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HIGH! CANADA

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WOMAN IN WEED
**MELISSA
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April 2017

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Marijuana enhances our mind in a way that enables us to take a different perspective from 'high up', to see and evaluate our own lives and the lives of others in a privileged way. Maybe this euphoric and elevating feeling of the ability to step outside the box and to look at life's patterns from this high perspective is the inspiration behind the slang term "high" itself.

Sebastian Marincolo

Many thanks to our Instagram superfans @xlunaxtreme aka @lethalxluna and @lovesick.suicide and their amazing photographer @the.evil.ey for this amazing shot of Luna and Lovesick hanging out and seeing what all the buzz is about...

Have a great pic you want to see on our page four masthead?
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EDITORIAL

POWERPLANT:

SELF SEED CULTIVAR

SPOTLIGHT ON ADVANCED NUTRIENTS

GROWING TIPS - CLONING 101

PLEASURE PEAKS

RIDING THE THAILAND EXPRESS WITH RUSH

INSIDE PIXIE GLASSWORKS

GUIDE TO 420 AT A GLANCE

MY CANNALIFE

HIGH! CANADA REVIEWS SHATTERED SWEETS

30 YEARS OF DUTCH PASSION

KAMLOOPS MURAL PROJECT

BEHIND THE SEED COUNTER

WOMAN IN WEED MELISSA ETHERIDGE

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HIGH! CANADA LOOKS AT CANNASCRIBE

LIFE LAYERED

JAMES BONG 420 SPECIAL

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WAIT A SECOND. WHAT'S HAPPENING? WHAT THE HELL IS GOING ON?

Last month we talked about how the Canadian cannabis industry has continued to be a bright spot for cannabis investors and how 2017 has already provided investors with extremely strong investment returns. Good on the people who are finding ways to turn cannabis into a mainstream commodity, right? Or maybe not...

All may be well and good on the corporate side of things in our industry but stop for a minute and look around at the real state of cannabis in our country. In a society where we actually expect corporate greed to rise up and go all 'big bad' on us and take over, monopolize and gentrify a product all of us are very VERY passionate about (and I firmly believe this goes for rec and medicinal users alike) it is hard to imagine legal cannabis in Canada being run by corporate giants and under federal jurisdiction and as a community that has existed in the shadows until just recently - it can be very hard to have faith that an already flawed system is going live up to it's promises and legalize cannabis correctly. To this editor that means finding a way to do this inclusively and in respect to a pre-existing Canadian cannabis culture that has literally been laying the groundwork for this for generations.

This month I want to turn the tables around and ask loudly and clearly 'What the hell is going on?' In Ontario alone - raids are at a record levels as week after week the onslaught against Canadian cannabis continues. Longtime anchor of the industry - the Cannabis Culture chain is in pieces after arrests of Mark and Jodie Emery, Chris and Erin Goodwin as well as well known Hamilton cannabis advocate Britney Guerra. Google 'raids dispensaries' and you will see London, Kitchener, Toronto, Hamilton, Ottawa, Waterloo, Victoria and Vancouver as well and you will read about raid after raid after raid. Interestingly enough you will also read in the Ottawa Sun about charges against 100's of

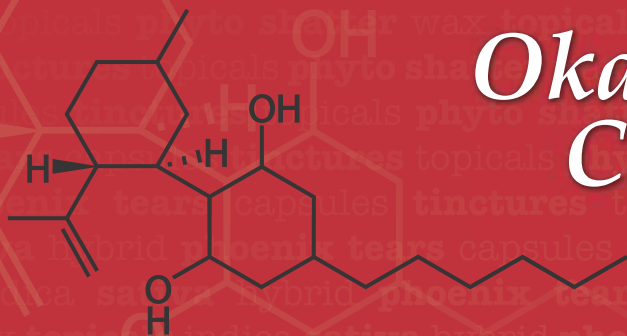
budtenders being dropped after project Claudia raid charges went to court.

My point here is that we are at a pivotal point right now in our Canadian cannabis history and in order to have some degree of clout against the upcoming tide of corporate gentrification - the time is now for independent growers, manufacturers, bakers and concentrate specialists to come together as they have in certain states and form a real collective - much like that which already exists throughout the legalized states. Except it would be an official Canadian canna or rather Cancanna collective that could work with and encompass the existing culture so that the people who have laid the groundwork can still have a strong and powerful voice in the industry we are all such a very big part of. From the makers of your favorite shatter to the glass blowers who make your bong and rig... from your local mail-order to your local cannabis clinic... from the head shops to the rosin press manufacturers... from the small testing facility to the mid level independent craft grower... from the manufacturer of your favorite tested organic infused honey to your favorite connoisseur canna-infused chocolatiers...

We all need to find a way to come together past this month's 420 celebration and unite our voices under a single banner to make sure we have a say in how Canada moves forward. Or if you would rather see corporate cannabis speak for and take over an entire industry - do nothing. Take the opportunity to expand your involvement and your network - look into local groups and national organizations because we are never as strong as we are when we stand together - right?

~ Editor ~





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POWERPLANT: **& THE BENEFITS OF EXERCISE**

The art of healthy living.

My name is Colin Bambury - also known as Powerplant. My mission is to spread information about how cannabis can be used as a catalyst for physical performance and success.

I hope you'll enjoy my article and look out for future content in High Canada every month.

Imagine there is a natural medicine that acts as pre-workout stimulant and as a post-workout analgesic. If this substance exists, it surely would be a useful tool for doctors, coaches and athletes. There is an unmet need in this space for an alternative to harmful prescription painkillers and chemical concoctions. This "miracle drug" has been in front of our eyes the whole time. Cannabis.

If you've ever forced yourself to workout or exercise you know that the hardest part is getting started. Once exercise begins, the brain is flooded with endorphins, which motivates the athlete to continue. Getting over the hurdle of packing a bag and driving to the gym can be too large of an obstacle for many. Cannabis can provide a change in perspective and motivation. Marijuana awakens sections of the brain

that are untapped during normal consciousness. The recreational high that is induced can make exercising seem more enjoyable. Some may experience a heightened desire for outdoor physical activities and exploration.

Many athletes take pre-workout shakes and drinks. These beverages usually come with the unwanted side effects of caffeine over-consumption. Cannabis, specifically Sativa-dominant strains, can provide a burst of energy and clarity. Many users also report that cannabis can increase focus. It may help you



“zone in” on one activity. The plant is also known to align your body and mind, leading to a more enjoyable and productive experience. Marijuana is known to have some side effects, but none that are as detrimental to your physical health as caffeinated stimulants. You may want to swap that energy drink for some of the green.

Taking an oral tincture or eating a healthy edible may be the best method for medicating before exercise. You don’t want to cloud your lungs with smoke directly prior to a workout. In fact, Cannabis can actually act as a bronchodilator, allowing the lungs to function effectively and retain oxygen. There are obvious advantages for athletes if they are able to breathe better during a game, practice, or workout. Without adequate levels of oxygen, the mind is not able to function at peak performance. Cannabis can help athletes make split second decisions and trust their body’s intuition.

Physical activity can actually intensify your high. A University of Sydney study showed that participants who exercised for 35 minutes after consuming marijuana had levels of THC 15% higher than those who medicated but did not exercise. The reason for this is that THC and other active cannabinoids are stored in fat cells in the body. Your body begins metabolizing fat as you exercise. As your body burns the fat, small amounts of THC are released back into the bloodstream, which can result in an increased high. If you want to get the most benefits out of your marijuana you may want to consider going on a walk or playing a sport post-medicating. The THC that is released back into your bloodstream can help continue the benefits of cannabinoids throughout your workout.



Cannabinoids and THC are known to help people deal with negative emotions and stress. It is common to feel stressed during intense physical activity as you are pushing your body to the limit. Cannabis can help athletes push past these feelings and continue their exercise. The cannabinoid ‘CBD’ is known to help with stress and anxiety. CBD may help patients to clear their mind and focus solely on the activity at hand. THC and other cannabinoids are also effective in pain management. A productive workout requires ripping the muscle tissue so that it can build back stronger. Physical activity can leave you feeling sore and hurt during and after. Cannabis can help increase your pain-threshold at the gym and during a game. The plant also helps

relieve inflammation that is frequently the root cause of discomfort. This makes cannabis a perfect way to wind down and a healthier alternative to prescription drugs and painkillers. Cannabis can be used before, during, and after physical activity. The benefits aren't limited to just athletes, but to anyone who is attempting to get in shape or exercise. This article has summarized the reasons that marijuana is an effective pre-workout and post-workout tool. Famous athletes like Michael Phelps and Usain Bolt have admitted to using cannabis during their professional careers. Whether they knew the benefits or were just trying to have fun – they still experienced the positive effects.

If you do attempt to integrate marijuana into your workout routine, start slow and find out what works best for you. Everybody is different, especially when it comes to our physical and mental health. It would be wise for doctors, scientists, and national sports leagues to begin to study and spread the benefits of the "Powerplant". ~

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April 5, 2010

By Bruce Ryan - www.cannasystems.ca

Self-seeded cultivar

STRAINHUNTERS - INDUSTRIAL STYLE

Discovery is such a fascinating process. Humanity has gone far and wide around our planet to find new places, new plants, new animals and new mysteries. Yesterday I “discovered” that the English government in Canada ~ the Queen’s Sheriff was distributing cannabis seeds and paying folks to grow it from the early 1800’s. Yep, early on the Queen wanted everyone to grow cannabis. Between 1801 and 1823 they called it a “bounty” to subsidize a farmer to grow cannabis. Long before Confederation or before ‘Ontario’, when the region known as “Home”. Dozens of places around the Great Lakes were seeded. Strains from Russia and Europe were imported along with innovative “Heckle” machines to process the crop. A solid 216 years ago. Amazing how history changes. Although hemp was already in the new world when the first European colonist arrived, thought to have been introduced from China by early explorers, large scale industrial cultivars had never been established. The British wanted hemp fibre for rope,

sails, clothing and packing for their tall warships. A gentleman here in Ontario, John Baker, decided to hunt down these old plantations to find well adapted “landraces”: strains that have gone wild in Canada. Genetics determined the success of these strains growing rouge in Canada. The ability to survive cold Canadian winters is, of course, essential. These strains managed to establish themselves in half a dozen various regions around the Great Lakes.

John Baker is a hemp seed breeder in Ontario. He’s worked in the sector for two decades. He’s produced at least six strains, approved by Health Canada, that are now being grown from Kentucky to Alberta. I had heard stories over the years that you could find wild strains of cannabis growing out in the bush. John proved it in spades. This became a journey of discovery across hundreds of miles of land looking for these early “Canadian” industrial varieties. This type of work provides two advantages: strains that self-seed early in the year and grow extremely well in this climate. Some of the results were startling: strains that grow TWICE as much per acre as other industrial

hemp varieties. Strains that germinated by March 20th, very early in the spring. Strains that finished their seed production early enough for a fall seeding. This guarantees that the strain survives harsh winters.

