountain not far from Salmo, BC. The woods and Zen-like beaches are transformed into a musical amusement park complete with lights and rides. Freedom of lifestyle is expressed openly here and alcohol is non-visible, not the norm of most events. We were amazed as 7000 people from all walks of life gathered for peace, love, celebration, dance, music and culture without incident or violence. Shambhala offers the best feelings life has to offer, awareness, acceptance, and enlightenment.

For information on next year's event, keep an eye on

[www.shambhalamusicfestival.com](http://www.shambhalamusicfestival.com) 🌿

**Now selling VaporTech, Got Vape & Volcano!**  
 Hempy Gum, Hemp Lollies and Blunts now available!  
[www.valleyofgreen.com](http://www.valleyofgreen.com)  
 Wholesale only!  
 Ph: 403-540-9128  
 Ph/Fax: 403-285-1697  
 e-mail: [kellyk@valleyofgreen.com](mailto:kellyk@valleyofgreen.com)

**TRIPATOURISM.COM LSD BLOTTER ART**  
 PIONEER LUMBER HARD COPY

TRIPATOURISM is the world's largest publisher of LSD blotter art. All prints are museum quality and come with a certificate of authenticity. Series is pictured above is out now and our music series featuring George Clinton, Herbie Hancock, Ray Charles, J.J. Cale and the Beatles is due February '06.  
**100% ART. 100% LEGAL.**

# Cannabis Culture

:: the premier marijuana magazine.

Get cultured today - subscribe to CC now!

**CC** 124 pages and still growing!

Get a copy at a store near you: [www.cannabisculture.com/find](http://www.cannabisculture.com/find)  
Pot-TV. As high as you can get on the net: [www.pottv.net](http://www.pottv.net)

# GOT MITES?

Best New Protection Against Spider Mites

**BONORO**

**Bonoro  
BIO-PROTECT**

Works to combat all types of pests. Seals plants' leaves and flowers from the outside against disease. Stimulates the plant's alkaloid saps. Provides the plant with an external source of strength and regeneration in the event of disease. The micro-organism is supported by acids and trace elements, improving photosynthesis.

*When you use the "BONORO" biological range of products, your plants will grow extraordinarily well.*

Ask Your Retailer For This Quality Product

# CANNABINOIDS AND BRAIN CANCER

## Science gives new hope to brain tumour sufferers.

BBC News (Sun, 15 Aug 2004) reported the new research, led by Dr. Manuel Guzman and conducted at Complutense University in Madrid, Spain, saw cannabinoids injected into mice with gliomas, which are fast-growing brain tumours. The cannabinoids appear to block genes making a protein called VEGF (vascular endothelial growth factor) that stimulates the sprouting of blood vessels. Cutting off the blood supply to a tumour means it is unable to grow and spread.

In studies, cannabinoids significantly reduced the activity of VEGF in laboratory mice. They also lowered VEGF levels in tumour tissue taken from two patients with glioblastoma multiforme, the most lethal type of brain tumour. Only about 6% of people diagnosed with these high grade cancers live for more than three years, because the main tumour often avoids complete destruction and grows again to kill the patient.

Murdo MacLeod reported in Scotland on Sunday (Sun, 15 Aug 2004) that samples were taken before and after the patients were treated with cannabinoid solution infused directly into the tumour. In both patients, VEGF levels in the tumour were reduced following treatment with cannabi-

noids. Although they only looked at two patients, the researchers hope their findings could lead to new treatments. "The present findings provide a novel pharmacological target for cannabinoid-based therapies," Dr. Guzman is quoted as saying in the article.

Mr. MacLeod also reports Dr. Richard Sullivan, Head of Clinical Programmes at Cancer Research UK, as saying: "This research provides an important new lead compound for anti-cancer drugs targeting cancer's blood supply. Although this work is at an early stage of development, other research has already demonstrated that VEGF is an important drug target for a range of cancers."

Dr. Sullivan is also quoted in the article as saying: "The key now will be to show further activity in pre-clinical cancer models, find out in which combinations cannabinoids show greatest activity and formulate a product that can be tested in man. It is important to note that cannabinoids would need to generate very strong data in the future as there are already a number of VEGF inhibitors in clinical development."

This is not the first time cannabinoids and cancer treatments have been studied. In an article written by Raymond Cushing for

AlterNet (May 31, 2000) he writes: In 1974 researchers learned that THC, the active chemical in marijuana, shrank or destroyed brain tumors in test mice. But the DEA quickly shut down the study and destroyed its results, which were never replicated — until now.

