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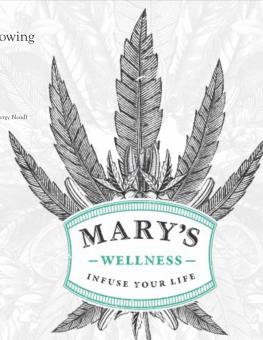
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HIGH! CANADA MAGAZINE

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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

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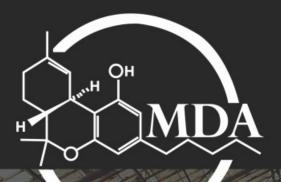
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CHANGE IS THE ONLY REAL CONSTANT

Summer has sunk in and with big events like the recent LIFT Expo event in Toronto all wrapped up now its time to turn our attention to other great cannabis events happening across Canada over the next few months.

This issue is our annual Pride issue and we are so happy to be wishing you a very happy PRIDE 2017. Have fun - be safe and get out there and celebrate everything you are truly proud about.

This issue also marks the Vancouver edition of the

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Cannabis Life Conference on July 7 - 8 and features a celebration of our beloved Assistant Editor M.E. Woodside, who passed away suddenly a few days before we went to press. Our deepest condolences to M.E.'s family, friends and her partner Dan.

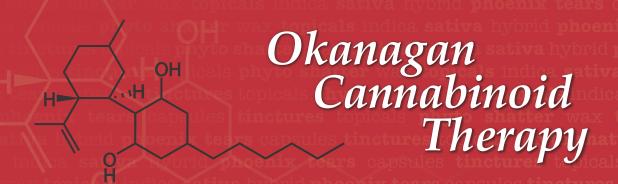
A memorial was held in Toronto at the Underground and a full house gathered to pay respects and celebrate the truly amazing woman she was. She will be missed so very much.

M.E. was especially proud of this issue - coordinating the cover with Angelina Blessed of Blessed Edibles and spearheading much of the content for this issue.

This issue also contains interviews with Woman in Weed and Queen of Cannabis - Tania Cyalume and our good friend Michael O'Malley of Curved Papers and a chat with the legendary Chuck Rifici both discussing cannabis in Canada.

Stay Lifted!

Cy Williams



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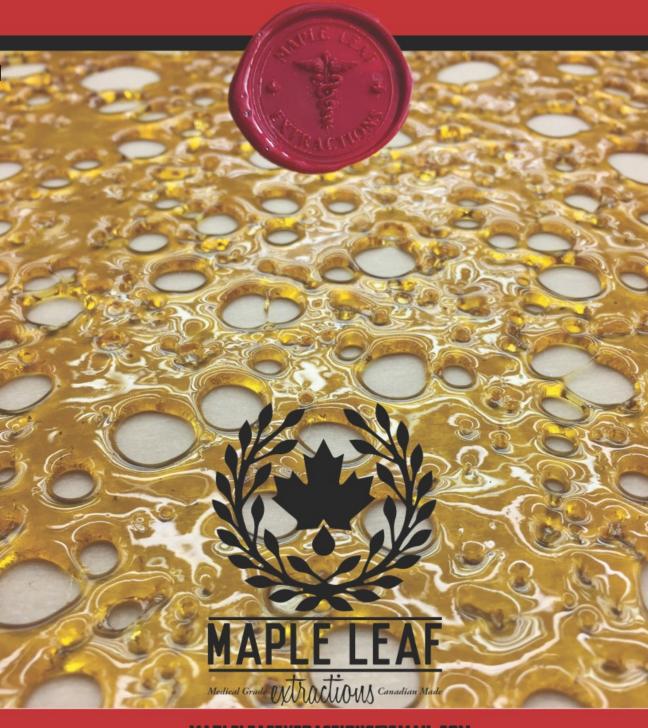
KIND 81 R D a A F & C c G D f A F 0 G adian cannabi member of her community

M.E. Woodside passed away suddenly during the production of this month's June issue. It was a shock and has cut deeply to the core of our High! Canada Magazine team. The people experiencing the most pain tend to be the ones who are always trying to make other's smile. We mourn her loss and will honour her memory in everything we do.

M.E. was an integral part of the production of the magazine for the last year and coordinated the Toronto side of High! Canada Magazine's network. A part of numerous Canadian Cannabis groups and organizations, M.E. was passionate about Cannabis in Canada and about fair access to cannabis for people who need it - regardless as to why. She herself a licenced patient - M.E. constantly advocated for unity between new and existing cannabis organizations and she was a staunch supporter of the patients over profits mind-set. She will be missed very much.







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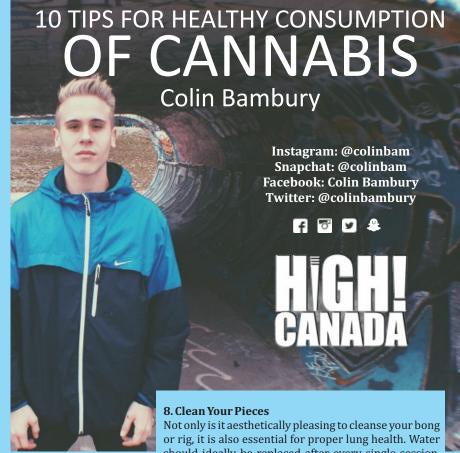
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My name is Colin Bam. I am a striving cannabis entrepreneur, student, and writer.

I started in this industry by creating an edible company that provided healthy alternatives for patients. Our protein bars were featured in Vice's "Toronto's Cannabis Candyland" documentary. I worked as a Budtender at two dispensaries in Toronto. During that time I learned so much about the plant and the people that it helps. I enjoyed meeting the diverse faces of our industry and fell in love with the business of cannabis. Now I provide social media marketing services for brands in the space, including the largest and first marijuana technology company.

In my monthly segment I strive to research and explain how cannabis can be used responsibly to enhance your mental and physical health, relationships, and personal success. I believe that the marijuana plant is a multifaceted miracle substance that needs to be shared and studied.

Because of all these combined benefits I like to refer to cannabis as the "Powerplant"



10 Tips: Healthy Cannabis Consumption

10. Vaporizing is Better than Smoking

Although cannabis smoke is much less toxic than cigarette smoke, inhalation of any combustion is not desirable. Over 100 toxins are released when cannabis is burned. Smokers are more prone to respiratory infections than people who use vaporizing tools. Vaporizers can also be set to specific temperatures, allowing you to control the cannabinoids and terpenes that are released.

9. If Smoking, Use Hemp Wick

Cigarette lighters release noxious gases and butane that may be inhaled while smoking marijuana. With hemp wick you are you receiving a more natural smoke. Hemp wick allows the user to have more precision and a less harsh hit. It is a healthier way to light bowls and joints.

Not only is it aesthetically pleasing to cleanse your bong or rig, it is also essential for proper lung health. Water should ideally be replaced after every single session. Dirty bong water is a breeding ground for harmful bacteria and toxins. Glass pieces should be fully cleaned at least once a week. You can do this using salt and rubbing alcohol to remove dirt and resin. Forcefully move the liquid throughout the piece, removing streaks and pieces of resin. Then rinse properly with lots of water. For your lung health and smoking pleasure --change your water and wash your pieces!

