

# hemp



LIFESTYLE MAGAZINE

1st May 2012 Issue 05  
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## A CONCRETE SOLUTION TO HUMANITY'S POLLUTION

**A HEMP**  
TEXTILE INDUSTRY IN  
BRITISH COLUMBIA?

DOES HEMP  
**NEED A**  
**NAME CHANGE?**

FEATURED

**A CURVED HEMP**  
**HOUSE IN TASMANIA**



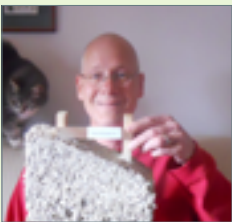
## CONTRIBUTORS



### DIONNE PAYN

is the founder and Editor of Hemp Lifestyle Magazine. After months of trying to find up to date and credible information about hemp, she decided to ask people in the industry what they were up to.

There were so many interesting stories and she realised that other people might want to hear these too. Dionne decided to start her own magazine which was launched on the 1st August 2011 after just 2 weeks.



### JOHN DVORAK

has been working to end cannabis hemp prohibition for over 20 years. His website, [Hempology.Org](http://Hempology.Org), contains dozens of articles and images documenting hemp's history. John has developed a Cannabis curriculum which he has presented to student groups throughout the Northeast.



### DIANE WALSH MA

is an independent investigative journalist based in the Pacific Northwest dividing her time between Vancouver Is. and Seattle. You can read more about Diane at her site [www.indydiانewalsh.wordpress.com](http://www.indydiانewalsh.wordpress.com)



### ANNDREA HERMANN

M.Sc., P.Ag, BGS is the President Elect of the Hemp Industry Association, Special Committee Member of the Candian Hemp Trade Alliance, Ower of The Ridge International Cannabis Consulting and Primary contact for Hemp

Technologies Canada Hempcrete Builders. Contact Anndrea at [anndrea4hemp@gmail.com](mailto:anndrea4hemp@gmail.com)



### ROGER BODLEY

is an English doctor with long links with Tasmania and the local farming community. Roger is building a house in NW Tasmania with hemp and lime as a proof of concept project to demonstrate that this product is a viable and and sustainable

commercial concept from a product that can be produced and built locally with widespread benefits.



### DANIEL KRUSE

is the founder of Hempro International, based in Duesseldorf, Germany. Hempro Int. sells a large range of hemp foods, textiles and cosmetics.

## HEMP

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PUBLISHER  
DIONNE PAYN

IMAGES/ ART  
FOTOLIA.COM

GRAPHIC DESIGN  
[ALAA ELSEMARY](#)

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DIONNE PAYN

HOW TO REACH US  
[hemplifestylemagazine.com](mailto:hemplifestylemagazine.com)  
[admin@hemplifestylemagazine.com](mailto:admin@hemplifestylemagazine.com)

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Hello and welcome to the latest issue of Hemp Lifestyle Magazine. I'm excited about all the great articles we have in store for you this month - all thanks to our wonderful contributors.

It's time to grab yourself a cuppa and have a well earned break with Hemp Lifestyle Magazine!

**Hemp is fashionable, livable and sustainable**

I'm feeling pretty honoured to be speaking at the Ecoexpo in Sydney on the 12th - 13th May. I'll be talking about all the reasons why hemp is fashionable, livable and sustainable and showing some great examples that have graced the pages of Hemp Lifestyle Magazine over the past few months.

The founder of Ecoexpo, Aymeric Maudous, is a great supporter of hemp and has been since he saw his grandparents using hemp potato sacks and hemp animal bedding on their farm in France. Apparently the potato sacks are still in use - a testament to the strength and durability of the hemp fibre.

Aymeric has always been a greenie (in his own words) and saw a gap in the market for a place where eco-producers could come together under one roof. Ecoexpo started in 2009 with 40 exhibitors and about 1000 visitors and has quickly grown to become a one stop eco shop for food, vehicles, clothing, books and much more. One of the highlights of the weekend will be the preview of Toyota's latest hybrid vehicle!


Another Ecoexpo first, is the International Trashion Fashion Show created by American born artist Marina DeBris. Marina creates dresses made entirely of plastic recovered from the beach and is launching her new collection at the expo.


If you happen to be in Sydney on the 12th - 13th May, come along and say hi. This month's lucky competition winner will receive two free tickets to Ecoexpo, and if you don't manage to win a ticket, bring along the Ecoexpo coupon in this issue and you will get in for half price. Ecoexpo are also kindly donating \$1 of the ticket price to the Industrial Hemp Association of New South Wales.

Have a great and hempy month

Dionne Payn

**HEMP LIFESTYLE MAGAZINE**







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ROGER BODLEY

Roger Bodley always wanted to build with an environmentally sustainable material. When he heard about hempcrete, he jumped at the opportunity to use it in his project.



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### HEMP - A CONCRETE SOLUTION TO HUMANITY'S POLLUTION

JOHN DVORAK

John Dvorak is on a mission to educate as many people as possible about the history of hemp and the benefits it offers to our society.



# A CURVED HEMP HOUSE IN TASMANIA



BY ROGER BODLEY

I migrated to Australia in the mid 70's and began working as a GP in Wynnard, Tasmania. I've always been a greenie, so the idea of using hemp just seems right to me. It's a great source of fibre for paper, clothing and building and it improves soil fertility during its growing cycle and when used in crop rotations and as a mulch material.