For further information on this and related topics visit the following websites:

URL: [www.mapinc.org/drugnews/v04/n1176/a06.html](http://www.mapinc.org/drugnews/v04/n1176/a06.html)  
Website: [www.news.bbc.co.uk/](http://www.news.bbc.co.uk/)  
Details: [www.mapinc.org/media/558](http://www.mapinc.org/media/558)  
Source: BBC News (UK Web)

URL: [www.mapin.org/drugnews/v04/n1160/a03.html](http://www.mapin.org/drugnews/v04/n1160/a03.html)  
Website: [www.scotlandonsunday.com](http://www.scotlandonsunday.com)  
Details: [www.mapinc.org/media/405](http://www.mapinc.org/media/405)  
Source: Scotland on Sunday (UK) Author: Murdo MacLeod

URL: [www.alternet.org/search.php?term=Raymond+Cushing](http://www.alternet.org/search.php?term=Raymond+Cushing)  
Website: [www.alternet.org](http://www.alternet.org)  
Author: Raymond Cushing (2000)



## IACM REQUESTS YOUR HELP - UPDATE FROM ISSUE 12

Personal greetings from Dr. Franjo Grotenhermen - The International Association for Cannabis as Medicine (IACM).

I would like to thank all of you, who have, through your generous donation, allowed me to undergo this important and effective treatment. I hope you will accept that I have not been able to thank each of you individually. Many of you have sent personal letters and e-mails and wished me a speedy recovery; others have pondered over and suggested alternative treatments. This show of sympathy has meant much to my family and me and has helped us to cope with the current crisis. It will likely take another few months to overcome it but, with the support of so many, I have a realistic chance of recovery and continuation of my work.

Interim report and acknowledgement by Dr. Martin Schnelle on behalf of the board of

FRAN-GO, a non-profit organization founded specifically for this cause, and in particular as a member of the board of the IACM, I would like to express my heartfelt gratitude for your immediate and overwhelming preparedness to donate. We are deeply impressed by the willingness of friends and colleagues of Franjo Grotenhermen around the world to help. Here is our interim balance:

Between July 26 and August 20, FRAN-GO received a total of 112 donations. 71 donations were less than EUR 100, 41 donations were in the amount of EUR 100 or more with 12 of the donors giving amounts of EUR 500 or more. Total donations added up to approximately EUR 17,000, about US\$ 21,000.

The treatments administered so far have helped Franjo Grotenhermen much in overcoming his life-threatening crisis. Whether 15 treatments at EUR 1,150 each will be sufficient to stabilize his health cannot currently be assessed reliably. However, we are hopeful that the significant amount donated to

date will provide a sufficient basis.

Although we realize that for some donors a donation of EUR 100 may mean more than a EUR 1000 for others, we would like to mention by name those who contributed EUR 500 or more: Michael Behrends, Farmalyse B.V. (Pieter Liefert), Raphael Mechoulam, Ricardo Navarrete Varo, Manfred Reimers, and Willem Scholten. EUR 1000 or more have been donated by: David Bronner, Delta-9-Pharma, Dale Gieringer, Hanfburg, Storz & Bickel GmbH CO.KG, and [www.hanf-info.ch](http://www.hanf-info.ch).

Heartfelt thanks to our major donors, but we also know: every small donation has helped.



IACM  
Rueckertstrasse 4  
D-53819 Neunkirchen  
Germany  
Phone: +49-2247-968083  
Fax: +49-2247-9159223  
Email: [info@cannabis-med.org](mailto:info@cannabis-med.org)  
<http://www.cannabis-med.org>

Shop at [www.CannabisHealth.com](http://www.CannabisHealth.com)  
for great service and quality products!

### Volcano

Putting health first. Volcano vaporizing technology.  
Price: \$900.00 / CDN



### CH Schwagg Baggs

Wholesale orders printed with your company logo for free!  
8 bag system, lifetime guarantee.  
NOW \$300/CDN (was \$420)



### Subscribe

Cannabis Health Journal  
6 issues per year  
25.00 /CDN



### BC Bud Rub

Soothes sore and itching skin as well as stimulate healing. The rub is also antiseptic.  
Price: \$15.00 / CDN



### BC Vaporizer

Smokeless and odorless. Be nice to your lungs. A healthy alternative.  
Price: \$75.00/CDN



## the book section

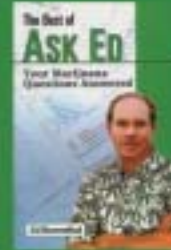
### Celebration Pipes

Available in: Purple Haze, Opal, Platinum, Gold, Black Coral and Hanalei Blue  
Price: \$88.00/CDN



### Glass water bong

Decorative and artistic assorted sizes, prices starting at \$50.00/CDN



**The Best of Ask Ed**  
Your Marijuana Questions Answered  
by Ed Rosenthal  
Price: \$24.95 / CDN

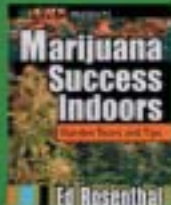
### Raydiator by Mari Design

3/8" Triple Glass titanium pipe. Many colors to choose from. Parts and accessories available.  
Price: \$81.00/CDN