More “modern” European strains grown in Canada over the past twenty years exhibit none of these traits. In fact, Health Canada makes sure that plants that grow via self-seeding are taken out of the fields every spring. “Rouging”, they call it. Any “volunteers” are pulled up before the main crop is planted. Farmers and hemp seed breeders are forced to have people go out into the fields and kill off any plants they find growing “wild”. Terrible practice, really. Prevents the cultivars from adapting well to the Canadian climate. Prevents the farmers from growing what works best in the fields. Worse, it maintains the genetic characteristics..... which are not adapted to the Canadian climate.

Given the ability of cannabis to adapt to virtually any climate, this ancient species has been spread around the world from the equator to nearly the Arctic Circle. Mostly by humans bringing the sacred seed along their travels. These industrial strains John & his crew found are acclimatized to our sector of the world ~ which would probably work across the entire latitude from Vermont to British

Self Seeded (Fall Planted) field



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Columbia. One of the cultivars appears to produce TWICE the amount of fibre than the next best competitors. In other words, a farmer would make

twice the money from the same cropland. The other interesting fact was the variation in THC levels: they were not as “consistently low” as the currently “approved” cultivars. Come to think of it, I seriously doubt that anyone was testing for THC content in 1801. Making fibre for the British Navy and clothing for the new immigrants was of far greater importance.

Our modern StrainHunters are now cross-breeding “industrial” with “recreational” to get “medical cannabis”. This simply proves, in genetic terms, that cannabis is ONE species. Aside from the prohibition based doublespeak names and nonsense, cannabis is a truly ancient plant. One that has a vast array of applications springing from a rather

~

Bruce Ryan

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High! Canada looks at Advanced Nutrients

HIGH! CANADA

spotlight on

Considered by many to be the best nutrients company in the world - Advanced Nutrients, Ltd. engages in the manufacture and distribution of hydroponics products for professional and amateur growers around the world. Advanced Nutrients has operations throughout Europe, Spain, Germany, and Eastern Europe, and sales approaching \$100 mm annually in 93 countries and the company primarily sells its products in North America, Australia, the United Kingdom, Holland, Germany, and Spain.

www.advancednutrients.com

**"THE BOTTOM LINE IS THAT
ADVANCED NUTRIENTS IS REFERRED
TO AS THE "FIRST" CANNABIS
BUSINESS FOR A REASON"**





For those of you just entering the arena of growing your own, the complexities can initially be a bit overwhelming. We would like to take this opportunity to do you a huge favour and introduce you to BigMike and Advanced Nutrients. You will thank us - trust me.

Advanced Nutrients Ltd. is 'the' North American manufacturer and distributor of nutrients for hydroponic gardening. The company was founded in 1999. The company is best known for its nutrients such as Voodoo Juice, Iguana and Piranha and the first self-regulating pH formula – the pH Perfect® Technology. Advanced Nutrients produces more than 60 products, covering all facets of indoor and outdoor growing. Advanced Nutrients operates mainly on U.S., Canadian and European markets. Its headquarters is in California, USA, and it has offices in Canada, the United States, Bulgaria and Spain.

Its origins starting in 1996 when BigMike co-founded Canadian Soilless Ltd. - a hydroponic equipment and nutrients retailer. In 1998 it was replaced by Polar Bear Manufacturing Ltd – producer of professional hydroponic equipment including CO2 dispensers,

to Advanced Nutrients - the first hydroponic company to show the science behind the products. It was the first company in the marketplace to introduce nutrients designed and tested for cannabis. In 2013, Mike Straumietis became the sole owner of Advanced Nutrients and the company has done nothing but grow!

Advanced Nutrients is an open supporter of the legalization of medical marijuana cultivation and sale and it was the first organization or company ever to get a license for cultivating medical cannabis in Bulgaria, within a restricted area and for scientific purposes. Advanced Nutrients offers more than 60 products in over 70 countries across the globe. After the introduction of the pH Perfect® technology and the Bio-certified formulae, the product lines became too complicated, and in 2013 the company announced three new product lines. All the products in them would now be distributed according to price and origin and not according to function. This changed the game for and further solidified Advanced Nutrients as 'the' leader in the market. Its new premium line of pH Perfect

products now included BioOrganic Buds - which is the name under which all the certified organic products are marketed.

In the Canadian cannabis market these are certainly a few of the reasons why you should use Advanced Nutrients, especially if this is the first time you are thinking of growing properly. It makes sense to consult with individuals who are the experts, who understand which varieties grow best in your area, who can counsel you on what plant fertilizers to use and all the other little touches that will make growing so rewarding. The truth is that BigMike is first and foremost a grower. Advanced Nutrients are made to maximize the potential of high value hydroponics gardens. Today, BigMike splits his time between Bulgaria and the United States while running Advanced Nutrients and entertaining his hundreds of thousands of followers on Social Media where he is known affectionately as simply BigMike.

High! Canada is excited to be publishing our exclusive interview with BigMike starting in the May issue of High! Canada Magazine.

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GROWING TIPS CLONING 101

OG Williams



Cloning is a technique where we take a donor plant, usually a female we want to keep, and make genetic copies of it by taking cuttings or small branches with growing tips and rooting them to form another independent plant containing the identical DNA structure of the donor plant. There are many methods to achieving getting a cutting to successfully root. For the purpose of this article in the 101 series; we will concentrate on basic information and the easiest and most productive way to clone your plants.

Before we begin to take cuttings we need a few things.

- Clean razor blade.
- PH meter.
- Humidity Dome & Tray.
- Rapid rooters OR rock wool cubes, oasis cubes, Soil less mix. (Your choice).
- Rooting hormone liquid or gel OR Willow extract, Aloe Vera plant. (Powders not recommended).
- Clean water in a large container, or labeled cups if doing multiple strains.
- Misting bottle

24 hours before I intend to do cuttings I have a ritual I like to perform to get ready for the work ahead. Clean and bleach the nursery, make sure your lights are set to the right height above where the dome will sit when on top of the tray. I wrap a closet or area in white poly-wrap plastic and set a towel down to catch any moisture that leaks off the dome. Raised off the floor is best to keep heat level maintained. Then fill a large container with hot tap water and add ph down to it to achieve a 5.5PH. (Hint, Lemon juice can be added as well as vinegar instead of PH down solution). Add your Rock wool cubes or Oasis cubes to this water now, for added CO2 content in the water and cubes you can add an air bubbler but it really is not necessary. This container will sit with cubes in it for 24 hours soaking in the 5.5 PH water. During

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this time wash your domes and trays, even if new, in light soapy bleach water to clean any residue off them and sterilize you're starting material. If using a soilless medium such as Promix, now would be the time to wet your mix with 5.5 water and fill your tray.

Place your tray lid on for 24 hrs and let the soil settle and soak up the water. It is very important not to soak your medium to a drench. If you can stick your finger in and it feels moist, you are good... If it visually looks wet, you have drenched the soil.

Now that your cubes have sat and soaked in PH5.5 water or your soil less mix has sat and drawn the water throughout evenly, we can start taking cuttings from our donor plant. Remove the Rock wool cubes from their water and give them 3 good shakes until there is not water running out of them and place in the clean tray. If using Oasis cubes 1 shake should suffice and be sure to handle gently as not to break them apart. So, you have your tray and cubes and donor plant; let's clone it while pruning your plant for growth so we can get more clones off it in the future. The first few times you clone the plant you will get small numbers, maybe 3-4 off a 45 day old seedling at max. But if done correctly, you create new growth tips and flowering spots. More to come on Pruning for growth next in the 101 series, but we are assuming you are at pre-sexing phase or phenotyping phase and just want to save the seedlings you have and back them up with a genetic clone or 2 at this point in the lesson.

What makes a good clone? In time your eye will be able to look at the plant and actually sculpt it and train it to perform or look a certain way. A good clone is about 5" long and straight with more than one growing tip on it. It should have growing nodes under the spot you plan to cut as the idea is once you take this cutting, those nodes with stretch and each turn into a growing branch in turn providing more cuttings at later intervals for the grower. We term this a Mother plant and keep them in perpetual growth cycles, harvesting them for clones when needed for our medicinal or production gardens. The idea is to let the plant recover after the cuttings are taken and each time it will get bigger and rounder providing a lifetime of cuttings for you off this 1 seedling.

After shaking the cubes out or checking your mediums dampness and are ready with clean tools and have your plant or plants chosen, you are ready to begin taking your cuttings. You want a strong cutting so look for a branch with at least 5-6 nodes on it.

You only need the top 5" of this cutting so if there is decent node growth beneath where you intend to cut, this is a good choice of branches. You will use the razor to make a cut down close to the growing point you are leaving.

Place the cutting right into the cup of 5.5PH water. Cutting the plant this way and not leaving a stem allows the plant to repair itself closer to the new growing tips and not waste time and energy diverting food up to a dead end. Follow these steps until you have your container or multiple labeled/numbered cuts filled with what you are taking from the plant. Tops work very well as do secondary and third branches as they have the most growth and cellular division at this time. (Hint if you run out of time or supplies, you can keep cuttings in a glass of water in





the refrigerator for up to 48 hours and slow everything down a bit until you can get to them).

Now you will take your cuttings to a nice clean surface next to your cubes or medium and choice of rooting stimulant. I recommend Root Stimulating liquid at 3000PPM, a rooting or cloning gel, also available at any hydroponics store. However you can use Willow extract or the gel from a freshly cut Aloe Vera plant for that all natural TLO approach. For this article, we are using a liquid root stimulator at 3000PPM and rock wool cubes.

Here we are going to do the secondary cut, or node dissection and soak it straight into the liquid root stimulator, about 2" up the stem from the cut for 20-30 seconds before placing it in the cube or medium.

The secondary cut removes any air pockets that got in the stem during taking the cutting. It also allows you to make a crosscut through the last node of the clone. This crosscutting the node is important as the plants cells gather and elongate and specific junctions on the plant, the nodes being the most active. Clean off the leaf and calyx's (if any present) as well as the stipule (green spikes on sides of branch) with a straight razor and cut the node on a 45° angle.

Once secondary cut is done, place in root stimulator and repeat allowing the first clone to soak up the liquid or gel. After a 20-30 second soak place, in rock wool cube or Oasis cube. (Hint, Damp soilless mix has larger mortality rate than cubes due to enzymes and microbes in the soils). Fill your tray and write or put a piece of tape alongside the dome to keep track of the clones. I like to get 2" rock wool with plastic wrap when possible and write rite on the side in waterproof marker so there's no mistaking what it is later. Once the tray is filled up with clones the tray should be placed back in the nursery under temperatures of 75-80°F with a fluorescent light, T5 or L.E.D light placed directly above the top of the tray. I suggest using 6" dome tops so as not to break your clones as well as keeping the lights a good distance away from the cuttings as they root.