I had plans to build an environmentally friendly home, so I attended the Eco-Build Festival in London. I got talking to the staff at the Lime Technology stand, and when they explained how it was possible to 'grow your own home' using hemp, I was hooked.

The hempcrete building process requires hemp hurds, a lime based binder and water. While the hemp was available within Australia, I decided to import the Tradical™ binder from the UK, as I wanted to use a material that was already proven to satisfy Australian building standards.

I worked with an architect while I was in the UK to design the house, and decided to build a curved house to showcase the versatility of building with hemp. I did have some challenges with the site; there is a 25 degree north facing slope, and there was also gravel less than 2 meters below the soil surface. I employed a local builder, Rodney Gregg, to work on this project, and it was Rodney that suggested placing the house on pillars to avoid problems

with standing water in the soil.

Rodney had never built with hempcrete before, but learnt on the job how to do it. Actually he learnt mostly how not to do it, as we realized early on that hempcrete is only a great material if it is used properly.

In the early stages of the build we used too much water in the mix and it took a long time for the walls to dry out enough to allow us to render the house. The problem was compounded by the run of wet weather we had; ideally we would have started building in the summer or used cladding to protect the walls from the driving rain.

It was a similar issue faced by Kevin McCloud who built the 42 hemp house development in the UK. Apparently he got very angry that the hempcrete took such a long time to dry. It's certainly not a quick build and then move in. However, we are now close to moving in, which is exciting.

I've been thinking a lot about what I would do differently next time. I would certainly sit down with all of the professionals at the start of the project (architect, engineers, etc) and make sure they really understood the intricacies of building with hemp. It is such a different way of building compared to conventional building techniques – it takes a while for people to understand that.



## THE BUILDERS VIEWPOINT

Rodney Gregg had never built with hempcrete before, but when approached by Roger he jumped at the challenge. "The conventional way that we build things in Australia is not the way of the future", says Rodney. "People are becoming more aware of the environment and as builders we are of the opinion that we need to change with the times".

Rodney acknowledges that the hempcrete building project was quite challenging, especially as they didn't know how to mix and apply it properly at the start. As a result they used too much water in the mix, and with the long wet autumn and winter, it just took a long time for the walls to dry out completely.

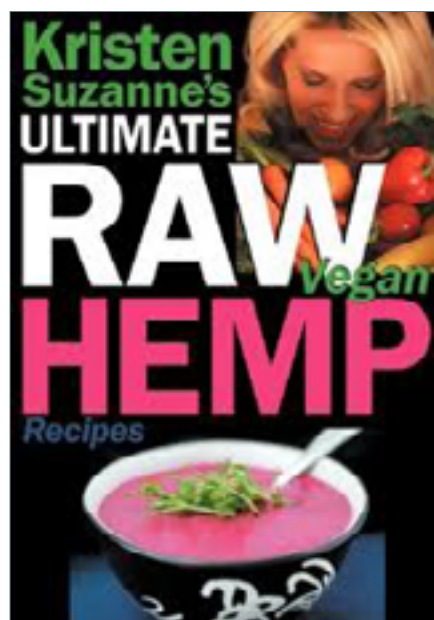
The curved walls were also a technical challenge. Roger laughs when asked how he managed to achieve the effect. "It was very difficult - anything with curves is difficult but it is just a matter of thinking about it and working it out".

While there was a huge learning curve for Rodney and his team, he is convinced that hemp building is the way of the future. Not only is it an environmentally sustainable home, it is a healthy home too. "You walk into it and it is just such a beautiful atmosphere and it is amazing what it feels like inside", says Rodney. "It doesn't feel too hot, doesn't feel too cold. It doesn't feel like a hard encased box either; it has a nice acoustic message.

The hemp building industry in Australia could be described as a micro-cottage industry. To be able to get mainstream acceptance here we really need to find a method that traditional builders can understand. Using shotcrete (a method they use in Europe to spray the hempcrete onto the formwork), or using precast walls are feasible alternatives.

But most importantly I think we need to create an indigenous binder that is certified to Australian building standards. It is an expensive process, it needs to be tested and proven to be fire retardant and meet standards for compression testing.

What we have achieved is building a proof of concept home from hemp, to show it is possible to convert our current practices to ones that are more sustainable for our environment, even while catering to a mass market. I really believe that this is how we are going to save the planet.





# COOL HEMP PRODUCTS

PICKED BY ANNDREA HERMANN

## NATUREFLECTIONS

Celebrating Mother Earth's beauty, Naturereflections inspires people to re-connect to nature, to inspire true healing of mind, body, and spirit, while promoting healing of the planet with Hemp, which can replace trees as a paper source, as well as many other uses and benefits. The original photography is by Elisheva Shalom and is printed on a hemp/recycled paper blend by a local environmentally friendly printer. Support the healing of the Planet with hemp!

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<http://budurl.com/z9el>



## KOMBUCHA 2000

Kombucha 2000 offers a Raw, Potent, Vegan refreshing Probiotic drink. They come in 22 varieties made with 100% fresh pressed juices. Kombucha is considered to be a detoxifier, energiser, rejuvenator and cleanser. A 12 oz bottle gives you 2-6 recommended doses

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<http://budurl.com/g2gn>

## STOKED VODKA

Brenda Magnusson and Stephanie Cooney are the Liquid Chicks and proud owners of Stoked Vodka, the first spirit in North America to be infused with hemp. It is four times distilled and very smooth with a hint of the hemp flavor. It can be mixed with anything regular vodka is mixed with. It is available in BC, Alberta and Manitoba, soon to be all across Canada and the U.S.