### Fimo Jester Pipe

Face glows in the dark.  
Price: \$30.00 / CDN



**Marijuana Success Indoors**  
Garden Tours and Trips  
By Ed Rosenthal  
Price: \$20.95 / CDN

### Krypto Kit

Perfect for the hill. With removable stash case.  
Price: \$20.00 / CDN



### Herby's Twist

Magnetic Grinder with Stash, Available in: Bob Marley's Rasta, Pot Leaf, Happy Face, Eight Ball & Yin & Yang. Price: \$12.00/CDN



**The Big Book of Buds**  
Great bud pics & info.  
Price: \$30.50 / CDN

### Glass Pipes

Assorted designs and sizes. Prices start at: \$34.00/CDN



### Aluminum Case Grinders

Prices: Sm: \$16.00/CDN  
Lrg: \$24.00/CDN  
Lrg with Stash: \$26.00/CDN



**Trash to Stash**  
By Ed Rosenthal  
Price: \$23.95 / CDN



**Stir Crazy**  
Recipe Book  
\$15.95 / CDN

There is more at the store and more being added all the time!

To place an order phone Toll Free 1-866-808-5566  
or send e-mail to [store@cannabishealth.com](mailto:store@cannabishealth.com)

International orders welcome

# US ELECTION 2004

## cannabis on the ballot



Numerous initiatives addressing marijuana policy and enforcement are slated to appear on various state and municipal ballots this fall. Nationwide polls indicate that some eight in ten Americans back reform, in particular the legalization of medicinal marijuana for seriously ill patients. However, politicians at the state and federal levels still oppose even a minor change in the existing policies. Congress refused to hold hearings on two proposed bills that seek to exempt state-authorized medical marijuana patients from federal arrest and prosecution. The public, because of the lack of support from their elected officials, has taken the issues of marijuana policy reform directly to the voters.

**ALASKA** - If approved, Alaska's Cannabis Decriminalization and Regulation Act (<http://www.alaskahemp.org/>) would mandate that "persons 21 years or older shall not be prosecuted, be denied any right or privilege, nor be subject to criminal or civil penalties for the possession, cultivation, distribution, or consumption" of marijuana for medicinal, industrial or recreational purposes. The proposal also encourages the state legislature to establish a system to regulate pot "in a manner similar to alcohol or tobacco."

**INITIATIVE STATUS:** Campaigners have qualified the Cannabis Decriminalization and Regulation Act for the Nov. 2, 2004 ballot. Note: Alaska Court of Appeals ruled Friday 27, Aug 2004, that police cannot execute a search warrant in a person's home for possession of less than 4 ounces of marijuana.

**MONTANA** - If approved, Montana Medical Marijuana Act (I-148) (<http://www.montanacares.org/>), would allow qualified patients to possess and cultivate marijuana for medicinal purposes under the authorization of their physician. Patients diagnosed with cancer, glaucoma and HIV/AIDS qualify for legal protection under this act, as well as individuals suffering from cachexia, severe pain, nausea, epileptic seizures, persistent muscle spasms, multiple sclerosis or Crohn's disease. The proposal also estab-

lishes a confidential state-run patient registry to issue identification cards to qualifying patients.

**INITIATIVE STATUS:** Campaigners have qualified the Montana Medical Marijuana Act for the Nov. 2, 2004 ballot.

**OREGON** - If approved, Oregon Medical Marijuana Act (aka OMMA2) ([www.yeson33.org](http://www.yeson33.org)) seeks to amend the state's existing medicinal marijuana law to allow qualified patients to legally possess up to ten marijuana plants. The act would increase the amount of marijuana patients can possess from three ounces to one pound, and increase the number of patients for whom caregivers can grow. The proposal would allow state-certified nurse practitioners and naturopaths to recommend marijuana to their patients, and expand the definition of a qualifying medical condition to include "any other medical condition for which, in the determination of the attending physician, the medical use of marijuana would be beneficial." The proposal also mandates the state legislature to promulgate rules to license and regulate medical cannabis dispensaries "to ensure that medical marijuana is available to qualified patients." Such dispensaries could legally sell medical marijuana to qualified patients — a groundbreaking move if passed.

**INITIATIVE STATUS:** Campaigners have qualified the Oregon Medical Marijuana Act for the Nov. 2, 2004 ballot. OMMA2 barely squeaked by, turning in 77,782 valid signatures. It needed 75,630 to qualify. Petitioners had turned in about 90,000 signatures earlier in the year, then turned in another 28,000 last month just to be safe. But with nearly 30% of the signatures disqualified, it still ended up being very close.

**BERKLEY, CALIFORNIA** - If approved, Patients Access to Medical Cannabis Act would establish new municipal guidelines enhancing the amount of medicinal marijuana qualified patients may legally possess without penalty. The proposal would replace Berkeley's 10-plant medical cannabis limit with an amount in accordance with an individual "patient's needs," as defined by the patient and his or her physician. The proposal also calls on the city to distribute medical marijuana if federal officials close

Berkeley's four private medicinal cannabis dispensaries.

**INITIATIVE STATUS:** Campaigners have qualified the Patients Access to Medical Cannabis Act for the November 2, 2004 ballot.