7. Make Healthy Edibles

The chocolate chip cookies and brownies that line the shelves of dispensaries can be tempting. Edibles are one of the best ways to medicate because of the strength and length of the effects. You don't need to consume large amounts of sugar to receive these benefits. When cooking edibles, infuse the cannabis product into coconut oil instead of butter for a healthier alternative. THC is fat-soluble so there are many options for infusion. Make smaller-batch higher-dose edibles so that you are consuming less food product.

6. Test/Look for Bud Rot & Mold

Bud rot is a type of mold that develops deep in the dense cores of the cannabis buds. The infection starts on the stem and spread outwards. This makes it hard to detect in early stages. The rot will appear white and wispy and will turn grey and black. Less reputable sources of cannabis may still sell these buds. You can do a simple visual test by cracking open a cannabis bud and inspecting the inside. There should be no white/yellow/brown discoloration or fuzzy mold. If possible you should always purchase your cannabis from a reputable source that uses lab testing for percentages and molds. Do not smoke cannabis if you do find rot or other types of mold. A variety of bacteria grow on damp marijuana that can lead to serious respiratory infections. Always store your cannabis in a cool, dark place and be mindful of the moisture content. Excessive heat can dry out cannabinoids and terpenes. Use products like Boveda packs to control moisture in mason jars.

5. Check for White Ash

When you smoke a joint you may notice that some cannabis produces white or black ashes. For the most part it is desirable to have a white ash or a mixture of both. A lighter-colored ash indicates that the cannabis was cured and flushed properly. This means that there is no excess moisture within the plant material. Smoking cannabis that wasn't cured properly is unnecessary and may be harmful for lung health.

4. Use Non-Bleached Papers

It is quite common for chemicals to be added to traditional rolling papers like Zig-Zags. Bleaches such as chlorine or calcium carbonate are used. Blunt wraps and coloured papers contain potassium nitrate, which can cause respiratory tract damage and lung cancer. Thinner papers are better because it means you are

inhaling less smoke overall. Rice and hemp papers are a healthier alternative and offer a slow burn. Both are usually chlorine-free and unbleached. Elements is an example of a rice paper brand.

3. Don't Use Tinfoil

DIY stoners have historically used tinfoil to create bowls for makeshift smoking devices. Smoking from foils can give your bud a harsh metallic taste. The fumes may be seriously dangerous. Many report headaches and harsher coughs from smoking with aluminum foil. The science is inconclusive but as a precaution I suggest against it.

2. Add Essential Oils

Adding natural and organic essential oils like Eucalyptus oil to your smoking water can have many benefits. Users report that it helps prevent resin from sticking to the inside of the piece. Eucalyptus can act as a bronchodilator, which may help soothe coughing from cannabis smoke. Try this experiment during your next session.

1. Get Off The Couch

Cannabis use does not make you inherently lazy! The most important health tip I can give you is to participate in a physical activity while under the influence. Take your dog for a walk or go on an adventure in the forest. Playing your favourite sport can be more enjoyable than ever. Working out doesn't feel like a chore when you use marijuana. Find something you love doing that gets your blood pumping. Ganja yoga classes and cannabis-themed gyms are sprouting up all over North America. Find a group of like-minded individuals and get your sweat on! Let's work together to break the "lazy stoner" stigma by staying active and sharing our stories.



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420 PARTS PER MILLION There is no 420 joke here.

By Bruce Ryan - www.cannasystems.ca

In the very near future, atmospheric CO2 will reach 420ppm... a much higher level than the planet has seen in 700 thousand years or so. Long before "humans", as we know them, became the dominant species. Sure, the CO2 levels were at 1200ppm when cannabis first evolved during the Oligocene Era, but that was an extremely long time ago, like 32 million years ago. You know, back when modern mammals as a species 'line' was evolving. Within the past mere 286 years, CO2 levels have been rising at a rapid and increasing rate. This extreme rise directly correlates to the development of industrial civilization (as we call it), since, say about 1730. We began burning coal and oil which has now reached billions of tons. Spewing megatons of CO2 into the air per year. The increase shown on the NASA charts since 1950 is a straight line upwards. Based upon the endless burning of stored hydrocarbons, this phenomena is virtually unparalleled in the planetary record. Mother Earth has never seen this action before, except during the Eocene Epoch - 50 million years ago when 90% of the life on the entire planet died off due to endless fires burning over vast areas from dead trees buried over millions of years. This CO2 increase changed the bio-sphere enough to nearly wipe out all life on Earth. Slower than a comet strike, but faster than natural progression, this recent rise in CO2 levels has the

potential to seriously fuck things up for humanity.... our way of life, or civilization, as we know it. Do we want to see 90% of humanity die off?

Along with 90% of the rest of our favourite species? (Yes, I do mean your dogs & cats & birds)

Back to my favourite rant: Plant Cannabis Everywhere: Millions upon hundreds of millions of acres everywhere. Turn the farmers loose. Let them grow the sacred plant. We can do this one simple task and literally capture gigatons of CO2 directly from the air. "You might call me a dreamer, but I'm not the only one." Cultivate the ancient crop everywhere, capture carbon and make "stuff" out of it. Build homes. Make cars. Weave clothing. Make more green products. Every ton of cannabis grown captures a ton of CO2 above the ground and stores another 30% in the soil: the very definition of carbon negative. Nothing quite like it on the planet.... except algae farming.

On the other hand, algae farming is not nearly as much fun nor does it function very well across the vast landscapes and farmlands ahead of us. Using cannabis to reclaim some of the

2 BILLION acres of ruined farmland is another exercise that yields multiple returns: cleaning the soil, removing fertilizers, toxins & chemicals thus returning productive land to service. Cannabis offers the potential and means to use existing farmland that has been abandoned. This will have greatest impact on agricultural nations and local populations. While the global population continues to grow, our ability to feed ourselves becomes ever more critical. Climate change will reduce the yields of crops that we depend upon like rice, corn and wheat. Knowing that cannabis seed is the PERFECT food for humans makes this. equation rather logical, captain. It is the only food that provides 100% nutrition. The ability to grow our food, our houses, our clothing and our fuel on the same land is a comprehensive solution. This solution is available worldwide to virtually every farmer. Cannabis grows anywhere from the equator to nearly the Artic Circle. The fact that it's extremely hardy, non-GMO and multipurpose means it's a triple threat.

Major corporations that depend on oil & gas for their very survival are threatened. Companies that use petroleum based products and those that burn it for energy, are at risk. Extraction and world prices are declining as the quest for new oil fields becomes ever more expensive. The corporate beast is both contributing to the problem and fighting for its continuation at the same time. None of them want to see a "solution" that terminates their operations. None of them support an agenda that changes the basis of business as usual. Many are organizations that did not exist ~ like the ice-harvesters ~ a century ago. Many predict that 50% of the Fortune 500 won't survive the coming storm over the next 20 years. Those that adapt and embrace "green" carbon-negative technologies will thrive. We sit in a unique point in history; we can choose which companies to support in order to create the future we want. Buy hemp. Buy cannabis

Bruce Ryan

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WHO SMOKES POT?