<http://budurl.com/a3qv>



# HEMP NEWS

## ROUND UP

### SWALLOWS FLY HIGHER ON HEMP

A recent study by leading wildlife research charity the Game & Wildlife Conservation Trust (GWCT), has identified that hemp, commonly associated with marijuana, is not only becoming a profitable crop for growers as it has many commercial applications such as the manufacture of car body panels and eco housing; it is also a highly prized crop for swallows and whitethroat.

The study, carried out by the Game & Wildlife Conservation Trust was investigating the wildlife benefits of growing hemp compared with oilseed rape and field beans; two other commonly grown field crops. The study revealed that all three crops were used by birds as habitats for gathering food during the nesting season, but hemp was also used as a roosting site by swallows before their southward migration at the end of the summer. Flocks of more than a thousand swallows were seen using the hemp fields on the GWCT's research farm in Leicestershire. Another migratory bird that was associated with hemp was whitethroat, a warbler that breeds on farmland throughout the UK. Some other bird species made more use of oilseed rape and bean crops.

As methods have improved for processing hemp the crop is becoming more widely grown with the fibres being used in the textile and paper industries, as well as finding other uses such as car body panels and construction blocks for the building industry. It has become one of the fastest growing biomass crops producing up to 7.5 tonnes per hectare per year.

An important consideration of growing this crop in this

country is to discover whether its cultivation has any negative effects on farmland wildlife. Dr Chris Stoate, Head of Research at the GWCT research farm said, "We know that hemp has low requirement for inputs such as fertilisers and pesticides, but we needed to investigate whether there are any effects on wildlife of a crop that is relatively new to modern farming systems.

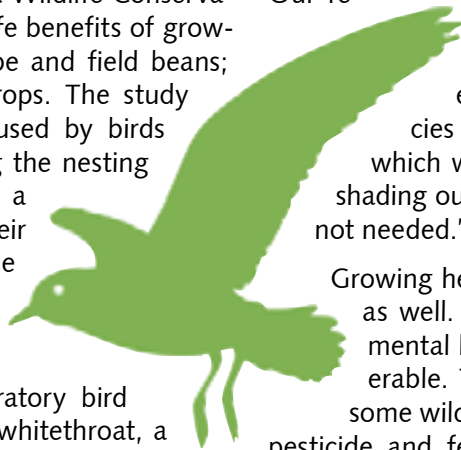
Our re-

search found that numbers of insects, including those used as food by birds, were broadly similar in the three different crop types. Weed cover and weed species did not differ greatly between the crops, which was surprising as hemp grows vigorously, shading out competing weeds so that herbicides are not needed."

Growing hemp has other environmental advantages as well. Dr Stoate explains, "The wider environmental benefits for growing this crop are considerable. The findings confirm that hemp benefits some wildlife species, as well as requiring minimum pesticide and fertiliser use during production. Another bonus of this crop is that it provides an environmentally friendly end product in terms of carbon sequestration and reduced greenhouse gas emissions."

The research was carried out at the Game & Wildlife Conservation Trust's Allerton Project research farm at Loddington, Leicestershire, and was funded by Hemp Technology, a leading processor of hemp for the construction industry. The results were recently published at a conference in Edinburgh.

Story reported by Smallholder and can be read at <http://budurl.com/ckng>



### UI ENVIRONMENTAL COALITION PROMOTES INDUSTRIALIZED HEMP

Local industrial-hemp advocates are pushing to loosen growing regulations of the crop in Iowa because of its economic, environmental, and health benefits.

"If we could grow it [in Iowa City], it gives a lot of opportunity for small-business startups," said UI Environmental Coalition Co-President Chelsea Krist.

The UI Environmental Coalition sponsored a hemp-advocacy event Monday evening to distribute hemp products

and show the movie Hempsters for National Earth Week. Hemp is used in clothing, lotions, fuel, and other products, and it can be grown without herbicides and pesticides.

The plant Cannabis varieties produces both industrial hemp and marijuana. The former is high in fiber and low in tetrahydrocannabinol (THC) — the ingredient found in high concentrations in marijuana, according to the National Hemp Industry Association.



Industrial hemp was grown in the United States, including Iowa, during World War II for U.S. Army uniforms. The Controlled Substance Act of 1970 classified hemp as a drug, and it requires farmers to obtain a permit for growing industrial hemp. No Iowans have permits.

Local hemp advocate Karen Kubby, the owner of Beadology, 220 E. Washington St., said legislators should allow industrial hemp to be grown in Iowa because of its strength, fiber, and nutritional value.

"It's an incredibly durable product," said Kubby, who sells five different colors of whipped hemp. "It looks great, and it's fun to use with beads. It's a renewable resource and a crop that [could be] easily grown in Iowa."

Sen. David Johnson, R-Ocheyedan, said he's aware of the benefits of hemp clothing and would like to see a fair hearing to legalize the plant.

"I have several hemp shirts, silk shirts, and cotton shirts," said Johnson, the former head of the Senate Agricultural Committee. "In Iowa's hot and humid summer, there is nothing cooler or more comfortable than those hemp shirts."

According to the Vote Hemp website, a bill attempting to loosen hemp regulations in Iowa was presented to the Senate Agricultural Committee in 2003 but never made it out of committee.

Hemp is still considered the same as marijuana by federal

laws, said Jeffrey Scott, a spokesman for the Drug Enforcement Administration.