**OAKLAND, CALIFORNIA** - If approved, Oakland Cannabis Regulation and Revenue Ordinance ([www.taxandregulate.com](http://www.taxandregulate.com)) would establish new municipal guidelines directing "the Oakland Police Department to make investigation, citation, and arrest for private adult cannabis offenses the lowest law enforcement priority, effective immediately upon passage of this ordinance." The proposal also mandates the city of Oakland "to tax and regulate the sale of cannabis for adult use, so as to keep it off the streets and away from children and to raise revenue for the city, as soon as possible under state law." **INITIATIVE STATUS:** Campaigners have qualified the Oakland Cannabis Regulation and Revenue Ordinance for the November 2, 2004 ballot.

**TALLAHASSEE, FLORIDA** - If approved, Practical Law Enforcement Amendment (aka the PLEA) (<http://www.signtheplea.org>) would amend the Tallahassee city charter to mandate "the City of Tallahassee Police Department, City Attorney's Office, City Manager, and all other law enforcement agencies acting in the city [to] make the investigation, arrest and prosecution of marijuana offenses [involving possession of under 20 grams], where the marijuana was intended for adult personal use, the city's lowest law enforcement priority."

**INITIATIVE STATUS:** A federal judge ruled in September that the initiative might not appear on the November 2, 2004 ballot because the local initiative process may not be used to enact a municipal ordinance. City election officials had previously certified that petitioners had gathered a sufficient number of valid signatures from registered voters to qualify for the ballot.

**COLUMBIA, MISSOURI** - If approved, Missouri Smart Sentencing Initiative would amend the Columbia city criminal code to reduce misdemeanor penalties on the possession of marijuana and/or paraphernalia to a fine-only offense. The proposal reads,

"When any law enforcement officer suspects any adult of possession of a misdemeanor amount of marijuana and/or possession of marijuana paraphernalia, that person shall not be required to post bond, suffer arrest, be taken into custody for any purpose nor detained for any reason other than the issuance of a summons, suffer prosecution, suffer incarceration, suffer loss of driver's license, or any other legal punishment or penalty other than: the issuance of a summons and, if found guilty, a fine of up to \$250." The proposal also mandates all such cases regarding the misdemeanor possession of marijuana "shall only be referred to the Municipal Prosecuting Attorney, and no other prosecuting attorney, and the Municipal Prosecuting Attorney shall not refer the matter to any other prosecutor." INITIATIVE STATUS: Campaigners have qualified the Missouri Smart Sentencing Initiative for the November 2, 2004 ballot.

**ANN ARBOR, MICHIGAN** - If approved, Ann Arbor Medical Marijuana Act (<http://www.freedomactivist.net/aammi.html>) would amend the Ann Arbor city charter to allow qualified patients to possess and cultivate marijuana for medicinal purposes under the authorization of their physician. The proposal would mandate "no incarceration, probation, nor any other punitive or rehabilitative measure" for qualified patients, and establish an "affirmative defense to a prosecution under this section that the use or intended use of the marijuana or cannabis relieves, or has the potential to relieve, the pain, disability, discomfort or other adverse symptoms of illness or medical treatment, or, restores, maintains or improves, or has the potential to restore, maintain or improve, the health or medical quality of life of the user or intended user or users of the marijuana or cannabis." INITIATIVE STATUS: Campaigners have qualified the Ann Arbor Medical Marijuana Act for the November 2, 2004 ballot.

**DETROIT, MICHIGAN** - Sixty percent of city residents voted August 3, 2004 in favor of Proposition M: The Detroit Medical Marijuana Act. The measure amends the Detroit city criminal code so that local criminal penalties no longer apply to any individual "possessing or using marijuana under the direction ... of a physician or other licensed health professional."

**MINNEAPOLIS, MINNESOTA** - If approved, Minneapolis City Charter Amendment (<http://www.cohr.org>) would amend the Minneapolis city charter "to require that the

City Council shall authorize, license, and regulate a reasonable number of medicinal marijuana distribution centers in the city of Minneapolis as is necessary to provide services to patients who have been recommended medicinal marijuana by a medical or osteopathic doctor licensed to practice in the state of Minnesota to the extent permitted by state and federal law."

INITIATIVE STATUS: The Minneapolis City Council have refused to place the Minneapolis City Charter Amendment on the November 2, 2004 ballot — arguing that the proposal fails "to relate to the general governance of the city," Petitioners have announced plans to legally challenge the Council's decision.

**BOSTON, MASSACHUSETTS**, a so-called 'liberal' state will debate decriminalizing marijuana and legalizing its medical use and it may be heading to the ballot in a handful of MetroWest communities this fall. The state spends an estimated \$25 million annually to arrest and prosecute adults for marijuana possession.