Within 9-14 days you should have big white roots shooting through the cubes and possibly even from the stem. It is now it is time to plant these now genetic clones of their host and begin the army. Your donor plant should be repaired by now and a good shot of



nitrogen should kick in the natural will of the plant to take up space and start growing the left growth tips and sites into co axial branches.



Learning to clone is a curve and too hot, too cold, too wet, or dry will affect the outcome. It is recommended that beginners use a thermometer inside the dome as well as have a misting bottle on hand to up the humidity in the dome to stay around 70%. At times you may find your cubes are getting too dry, I will add a half a cup of 5.5PH warm water to the entire tray evenly just to re-moisten the cubes.

Unlike seedlings clones will act the age of their donors, as soon as they have roots and they are planted you can begin to feed full strength nutrients to them. I like to put a small fan on them and give them 10-12 days under 20 hrs of light before flipping them to the 12/12 photoperiod for flowering. Doing it this way with enough clones should give you an even canopy and a very healthy harvest of sea of green (SOG) style growing ~



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SEX - CANNABIS - SPIRITUALITY

with Antuanette Gomez.

Writer: Antuanette Gomez, Founder of Pleasure Peaks, is an International Speaker on Tantra, Cannabis and Psychedelics, She is a Tantric Sex + Relationship Coach and an advocate for Women's Rights, Gender Equality and Sexual Oppression of Women.

Born and raised in Toronto, her expertise is in Cannabis Education, Business Consulting, and Campaign Marketing.



Email: info@pleasurepeaks.com

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Facebook: facebook.com/TheTantricLover/

Hey Everyone!

There is so much going on this month! We have 420 at Yonge and Dundas Square, The Green Living Show, the Toronto International Porn Festival and the Women Grow's Signature Networking Event Launch!

This month of April is all about Sex, Cannabis and Women. So many new and exciting things to check out with your beau, here are some details to know which is the right one for you!

420 at Yonge and Dundas - April 20th

This amazing weed festival is open all day. Well... usually gets shut down around 7PM. But it's great during the day with a ton of booths, community, and speakers, it has the real festival vibe. It's a great place to meet some singles that already have a common interest with you. And great for couples who love public consumption, activism and industry folk. It's a great place to connect with cannabis enthusiasts from all over town. Warning: if you get offered a brownie and are new to edibles, just remember Start Small, and Go Slow.

***I will also be speaking on stage about Women and Diversity in the Cannabis industry. Find me on stage live at the square between 3:00PM - 4:00PM.

Toronto International Porn Festival - April 20-23

Good For Her, launches the Toronto International Porn Festival, screening the most creative, diverse and erotic pornography the industry has to offer. I'm most excited about the Digital Play X - VR Porn, which is essentially a VR porn experience for shockingly \$8.00 available on April 22nd between 11AM - 9PM. I love how the festival offers tons of educational panels and meet and greets with the directors. It really broadens the conversation about positive porn and reflect the diverse audience it attracts. These films are for people of all genders, sexualities, bodies and pleasures. Dont forget to bring your melted cannabutter for the popcorn! Or maybe a infused lollipop to be a tease. ha.

More Info + Tickets: www.torontointernationalpornfestival.com

Green Living Show - April 7th - 9th

The Green Living Show will now have a CannaSpace for two years in a row! I love that this conference is being modern with the times by normalizing cannabis as an alternative healing that many of the

Twitter: @itsAntuanette **Blog:** AntuanetteGomez.com

attendees would enjoy. The conference has booths with familiar companies in the Cannaspace area, such as Licensed Producers and off shoot cannabis businesses. Women Grow will also have a presence there so make sure to say Hi if you see me! There will also be Speaking presentations and panels covering a few of the hot topics in our industry, including:

- CBD vs. THC, Indica vs. Sativa: What's right for you?
- Mythbusters: Breaking Down the Stigma of Cannabis
- More than Smoke: Alternative Forms of Consumption * I Will be featured on this panel.

I will also have my very own speaking segment at the show to share with you! Sex, Cannabis & Intimacy will be my presentation at the Green Living show on Friday at April 7th at 6:30 PM. Please join us and have your cannabis and intimacy questions answered by me in person. What you can expect to learn from the presentation will be the following:

- Learn how cannabis is changing the sex + tourism industry.
- How CBD can help your sex life for men + women
- Creating stronger relationships with Cannabis
- Different consumption methods for ultimate pleasure & much more!

More Info + Tickets : www.greenlivingshow.ca

Women Grow's April 6th Signature Networking Event Launch

Melissa Rolston and myself are exciting to bring back the brand Women Grow to Toronto. Especially at a time where we finally have support from Bay Street lawyers and Venture Capitalists that are interested in the cannabis industry and want to help female entrepreneurs and POC. So join me and the largest network of professionals in the cannabis industry April 6th at The Vault 250 University Ave. at 6:30PM - 8:30PM.

More info + Tickets: www.iflw.co/april-toronto



**Have any sex, relationship, or intimacy questions?
I'm here to help you out with anything under the
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**info@pleasurepeaks.com. Keeping all names
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Your questions may be in the next article!

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RIDING THE THAILAND EXPRESS WITH

RUSH

Geddy Lee. Alex Lifeson. Neil Peart. Together, they form the legendary musical group RUSH, and they're as Canadian as Tim Hortons, maple syrup and Home-Grown. Formed in Toronto in the late '60s, the Rock and Roll Hall of Famers, famous for their musical proficiency and unmistakable sound, have built a forty-plus-year career in rock, selling over 40 million albums, 24 of which went gold, 14 went platinum and 3 went multi-platinum. Only two bands surpass them in this, and that's The Beatles and The Rolling Stones.

Like The Beatles and the Stones, RUSH smoked their share of pot. And maybe your share, too. In fact, guitarist Alex Lifeson figures that they wrote about 80% of their music while high,

H.K. ABELL
ADVOCATE, WRITER



saying that "pot can be a really creative agent". Rather than treat marijuana as something destructive and negative, RUSH chooses to celebrate it.

The band's early work is characterized by drummer and lyricist Neil Peart's fascination with fantasy, mythology, and science fiction, which explains why RUSH is sometimes referred to as the favourite band of Dungeons and Dragons

players everywhere. But it is their larger-than-life music that is so loved by those who enjoy marijuana. With grand, sweeping anthems that explore different movements and themes like a symphony would, RUSH joins the ranks of YES, GENESIS and KING CRIMSON as progressive rock pioneers, creating 20 minute epics that swell and crash like waves on the mind under the sweet enhancement of cannabis.

But it was, of course, their 1976 song A Passage to Bangkok which put them on the map as celebrators of the green leaf, as their lyrics describe a tongue-in-cheek trip through Columbian fields where friendly natives share their crops, then on to Jamaica to try some Acapulco Gold, then across the sea to Morocco, where the trip to Bangkok really begins. Riding the mythical (and mystical) Thailand Express, they stop along the way – only for the best, of course – to smoke in Lebanon, burn some Afghan hash oil, and pass a perfumed Nepal night blowing smoke rings in Kathmandu. The song's never clear whether they ever get to Bangkok or not, but one thing's for sure: The Express gets you there.

In later concerts, RUSH added a visual component when they played the song. On the screen behind the band they would play a video showing the various locales from the song, cut with snippets of the infamous 1936 film Reefer Madness, a heavy-handed morality tale depicting cannabis users as violent criminals. The film is generally considered one of the worst films ever made, and is often parodied because of its ludicrous depiction of the euphoric experience of smoking marijuana. Strangely enough, however, it's the film's ridiculous assertion of marijuana addiction and

descent into madness that misinforms opponents to cannabis to this day, creating a stigma that has been difficult to break.

In an interview in High Times magazine, which published its first issue in 1974, Alex Lifeson remembers getting handed a copy of their first issue, and how it opened his mind to all the different varieties and experiences possible with marijuana. It piqued his curiosity and began a lifelong love of cannabis. He even suggests that the magazine was influential on the writing of A Passage to Bangkok, as the magazine reported on the prices and quality of cannabis from different parts of the world, including the places specifically mentioned in the song.

Of course, that was the 1970's, and marijuana was an assumed indulgence in the rock world at that time. The band members have all reminisced about good experiences smoking through the years. In an interview



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with Rolling Stone celebrating 40 years of RUSH, Geddy Lee recalled getting high with Ace Frehley of KISS during their 1975 tour, when both bands were just starting out, and getting up to all kinds of crazy antics to make each other laugh. Alex Lifeson recalls this including cream pies to the face and surprises lurking around every corner, as well as a good amount of partying.

But the world has moved on since then, and while a great many people still oppose marijuana use, others fight to remove the taboo of Reefer Madness and praise not only the plant's medicinal properties, but its ability to bring joy and pleasure. No longer is marijuana something to be talked about only behind closed doors, but freely among friends, in college classrooms, or on social media. The more people talk about it, the less stigmatic it becomes, and RUSH has always been open about smoking pot as not only something recreational, but something inspirational to songwriting.

Geddy Lee has more of an appetite for wine these days, and has a famous collection of over 7500 bottles in his Toronto cellars – a hobby, he says, he began with fellow bandmate Alex Lifeson. In the early days of the band, someone found out that Alex enjoyed wine and began gifting the band with bottles. All of the members of RUSH have their collections, he says. With him it's bass guitars and wine, with Neil it's cars, and with Alex, it's marijuana. Neil Peart joined the band as the drummer for their second album, and came in as the lyricist as well, as Geddy Lee reportedly had no real desire to write

lyrics. The lyrics of their early albums were, as mentioned before, full of fantasy and science fiction, which was fairly representative of the tail end of hippie – and in particular, cannabis – culture. Led Zeppelin was writing songs about the Misty Mountains and the darkest depths of Mordor, so when RUSH sang about “Elven songs and endless nights... in this enchanted place”, it didn't seem out of place for a band to be singing a song about Rivendell – the land of the Elves in Tolkien's story, ruled over by Elrond (you may remember him as Agent Smith in *The Matrix*). When it comes to marijuana now, Neil says he enjoys it from time to time, but isn't the advocate that Alex is. Neil has his collection of classic cars, his motorcycles, his model cars, and of course, being arguably the best drummer ever to keep him satisfied. (Seriously, the best drummer. Dave Grohl cried when he met him. True story.)

Alex Lifeson, on the other hand, loves marijuana the way Geddy Lee loves wine and Neil loves cars, and he's not shy about it – and why should he be, he figures. Any time Alex has been asked about marijuana, he normalizes it, taking the sting of stigma away. In conversation, he treats marijuana no different than having a glass of wine, and refers to smoking pot as part of a regular routine, where one might have dinner, and then have an after-dinner smoke and a glass of wine while watching some *Trailer Park Boys* (a show that he is not only a fan of, but has been a guest on).