By HK ABELL

Who smokes pot?

Otto, the bus driver, right? Jay and Silent Bob? People with no ambition, losers who will most likely graduate from smoking pot to shooting up heroin and end up dead in the alley.

That's what pop culture and/or uptight mothers want you to believe. And sure – there are those who get lost in the sweet haze of marijuana smoke, and don't live up to their potential. But what no one wants to say, to differentiate between so-called "stoners" and the rest of us, is that Marijuana is a drug like any other, and can either be used or abused. Cannabis can be used for so many purposes, and for me, it has literally been a life-saver. Here's where I level with you, the reader, and tell you that I have not been well as of late. I suffer from rather severe depression, and recent circumstances have thrust me into a downward spiral of despair and hopelessness.

I confess that I spent a couple of weeks truly on the razor's edge, filed with suicidal iterations and a barrage of negative thoughts that threatened to push me over. My rational mind – what was left of it – was like a prisoner, cast into an oubliette in the darkest corners of my mind, while the worst part of my mind took over and wreaked havoc. That sick, anxious monster that shot down every protest and twisted every argument into a perfect suicidal storm.

I couldn't think clearly. I wept and wailed and screamed in frustration. I was stuck in a job that was driving me insane, and yet, I couldn't see any way out of it. Every time I would try to plan an escape, or see my way through the darkness to the proverbial light at the end of the tunnel, that irrational monster that is my mental illness would respond with despair and point again to that razor's edge, and the escape it would afford me. I was at the point where I was constantly on the verge of tears, and being around people was nearly impossible. I could hardly get out of bed, and would often hide in sleep to avoid dealing with life. Sleep was the drug I was abusing, and it was

everything that the anti-drug groups worried about – escaping into something in order to avoid having to deal with reality. And it meant that I wasn't taking care of myself. I was calling in sick to work, I wasn't keeping up with personal hygiene, and I could hardly stand to look at myself in the mirror.

Eventually, I had to drag myself out of bed and go through the motions, going to a job that was killing me. I don't exaggerate. I hated my job so much. I can't tell you which was worse: the bullying or the gaslighting, but if I had stayed there, I don't think I'd be writing this right now. This was my life – headaches every day, trembling with anxiety, eyes constantly shrink-wrapped in tears, all the while the constant beating of death drums in the back of my mind, telling me to KILL YOURSELF KILL YOURSELF KILL YOURSELF. Sometimes it would just be a passing thought; other times it would be like an attack, which would take every ounce of strength to fend off.

I have scars. I have bruises. I have open wounds. You might not be able to see them, but they are there.

Who smokes pot?

I do. This may sound a little funny, but if I get that guy – that asshole that's constantly beating me down and telling me I'd be better off dead – if I get that guy stoned, he leaves me alone. I can calmly assess my situation and make clearheaded decisions. The effect that cannabis has had on my mental health cannot be ignored. As a mood elevator, it is second to none. Smoking a nice Indica calms me and releases the rational part of my mind from its prison. I can smile again, and be creative and look at my problems in peace.

When I am in the midst of that darkness, it is impossible to tell the difference between my sickness and reality.

Everything that negative doomsayer voice says makes perfect sense to me at the time. Every accusation, every dark spin my mind puts on my life rings true, and suicide doesn't seem like an bad decision, but rather, the only one that makes sense. And there is still a part of me that wants to live, and doesn't want to give in to that. There is still a bit of me that recognizes that this is mental illness, and not rational thought. So that bit of me reaches for that sticky bud, grinds it up, and smokes it up. And the voices stop. (Not actual voices, of course – that's a whole other issue that I thankfully don't deal with.) A weight lifts

off my shoulders and I can look my wife in the face and smile, and when she says that it's going to be okay, I believe her. I can see the light, and it's not at the end of the tunnel, it's shining right on me, and I can assess my life through new eyes.

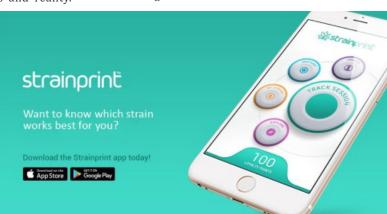
This past week, marijuana kept me alive. It helped me cast away the darkness, and after a moment of clarity, I realized that I didn't have to give in to despair and fear. No one has to stay in one place forever, I decided, and so I quit my job. Ordinarily, that would be a big bowl of anxiety with anxiety sauce and some Parmesan anxiety sprinkled on for good measure. But I beat the cycle. I used cannabis to get to a state of mind where I could make a plan, and the good news is, I start a new contract job next week, with a full-time position on the horizon.

Who smokes pot?

Cancer patients. Epileptics. Teachers. Doctors. Lawyers. Bankers. Your mom and dad. Your brothers and sisters. Athletes managing sore muscles. Construction workers, retail workers, the lady who serves you your coffee and is on her feet all day. The customer service agent who gets yelled at all day. The musician who writes your favorite songs, or the writer of your favorite books, movies or TV shows. The artist who makes your favorite cartoons.

Every day people. People like me, who suffer from mental disorders that overwhelm the senses. The truth of the matter is, it's really nobody's business why anyone smokes pot. It's a personal decision.

I smoke pot, and I enjoy it. It gives me a quality of life that I refuse to apologize for or be made to feel ashamed of. To me, it is good medicine.





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TALKS TO THE AMAZING ANGELINA BLESSED

By M.E. WOODSIDE

High! Canada Magazine Assistant Editor ME Woodside sat down with Muay Thai fighter and Canadian Cannabis Entrepreneur Angelina Blessed recently to talk about cannabis, floating, advice for newcomers, life lessons and silver linings.

Angelina began Muay Thai training in 2005. Unlike many Canadians who fly south to escape the bone chilling winter temperatures of Toronto, Angelina chose a much farther destination, Thailand... leading to the beginning of a true passion for the Thai culture and the art of Muay Thai.

Since then, she has returned each winter for a heavy dose of training, fighting and relaxation. As an athlete, Angelina pushes herself to be the best with intense training, self-care and injury recovery. During the span of her career (and because of the nature of the sport), she has suffered many injuries from both training and competing. As a result, the fuel she puts in her body is equally important to learning the best Muay Thai techniques and forms. However, Angelina takes it one step further. Over the years Angelina has explored many treatments and part of her regular program includes Floatation Therapy at Float Toronto and cannabis consumption to aid in athletic recovery, decrease anxiety and help with relaxation.

Can you talk to us about what you do in the industry?

Blessed Edibles is an athletic recovery based company that focuses on low sugar, ketogenic, diet friendly, cbd, vegan and gluten free, lab tested edibles. Our mission is to help others live a more manageable pain free life, and to help my fellow athletes to train, treat and repeat daily with the most pain management, rest and recovery assistance possible.



You have a few projects on the go right now - do you want to tell us about Blessed Edibles and a little about what you've been doing lately?