Another issue is the **NEVADA** secretary of state's decision to rule invalid the petition signatures of people who signed up in support of the Nevada marijuana-legalization ballot initiative, claiming they had gathered about 2,000 fewer signatures than the number required to secure the initiative a place on the November ballot. A district judge sided with the organizers and ordered a recount. Supporters wait on the U.S. 9th Circuit Court of Appeals to give a final nod on the initiative fate.

Seven states - Alaska, California, Colorado, Maine, Nevada, Oregon, Washington, have passed workable medical marijuana laws through the initiative process, while voters in Arizona in 1996 passed a measure that has been unworkable. In Hawaii and Vermont, medical marijuana has come through legislative action, while Maryland legislators passed a lesser bill allowing medicinal use to be used as a defense in marijuana possession cases.

*Cannabis Health* 

- Sources:  
 Austin Chronicle (TX)  
 AlterNet (US Web)  
 Parkville Qualicum Beach News (CN BC)  
 MetroWest Daily News (MA)  
 Drug War Chronicle (US Web)  
 NORML: [www.norml.org](http://www.norml.org)

**'Bring Mother Nature Indoors'**

**6, 10, 17 & 72 Plant Growing Chambers**

**Hydroponic Greenhouses**  
 GFI Protected ~ CSA Certified.  
 'Seed to bloom' gardening.  
 Organic Yields, Low Power.  
 Easy to set-up & use.

 **1-877-788-4769**  
[quickgrowcanada.com](http://quickgrowcanada.com)  
 'Simply The Best'



**Dr. Hornby's Scorpion Juice**  
 stings the things that harm your plants by increasing your plant's ability to fight off harmful fungi, molds, and bacteria.

Scorpion Juice strengthens your plant's immune system and vigor so you get bigger, more resinous buds.

When your plants need to get juiced, dose them with Scorpion, backed by our industry-leading performance guarantee!

**Nothing but the best to grow the best.**  
 Take your plants above and beyond at:

**HALLS 'N' HERBS**  
 HYDROPONICS

*"Giving a hand in growing a better world"*  
 We carry a complete line of all plant products.

Tel: (250) 388 2899 Toll-free: 1 877 588 5855  
 Email: [hallsnherbs@shaw.ca](mailto:hallsnherbs@shaw.ca) [www.hallsnherbs.com](http://www.hallsnherbs.com)  
 107 Falcon Drive, Highway 97 South  
 Williams Lake, British Columbia CANADA V2G 5G7

Cannabis Health wishes all of our dedicated distributors a prosperous 2005!

**RECEPTIVE EARTH**  
Hemp Fashions & Giftware  
4188 MAIN STREET  
VANCOUVER, BC V5V 3P7  
604.875.6198

**The Original Magnetic Ball Grinder**  
**Herby's Twist**  
www.herbysttwist.com  
tel: (416) 767-1200

**KOSA**  
Kootenay Outdoor Seed Association  
Medical marijuana seeds at compassionate prices (from \$0.75)  
Toll Free: 1 866 352 5672 Fax: 250 352 2211  
www.kootenayseeds.com  
info@kootenayseeds.com

**sacredherb**  
hemp clothing & accessories/flat glass books/bongs/party tix/chaos & culture  
**raregroove**  
used house & electronic vinyl  
#106-561 Johnson st victoria bc  
250-384-0659 www.sacredherb.com

**Cannabis Culture Shop**  
241 Queen St. West  
Toronto's finest selection of herbal smoking accessories, hemp clothing, hemp cosmetics and cannabis literature.  
The Friendly Strainer  
(416) 596-1570

Contact Cannabis Publishing to confirm the details of your FREE listing!  
**CANNAGUIDE**  
YOUR GUIDE TO CANADA'S CANNABIS CULTURE  
CannaGuide Publishing  
Lisa A. Erbman, Executive Publisher  
P.O. Box 208  
Roberts Creek, BC V0L 1R0  
www.cannaguide.ca  
info@cannaguide.ca  
Ph. (604) 769-8136  
Fx. (604) 885-3968

**THE FARM & GARDEN PLACE**  
Interior Farm Supply Ltd.  
1-250-832-8424  
fax: 250-832-2305  
P.O. Box 716  
1771 10th Ave. S.W.  
Salmon Arm B.C. V1E 4N8

**TOKERS UNITE!**  
Come together right now...  
**PotheadSingles.com**

**FRAZY TROU**  
770-9797  
www.krazycanporium.ca  
VAPORIZERS, Hemp Products  
Hemp Books & All Things Hemp.  
Your Complete Hemp Shop  
255 Westminster Ave. W. Port Huron BC V2A 2P7

**21st Century Gardening**  
Your Hydroponic Experts  
www.21stcenturygardening.com Come grow with us!

**SEEDS!!**  
MIX AND MATCH YOUR STRAINS  
WWW.MARYJANESGARDEN.COM  
FREE DELIVERY

**AURORA LIGHTING**  
Shop at our on-line retail store and receive fast & discreet shipping!  
We sell ALL the necessary products for indoor gardening!  
750 3rd Ave. Prince George BC  
1-888-564-9888 www.auroralighting.ca