He recognizes marijuana as a huge creative influence on his songwriting, though he does admit that he'd rather go on



stage clear-headed these days, as it can hamper the attention required to perform with such precision, especially as the band's songwriting became more intricate and complex over the course of their long, productive career. Not only does he enjoy writing while smoking pot, he loves getting high and just playing his guitar, just for himself, stretching himself outside the boundaries of RUSH, playing whatever springs to mind, which he calls a pure exercise of joy. This kind of experience, he says, has also been helpful during relationship difficulties, as a way to get to a calmer place together and being able to open up and talk about deeply personal things.

Fully in favour of legalization, Alex celebrates the Liberal Party of Canada's decision to legalize marijuana, and considers the so-called war on drugs to be an incredible waste of tax dollars that could be better spent on social programs, health care, or a million other societal concerns. He is critical of some of his generational peers, frustrated with those who were very open-minded and liberal when they were younger, especially about the subject of marijuana, and who now have closed their minds and become staunch conservative killjoys. His comments remind me of a line from a Don Henley (of Eagles fame) song: "Out on the road today I saw a Deadhead sticker on a Cadillac." It's that kind of hypocrisy that makes marijuana advocates like Alex Lifeson (and myself) shake our heads.

My opinion? Maybe they just need to smoke a bowl, throw on some 2112 by Canada's treasured power trio, RUSH, and chill the fuck out. .HK.

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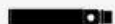
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A GLASS OBSESSION

Since first seeing Dorian and PJ, a couple of guys from Oregon, blow glass in the garage in Comox, Vancouver Island back in '98, I became obsessed with flameworking. I was fortunate enough to be able to continue to watch my friends PJ and Doug Cluoston manipulate borosilicate glass into mushroom implosions and cool pipes. Glass has a mesmerizing effect, especially when it is being worked in a very hot flame. Watching it become molten, flowing and moving, is incredible. Having a background in art and sculpture I knew I had to try it as a medium. PJ was kind enough to give me a list of what I needed to get started and before long I had scrounged together materials from other industries to start playing with glass.

So, what is this curious crystal material 'borosilicate glass'? With the main constituents being silica and boron trioxide it was first formulated in 1689, but it was not produced commercially until 1894 when Otto Schott started to produce 'Duran' glass. This kind of glass was primarily used for laboratory equipment, until much later when artists like Bob Snodgrass and others like Vancouver Island based Alchemy Glass started to make glass pipes. This created a demand for borosilicate colour and in 1983 Paul Trautman formed Northstar Glass and began to produce colour for borosilicate glass commercially. These two factors stimulated the modern borosilicate glass revolution. Now there's an explosion of glass art being made with this inspirational glass. The accessibility and affordability of setting up a shop in one's house or garage has made this the fastest growing glass industry in the world. Now we are on the verge of what I believe is a glass Renaissance, with artists creating amazing pieces that have never been imagined before. Some glass pieces are being made that are selling for tens of thousands of dollars. Some of my favourite artists go by the names of Banjo, Cowboy, Marbleslinger, Darby Holmes, JAG, Sakibomb and Lacy St. George, to name a few.

Here in Canada the industry is still in its infancy with new artists emerging constantly. Blazing the trail are artists like Redbeard who puts on the Great Canadian Glass Gathering, hosts a regular show online and has been at the forefront of developing the Canadian "boro" glass community. My

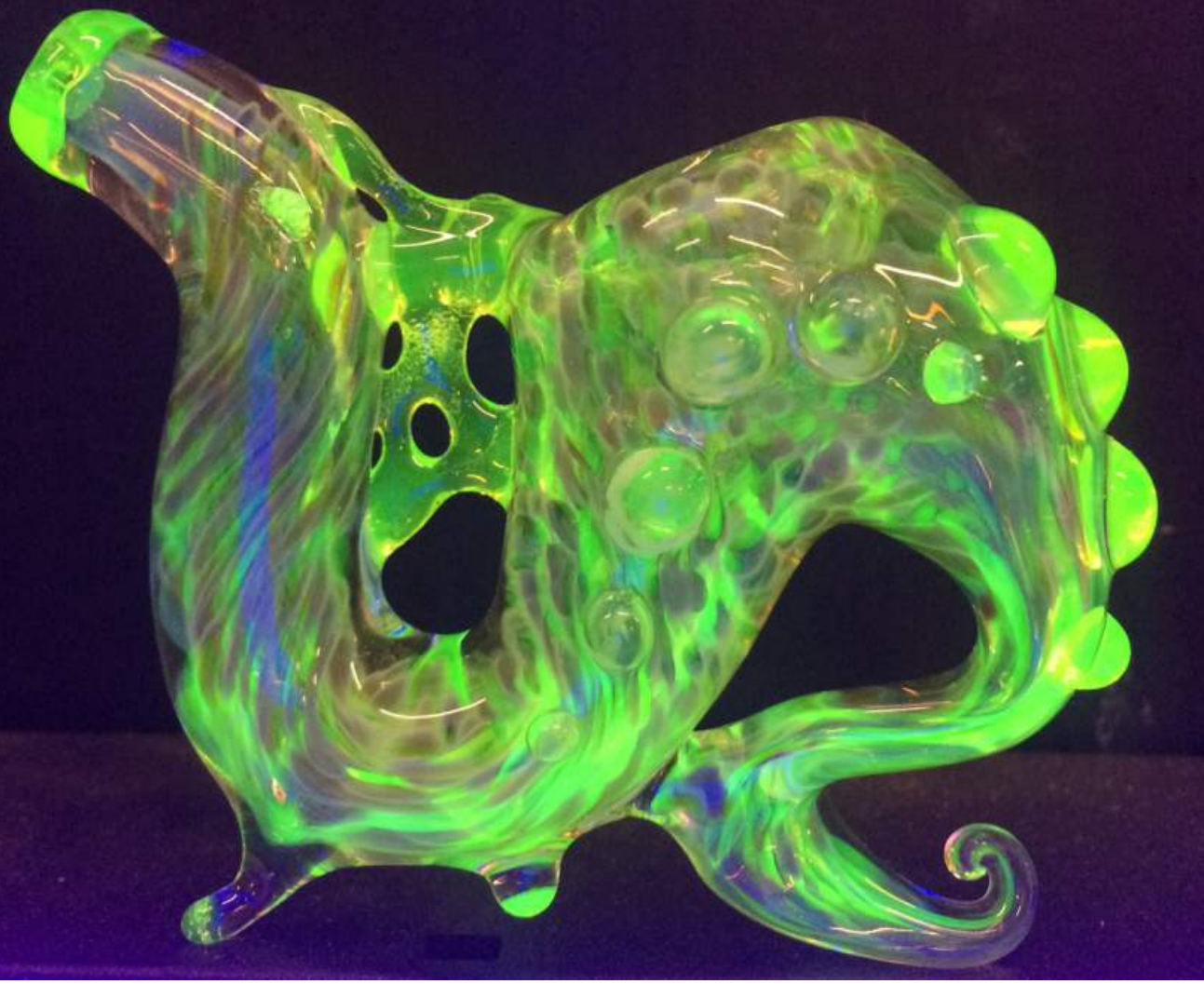


AN INSIDE LOOK AT CANADIAN GLASS

company, Pixie Glassworks, has been focussed on production and education since we expanded in 2011, at first training our own staff and now offering glassblowing courses to the public.

Pixie Glassworks was formed in 2000 when my partner Irja Kriegel and I set up a torch in our back porch in Lake Cowichan, BC. Irja invented an aromatherapy pendant and began to perfect the design. Edmonton, Alberta eventually beckoned so we could be close to family and better economic circumstances. We took the aromatherapy pendant design to CBC Dragons Den in 2009 and got national exposure, though not a deal. This gave us the opportunity to build a shop and to start training staff. Now we probably teach more people flameworking than anyone else in Western Canada. Pixie Glassworks has grown into a synergistic team of 9 artists: Tom Billings (Elfintom), Irja Kriegel (Wisteria), Breanne Byrne (Byrne Glass), Michael Lemoine (Pipelangelo), Erik Nordenhof (Hokey Pokey Glass), Sam Colledge (Samantics Glass), Emily Devereux Naomi Mbanefo (Ojinika Glass) and Victoria Stagman. Although we focus primarily on





production of the aromatherapy pendants and pipes we love to create a myriad of other beautiful glass pieces, usually small sculptures and unique pendants. We also produce a lot of rigs, dabbers, and carbcaps. Taking our glass art directly to the public is one of our favorite ways of getting out there, so look for us at your local music festival, Comicon Expos, Hemp Expo or craft market. We can often be seen in our hand crafted gypsy caravan vending at

festivals mostly in northern Alberta although we do get to Saskatchewan and BC sometimes. If you are in the Edmonton area feel free to come and visit Pixie Glassworks! You can see where all the magic happens, check our store in-studio and take a class in glassblowing.

Some of the great Alberta artists to be watching for as they continue to make beautiful pieces and grow as artists are folks like Jonk, Sean Campbell, Ghostcat, Tugboat, Campfire, Boxcar, Baracuda and Destroy glass. We're stoked at the potential of the Alberta glass community and excited to meet more folks out there who are obsessed with glass!



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Toronto 420 will be held at Yonge-Dundas Square one last time Join us on Thursday, April 20th, 2017 from 12pm - 7pm for the final Toronto 420 Event at YDS! The event will be moving to a new location in 2018.

Remember how great last year was? Well we're gonna do it again! Come and join us for another fantastic 420 celebration! There will be bands and speakers. This is an opportunity for people to get together and celebrate cannabis culture. T-shirts, literature, and information will be available at the event.

"The Toronto 420 Comedy Festival is a free annual event, with a dynamic line up of speakers, bands, and performers. In addition to showcasing local talent, this festival puts into action the democratic principles cherished by Torontonians in a show of support of Toronto's cannabis culture." Kristyn Wong-Tam Councillor, Ward 27 Toronto Centre-Rosedale

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Happy April all you gorgeous souls!

Can you Smell that wonderful Spring aroma finally approaching us? My second favorite season right after summertime. Besides the warm weather, summer dresses & ice cream it brings, with it also comes festivals, conventions, markets & of course 420! How can you not love spring & summer?! And I have a feeling 2017 is going to be one to remember for everybody.

With so much change & the truth about medicinal Cannabis finally surfacing it's an incredible time we're getting to experience first hand & it's because of you and those just like you that have helped make such a change. Enough people spoke up & kept speaking until there were too many voices they could no longer ignore it & had to address it.

Everything's "taboo" until it's spoken about in the masses and that's exactly what's been done here. We've all been a part of this change and for that fact alone you should give yourself a pat on your back!