Blessed Edibles is a patient based project where I have been able to help patients with healthy sugar free edibles using the whole bud extraction method and cbd isolates as opposed to other unhealthy methods. I got to speak with Ricky Williams this weekend. I don't watch a lot of football but our stories are very similar. It's really great to be able to speak to other athletes and figure out how cannabis can help us. As well as discuss the different views on whether or not cannabis is a performance-enhancing drug. Two weeks ago I was in Vancouver for the Hemp and

Cannabis Convention where I got to juice raw cannabis live with Alison Draison who is the three times High Times cannabis cup winner for edibles. She is an incredible mentor for me. Juicing raw cannabis was a treat seeing as in Ontario we don't have a lot of access to the fresh cannabis. I think everybody should be consuming cannabis in one form or another.

So where do you see the industry going in the next year and leading into the end of prohibition?

I think it will take a lot longer than a year. I don't think they're just going to push it through. Nobody else is in a hurry except for the cannabis users. I am afraid that it is going to go into big pharmaceuticals hands. But, I am hopefully Justin Trudeau will stick to his first conviction of wanting to keep craft cannabis in the hands of craft cannabis makers. We would like a chance in the market and/or the ability to consult with the people who will be writing the rules for us. Hopefully there will be people like us on the boards to help figure out the legalization process and what's best for the

industry, above all what's best for the people who rely on cannabis medicine.

people who share a similar vision as you because those people can lead you in the right direction.

Can you give any advice to people coming into the industry?

Educate, live by example, believe in what you are doing, and the cheesy old follow your heart. This is the hardest I've ever worked. I'm exhausted most days, I haven't had a day off in months but I'm living the dream right now. I found my people who understand my vision and are just as dedicated to this journey as me. I am really excited to have found my niche alongside so many other talented women. We seem to be kicking-ass!

Can you talk to us about cannabis and pain management?

I have had every injury known to man. Anything from neuropathy in my leg to pinched nerves to breaking my orbital bone in a fight from a spinning elbow! And, I've had at least two severe concussions. Yes, as a Muay Thai fighter I've been knocked out a couple times. When I was severely concussed I couldn't form sentences and I had delays in my speech and movement. The hospital tried to give me every drug in the book and I just refused. As soon as the concussion happened I took

a really heavy dose of CBD and then I just started eating edibles and that's what I did for the next two weeks. The inflammation in my brain was brought from the cbd down to a much more manageable place. Cannabis was the only thing that could help me. I'm very grateful that cannabis in its various forms was available and I was able to get the best alternative treatment possible. Even after typical sparring sessions my legs are shaking and my adrenaline is pumping through the roof when I go home. Using cannabis to slow myself down at the end of the day enables me to get the rest I need.

What advice do you have for women entering the industry?

Support each other, educate yourselves, ask questions, and share the love and knowledge of the plant. There is a lot of room for people coming into the cannabis industry but I think it's important you know what your niche market is. You need to know what you stand for. Don't be afraid to reach out to



What is up and coming this summer for you?

I am going to be at the Vancouver Lift conferences doing magazine signing for High! Canada. I am also going to be spending some time with Ross Gold, which is amazing because I really support their vision. Ross Rebagliati and I have a lot in common being athletes who believe in cannabis for athletic recovery. While in Vancouver, Ross and I will be speaking live on the Expert Joint Podcast. It has also been really exciting meeting with many scientists and doctors over the last couple of conventions. Now I have direct access to doctors that are willing to work online. So when I have cancer patients come to me I know where to direct them. Being able to help people is truly fulfilling.

Stay Blessed!



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High! Canada sat down this month with the lovely Tania Cyalume. We were very excited to speak with such a strong woman in the industry. Here is what Tania had to say;

Tania, can you tell us about how you got into the cannabis industry?

Back in 2008 I had an accident where I slipped on ice and hurt my back. About a year later I had the most intense awful pain. Luckily, since I was already smoking cannabis I never took any painkillers I just increased the amount I was smoking. Then in 2009 I started working for a Hamilton dispensary making edibles for people with diabetes and stomach issues. Also in 2009 I started doing cannabis consultation for people starting up labs. Helping them get quotes for all the different equipment, sourcing it out in hopes of building a lab and being approved by Health Canada because 90% of applicants didn't make it through to the final steps at that time.

In 2015 I decided to open up a cannabis dispensary. Myself and my partner at the time opened up Queens of Cannabis Dispensary. It was a female owned company and LGBTQ friendly. So I guess





the challenges we faced were issues with our landlord. The by-law officers threatened our landlord so she felt like we tricked her. She was an elderly lady who didn't speak English and with the barrier and everything she thought we were against her. She ended up changing the locks on the door one day.

During your time at Queens of Cannabis we saw you constantly speaking out to different media and press about project Claudia and protesting dispensary raids in general, can you tell us about that?

I was basically in the closet the entire time up until 2016. I didn't want to be out of the cannabis closet but at the time I realized there was an urgency for people to advocate because of everything going on with the raids. So we held our first press conference the day before project Claudia started. Since then we were just out in the limelight.

Tell us about Bloom High Tea Social Club?

Bloom High Tea Club was launched on 4/20. Right now it's just a mobile and pop up shop but in the future I would like to own a lounge and café. We are at all the Green Market events.

Over the last few years in the industry have you run into any adversity?

Well I have two children. So making sure I always have my prescription and making sure there is never any reason for CAS to step in. Finding a location in the city was also a huge challenge. Real estate agents don't want to find locations in Toronto for people because it's like finding a needle in a haystack. Basically you need to scout out

your own places and talk to people.

This month is Pride, would you like to talk about the LGBTQ community in cannabis?

The LGBTQ community has faced struggles in the past with the police and acceptance within the community. Bathhouse raids, wrongful arrests are just some of the things they have faced. Still to this day the police don't really know how to respond to LGBTQ relationships or transgender people. There are still a lot of issues.

Can you give any advice for women entering the cannabis industry?

It is an emerging industry, but since it is not very new it's always good to check with people already in the industry to ensure you're not stepping on anyone's toes. One of the latest latest







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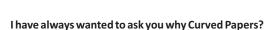


By Phil Wong

We bumped into Michael O'Malley at the LIFT Conference, the owner and operator of Curved Papers!

Michael what do you think of this year's show and what do you think of the latest legislation announcement for cannabis in Canada?

Lift if the best show we've done in Canada since we opened the company up here in 2015. In 2017 there is a heightened dialog because of the Trudeau government's forward movement toward legalization. It's like in The States, where a lot of the shows have been "biggest ever" since the November 8th elections, where California and others joined the pioneer states and voted in legal adult use.



Curved Papers solve a classic centuries old problem in RYO (the Roll-Your-Own sector), if you don't keep your edges parallel, the front corner doesn't tuck, it goes up, producing a familiar mess and hassle at one end or the other of your joint. I learned this problem by seeing the original old school solution, cut corners. Cut corners came out with the little one-cigarette rolling machines that came out from Zig-Zag in the 1970's. Curved Papers

are a ten-times better solution to the problem of corners not tucking. With Curved Papers, you just roll straight up the middle every time without a hitch. Those little rolling machines are still around, and they are one of the best ways to demonstrate how easy Curved Papers are to roll. Truly easy to roll!