**SMOKEFACE.com**  
CANADIAN HEADSHOP  
Visit Us Online

**Bongs & Such**  
403-250-7004  
2066 18th Ave. NE (All Happiness Plaza) Calgary, AB T2E 8T6

**GRASS ROOTS**  
10% OFF for Med Users with card  
403 270 2193  
112-10th St. NW Calgary AB

**Shell Shock**  
CRACKING EDGE Cannabis Culture  
specializing in Joe Greave and all your toking needs  
ph. 1 877-430-TIME  
8124 Gateway Blvd.  
Edmonton AB  
www.shellshock170.com

**Holy Smoke Culture Shop & Church of the Universe Mission of God**  
Catering to all your smoking needs since 1996  
Visit our smoke-friendly cafe for food, drink, and cable internet access.  
112 Hendry's Street, Stoney Hill, Canada, V1L 2A5  
Tel. (250) 352-9477  
Email: info@holysmoke.ca Website: www.holysmoke.ca

**eatherevidence.com**  
not your usual waterpipes.

**WILLY JACK**  
Director of Sales  
12-50 King St. Toronto, Ontario M5C 2T0  
1-866-369-4250  
willyjack@canadacomm.com



“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”  
 - Margaret Mead

For **Advanced Online Nutrients**  
 Go To **growbig.com**  
 www.grow-big.com

*Kindred Spirits Hemp Ltd.*  
 Trying to reduce the harm of Prohibition!  
 780-489-6787  
 e-mail: Kindred7@telus.net  
 14010A Stony Plain Road,  
 Edmonton AB, T5P 3X8

**Paradise Gardens Hydroponics**  
**IN THE TAX FREE ZONE**  
 ph: 519-445-2275 / fax: 519-445-0052  
 2155 Chesham Rd. Orillia, Ont. N0A 1M0  
 www.paradisegardens.net

**Herborizer.com** wholesale delivery  
 The new all glass vaporizer  
 Visit Our Website:  
 www.herborizer.com  
 It is the union of a water pipe and a bong with a new vaporisation process. The Herborizer is made of PROTESS, and arrived hand-blown in France, using traditional manufacturing processes for laboratory glass.

**Backwoods Hydroponics & Gardens**  
 "We'll keep you growing"  
 Quiet Country Location **250-963-9541** Quiet Country Location  
**Toll Free 1-800-963-9541**  
 10500 Carleton Rd. Prince George, BC V2K 5E5

**Valley Hemp Company**  
 250-770-8711  
 The Valley's only complete cannabis shop and advocate. Pipes, Rollies, hemp clothing and accessories, D-Tax, bobbiebags and more.  
 4143 Skaha Lake Road Penticton BC V2A 6J7

**Vancomer Island's best selection of**  
 Pipes  
 Bongs  
 Rollies  
 Blunts  
 Stems  
 Scams  
 Vaporizers  
 Glass shops on location. Custom pyrex orders welcome.  
 www.aheadofthetimes.com  
 127 Fifth St. Courtenay BC 250-898-8489  
 245 Kenneth St. Duncan BC 250-746-8963

**420 Hemp Shop**  
 It's just a plant  
 The place to go on the Sunshine Coast for all things hemp and lots of 420 stuff!  
 5670 Cowrie St. Sechelt, BC. 604-740-3800  
 www.420hempshop.com

**MARY JANE'S**  
 30 Pembroke Street West  
 Pembroke, Ontario  
 (613) 735-0420  
 Hemp Products & Cultural Enjoyment  
 www.maryjanes.ca

**2 GUYS WITH PIPES**  
 3 Stores in Edmonton to serve you!  
 4010 118th Ave.  
 11014 Jasper Avenue  
 Suite 1400, Phase 4  
 West Edmonton Mall  
 8882-170th Street  
 1-877-420-9333

**JJ's Hemp Hollow**  
 420 TCHwy  
 Salmon Arm, B.C.  
 V1E 1S9  
 250-833-1414  
 The Coolest Joint In Town

**CONROY & COMPANY**  
 Barristers and Solicitors  
**JOHN W. CONROY, Q.C.**  
 Barrister and Solicitor  
 2459 Pauline Street  
 Abbotsford, B.C.  
 Canada V2S 3S1  
 Ph: 604-852-5110  
 E-mail: jconroy@johnconroy.com Toll Free: 1-877-852-5110  
 Website: www.johnconroy.com Fax: 604-859-3361

**FREEFLOW**  
 SKATE • HEMP • SNOW  
 Canada's Original Sk8 and Hemp Shop  
 Skateboard hardgoods, clothing & shoes  
 Hemp clothing, body care, twine,  
 and smoking accessories.  
 Snowboards, outerwear and movies.  
 Lloydminster, AB Ph: 780-875-0301

**Mary Jane's**  
 Supplies for the Head in all of us!  
 headquarters **250-491-9345**  
 145 Railroad Rd. North, Kelowna BC