Because of the change we've all made happen the future generations have a better chance at natural cures & medicine like cannabis & soon enough children won't have to suffer from epileptic seizures & families won't have to sell all their belongings to pay for cancer "treatments"

The pharmaceutical companies are anything but happy, but you can be proud knowing you've helped create the change that's taking place.

Hope you all have an incredible March, may she bring you nothing but High times, love & laughter and if you're attending the HempFest Cannabis Expo, come by the High! Canada booth & say high!

Don't forget to Follow me online for monthly giveaways and chances to win swag!

Xoxx

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1 cup flour

1 teaspoon Vanilla Flavouring

FROSTING:

3 oz package cream cheese

1 teaspoon vanilla

1 cup powdered sugar

Food Colouring

Sprinkles (Optional)

DIRECTIONS:

Pre heat oven to 350.

Beat butter till light and fluffy.

Add cornstarch, Flour, Sugar and Vanilla Flavouring and beat until creamy.

Drop by teaspoon fulls onto un-greased cookie sheet.

Bake for 12-14 minutes;

frost when cool.

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Divide your icing into 2-3 dishes (Depending on how many colours you want)

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Hope all of you have an amazing Easter & Don't forget to come say High if you're Celebrating 4/20 in Toronto this year!



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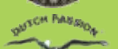
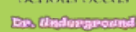
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HIGH! CANADA REVIEWS

Shattered Sweets were a delicious treat that lead into a zonked out afternoon. I must admit they did the trick.

The white chocolate truffle was smooth and creamy. The dark chocolate truffle rich without being too dark to turn off those who "don't like dark chocolates". I found the caramel to be a bit runny for my taste but the flavour was on point.

Lastly I taste the peanut butter and altho the concentrate was noted, it wasn't overpowering.

The 500mg box was split between 4 people and I had noticeable effects. Overall - this a product I would have again and again and again.





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Dutch Passion are celebrating their 30 year anniversary in 2017, not many seed companies have stayed in business long enough to reach that landmark. Its a good time to look back at some of the highlights from the original 'Masters At Work'

Humble beginnings

Dutch Passion were formally established in 1987, but the first genetics were collected in the 1970's when Henk van Dalen was a Biology Student at Amsterdam University. In those days cannabis was being imported into Amsterdam from all over the world. Henk began collecting the different seeds from various batches of cannabis which in the early days came from numerous sources. Nigerian, South African, Brazilian, Filipino, Thai and even Californian cannabis was making its ways to the early Amsterdam Coffee shops. These varieties were often quite different in terms of the effect of the cannabis and the quality. The seeds were collected and became the basis of the early Dutch Passion breeding. At the time, indoor growing techniques and equipment were quite basic. But Henk managed to grow the seeds, and eventually the best plants were selected for breeding and eventual crossing. Soon it was clear that

Barcelona. Crazy LEDs, sister company of Dutch Passion, won the Spannabis award for 'Best Growroom Equipment'. The award was presented for the SolarSystem range of LED grow lights which are manufactured in the USA by California Lightworks. Crazy LEDs are the European distributor for California Lightworks. The SolarSystem LED grow lights impressed the judges with several important features.

- Professional quality construction, USA manufactured, proven over several years for design reliability, performance and spectrum effectiveness.

- Proven Light Spectrum for Cannabis, high intensity (5W Osram chips).

- Sealed, waterproof and humidity proof IP65 rated design
- Daisy chain connect ability for multiple lights

- Adjustable power and spectrum (red, blue and white LED on separate circuits)

- White light plant inspection mode (this is also seen as essential for US licensed cannabis growers)





the cannabis being grown in Amsterdam was of superior quality to that being imported. The 1970's indoor growing scene was small, but the community of first seed pioneers was already at work, and they had a good selection of cannabis genetics from all over the world to start from. Today Dutch Passion still operate out of Amsterdam and have remained true to their original goal - to focus exclusively on supplying the best quality cannabis seeds.

Feminized cannabis seeds

Indoor cannabis growing began to take off in the 1980's and 1990's as good quality indoor varieties became increasingly available. At the same time the availability and quality of indoor grow lights and growing equipment began to improve. Cannabis was now being grown indoors and outdoors in Europe, North America, and elsewhere. Now that it was possible to grow your own cannabis, the focus began to shift towards growing with maximum convenience and quality. Home growers were unhappy, and slightly paranoid, about having to germinate and grow male plants. Calls were growing louder for feminized cannabis seeds, and since feminized vegetable seeds were already available many wanted feminized cannabis seeds. After numerous tests and techniques were tried, eventually Dutch Passion found a way to produce the first feminized cannabis seeds in the 1990's. Dutch Passion may have been the first to invent feminized cannabis seeds, but eventually everyone else would follow. Today feminized cannabis seeds account for over 95% of all cannabis seeds sold.

Relentless search for quality

The Dutch Passion team operate in Europe, Russia, South America and Canada with employees in several different countries. Dutch Passion still have some of their original geneticists and breeders as well as young, eager new breeders. The Dutch Passion team also enjoy established links to some of the best legal growers in the world, such as

some USA, Canadian and South American licensed growers. This ensures continued access to the best emerging cannabis genetics around the world. Dutch Passion are now an international organisation, the website is translated into 10 languages and seeds are supplied to growers of all sizes. From the self sufficient home grower looking to grow a few plants for personal use, to large legal growers producing thousands of cannabis plants, growers of all type and size trust Dutch Passion for their cannabis seeds. 30 years of Dutch Passion success comes from many years of repeat business from thousands of growers that demand the best quality and consistency. Many of the original Dutch Passion customers, resellers, grow shop owners and distributors are still with them 30 years later thanks to the same philosophy. To supply the best quality cannabis seeds and to continually innovate and explore new genetic lines.

Genetics, genetics, genetics.

Although they are remembered for giving feminized cannabis seeds to the world, Dutch Passion also point out a few other key contributions to the cannabis community.

- **Outdoor genetics.** By selectively breeding their outdoor varieties in Holland, Dutch Passion created a family of toughened outdoor varieties that could grow throughout Northern Europe and North America, even in tough climates. These varieties, such as Durban Poison, Frisian Dew, Hollands Hope and Passion #1 became the building blocks for many of today's outdoor varieties.
- **CBD-rich genetics.** Whilst CBD-rich genetics are not mainstream for recreational growers, they are some of the most valued varieties by the medical growing community. Dutch Passion worked with specialist breeders 'The CBD Crew' to help create the first CBD-rich commercial varieties. Dutch Passion are also working on a future CBG-rich (Cannabigerol) cannabinoid variety.



- Autoflowering cannabis. By partnering closely with 'The Joint Doctor', who helped create autoflowering genetics, Dutch Passion established a strong pioneering position on the development of autoflowering cannabis over the last 10 years. Today autoflowering varieties are another mainstream cannabis seed development which few predicted. They grow from seed to harvest under 20 hours of daily light in 10-11 weeks with the same potency as traditional varieties. For many home growers, autos are easy and convenient for growing indoors and outdoors.

- Traditional photoperiod genetics. Many growers will be familiar with famous THC-rich Dutch Passion varieties such as Orange Bud, Mazar, Blueberry, White Widow, Master Kush and others. We can thank Dutch Passion for some solid genetic lines which have served the cannabis community well over the last 3 decades.

- Dutch Passion are the only seed bank with stable outdoor photoperiod and auto 'Duck' varieties. These grow with webbed cannabis leaves (similar shape to a Ducks foot print), they give natural stealth camouflage and are extremely difficult to identify as cannabis.

Continued focus on quality and convenience.

After 30 years at the top, and with a reputation for innovating, we look forward to seeing another 30 years from the Dutch Passion team. They have already expanding into the LED grow light industry with their sister company 'Crazy LEDs & More' and there are rumours they are planning some other major new projects. We look forward to seeing the next chapter from Dutch Passion.....



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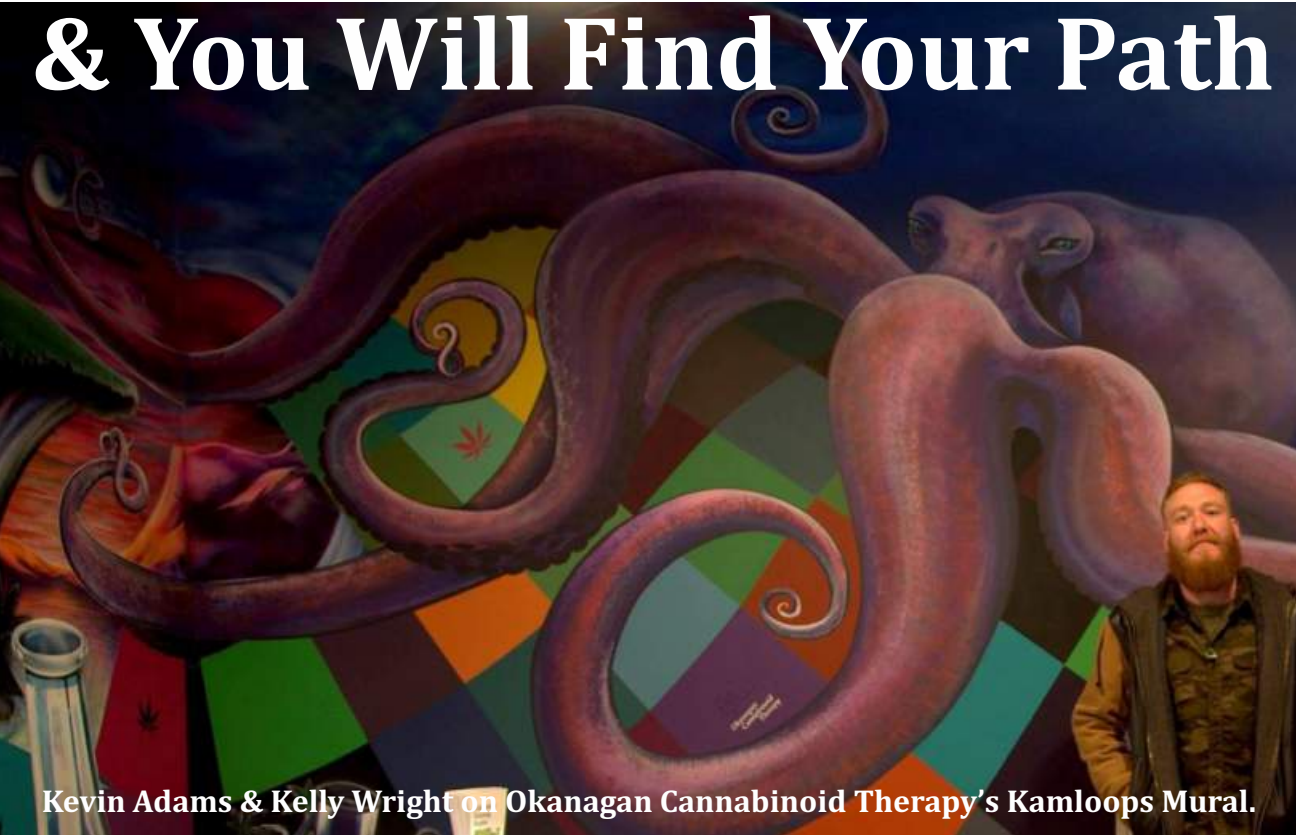
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Spark Your Inspiration & You Will Find Your Path



Kevin Adams & Kelly Wright on Okanagan Cannabinoid Therapy's Kamloops Mural.