"Regardless if the THC is low, that does not change the fact that all cannabis plants are illegal and are considered marijuana," he said. "The reality is someone claiming to grow hemp has to deal with the claim to grow marijuana."

The Hemp Industries Association estimates the total retail value of U.S. hemp is about \$419 million.

Eric Creach, the store manager at New Pioneer Co-op, 1101 Second St., Coralville, said the store sells hemp products for the health benefits. "We carry lots of products that have hemp-seed oil in them, hemp milk, and hemp-seed-oil pills mainly because of its omega 3s and 6s," Creach said. Those [fats] are supposed to be really beneficial these days."

Creach said most of the hemp is imported from Canada, and growing it in the United States would be worthwhile.

Krist said hemp has not been a popular topic on campus, but she hopes to change the attitude of the discussion.

"Hemp advocacy is seen as some sort of hippie movement, and that's not what it's about," Krist said. "It's not a conversation people are having on campus, but I think there is going to be some changing. I think it'll be growing and maybe we'll see an advocacy group formed."

Story reported by The Daily Iowan and can be read at <http://budurl.com/evaz>

## DECISION ON HEMP URGED

FORMER Hobart lord mayor Rob Valentine has urged State Parliament to move quickly in deciding the future of the state's hemp industry.

"The benefits of growing industrial hemp promise to be very significant," he said.

He urged the House of Assembly to be prompt and not follow the pattern of past delays at federal level.

The independent candidate for the Seat of Hobart in the Legislative Council said the industry had the potential to

create hundreds of jobs.

Public submissions to the House of Assembly's Environment, Resources and Development Standing Committee regarding the establishment of a Tasmanian industrial hemp industry close on April 27.

Story reported by The Mercury and can be read at <http://budurl.com/xhby>

## CANNABIS GROWING AND SALES LEGALIZED IN FRENCH-SPEAKING SWITZERLAND, EXCEPT AS A DRUG

Six of Switzerland's French-speaking cantons have a law as of 27 March covering the agricultural product cannabis, as distinguished from the popular drug marijuana, largely to give police a clearer framework for going after illegal use of the plant.

Farmers can grow cannabis as long as there is a written contract to buy and develop the plants, if there are more than five plants. Merchants can sell products as long as they have legitimate sales licenses.

Hemp, for example, is made from a variety of cannabis that has less than 1 percent THC, the psycho-active compound that gives a high to drug users. Marijuana for popular drug use generally has 3-20 percent THC.

Vaud police, in announcing the news, point out that marijuana consumption remains illegal.

Story reported by Geneva Lunch and can be read at <http://budurl.com/b5h3>

## HEMP PRODUCES VIABLE BIODIESEL, STUDY FINDS

Of all the various uses for Cannabis plants, add another, “green” one to the mix.

Researchers at UConn have found that the fiber crop Cannabis sativa, known as industrial hemp, has properties that make it viable and even attractive as a raw material, or feedstock, for producing biodiesel – sustainable diesel fuel made from renewable plant sources.

The plant’s ability to grow in infertile soils also reduces the need to grow it on primary croplands, which can then be reserved for growing food, says Richard Parnas, a professor of chemical, materials, and biomolecular engineering who led the study.

“For sustainable fuels, often it comes down to a question of food versus fuel,” says Parnas, noting that major current biodiesel plants include food crops such as soybeans, olives, peanuts, and rapeseed. “It’s equally important to make fuel from plants that are not food, but also won’t need the high-quality land.”

Industrial hemp is grown across the world, in many parts of Europe and Asia. Fiber from the plant’s stalk is strong, and until the development of synthetic fibers in the 1950s, it was a premier product used worldwide in making rope and clothing.

Today, there are still parts of the world that rely on Cannabis stalks as a primary fiber, mainly because of its ability to grow “like a weed,” without requiring lots of water, fertilizers, or high-grade inputs to flourish. But the seeds, which house the plant’s natural oils, are often discarded. Parnas points out that this apparent waste product could be put to good use by turning it into fuel.

“If someone is already growing hemp,” he says, “they might be able to produce enough fuel to power their whole farm with the oil from the seeds they produce.” The fact that a hemp industry already exists, he continues, means that a hemp biodiesel industry would need little additional investment.

With his graduate student Si-Yu Li and colleagues James Stuart of the Department of Chemistry and Yi Li of the Department of Plant Sciences, Parnas used virgin hemp seed oil to create biodiesel using a standardized process

called transesterification. The group then tested the fuel for a suite of characteristics in the Biofuels Testing Laboratory at UConn’s Center for Environmental Science and Engineering.

The hemp biodiesel showed a high efficiency of conversion – 97 percent of the hemp oil was converted to biodiesel – and it passed all the laboratory’s tests, even showing properties that suggest it could be used at lower temperatures than any biodiesel currently on the market.

Although growing hemp is not legal in the U.S., Parnas hopes that the team’s results will help to spur hemp biodiesel production in other parts of the world. UConn holds a patent on a biodiesel reactor system that could be customized to make biodiesel from a range of sustainable inputs, hemp included.

“Our research data could make buying a reactor system with our technology more attractive,” says Parnas. “If we have data for the production of many different feedstocks, we can tailor the system to meet the company’s needs.”

Parnas, Yi Li, and colleagues Steven Suib of the Department of Chemistry, Fred Carstensen of the Department of Economics, and Harrison Yang of the Department of Natural Resources and the Environment are preparing to build a pilot biodiesel production facility using a two-year, \$1.8 million grant from the Department of Energy.