**BAREFOOT COBBLER**  
**HEMP SANDALS**  
 Podiatrist endorsed! These sandals form to your particular footprint.  
 Men and Women sizes available in Black, Brown, Green and Natural.  
 www.vrprint.com/barefootcobbler or  
 www.stores.ebay.com/Barefoot-Cobbler

**HEAD TO HEAD NOVELTIES**  
 2923 Dewdney Ave.  
 Regina Saskatchewan S4T 0Y1  
**306-525-6937**  
 HEMP PRODUCTS & NOVELTY ITEMS

**bobhq**  
 Wholesale & Retail  
 Pipes, Books & Gifts  
 www.bobhq.com 877-GET-HEMP

**Oakville's Cannabis Smart Shoppe**  
 135 Kerr Street  
 Oakville, Ontario  
 905-337-1149  
 1-800-784-5815  
 Buddha Buddha

# Plan Your Grow

**ALWAYS GREEN**® Patent Pending  
water detector

Pay a little. Save a lot!  
**\$8 to \$10 investment**

e-mail: sales@alwaysgreen.ca  
For testimonials go to  
www.alwaysgreen.ca/hemp

1-888-393-0007-or-1-604-684-8067



**Mr. Fertilizer Hydroponics**

#9 Burnside Road West  
Victoria, BC V8A 1B2  
1 250 381 4644

Advanced Nutrients

Grow Supplies, Pipes, Papers  
One Stop Store

KKind Prices Discreet Stealth

Worldwide Service  
<http://seedbank.klozitking.com/>



**GROWER'S CHOICE**

Largest selection from Toronto to Montreal

We buy and sell used equipment

Over 30 yrs experience

We carry ALL major brands

PLUS ALL Advanced Nutrients products

Advanced Nutrients

905-725-4769  
Exit Hwy 401 at Thickson Rd South  
Whitby Ontario

A good place to start the plan is with a complete list of supplies, ingredients and equipment needed. You want your soil to be light, well draining or porous, yet capable of holding water. I have had success with a 50/50 rich potting soil and Perlite mixture. However, avoid the pre-fertilized soil mixtures as they are too hot and can burn the young plants. Seedlings should not require fertilizer for the first 3-4 weeks anyways, and when you do start fertilizing you want to be able to control the application of nutrients yourself, to attain the desired results.

**SOIL MIXTURE AND INGREDIENTS** - Rich Black Potting Soil (2 parts) Peat moss (1 part) Perlite (2 parts) Dolomite lime (1 cup per 20 gallons of mixed soil)

**LIGHTING** - Fluorescent-lighting banks can be used. These inexpensive cool white lights are good for the early seedling sprouts. They can be hung very close to the young plants without fear of burning. Metal halide lamps, ballasts and hoods are needed for the vegetative and main growing stages of the plant.

They produce a high output intense light, in the right spectrum for strong growth. High Pressure Sodium Lamps, ballasts and hoods are optional. The yellow spectrum of these lamps simulates the slanting yellow rays of the autumn sun. HPS are the lamps of choice during the flowering period, as they help promote bud growth and resin production. They can be used with or without the Metal Halide lamp.

**IN-TAKE/OUT-FLOW FANS** - used to draw cool fresh air into the room and force out unnecessary heat build up. Fans may also be attached to a thermostat to regulate the room temperature. Intakes should be positioned on the bottom of the room with the outtakes up high to draw out the excess heat.

**POT SIZES** - 6" Plastic pots are recommended for seedlings, as they hold the mois-

ture better than ceramic or terra cotta. The seedlings spend the first 2-3 weeks in these pots, building roots and their first few sets of fan leaves. Once the seedlings are root bound, transplant into 5 gal. pots to give them space to mature into a medium size plant. Avoid black - it can heat up the soil and that can stress the plant. 10 gal. pots are only needed for large strain plants. However, more soil provides a better nutrient buffer, meaning you are less likely to get sudden deficiency problems.

**MOISTURE METER** - essential for checking the soil moisture in the root-ball and the bottom of the pot.

**WATERING CANS** - 5 gallon cans are best as you won't have to refill as often, resulting in fewer watering errors. The Hawes ® cans, in my opinion, are the best.

**CONSTANT VELOCITY PUMP SPRAYER** - useful for applying insecticide soap. It can simulate the occasional rain shower, washing any excess soap off and keeping the leaves healthy.


**MAGNIFYING GLASS** - a must for bug inspections and checking buds for ripeness.

**GARDEN SNIPS** - are useful as cannabis stalks are incredibly tough and the snips can make short work of cutting down the main stock.

**SUPPLIES** - Miracle Grow tomato food, Safer's Insecticidal Soap, Hydrogen Peroxide 3% USP, Crystallized Epsom Salt (bath salts) The Cannabis plant has special nutritional requirements, which are very much like that of the tomato plant. Tomato food-type fertilizers tend to work well. Anyone with experience growing tomatoes should find the transition to Cannabis an easy one.