Interior B.C.'s premiere Medical Cannabis Access Centre branched out when a business associate wished to sell their dispensary on the edge of downtown Kamloops. The location is ideal for many reasons...a busy four lane thoroughfare flowing in the core area and discrete placement within a light industrial mall. However, the visual selling feature of the location is its 20' ceiling.

Before we opened on day 1, the new owners approached the mall's tattoo parlor and ask the artists if they knew a local muralist, as they wished to decorate the interior of their 'café' style Medical Cannabis Access Centre with bold colours and a medicinal feel. Artist-extraordinary Kelly Wright appeared on our doorstep the next morning. Within a few days, Kelly's underwater Cannabis masterpiece seeped from the back wall and wrap around onto the side panels of the dispensary...

Growing up in the lower mainland of British Columbia. Kelly Wright was always creative, but it wasn't until he moved to Kamloops, B.C. where his passion stuck.

After a near fatal fall in 2010 with a shattered ankle and a fractured pelvis, he was put off his feet for 6 months and quickly taught himself how to paint. Throwing out prescription drugs and self medicating with Cannabis, not only propelled his creative process but also his healing process.

Years later, he now has several murals surrounding the streets of Downtown Kamloops. It seems his creative process is still the same, Light up a blunt and let the ideas run wild. His recent works can be found surrounding the interior walls of the Okanagan Cannabinoid Therapy in Kamloops B.C. Kelly is pushing boundaries on limitation and holding

Some amazing & inspired work!



true with his bold colours and surreal designs. He finds the creative passion comes from the soul and living a healthy lifestyle, always with a spark of inspiration.

You can find his work online at Kellywright.ca Instagram:

Artistkgw. Better yet, visit Kamloops' Okanagan Cannabinoid Therapy Medical Cannabis Access Centre where his next mural of a 1920's pharmacy / 2017's extract lab will explode off the walls with the boldest Cannabis medicinal jars & beakers ever assembled.



BEHIND THE SEED COUNTER

with Erika Lalonde and Aurelia Vaillancourt

I am

Aurelia Vaillancourt and I happy to introduce my store Xotic Seeds conveniently located in the GTA and we are proud to offer over 1000's Cannabis strains to Canadians. Xotic Seeds is the place to be, as we offer the largest variety of seeds and different genetics that will suit everyone's needs. We care to keep customer satisfaction above and beyond customer service expectations as we make sure all customers leave more knowledgeable and confident with their selections.

I was introduced to cannabis late in my life, however I have found cannabis the most effective medication for my back injury and back pain. I learned so much about cannabis when I started dating Jason and now my husband, we are both licensed to produce our own medication. Jason helped me learn more about the useful capabilities of different cannabis strains to help my back problems. Together we created a team and I soon became an

expert on cannabis

seeds as he was already an expert on growing cannabis. I developed a passion for researching cannabis medical capabilities and now Jason and I are proud to offer our expertise in extracting CO2 oil, hash, bubble hash, RSO oil, shatter, canna butter and much more. My body loves sativa strains and I enjoy a different variety of medication, which is the reason why I prefer to grow exotic genetics with fruity flavours. We have many favourite sativa strains that can impress many indica lovers and expand your cannabis horizons beyond well known "Kush" strains. We let people know about different varieties of cannabis, so they can understand their options when growing cannabis. We always do our best to lead people in the right direction for their health, by

showing them the different types of cannabis and properly introduce CBD strains for medical treatments and auto flowering genetics that can speed up the growing process for those who need it. We surpass customer expectations behind the traditional seed counter to not only recommend genetics that will help their desired yield or quality of crop by tailoring specific medical strains that can perform as well as commercial strain and delivers medical benefits on top. Since, Xotic Seeds opened we have increased our stock drastically over the years from a only a few select seed breeders that carried a CBD Strain. We are happy to finally offer CBD cannabis strain collections from DINAFEM, Kannabia Seed Company, Resin Seeds, CBD Crew, CBD Seeds, Barney's Farm, Serious Seeds, Dutch Passion and many more. As CBD cannabis genetics have gained more popularity we have noticed many world class seed companies that never had one CBD dominant strain now have added 1-5 strains to their collection. The focus on CBD strains in cannabis media outlets have helped us achieve our goal to offer more CBD strains and also we find non cannabis users are more eager to obtain Canada's ACMPR growers licence to grow for a loved one or peer in serious need of cannabis as medication. We have noticed more couples are reaching out to our seed bank to grow for their partners medical needs which is a very unique trend compared to our classic consumer trend of commercial or outdoor licensed growers who normally purchase well known cannabis strain names that usually deliver powerful psychoactive effects. We have seen novice and beginner licensed patients achieve life changing results when they take down their crop and realize they can grow their own desirable medication. Our goal is to not only provide the best genetics to patients but to also encourage customers to give them self their own reasonable access to cannabis as medication and not crumble under the pressure from the Canadian government to purchase medication from expensive licensed producers.

I learned all about growing cannabis from my husband, however ladies are great at gardening and sometimes to us, gardening comes natural. I have noticed I have more patience to grow and I absolutely love the entirety of the cannabis growing cycle, especially the end result. (Growing Ladies).. With my passion and expertise I knew I could enter the cannabis industry to make a valuable living. Their are more ladies like Abi from Spliff Magazine , Sarah Sunday from The Karma Cup in Toronto, as well as Jodi Emery from Cannabis Culture and Myself in Brampton that are a pure example of ladies leading the cannabis industry in Canada. Women should be proud and loud and not be afraid to enter the cannabis industry.



Aurelia VAILLANCOURT

I started Xotic Seeds Seed Bank for many reasons as I had a difficult time to purchasing cannabis seeds and at the time there was no location that I could physically visit to provide solid cannabis seed strains & knowledge. My Seed Bank collection appeared small at first as it took time to establish reliable relationships with seed companies to provide the best service to all Canadians. I cannot be proud enough now that my seed bank offers over 1000 strains from the best 80 seed breeders from around the world. As my business and reputation grew quicker than expected, I brought on my team Erika to help with the increase of customers and assist their demands. With little knowledge of cannabis seeds, I noticed she absorbed my expertise quickly which allowed me to grow even further in the industry. Together we created an amazing team and I can trust Erika fully that she has the best interest of our customers and my company Xotic Seeds.

Erika LALONDE

I started working at Xotic Seeds in October of 2015 & my cannabis seed knowledge was minimal however I was a medical cannabis patient at the time. It wasn't until I met Aurelia for me to fully understand the benefits of cannabis thoroughly and to expand my knowledge past knowing only strain names. Aurelia was extremely patient with me since day one and with her caring ability to teach me propelled my cannabis knowledge past whatever I could imagine I can achieve. She allowed me to feel comfortable in the cannabis community and I could not imagine working for anyone else in the industry. Today because of her expertise, I find I can provide solid cannabis seed knowledge to patients that visit the store and I feel confident with the strains I recommend on daily bases will help customers. I'm here to share my knowledge and also learn from customers feedback and provide useful feedback to those in need.

I'm hoping that cannabis becomes legalized in Canada, so patients as well as women will no longer be afraid to choose cannabis as their own medication and purchase equipment to grow cannabis. I hope to lift the stigma attached to cannabis when cannabis becomes legal, so more women and patients would be eager to show their face in the cannabis industry and not face the legal repercussions cannabis has today. My Store is a prime example of women who inspire others as well other women to grow cannabis for medical use in the community.



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WOMEN IN WEED

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MELISSA ETHERIDGE

H.K. ABELL
ADVOCATE, WRITER



Melissa Etheridge has never been part of the rock and roll drug scene. Despite her seemingly whiskey-soaked vocals, the two-time Grammy award winning rock star and activist says that she's never even been drunk to the point of throwing up. She saw early on in her music career how alcohol could ruin people, and she had her sights set on a long career. Too many people's lives destroyed by hard drugs for her to ever get involved with them, and she says she only sampled marijuana now and then, never really thinking how it might one day change her life. Then in 2004, Melissa was diagnosed with breast cancer, and everything came to a screeching halt.

Luckily, she was able to stop working altogether during treatment, so the doctors prescribed a harsher, stronger chemo than usual (this is called "dose dense") in order to fight her cancer

harder. But with a harsher dose came excruciating side effects, and a virtual smorgasbord of pills to take in order to combat those effects. It can be quite a frightening prospect, and sometimes the pills you take to combat the chemo side effects come with side effects of their own.

Take this pill for nausea, take this pill for pain, take this pill to help you sleep, take this pill to increase appetite...

It can be anxiety-inducing, to say the least.

When her good friend David Crosby (yes, that David Crosby, a man who definitely knows his marijuana) saw all the prescriptions she'd been given, he encouraged her to try medicinal marijuana for her symptoms instead, and it worked. The entire experience, she says,



changed her life, opening her mind to a new way of thinking about her body, her health and the future.

“This is crazy,” Etheridge said. “How does anyone go through this without cannabis?”

Now it’s thirteen years later, and Melissa continues to kick cancer’s ass, and in her addition to her work promoting various humanitarian causes and LGBT issues, she has become one of the strongest advocates for medicinal marijuana, with a voice that is impossible to ignore. Never shy about it, she’s talked to the musical press, CNN, and even Forbes magazine about how she attributes her recovery to her use of marijuana; how much it helped during her chemotherapy, and how even now it reduces the stress in her life that she feels contributed to her cancer.

“People use marijuana for different reasons,” she told CNN in a 2013 interview, “and I needed it to get me through tough times. I used it every day during chemo: It gave me an appetite so I was able to eat and keep my strength up. It also helped with the



depression, and it eased the gastrointestinal pain.”

Most recently, Melissa has partnered with Greenway Compassionate Relief in Santa Cruz, California to create a cannabis-infused wine, which she calls a “beautiful marriage”. When concerns were raised about the possible dangers of mixing marijuana with wine, Etheridge responds that her “No Label” wine tinctures are CBD infused, not THC infused, which means it’s not a psychotropic experience, rather, a warm, pleasant, all-over body buzz. As of this article, these products are only available in California for those with a prescription. But she is in the midst of building a brand – Etheridge Farms – that will have balms, oils, her own recipe of smoke, and a few edibles, so as legislation happens, you might just see her products in a dispensary near you. “Seventy years ago it was on pharmacy shelves, now it’s time to get back to that; to understand plant medicine.” Melissa told Billboard in a recent interview. “That’s really where I want to enter this market in – is for the person who is looking to unwind at night and not have a couple of drinks and feel like crap in the morning. Maybe this is an alternative, maybe I can wind down this way. And wow, maybe this topical actually helps with this inflammation. I just feel really strongly about the medicinal aspects of cannabis.”