How did you get your start in the business?

I used to call them "Mike O'Malley Designer Rolling Papers" and made them with a scissors, to the delight of

many friends at parties. Then things conspired to bring this, one of my many inventions, to the front of my mind. My kids grew up and went to college, which was very expensive, and so I was searching through my list of ideas (always keep track of your good ideas), for a real winner. With the changing legal environment around marijuana, the easy to roll curved edge jumped to the top of the list. I started to research rolling papers and found that no one had ever come out with curved edge rolling papers, and decided to make a go of it. The surprise was how great an opportunity it has turned out to be. Everyone still rolls joints, and everyone loves the curved edge.

What are some of the challenges you faced when you first started off in the cannabis business?

The biggest challenge was that since no one had ever done it, I had to do it. The big rolling papers companies are, well, really big, and conservative, and though they found the idea fascinating, they were not about to retool their football field full of computer-driven machinery to make them. In fact, it's complicated, and only four companies could even do cut corners, a non-trivial variation from the rectangle that sufficed for the first 300 years of RYO.

Other than that, the biggest challenge has been the evolution in a really dumb direction of joint rolling. Old school people roll cylindrical joints and cigarettes without a tip quickly and easily. Millennials' do as well. But the intervening generations, the ones for whom they invented basketball hoops that could be lowered, fell into a really incomprehensible style of rolling which is still popular, where they start with a "krutch" and the joint winds up coneshaped, which makes no sense. The fact that some people think of a tip or crutch is a filter of any kind is bewildering. You don't see any tobacco rollers calling them a filter. They don't filter anything. There are actually companies that just make tips. Little pieces of cardboard that don't do anything. And people buy them! Also, the cone shape. Where's that at? Do you think it looks like a spliff? It doesn't. They are like the big plastic fake cell phones that people used to carry when cell



phones first came out, so that it looked like they had a cell phone. That was a thing. Cones just makes a wasteful pile of weed way out there where you light it. I guess it was pushed out by companies that sold prerolled cones; you don't have to roll, you just pack them. Conehead is bonehead. LOL. Cones make no sense, unless they are pre-rolled. Nonetheless, people who roll this way crazy way still love Curved Papers, and use them with tips to roll joints that have that silly shape. It's all right with me. That's cool.

I do agree rolling is kind of a lost art! So where is Curved Papers located?

We are a New York State company. I was born in Brooklyn, and I live in Long Island and have the company there. We started the company in Toronto, though. I was living with friends in Cabbagetown and made the first 2400 booklets there on their dining room table with a bunch of graduate students from Ryerson, and a wonderful architecture student from Waterloo. We cut them out in Mississauga, at our factory near the airport. That was a great start, but our margins were too tight, and we couldn't cut in any

distributors. We couldn't really sell enough and make money. In my world travels, I met a consultant for a cigar company in The Dominican Republic, and they were able to take over manufacturing for us, and helped up engineer a solution that has brought our margins up to the level where we can be real players in the competitive RYO world.

Wow that's crazy! Must be nice to visit your factory every so often! And what's next for Curved Papers?

Here at Lift we are debuting our new LIGHTS and KING SLIM styles, ultra-light unbleached papers which burn beautifully, as do our original beautiful French papers, which are simply called CURVED PAPERS. We've still got some of the limited edition CURVED CANADA papers we made when Trudeau got elected in October. Man, if that hadn't happened before Trump got elected, along with California going, I shudder to think of where we would be with legalization. I don't think

they can put the genie back in the bottle now. I think Trump is sick of Jeff Sessions already, and that they're all going to get kicked out pretty soon because of Russiagate, and the associated cover-ups, and the world will snap back and spring forward in a good direction. At the end of the summer, we will be coming out with organic hemp papers at the two sizes we have, 1-1/4s and king size slim. We have some crazy disruptive ideas for other product offerings coming down the pike. We've got e-commerce on our websites for the consumers in the US and Canada, and wholesale sites for retailers and distribution partners. It's been a long strange trip, but green lights are everywhere and right now the sky is the limit for Curved Papers.

Well thanks for the insight and enjoy the rest of the show! Wish you all the best on your new papers!

Contact: momalley@curvedpapers.com

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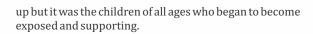
The LGBTQ community has been creating their pathway in the world especially in Toronto for the last 36 years from "Operation Soap" in 1981, the right to marry in 2005 to representing the world in 2014, and finally receiving an apology from Mark Saunders on behalf of the Toronto Police in 2016. The community will continue to educate, advocate and celebrate their culture, rights, acknowledgement and future.

When it comes to the Cannabis community, it was unfortunately given a title or better

yet class that never suited its purpose. For the last 19 years, we have grown from the miniature rally at Queens Park to being known to have one of the largest Cannabis Parade/Event in Canada in 2010, to the present day of recovering from the project Claudia raid in 2016, to now being awaiting our legalization. Our education, advocating and our continuation to celebrate endorses our future success. As different as we are on paper, we have traits that we share. Our communities intertwine with our choice to stand out, to be proud and to conquer the obstacles that stand in our way. We challenge the governments with the facts; we prove our individuality through expression and will always respect the respected.

Every July, Toronto breaks out in rainbows, laughter and harmony through exhibitions, events, conferences, marches and a parade finally. In 1982, the first pride picnic was organized; it was to de-confuse the residents of the neighbourhood which in their minds, thought their "presence" were "confusing their children".

In 1991, the first parade we held was proclaimed by the city. In 1995, the parade grew to the extent of being not only the largest ever or having politicians/public figures show



The Cannabis community in Toronto has had its up's and down's and continues to hope to finally be taken seriously. From being banned in 1923, to regulated cannabis becoming legal in 2001; it was almost decriminalized, but failed in 2003. Stephan Harper announced his "anti-drug strategy "in 2007 which ended dying in 2009. Currently, we are getting ready for the big July 1st legalization Justin Trudeau announced on April 13th. As we wait, the industry has expanded with connecting licenced producers to local clinics creating easier access for patients to obtain, expanded by hosting a variety of educational conferences, expos and events while the planning and organizing the annual global marijuana march the May 1st weekend.

Coming out, transitioning and questioning are phases that some may go through before their completely whole. Its amazing how far the acceptance has come from others but for one coming out has been but, it may not be so easy themselves. The services the LGBTQ community has

truly focused on is their mental health and wellbeing. Reducing the number of self-inflicted fatalities within the community has been a battle due the lack of outside support, acceptance and guidance. Currently, Toronto provides a variety of services and resources to help with the process and ensures that help will be provided in any way possible.

Cannabis and mental health are practically best friends. Medication has been the solution when it comes to most of our mental health issues to date. To struggle with a mental illness is hard. The services provided in our city allows for many to be able to seek immediate help and or counselling.