The reactor will be capable of producing up to 200,000 gallons of biodiesel per year, and while this production rate is small in comparison to commercial biodiesel reactors, the main use of the facility will be to test new ways to produce biodiesel, including catalysts and feedstocks. Ultimately, the team will perform economic analyses on commercializing their methods.

As for other industries that utilize Cannabis plants, Parnas makes a clear distinction between industrial hemp, which contains less than 1 percent psychoactive chemicals in its flowers, and some of its cousins, which contain up to 22 percent. “This stuff,” he points out, “won’t get you high.”

Story reported by Phys Org and can be read at <http://budurl.com/y996>



# HEMP A CONCRETE SOLUTION TO HUMANITY'S POLLUTION

BY JOHN DVORAK

I joined the Hemp Industries Association (HIA) back in 1995 when I realized that industrial hemp has a lot of great characteristics that are really good for the environment. I live in Boston Massachusetts where there is a lot of American hemp history. Our forefathers used hemp for the sailing ships, the cordage and the sails and I thought that was really cool so I began documenting the hemp history of my area on my website [hempology.org](http://hempology.org).

I like to say that hemp is a concrete solution to humanity's pollution because you can actually make "concrete" or hempcrete out of the hemp stalk. We can also make diesel fuel from the hemp seed oil, ethanol out of the stalk, the stalk can be compressed to make wood burning pellets, so there are many benefits that this plant can provide while at the same time help the environment.

I find it very encouraging that hemp foods are on the increase, even when you consider that we are in a world-wide recession, hemp foods and the industry in general are increasing by 10-15% a year.

There is a lot of misinformation and confusion about hemp. I often get asked if you can fail a drug test after eating hemp foods. The truth is that when the seeds are harvested they are covered with lots of fine plant material and if they don't clean those seeds really well then it is possible for the THC concentration to be higher. However, there are really strict Government regulations about how much THC is allowed in foods and all companies have to adhere to this.

To make sure consumers can feel completely protected, the HIA sponsored a certification that hemp food producers place on their goods.

'The Test Pledge' means that companies commit to implementing quality control measures, which limit the amount of trace THC in hemp seed and oil, and means you cannot fail a drugs test by eating hemp foods. Visit [the Test Pledge website](http://the Test Pledge website) for more information.

There are many news articles and reports on TV about the importance of eating essential fatty acids and Omega 3 & 6, and they almost always say to eat more oily fish. While this is true, not many people know that hemp seeds and oil are a fantastic source of these essential fatty acids and we should be ready to let the media know how good hemp really is.

There are still many obstacles facing the industry. For example, the Canadians have been growing hemp for over 10 years. This year they will be growing 30,000 acres which is a small amount compared to America where we

grow 200 million acres of corn, wheat, soy and cotton each year. What that means is that it is very difficult for companies to produce hemp products profitably because the economies of scale haven't kicked in yet.

Hemp products are being produced in places including Canada, Europe & China and then we have to import them to America so that makes them even more expensive.

Another obstacle, what I like to call a catch 4-22, is that farmers will not grow a crop unless there is market for the product and there can't be a market for a product unless there are the raw materials.

Unfortunately this creates a vicious cycle because we are at the beginning of this industry where we haven't picked up enough momentum yet to create products that inspire farmers and show them that they can make money by growing hemp.

To add to these issues our Governments are still in the reefer madness mindset. It was this mindset that caused them to make marijuana illegal for over 70 years in America, which had the knock on effect on hemp as well. So for over 70 years there has almost been no research and development into the machinery that processes and harvests hemp, and that is another huge challenge to the industry.

My mission is to use the Cannabis curriculum to get students to learn more about hemp because when students do school papers and research projects they learn about it, their classmates learn about it and their professors learn about it. So the goal is to educate all the old farts out there about hemp, how good it is, how profitable it could be and why there is so much need for research.

A company in Massachusetts have just sequenced the Cannabis genome so we need scientists, to study this





genome to figure out how we can make healthier hemp seed or create hemp stalks with more cellulose and more fibre for example.

We need architects and construction engineers to do more work with how to incorporate hemp into hempcrete and hemp particle board which is stronger and more flexible than particle board made of wood.

Hemp can really help to revitalize the devastation of farmlands in rural America. When you have a crop that can provide food, fuel and building materials it means that farmers can grow hemp, the products can be used locally, and money keeps getting spent over and over again creating a multiplier effect within the community.

The Cannabis curriculum is about preaching to the preachers. I want people out there to become Cannabis ambassadors to let everybody know that Cannabis prohibition is wrong. Our farmers should be allowed to grow hemp and we need to let people know all the great things that can be made out of hemp.

My take home message is that despite our governments best efforts to demonise Cannabis, prevent farmers from growing it and brainwashing our society we are still in on the secret and we are learning about this great plant. There are more hemp products coming out all the time and one of the best things that we all can do to end prohibition, help our farmers and help our environment is to buy hemp products.

# 9<sup>th</sup> International Conference of the European Industrial Hemp Association (EIHA)

[www.eiha-conference.org](http://www.eiha-conference.org)

**May 23<sup>th</sup>–24<sup>th</sup> 2012**

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Pictures: Hempro Int., Lotus Cars, Hemp Technology Ltd, NPSP Composites

The congress will focus on the latest developments concerning hemp and other natural fibres as well as hemp nuts, oil and proteins.