As for her definition of ‘medicinal’, Melissa takes what I think is a compassionate,



common sense view that medicine is more than just about reacting to some illness, or preventing some disaster. It’s more about quality of life, and right now, you can turn on the TV and see a dozen different pharmaceutical ads for pills that promise relief from stress, depression, anxiety, pain. And society accepts those medicines, because Big Pharma has spent billions of dollars to corner the market on treatment. Marijuana advocates like Melissa Etheridge know that there is another way.

“I believe anybody who smokes cannabis is using it medicinally, whether they consider it so or not. If it’s my means of relaxing and unplugging and de-stressing at the end of the day, who’s to say that’s not good medicine? Isn’t

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that what you do when you take your Ambiens and your Valiums and stuff?"

The legalization of pot across the board just makes sense. It will build businesses and legitimize cannabis sales so that everyone – both young and old – are protected from illegal pot (which could contain who-knows-what – look at the recent rash of accidental Fentanyl deaths due to tainted weed) just as they are from illegal alcohol and tobacco sales. Marijuana farmers will have protection and be legitimate businesses, so you know that you're supporting businesses and not criminals when you're buying.

Melissa has been spreading her cannabis-friendly message in interviews, symposiums and on her website, and of course, on the stage. She collected signatures in support of the Compassionate Care Act in New York State, for example, and also performed at 2016's High Times Medical Cannabis Cup in Clio, Michigan, where she proudly lit up for the first time on stage, acknowledging marijuana without being patronizing to the audience.

Catch Melissa later this month as one of the keynote speakers at O'Cannabiz Conference and Expo in Toronto, which takes place April 21st-23rd at the Sheraton Centre Hotel. (Incidentally, she's also playing the Danforth Music Hall while she's in town on the 22nd!) The three-day event will gather patients, physicians, licensed producers and industry vanguards to explore the future of cannabis and the "budding" market in Canada. Everything from seed to sale, understanding regulations and industry standards and best practices, both medicinal and recreational, will be offered among more than 40 workshops, seminars, keynote address and exhibitors. While you're there, drop by the High Canada booth and say hello.

~



APRIL 21 - 23, 2017
O'CANNABIZ
 CONFERENCE & EXPO
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Positioned to be Canada's leading cannabis industry business event, O'CANNABIZ Conference and Expo announced its roster of keynote speakers encompassing some of the most innovative and forward-thinking leaders in the industry, including Grammy-winning artist, cannabis entrepreneur and activist, Melissa Etheridge.

O'CANNABIZ boasts a line-up of 30 additional speakers confirmed to date, including Dr. Paul Roumeliotis, Medical Health Officer & CEO, Eastern Ontario Health Unit; Cam Battley, Chair of the Advocacy Committee for the Canadian Medical Cannabis Industry Association; Autumn Karcey, President of Cultivo, Inc; Meg Owen, Senior Digital Marketing Manager at Leafly and many more - including and not limited to:

David Andrews
 Chief Counsel, Merrco Payments Inc.

Alan Cross
 Broadcasting/New Media &
 Content Creatio/Voiceovers, Brain
 Dead Dog Productions

Tony Asseiro
 SR&ED Senior Technical Manager, MNP LLP

Dr. Gina Berman
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Greg Engel
 CEO, Organigram

Andrea Crawford
 Broadcaster, Canadian Broadcast Sales

Melissa Etheridge
 Singer/Songwriter, Entrepreneur,
 Etheridge Farms

Sunny Freeman
 Resources Reporter, Financial Post

Alan Gertner Founder, Tokyo Smoke	Khurram Malik , Jacob Capital Management	Danny Timmins National Cyber Security Leader, MNP LLP	Dr. Deidi Meiri Principal Investigator, Technion Israel Institute of Technology, Laboratory of Cancer Biology and Cannabinoid Research
Leonard Glickman Partner, Cassels Brock & Blackwell LLP	Vin Maru Research Analyst, Editor-in-Chief for InvestInMJ.com , InvestInMJ.com	Colin Webster CEO, Hero Ventures	Dr. Michele Ross President, IMPACT Network
Michael Gorenstein CEO, The Cronos Group	Eileen McMahon , Torrys LLP	Joan Weir Director, Health and Dental Policy, Canadian Life and Health Insurance Association	Dr. Paul Roumeliotis Medical Health Officer & CEO, Eastern Ontario Health Unit
Har Grover Chairman, Scientus Pharma	Alison McHahon Founder & CEO, Cannabis at Work	Maxim Zavet Founder & CEO, Emblem	Dr. Reggie Gaudino PhD, VP & Scientific Operations and Director of Intellectual Property, Steep Hill Labs, Inc.
Kevin Hall Executive Director, Chronic Pain Toronto	Sumit Mehta Strategy & Finance Consultant, The Arcview Group	James Zaza President & CEO, Zaza Financial Group	Dr. Uma Dhanabalan Total Healthcare THC, Uplifting Health and Wellness
Dr. Mike Hart Cannabis Physician, Strength & Conditioning Advocate, Lifestyle Strategist, Mike Hart, MD	Barbara Miller Partner, Fasken Martineau DuMoulin LLP	Alex Cooley Vice President, Solstice	Gordon Fagras MBA - CEO, Trace Analytics
Alison Hayman Partner, Cassels Brock & Blackwell LLP	Jared Mirsky CEO & Founder, Online Marijuana Design Agency	Alex Halperin Founder & Journalist, WeedWeek	Hugo Alves Partner - Corporate/Commercial, Bennett Jones LLP
Elizabeth Hogan Co-Founder & VP, GCH, Inc.	Ralph Morgan CEO, Organa Brands	Amanda Conley Partner at Brand & Branch LLP and Founding Treasurer of the National Cannabis Bar Association	Jason Moscovici Lawyer/Biochemist, ROBIC, LLP
Kent Hovey-Smith Partner and VP of Corporate Affairs, Tidal Health Solutions	Margaret Nelligan Partner, Aird & Berlis LLP	Autumn R. Karcey President, Cultivo, Inc.	John Fowler President & CEO, Supreme Pharmaceuticals Inc.
Jeremy Jacob President, Canadian Association of Medical Cannabis Dispensaries (CAMCD).	Jim Pelton Executive Director, Continuing & Professional Studies, Kwantlen Polytechnic University	Bruce Linton Founder, Chairman & Chief Executive Officer , Canopy Growth Corporation	John Prentice President & CEO, Ample Organics
Scott Jordan Director of Business Development, Dynamic Alternative Finance	Douglas C. Rennie Technical Services Project Manager, American Oil Chemists' Society	Cam Battley Executive Vice President, Aurora Cannabis Inc.	Jonathan Zaid Founder & Executive Director, Canadians for Fair Access to Medical Marijuana
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Conference and Expo Takes Place April 21 to 23 at the Sheraton Centre Toronto Hotel

TORONTO, March 31, 2017 – The O'CANNABIZ Conference and Expo has announced over 80 exhibitors, comprised of Canada's leading companies in the cannabis industry and affiliated services at the three-day event from April 21 to 23 at the Sheraton Centre Toronto Hotel. Esteemed exhibitors include Aird & Berlis, a leading Canadian law firm based in Toronto, serving clients across Canada and globally; Beleave, a biotech company committed to becoming a licensed producer under the Access to Cannabis for Medicinal Purposes Regulations (ACMPR); Cronos (Peace Naturals), a cannabis group that operates within Health Canada's ACMPR and distributes globally; Merrco, providing point of sale, gateway, and e-commerce solutions for a wide range of clients around the world, including the forthcoming market of legalized marijuana; and MNP LLP, one of the largest full-service chartered accounting and business advisory firms in Canada.

Positioned to be Canada's leading cannabis industry business event, O'CANNABIZ will explore the latest regulations, standards and best practices for medicinal and recreational marijuana with more than 40 workshops, seminars, keynote addresses and exhibitors.

Tickets for the O'CANNABIZ Expo are on sale for \$20.00 and be purchased online at: <http://ocannabiz.com/events/ocannabiz-expo/>

A full list of exhibitors:

420 Clear	Inhalater Vaporizer Company
A&L Canada Laboratories	James Dawson Enterprises Ltd.
AAPS	Koppert Canada Ltd.
Abcann Medicinals Inc.	Lambert Peat Moss
Aird & Berlis	Mandel Scientific Company Inc.
AirMed Canada Systems	Mary's Wellness Ltd.
Aphria Inc.	Medigreen
ARA - Avanti Rx Analytics Inc.	Merrco
ATG Pharma	MNP LLP
Aurora Cannabis	Montel Inc.
Beleave	Multi-Lab
Berger	National Access Cannabis
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Cronos Group (Peace Naturals)	The Emerald Magazine
Crystal Clear Bags Canada Inc.	Transcend Lighting
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Dope Magazine	WeedGro / Gro Budz
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Flow Sciences, Inc.	
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Green Gold Inc. (The Tranch Ranch)	
GreenGo Canada Inc.	
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TECHNOLOGY



TRACY RYAN
CEO, CANNAKIDS

HIGH! CANADA

looks at



Cannascribe

Medical Marijuana Prescription Service

An Interview with Mike Mihelic



Contributing writer Phil Wong

I met Mike at a cannabis investment forum and struck up a conversation with the former CFL offensive guard, as I was curious to see what life after the CFL meant for Mike. Mike is a huge guy to begin with so I was surprised and mostly relieved he agreed to do an interview with me. Mike thanks for the opportunity. So what exactly does Cannascribe do?

Thank you for coming out Phil. At Cannascribe our focus is connecting like-minded patients and physicians seeking an alternative means to treat traditional ailments. Our services include helping the prospective patient gather their medical documentation, along with filling out the necessary forms to help one of our cannabis practitioners assess each individual's needs and effectively prescribe an appropriate cannabis course of treatment. Based on the recommendations of our marijuana friendly doctor's we will give the patients different licensed producers options to choose according to product availability and other options that best fit the cannabis doctor's recommendation. We do also assist those patients that wish to pursue the "Self Grow" option that is available under the ACMPR as well.

With today's changing landscape on the legalization of medical marijuana can be very confusing and can be a frustrating experience. We take the guess work out of that and help expedite our clients through the process as quickly as possible with the best results.

You said "marijuana friendly" doctors and I am glad you touched on that. I can only guess that this is due to the lack of education, as I have heard people's requests have been denied by doctors who do not believe in the benefits of medical marijuana?