Cannabis has been proven to assist in depression, anxiety, PTSD and addiction. Both communities have members who suffer from a struggle and where their prior solutions weren't working nor healthy. Our medical professionals haven't been convinced enough for it to be used as an alternative to medication but with our strive to take care of one another, we are obtaining greater ways to assist with both our personal shames and stability.

Our communities tend to accept the unchangeable flaws in the system but only end up striving to create new appropriate ones to add. Our city demonstrates the will to keep on trend with the pace of our steps as we venture for greater, better and more successful ways to extend our growth.









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THE CREAM ALWAYS RISES...

Jonathan Zaid is a 24 year old part-time student, founder, executive director and a strong, openly gay medical cannabis advocate who has been paving the way for patients' rights. In 2011, Jonathan helped launch the STARS project, a harm-reduction program and safe space for LGBTQ youth, out of Delisle Youth Services in Toronto. In 2014, Jonathan founded Canadians for Fair Access to Medical Marijuana (CFAMM). This non-profit organization, which is run by patients, main objective is to "enable patients to obtain fair and safe access to medical cannabis with a special focus on affordability, including private and public insurance coverage". CFAMM has been an amazing platform for patients to gain the education, understanding, and stability within their means.

Could you tell me a little about yourself? What were you doing before starting CFAMM and your studies?

Since a young age, I have always had a keen interest in politics, community service, and animal rights. From about age 7 to 14, I volunteered on various political campaigns and in grade 8 was elected my school's prefect of community service. Towards the end of grade 8, in April 2007, I developed a neurological illness called New Daily Persistent Headache (NDPH), that causes 24/7 head pain, insomnia, and migraines. At that point my life basically stopped – I could barely handle noise and essentially dropped out of school, stopped volunteering and playing sports, and was no longer able to socialize with friends beyond texts or online messaging. I was able to pass grade 8 and attended a special high school that could accommodate my NDPH, including one-on-one classroom environments to limit noise. During this time, I was trying every treatment option available, including countless medications, therapies, and a two-week inpatient program at the top headache neurology program in the US. I was fortunate to be accepted into good university programs and went to Laurier business school for my first year. The program at Laurier wasn't very flexible so I decided to transfer to University of Waterloo's Knowledge Integration program, a trans-disciplinary degree, after first vear.

When it came to creating your organization, was it difficult for you to not only prove your statistics but also be respected due to your age at the time? And why CFAMM?

After hearing cannabis had helped others with my condition, I decided it would be worth trying medical cannabis as all other therapies had failed. Even though I had tried so many risky



Jonathan Zaid - Founder and Executive Director of CFAMM

By Debi Facey

medications with severe side-effects, my physicians initially outright refused to authorize medical cannabis for me. Regardless, I decided to try using cannabis myself and found some relief from it - especially for migraines and insomnia. After finally getting authorization from a physician I still struggled with reliable supply and affordability (due to limited insurance coverage). As some of the previous medications I was on were approved through special exception under University of Waterloo's undergraduate student union's health plan, I decided to put through a claim for my medical cannabis. Of course, it was denied at first but after eight months of meetings and deliberation, the student union agreed it should be covered and approved it on a case-by-case basis.

Being a young person and student who uses cannabis for medical purposes comes with its own unique challenges – many people assume it's just for fun/I am simply trying to get high and don't respect its medical value. I launched



CFAMM in an effort to bring a moderate, progressive, and collaborative voice to the medical cannabis advocacy space.

CFAMM has been established now for 3 years, how does CFAMM continue to impact the community?

CFAMM has grown tremendously since its launch in late 2014 and continues to have a focus on medical cannabis patients including advocacy, education and stigma reduction. We have strong relationships and closely collaborate with various stakeholders including government, regulators (i.e. Health Canada), industry, charities, and health care providers. Right before the launch of the task force on legalization, we started a strategic partnership with The Arthritis Society and Canadian AIDS Society to advocate for patients' needs during legalization - including increased access, affordability, and research. We held a reception on parliament hill for MPs and later facilitated a session for a diverse group of patients to meet with the task force and share their experience and concerns. CFAMM continues to actively advocate for medical cannabis patients and will not let up until their needs are fully met. We have also launched patient advocacy initiatives with LPs, including a recently announced partnership with Aurora Cannabis to support the appeal of a potentially precedent setting Nova Scotia human rights case.

What are some of your day to day duties completed in order to successfully keep



CFAMM as the foundation that it is?

Most of my work at CFAMM is split between communications, government relations, and insurance advocacy. We endeavor to have an active voice in media to de-stigmatized medical cannabis use and conducted over forty interviews last year alone. CFAMM regularly consults with Health Canada and government and we have been fortunate enough to find our work well received within these sectors (including a few mentions in the task force report!). We continue to keep up the media work and have regular meetings with policymakers as legalization continues to progress through parliament and provincial/territorial governments.

How would you like to see CFAMM utilized once legalization July 2018 is in place?

CFAMM will remain in place to ensure the medical use of cannabis is kept distinct and patients' needs are fully met. As things

progress, CFAMM will re-focus on areas that will still need attention, such as education and research.

Thanks for your time Jonathan and looking forward to our run in at Pride this summer!



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High! Canada Magazine contributor Phil Wong had an opportunity to speak with Chuck Rifici, formerly of CEO Tweed (now Canopy Growth) and CFO of the Liberal Party. Currently, he is the Chairman and CEO of Cannabis Wheaton Income Corp, and Founder and CEO of Nesta Holding Co. Quite an interesting resume Chuck, how did you get your start in the cannabis industry? Was it a strange transition going from politics to the cannabis industry?

I got into the cannabis industry when I saw the opportunity for the creation of a large scale federally legal production platform under the Harper government. I really saw this, as many other entrepreneurs, as an immense opportunity to build something at scale and really sink my teeth into a very large venture, serving a market that already exists. It was a "once in a lifetime opportunity" where you have a brand new industry that gets created, but where demand is obviously incredibly well known. It was attractive for those two reasons. For me it really started in California in 2010, when they almost became "the Colorado"; the first state to pass regulation at a state level to legalize. At the time, I thought I was really missing the boat on this exchange and then when California lost by 2%, I kind of vowed personally never miss that opportunity again, if and when it would happen in Canada. Which is why I was fortunate enough to already be scanning the landscape for these upcoming changes. The Harper government press released the draft regulation (creating the MMPR, now ACMPR), on a Sunday night, and I was reading the regulations within an hour of being public and ultimately that head start gave me a huge advantage in building up what became Tweed.

Did you face a lot of stigma? How did you handle it?

I thought I would face more stigmas, I remember the days of whispering the word marijuana in a Starbucks, but very quickly that went away. I wasn't sure what my parents would think. The stigma seemed to come from odd spots. For instance, it came from US suppliers, as we were building out our factory. Just trying to order fluorescent lights, certain US suppliers wouldn't ship to us because we were a cannabis company.