## Applications

- Fibres & shives
- Bio-Composites
- Insulation
- Construction
- Textiles
- Hemp nuts, oil and proteins

## Spectrum of participants

- Natural fibre industry
- Hemp food and feed industry
- Cultivation consultants
- Engineers
- Traders and investors
- Research and Development

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European Industrial Hemp Association  
[www.eiha.org](http://www.eiha.org)



## Contact

Dipl.-Geogr. Dominik Vogt  
Phone: +49 (0)2233 4814-49  
[dominik.vogt@nova-institut.de](mailto:dominik.vogt@nova-institut.de)

# A HEMP TEXTILE INDUSTRY IN BRITISH COLUMBIA?

BY DIANE WALSH



Industrial hemp has been with humankind since before 7000 B.C. Fast forward to the middle ages and start of the Renaissance back to your high school lesson—you may remember a hippie history teacher telling you about Christopher Columbus making use of good old hemp for his ocean-going voyages.

Often quoted may have been Columbus' hemp-made sails and ship rigging or of course, there was the hemp paper recording highly contested and controversial expeditions. Now mind you that class lesson would have been before modern-day anti racism activists demonized Columbus for being a raging colonialist and disease-infecter!

But heck that aside, suffice to say that early history has spoken a positive tone when it comes to the benefits of industrial hemp.

Expansionism across the Atlantic led to European merchant mariners and the early settlers continuing to depend on hemp in a significant economic way. Moreover, American colonialists used hemp as a barter item as a form of money with which to trade.

As time went on however we know that tragically cotton plantations were introduced, to become the preferred, economic system to 'grow the land' using slave labour. It's always been a bit of a mystery why America went with cotton instead of hemp—when agriculturally hemp matures extremely fast and yet cotton takes an entire season. It would take a seasoned historian to unpack this question (and that I am not) as we know the causes are wrapped up in the history of American slavery and the despicable nature of it all. Sociologically it's not entirely clear why hemp production ceased. Fast forward to 2012.

## HAPPILY TODAY, HEMP'S RE-EMERGENCE IS WITH US

Once again, the desire to plant large-scale hemp plantations is taking centre stage. Serious economic debate is circulating the hemp movement; amongst hemp enthusiasts, focusing on this fundamental question "Will a hemp textile economy ever be on the horizon in British Columbia's future?"

To get up-to-date on idea of planting industrial hemp for textile use, the interview with Bill Finley of Hemp & Company (1) provides a basic summary of the general points

informing the conversation (at least, in Victoria Canada).

The crux of the discussion has centered around—whether—the impetus to move on a development for hemp plantations could popularize to such an extent that hemp-industry support becomes the economic reboot that Canada needs. Thus inspiring a rethinking of the potential uses of our local resources.

More and more, hemp-fabric supporters in BC find allies in wanting to grow industrial hemp commercially. Hemp fabrics are a valuable and constructive resource in our society. They can be an attractive, ubiquitous and cost effective feature in daily life. The growing of hemp crop for conversion to fabric is useful to all.

A central public message is required for things to move forward in a bigger way. It sounds something like this: Hemp fabric is a legitimate and 'stand-alone' product. So. Build the potential for industrial textile hemp plantations here in BC. Build the potential for fabric manufacturing in British Columbia through a momentum carrying the-needed public message. Build the potential for hemp-fabric factories in BC by talking to people about the need for innovation locally around industrial fabric hemp.

## IDENTIFYING THE STUMBLING BLOCKS

Currently it is economically 'constraining' for wholesalers to import hemp fabric to any large extent. A store may only carry a few hemp fabric rolls whilst carrying dozens of cotton and polyester.

Equally for ordinary people there are economic hurdles to purchasing wholesale hemp fabric, here in BC, for the purpose of manufacture/local design work since it basically remains a speciality item at this time.

For a retail customer and/or local 'seamstress' to purchase hemp fabric, at present it costs upward of \$16 a/yard. Wholesale-hemp fabric is also not readily available.

This is because the demand for hemp fabric is not well-documented. Many people like hemp-fabric made clothing when they see it. For instance, Hemp block UV Rays-blocks more than 50% more UV rays than regular cotton fabrics. But many other people are not aware of its benefits. They need to be!

Is it just a matter of societal and government impetus that's required?

### TEARING DOWN THE BUREAUCRATIC WALL

You might think there's nothing stopping us. Well, actually—there is. And this is something we need to do something about.

In Canada, you have to have control over ten acres of land and have enlightened farmers adept in managing industrial hemp for textile-use to make an agro-revolution truly happen.

Health Canada needs to be inundated with requests to start plantations. Sounds simple? As you clearly see, it ain't. It's time we #occupy Health Canada to pressure them to change their 10 acre policy.

### GETTING TO THE ROOT OF THE PROBLEM

Researching the reasons why Canada has not moved to grow industrial hemp for fabric-use (in its own country) it's difficult to pinpoint in any concrete and convincing way why this couldn't be done.

Other than a combination of laziness, out-sourcing-everything prevailing philosophy combined with 'Monsanto-esque' poverty-of-thinking around the value of sustainable local AGRO initiatives which by and large seem to be regularly targeted by vested interest over-reliant on traditional monoculture!

And—(it doesn't stop there, folks) ...there's the characteristically Canadian anti-manufacturing climate and the entire obstructionist reasoning that goes along with why we can't 'make' anything here at home. Then there's North American interest at play—the US hegemonic view of agriculture affecting Canadian cultural views...plus the dynamics surrounding the cotton industry, synthetic industry; drug industry. It goes on and on.