Yes, I believe that this is one of the biggest things that separates us from the crowd; is our people. We have created an environment full of very forward thinking group that genuinely wants what is best for that patient. But ultimately it is the continued support that comes with being a part of Cannascribe family. Recognizing the fact that patients want to get off traditional medications and want to be in an environment that is supportive of this. It does not happen overnight. Dr. Goldberg is one of our primary physicians and has been supportive of marijuana as an alternative since the early MMAR days. He currently guest speaks for licensed producers to help spread the word to other physicians so that they too can get a better understanding of this new but old ideology of cannabis treatment.

How many LP's do you work with?

Currently, we work with most of the LP's. In some cases, our



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clients want medication from other LP's and even if we don't work with them, we do not discriminate and we will reach out to them on our clients behalf. In general, our clients can call us anytime, not just for renewals, but for any situation. In one case, a psychiatrist contacted us regarding medication one of our clients had, and Dr. Goldberg started to work with the psychiatrist directly, helping to educate them, because like you said there are a lot of different physicians and healthcare workers out there who don't have enough information about medical marijuana and how specifically medical marijuana works with other prescription drugs.

So patient care is key?

Absolutely! We always listen to our clients, and it's interesting to hear quite a few of our patients were former patients of other services, who left because of poor service. We deal with a lot of veterans and we make sure they are properly attended to. We also deal with people who are under the age of 25, once they receive the approval from their family physician. Many parents also come to us seeking alternatives for their kids once they have exhausted all other primary medical options. With those cases we deal with the parents and the physicians and traditional course of medicine must be tried prior to considering cannabis as an option. It is on a case by case situation; as we are one of the few services around that will consider prescribing under the age of 25.

How did you get into this industry and start with Cannascribe?

It all indirectly started when I came back to Canada from college in the US; where I attended Indiana University on a football scholarship and then on to play in the CFL. The US has a rigorous and demanding mentality that was ingrained in all of us; if its broke fix it; move on to achieve OUR goals; individual sacrifice. There were some side effects to this type of thinking, different in many cases but to me it led to an over-use of prescription drugs to deal with pain and aggravation from the gridiron. I particular used a lot of Toradol which is an anti-inflammatory that I was using about 110 pills a month and various other medications to deal with pain. One of my advisors suggested that I try marijuana for pain relief as opposed to eating Toradol. So I tried it and found that my appetite came back, my muscles were not cramping as hard; it helped. But did everyone look at it as medicinal? No. Did everyone smoke?



Contributing writer Phil Wong

No. But there were a percentage of people that that didn't see it that way and would only smoke after games and that was my introduction to cannabis.

I started off as a MMAR patient as well, but never did pursue growing or anything like that, but when the MMPR opportunity came up I decided to register as an LP and file everything with Health Canada and that's kind of where Cannascribe evolved from was that whole initiative there. In lieu of waiting to hear back from Health Canada, Cannascribe just started to develop, and took more attention and just became such a passion just because it was in such demand. People had questions and we had the answers, and we had the doctors that could help. So it seemed like such a natural transition from that perspective into the patient care side of things, and just being an athlete my whole life and going down that road; it all seemed to fit.

I could give a real perspective to my experience with it. I don't really voice it too much, but to people who are curious about it and want to learn about, it seemed to a natural fit for me to talk about it and things just took off from there. I guess I have always been passionate about medical marijuana, especially with all the attention on fentanyl and opiate abuse and all the things we are seeing now. Like how seniors are being prescribed Percocet and Oxy like its Aspirin, and it boggles my mind as it is a heroin based product. You create a physical dependency on those things, against choosing something that is natural and should available to everybody. It just seemed like a no brainer!

I could not agree more! Thanks for your time Mike and I will see you and Cannascribe (Booth 207- 208) at the Lift CannabisExpo on May 26-28!

~





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LAYERED



By M.E. Woodside



My favorite 420 memory is sitting at 4:20 am on 420 at the water in Charlottetown, PEI, watching a full moon come up on the water. My friend and I sat, stoned to the hills, watching nature be nature. I felt one with the planet. That was 12 years ago now and I have celebrated twice a day on that day since.

My second is the Sears family portrait of me and my siblings holding up huge 420 numbers dressed up in the children's outfits. Everyone has it framed in their house and we joke that it's for my uncle whose birthday is 420.

I have a 420 tattoo that my friend did while we smoked weed in her living room. I flinched just enough to make it look like h20.

This year I will be set up at the Green Market Toronto, selling my edible line and repping High! Canada. It is amazing how the day has grown over the years. This will be the second last one before legalization in Canada and so we must make it memorable.

Me and my magic butter maker are tight. From the moment, I saw her in the hydroponic store I knew. I bought her a year ago, as a birthday gift to myself. I was surprised when I unboxed it. I expected more of a slow cooker feel but felt more like it was a kettle. I was a little intimidated by the blade but excited at the innovation.

I tried butter first as I was going to be using it for a personal batch of my 'smore squares. I was a little scared the first time it "took off" as I refer to its light up/sounds. It can be a little loud when you are used to slow cookers or stove top methods. It took less time than my usual method which is a bonus. The straining was far easier with the shape of the machine and ability to unplug the cord. The glove and straining bag are a perfect pair and made this step a piece of cake.

I did have a break in the plastic of the arm, from in my opinion over use. The company was amazing about it and had a new one sent right away.



By M.E. Woodside



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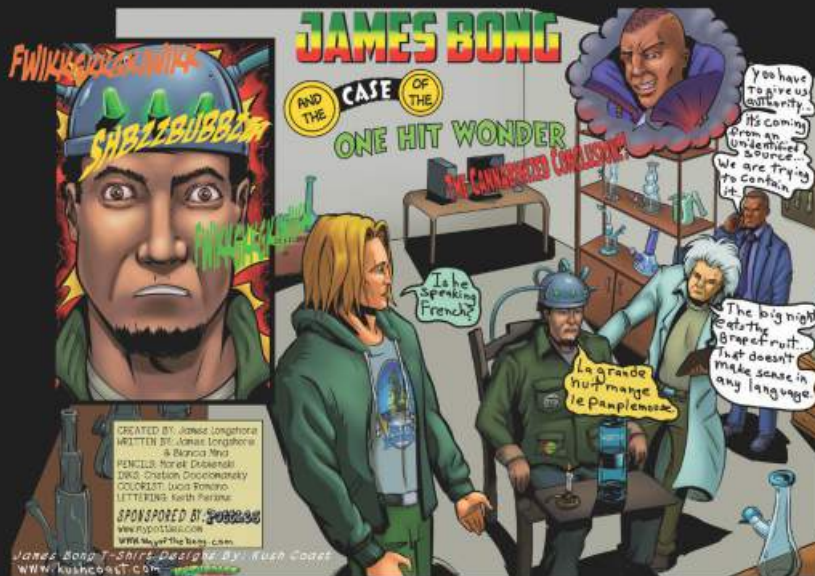
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IF YOU ARE BORN ON April 20, you are an Aries birthdate individual who is capable of being very logical and considerate. In certain situations, you remain calm when other people would go nuts. That kind of collectiveness is certainly useful in management positions or while parenting. The April 20th birthday personality seems to like the tranquility of peaceful and undisclosed settings.

Most of your friends love your warm and caring attitude but more so your imagination. You have always been a curious individual and like to be in control over your state of affairs. However, there are times when you get a little depressed and feel out of sorts. Nothing, not even a day out with your favorite people would cure you. Treating yourself to a spa day or a picnic would change your mood in no time.

The 20th April birthdate horoscope predicts that you are close to your friends and family. You are a valued loved one but there could be a lot of pressure associated with these relationships. Arians born today want to live by their own set of rules and may have developed other values than what was forced upon them as a child.

Professor Chagal's Stoner Astrology



LIBRA (Sept. 23-Oct. 22)

You'll want to defer to a loved one. At the same time, your creativity soars with great ideas, and not applying them to the situation at hand might be hard. Make time for a child or loved one; you need to let go and enjoy this person. Tonight: Add more spice to your life.



SCORPIO (Oct. 23-Nov. 21)

You might want to have a long-overdue talk. A close associate could be dodging this conversation, which will leave you feeling closed off. Ask questions in the nicest way possible, as this person might be fearful of your judgment. Tonight: Visit with a pal at a favourite spot.



SAGITTARIUS (Nov. 22-Dec. 21)

You have the ability to distance yourself and see the big picture. You also might want to distance yourself from a domestic matter or an investment involving real estate. Try not to be too serious about this matter. Give this issue some space for now. Tonight: Be near good music



CAPRICORN (Dec. 22-Jan. 19)

You'll want to take the lead in a meeting. What is stopping you? Others remain highly responsive to your ideas, inquiries and brainstorming sessions. Do not lose control of this discussion, but do allow everyone to share his or her thoughts. Tonight: At a favourite haunt.



AQUARIUS (Jan. 20-Feb. 18)

Though many crosswinds might interfere with your plans, your sense of romance emerges. Regardless of what your status is, you should remain open to new possibilities. Try not to don your defensive gear. You'll want to get a full idea of what is going on. Tonight: Very playful.



PISCES (Feb. 19-March 20)

Focus on a quirky roommate or family member. This person might be offbeat, but consider how much excitement he or she adds to your life. Investigate new possibilities that pop up from out of nowhere. Focus more on your daily life. Tonight: Soak away your stress in a hot bath.



ARIES (March 21-April 19)

You might have had a very active night in which your dreams played a large role. When you wake up, you are likely to have a lot on your plate. Can you handle it? By noon, you probably will be going full speed ahead. Take advantage of the moment. Tonight: Out late.



TAURUS (April 20-May 20)

Stay secure about a personal issue. Be willing to stand behind your offers and/or thoughts. Communication remains active, and as a result, you'll get a lot of feedback. Understand that a difficult friend is the only one who can change his or her mood. Tonight: Head home early.



GEMINI (May 21-June 20)

You sense that a lot is happening behind the scenes. Of course, you will want to know more about what is going on. Chatter you hear might be gossip, but you'll still want to be involved. Just ask fewer questions and listen more. Tame your imagination. Tonight: Get some extra zzzs.



CANCER (June 21-July 22)

You might have to deal with someone who has been distancing him- or herself as of late. This person simply refuses to be as open as you would like him or her to be. To many people, your frustration could seem unwarranted. Tonight: Do some much-needed shopping.



LEO (July 23-Aug. 22)

As the day progresses, you'll feel more and more competent as you attempt to deal with a problem involving a partner. This person might be unwilling to take a risk and accept a change. Find out where his or her insecurity stems from and then discuss the issue. Tonight: All smiles.



VIRGO (Aug. 23-Sept. 22)

You have a morning responsibility to handle. Once completed, you might decide to hold a meeting. Discussions could lead to some new ideas. Be sure to let others know where you stand on everything; you don't want to cause yourself a problem later. Tonight: Where the action is.



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