TALKS TO CHUCK RIFICI CANNABIS INDUSTRY VISIONARY

By Phil Wong Photo Credit - Phil Wong



Even though we were federally legal, it seemed very odd. More recently, I think the biggest stigma has come from the big five Canadian banks, and I have been hugely disappointed with the treatment of the big banks towards the cannabis industry. They have asked certain federally legal, publicly traded companies to close their accounts because they are not banking on this sector. I have had personal issues because of wealth created from publicly traded, federally legal cannabis companies and I am dumbfounded. Prohibition runs deep in some sectors and so it always comes from a surprising spot. But, generally it's never been an issue. People understand that the horse has left the stable and we are not moving backwards on legalization. So I find it is usually a non issue but it does come up once in awhile and it is surprising.

How would you rate Justin Trudeau's handling of the legalization policy to date?

I think the Trudeau government has done a great job, I mean it's a tough file. Canadians agreed overwhelmingly that we want to legalize, but when you start digging deeper into the details of how legalization is going to look, things get murkier. It is politically sensitive and it's funny as both opposition parties are causing issues. The NDP would prefer that things move faster, which is easy to say when you are not in power and the Conservatives want things to not change at all. I

think the Liberals are showing progress in the file, there is nothing that they have done to date that is contrary to the campaign platform they ran on. They want to legalize for all adults, "legality" is the key piece, 18 and up for all Canadians. They are talking about a potential mail order system, as well as distribution. They are allowing provinces to do what provinces typically do, which is handle local distribution of controlled substances. I think they are following a good path and we are seeing them prioritize the bill in recent debates. At the end of the day, to summarize, there is nothing from the government that shows me any weakness or any kind of area or level where I would be concerned about their

commitment, Certainly a year ago I would hear a lot of people ask me and others "Will the government actually go through with this?" and I think that question is now very much extinguished.

What are some of the things that you anticipate will happen come July 2018?

The big question for July 2018 is "How much will the provinces have done?" This is really pure speculation, by July 2018 on the adult use, legalization front, I believe the federal government will have their end of the work completely done, and I would suspect more than one province that have a framework for distribution in place. For provinces that have either not been paying attention or unwilling to move forward on this file, I would think, but I wouldn't say guaranteed, that licensed producers will be allowed to mail order directly to adults in provinces that don't have their own distribution system. I think it's a great "stick and carrot" by the federal government to basically leave the door open on mail order. Maybe that impacts the tax revenue base or control in the system, that is really an unknown. Distribution, ultimately with legalization, is the billion dollar question, it's the multi-billion dollar question. I believe we are going to see more added values to distribution on retail over the next couple of years. That is the big question. And as a caveat or additional piece, in the meantime, I do think by July 2018 we are going to





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see pharmacy distribution on the medical side in at least one province and I think that is really important. It will help shape better legalization policies. If policy makers in different provinces go and see what it looks like in a medical regime and see that the sky doesn't fall and the world still works, the regulations will be just a little bit better, if they get to see medical distribution first. This is internal to Health Canada and the College of Pharmacists', there is really no parliamentary effort, so I really believe that before full legalization that it would be helpful for a better legalized system.

I have noticed Cannabis Wheaton has a different business model; can you elaborate on your "streaming model" concept? How did you come up with it as it makes sense in this rapidly evolving market?

Cannabis Wheaton, our most high profile company in our portfolio of companies, is the world's first cannabis "streaming" company. The concept was borrowed from the mining sector, but fundamentally different for the cannabis sector. What we do is provide capital to fund either existing licensed producers or late stage applicants to build out their facilities, either expand or build out their first facility. We provide very creative capital, a good value for them and in exchange we take a small equity interest in the company, so we have minority ownership and we allow our partners to keep control of their companies. Typically, early stage applicants, especially when they go to raise that first round for the kind of money they need to build a facility, you might lose control of your company or set yourself up to lose control on the next financing. We allow our partners to basically continue with their dream and build their business. Then we also take a portion of the output of the facility we help expand, which we call our "stream". Typically, for a lot of our deals it would be a third of production, but it really varies and that allows us to buy that product at cost of our partner. The real advantage is that our partners get the benefit of our team that we built of industry experts in every sector: design build, cultivation, branding, legal and regulatory. We help "de risk" our partners execution of business and from an investment perspective we are a second set of eves for due diligence for investors. It's a very interesting platform and we are in the middle of a very significant financing to start funding those deals, so there is more to come on that front.

Cannabis stocks have been fluctuating lately, what are your thoughts on the how and why? How is your company doing?



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We have seen recent IPO's in the space and some of the big names have had some negative pressure, although there is always a lot of volatility. Today actually seems to be a good day for a lot of the names. I think it has to do with the fact that as the Liberals start heavily debating legalization a lot of the investor interests in cannabis stocks are retail investors, and by that I mean individuals that are buying the stocks. I think people tend to underestimate how long it takes for legalization to take place. The fact that it isn't just legal as soon as people discuss it in the House of Commons leaves people disappointed. It's more temporary lack of patience or understanding of the legislative process, but I think from an industry perspective things are moving very well. I see the volatility or negative pressures as temporary. We are facing a massive supply shortages, demand outstrips supply in the medical market, and looking forward to legalization, we probably need 20 to 30 times the capacity and the industry is moving very fast. Cannabis Wheaton, as well as other platforms and producers, are aggressively looking to build out capacity, so the industry is going to respond to the lack of demand. What that means is that there is more growth to come and that is exciting for everyone.

Are you concerned about what is going on in the US and do you think will affect Canadian markets? Specifically, referring to Trump's administration recently perspective on the US cannabis industry.

I am not too concerned about the US as it is a different

market. None of these Canadian companies have a large investment in the States, some may have minority shares, but those are pretty rare. The Canadian exchanges typically don't allow Canadian public companies to invest and have US based cannabis investments, so I think it's a bit of a distraction. It adds temporary short term volatility to the stock, and in some cases the Trump administration and continued prohibition in the US is a significant gift to the Canadian market. It allows Canadian companies to continue to attract more capital, attract more US investor that would otherwise probably be investing locally in the US if it was already federally legal there. So we get this tremendous gift to the Canadian market as we continue to build scale and dominance, and puts Canada, our production system and our cannabis industry in general further ahead. This will lead to a more guarantee of significant presence on the world stage when it comes to cannabis because of the States continued prohibition policies.

What do you see as the biggest innovation in cannabis in the next few years?

For innovation, I think of retail innovations and concepts, as I don't really think we know what cannabis retailing looks like? Initially our government and the legislation will make it so we have a limited amount of choice, there won't be a lot of

options on how you design retail but over time the innovations will be there. We know what a coffee shop feels like, that model has been figured out over the years, but coffee shops didn't really exist 50-60 years ago and it has developed over time. We know what bars look like, they have been around forever, and so what does a cannabis establishment look like? That is going to evolve into a very defined model and I think that is a really interesting innovation, we are going to see a lot of different versions of that in different parts of the world. Over time it is going to emerge as that third area of vice, or of consumption of something that is like caffeine or alcohol. It will be interesting to see how that retail environment will play out.

Last year the Star made a prediction as follows, do you think this is an accurate prediction?