The point being that there's a failure, in Canada to develop a self-sustaining market for hemp fabric.

Nobody has even asked the question why industrial hemp plantations couldn't be subsidized in the same way as, say, the corn industry. It's a darn good question.

Health Canada needs some heat. Here's how to move forward. It is entirely possible and appropriate to enjoy the benefits of hemp products, as has been shown by government-funded community studies conducted in BC

### WHO'S DONE IT RIGHT—ALREADY...

The District of 100 Mile House, in BC, has moved on hemp plantations—that is, hemp for use in the construction industry (2). Their funded researchers investigated whether to go with food, fabric or construction products and they decided on the latter because of the needs in their specific region i.e. addressing suffering forestry industry jobs and

the need for innovation in building materials to boost their local economy and community.

Their initiative (which is now a full-scale development including plans for a manufacturing facility for construction products) illustrates there is broad-based support for growing industrial hemp plantations and manufacturing in BC and it is already happening.

In terms of the debate on 'fabric' manufacturing—no one disputes that even though little or no government money has gone into evaluating the merit for hemp-production plantation for textiles there ARE investors waiting in the wings willing to support fabric manufacturing in BC. This is where things stand now.

### IT'S IN THE HANDS OF THE PUBLIC

British Columbia should not be deprived of the legitimate uses of industrial hemp for textile-use. Talk to your politicians! It is entirely possible and appropriate to enjoy the benefits of hemp products, as has been shown by the 100 Mile House District.

There is so much scope for everybody to wear hemp clothes and/or use hemp-textile related products. There's economic and practical potential. Failure to utilize the healthy and sustainable resources available on this planet of which hemp is decidedly a great resource is precisely the reason why our earth and economy spin out of balance in the 21st century.

Tell Health Canada you want to Canada to grow industrial hemp large-scale and balance the planet. Seize investor interest.

The community at 100 Mile House have set the bar with plantations designed for hemp construction products. Now... we need to grow similar plantations for hemp textile use. Join the movement.

### EXAMPLES

In the effort of unashamed full disclosure this writer has designed and sewn— 5 samples made of hemp fabric so people can see how nice the fabric really is...These are covers which can be used to cover your Kindle, or your Tablet and/or your Ipad.

View the sample designs at the [TiddleTaddle Blog](#)

#### 1. Will a hemp-textile economy ever be on the horizon in british columbia's economic future?

<http://www.allvoices.com/contributed-news/4506851-will-a-hemp-textile-economy-ever-be-on-the-horizon-in-british-columbia-s-economic-future>

#### 2. 100 Mile House.....Handcrafted Log Home Capital of North America

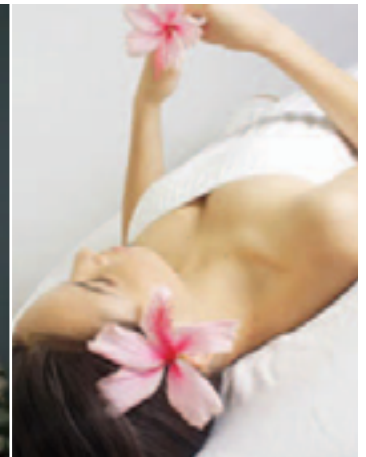
<http://www.100milehouse.com/>





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Win two tickets to Ecoexpo which is being held in Sydney on 12th - 13th May 2012.

To enter tell us why you think hemp is fashionable, livable and sustainable in 25 words or less.



Send your entry to [admin@hempindustryinsider.com](mailto:admin@hempindustryinsider.com) by Monday 7th May 2012.

Entry is open to Hemp Lifestyle Magazine subscribers and winners will be notified by the 8th May.

Thanks for entering the competition and good luck!

# LIGHT HERB-BREAD



## INGREDIENTS

- 300 g wheat flour (type 1050)
- 7 tbsp canola oil
- 2.5 tsp salt
- 300 ml water
- 2 onions
- 4 tbsp olive oil
- 2 tbsp almonds
- 1 tbsp shelled hempnuts
- 1 tsp of baking powder
- 1 tsp rosemary needles
- 1 tsp thyme

1. Mix the flour, the canola oil, 1.5 tsp of salt and the water and whisk into a thick dough
2. Dice the onions and brown in a tbsp of olive oil until golden and add to the dough
3. Chop the almonds and add with the hempnuts to the dough, then mix in the baking powder
4. Put baking paper on a tray and roll the dough on the tray. Bake in the oven at 200 degrees for 20 minutes
5. Mix 3 tbsp of olive oil with a tsp of salt, the rosemary needles and the thyme and coat the bread with the mixture
6. Bake another 10 minutes and eat warm or cold.



# DOES



# NEED A NAME CHANGE?

BY DIONNE PAYN

I've had a few conversations recently where it has been suggested we should seriously think about renaming hemp. According to one friend who I consider fairly hemp-enlightened, he still can't hear the word hemp, without thinking of its drug related cousin - marijuana.

Many committed hempsters I know think this is a ridiculous idea - as Ian Murray, Vice President of the Queensland Industrial Hemp Association commented, it would be like saying to someone 'Hey, I don't like your name - why don't you change it to something a bit easier to pronounce'. Which I have to admit is a fair point.

Surely anyone that can't see past the connection of hemp to the drug form of *Cannabis* should just get over themselves - right?

Actually, I don't think we can answer that without acknowledging the fact that as a society, we've been conned. Governments and multinational companies with a vested interest in destroying the reputation of hemp have made it illegal or at least uneconomical to grow.