Hope this helps your garden grow in the right direction.

All the best,

Klozit King 

Looking for Hydroponic Supplies? "GET IT ALL"!!

SELECTION! REPUTATION! & EXPERTISE at Green & Clean Hydroponics!

Northern Ontario's best selection!  
Systems to fit any budget and any space!  
Wide variety of grow tables, lighting systems, grow mediums & accessories including Ozone generators, timers, pumps.....

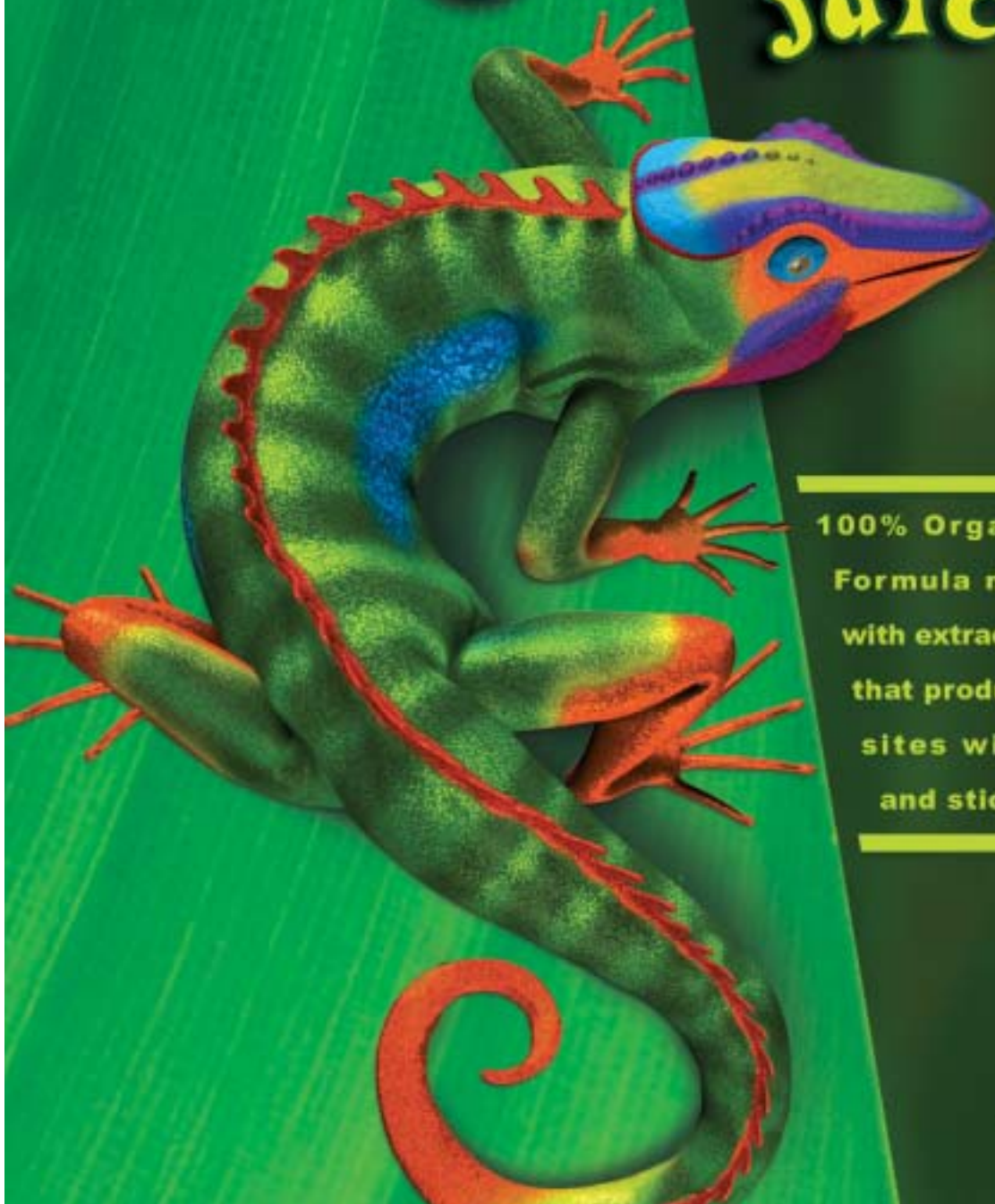
Mail Order and Phone orders WELCOME!  
761 Barrydowne Rd. Sudbury Ontario 705-524-7205  
www.greenandclean.ca 1-800-246-5503





**Dr. Hornby**

# organic iguana juice



---

**100% Organic 1 Part Bloom  
Formula naturally juiced up  
with extracted Phyto Hormones  
that produces more flowering  
sites with larger, thicker  
and stickier buds.**

---



*Advanced  
Nutrients*

FINE PURVEYORS OF POP & POT CULTURE



CROSSLTOWN TRAFFIC

593-C Bank Street Ottawa Ontario K1S 3T4 (613)234-1210