By linking hemp to marijuana, and by promoting the myth that marijuana was used by drug craved psychopaths without morals, the powers that be made it so that even now 70 years later, the general population is really confused.

It doesn't help when you watch television shows where the presenter asks whether hemp foods should be allowed in Australia, and the obviously ill-informed and un-researched

members of the panel make stupid comments like "if we were to legalise hemp seeds, people would get fat because they would all get the munchies!" (1)

I personally have no issue with the name hemp. I know that hemp is hemp and marijuana is marijuana. I also don't have an issue with the hemp leaf; in fact I think it is quite beautiful, and I'm sure that as you are reading this you probably agree. But we already know how great hemp is - it's the other 95% of the population we need to convince.

It's the politicians that are only looking to be re-elected, rather than investing in our future and the well-being of the planet. It's the law enforcement agencies that are only interested in protecting their status-quo. It's the people that watch dumb shows like *Sunrise* and expect to get a balanced view of what is happening in the world today.

#### HOW DO YOU CHANGE A BELIEF BASED ON FEAR?

Around 2002 - 2003, there was a huge public outcry against genetically modified foods in the UK and Europe, to the point where major food chains refused to use genetically modified ingredients and Monsanto threatened to shut down their European operations.

A few years later after relocating to Australia, I started a research project on natural compounds in sugarcane that had potential use in managing diabetes. The main goal of the funding body was to find ways to add

value to the sugarcane plant and the production process.

My research was seen as the poor relation to a whole suite of projects looking at genetic modification of sugarcane for various attributes; for example to increase the amount of sucrose produced, to improve how well nitrogen was taken up by the plant, to produce alternative sugars, etc.

I don't agree with genetic modification, but I found it fascinating being in meetings where the discussion was how to educate the public to the benefits of GM foods and get over the fears around the technology. There was an entire research project dedicated to developing a curriculum to take into schools to teach children that GM foods were safe.

The idea was that children, who didn't have that history of fear, would then convert their parents which would allow GM sugarcane to be more easily accepted into the wider community.

*As a side-note, I am absolutely convinced that we need to adopt this educational approach for hemp alongside other environmental outreach programs.*

#### CHANGE THE NAME, CHANGE THE GAME?

If you are one of those people that tirelessly write and talk to Government officials to repeal some of the crazy laws around hemp, or a business owner working hard to showcase the benefits of hemp products to your customers, or a passionate person that walks and talks hemp

wherever you go – just know that you are doing a great job!

But truthfully, it's time to accept that we are not winning the game and we can't, because the game was never set up for us to win in the first place. So if we can't win the game - how about changing it!

#### WHAT DO POLYESTER AND RAPESEED OIL HAVE IN COMMON?

If you are a child of the 80's you might think that polyester disappeared once the shell suit went out of fashion. Not so, polyester is still around but we now know it as microfibre.

According to the New York Times (2) the microfibre of today is nothing like the polyester of yesteryear. While it is still made of petroleum, microfibre looks, drapes and feels more like suede, and often has the price tag to match. The name microfibre comes from the fact that its filaments are half the thickness of silk and one-third the thickness of cotton.

Polyester has found a real niche in the hiking, camping and outdoor sports

area, with products such as dri-fit, Coolmax and dri-release favoured because of their ability to wick moisture away from the body.

Rapeseed oil is another example of a product that has undergone a name change. According to Wikipedia (3), rapeseed oil contained a high concentration of erucic acid, which has been reported to cause heart and liver disease. The name "canola" came from "Canadian oil, low acid" and was given to varieties of rapeseed oil that were bred naturally in the late 70's and were considered safe for human consumption. Nowadays, most canola oil comes from genetically modified plants.

#### SO, DO WE CHANGE THE NAME OF HEMP?

I think it is something that as an industry we should consider very seriously. I know that some people will never accept hemp, whatever name it is called. They stand to lose too much if they acknowledge that hemp can replace many of the unsustainable and finite resources that are used in

our everyday lives.

The general population have had this fear foisted on them and many now find the mere mention of the name 'hemp' confronting. Wouldn't it be worth removing that huge stumbling block so that a conversation about this miracle plant might be met with open ears and an open heart?

**What do you think? Should we change the name of hemp? If so what do you think we should change it to? Visit the [blog](#) or [facebook](#) page to share your thoughts.**

1. Sunrise: Kochies Angels

<http://au.tv.yahoo.com/sunrise/video/-/watch/27521476/kochies-angels-december-8/>

2. Polyester: A New Look, A New Name

<http://www.nytimes.com/1991/07/21/news/polyester-a-new-look-a-new-name.html>

3. Canola

<http://en.wikipedia.org/wiki/Canola>

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## THE NEXT ISSUE of Hemp Lifestyle Magazine is due out on the 1st June 2012.

I hope you've enjoyed this issue of Hemp Lifestyle magazine. If you have, spread the love by visiting and 'liking' our new [facebook](#) page.

Here's a sneak peak of what you can expect in the next few months:

### CAN HEMP SAVE CHRISTCHURCH?

Purity Ventures have a plan to use hemp construction methods to rebuild the earthquake ravaged area of christchurch, New Zealand.

### HEMP MOVIE REVIEWS

A review of some of the latest films promoting the virtues of hemp.

### HEMP IS... FASHIONABLE

A look at some of the hottest hemp textile designers

Have a wonderful month

**Dionne Payn**