"Legalized recreational marijuana promises to spark a \$22.6-billion industry in Canada, eclipsing combined sales of beer, wine, and spirits, a new study suggests." – The Star, Oct 2016

I think they are actually a little bit low, I certainly agree that it's in that ballpark. I think people underestimate the reduction in alcohol consumption that will follow from increased cannabis use. I read a report recently right around the Lift convention from an alcohol related association saying they are expecting a 1% drop in sales and that was completely laughable. There is a sizable market today and making something legal, when we look at the negative consequences of consuming alcohol vs. cannabis, I think people will come to the conclusion, that

many of us in the industry have come to, that there really is a preferred option. And so those numbers are baseline numbers in my view and we are very bullish on the space.

So what's next for Cannabis Wheaton?

Our recent big news was the appointment of Hugo Alves as our President. I am very pleased to have Hugo join as President to run Cannabis Wheaton; he's leading the most successful cannabis practice in the country. Hugo has been counsel to many of the top licensed producers, a countless numbers of applicants, and over 50 ancillary businesses in the space. He has really been on one side or the other, of almost every transformative transaction, so he is very much a top legal mind, strategist and relationship builder in the industry. Hugo has been a lawyer for over 20 years and to leave his firm, I am tremendously humbled to have him come and join me with Cannabis Wheaton. We are really excited to execute on this business together.

Well thanks Chuck! That is very exciting news!

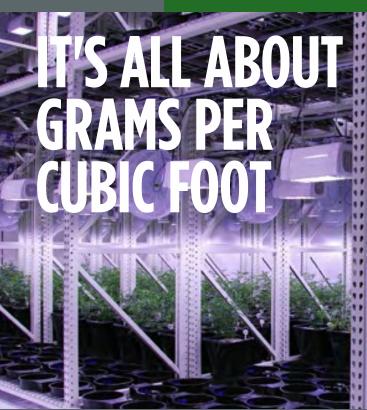
Well we are looking forward to updating you on that front and anything in this industry. There is lots of opportunity and we are driving forward and looking forward to what next year has to bring.





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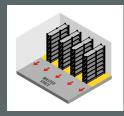
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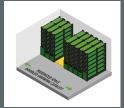
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We first started in Sarnia a couple of years back as I got into cannabis because of my mother. To make a long story short my mother suffered from arthritis and had a bad reaction to the medication she was prescribed. We speak to many people with similar situations; they seek pain relief without life threatening side affects. Cannabis was of course our preferred option! I learned a lot about cannabis and the legal process from my families' experience.

I saw the need to help others and had a previous background in the medical field, so it was a natural transition for me. I understand and know how frustrating the system can be and that's why I made sure one of our keys goals is "Compassion". When a patient contacts us and has limited funds I ensure we go out of our way and we will process them at no charge. Each patient is treated with special care as though they are our only patient! I give out my personal contact info and welcome patients to contact me directly. I want to give back as much as possible.

Our experienced and knowledgeable staff assists several clinics across Canada. Patient care does not stop once they are registered with licensed producers or after completing submission with Health Canada's ACMPR (Access Cannabis Medical Purpose Regulations) program.

We have the Cannabis Resource Center, DrCannabis Consult.com and now MDApatientservices.com. Marc and Andrew owners of CRC and myself have been working together for approximately two years, our new company together MDApatientservices.com was natural. We found there is a lack of knowledge for medicinal cannabis. The goal is to assist, educate and navigate people in the medicinal



cannabis field from coast to coast either in person or through electronic communication. MDA stands for medical doctor access, as well as Marc, Denise, Andrew. "We are a team and teams accomplish goals together!"

The ACMPR program with Health Canada can take anywhere from three to four months to complete, having said that, to make sure each patient is legal and pain free we register our patients with licensed producers of the patients choice, this way they will have access to the medicinal prescription they need within a few days.

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PLEASURE -PEAKS



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.



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Photographer: Neil J Perlman
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Hello hello all you gorgeous beings! Hope you're all having an amazing start to the summer of 2017! I'm praying it's going to be a long, hot Indian summer to celebrate the 50th anniversary of what? That's right, SUMMER of LOVE!!

An era I wish I could have been a part of. An era that seems to be coming around full circle 50 years later, but this time we've woken up & are finally decriminalizing & legalizing some of what they were fighting for 50 years ago, during the SUMMER of LOVE. Although we still have a long way to go with world peace, maybe once cannabis & psychedelics are legalized for healing purposes, all these people with anger, hurt & hatred will finally do some psychedelics, realize the true purpose and meaning to life & that's to love and be loved & then world peace will follow. I know, wishful thinking right?! but a girl can dream can't she?!;) So there I was, talking to one of my elder friends about SOL, his memories of it & the first time he smoked a Joint. After listening to his story I thought I'd share it with you this month to kick of the celebration of Summer of Love. So here is Woody's story of his younger years. Hope you enjoy it as much as I did. There I was standing in the back alley behind my parents house having a butt. Then some of the younger guys showed up. I knew they were smoking marijuana. At the time I was a jock working guy, just can't understand this hippie thing. Long hair, drugs, marijuana, who wanted to get hooked on all that bullshit? Anyways we got to talking about it. When I spoke negatively about marijuana and they started to laugh and make fun of me, so they dared me and my buddy to smoke.

We can't let these young punks win - alas, so I had my first joint! It was like KAPOW! Holy Smokes Batman! From that time it's been onward and upward. I was just one of many whose lives were changed forever, all of a sudden to me there was an all encompassing movement. People were feeling of freedom of expression in many different ways. This consciousness (for a better word) was spreading not only in North America but around the world. People became more accepting of each other and their ideas and of others lives; of how much injustice there was in the world. People became aware of other people's needs. Examples the civil rights movement, the black movement and race riots and there was the fact that there was the Vietnam war going on; the protest for part of the social consciousness within a growing movement of expressing a new found freedom within us.

To take a stand and let it be known to the power in control, that what was happening was wrong. Peoples lives were torn apart by decisions they made that were wrong so they had to become fugitives (families were torn apart over it). The Environmental movement, out of the growing cons they stated about marijuana came and awareness and connection with mother earth. Ideas like recycling, better management of resources and that there might be an environmental effect to their actions. All of these movements grew and became a part of mainstream out of what was began in the "Summer of Love".

What summer of love meant to me and my mind, was opened like someone used a can-opener and my life took an unexplained twist now instead of a jock, I was a hippy with long hair and a beard. Taking part in as many protests as possible, I also took psychedelic drugs which opened my doors of procreation. I began examining my own life and realized what it would take be to be a better person, I would had to continually examine me to grow, and I feel that I have done that thanks to the use of psychedelics. A life unexamined is a life not lived. ~Socrates

All of what has happened to me in life, I believe it was marijuana that opened me up & came as a rescue of that summer and my use of marijuana. It gave me principles to live by. FREEDOM, JUSTICE, EQUALITY, RASTAFARIAN. Now on the 50th anniversary of summer of love, I hope that people reflect on what happened 50 years ago and the feelings and experiences they had. They needed to be reawakened in people and brought to the attention of the young teens and adults. They need to find a new way for themselves and the world. So instead



of a summer of hate, war and injustice we all need to reflect on the beauty and openness that was the summer of love. We need change and to gain awareness of what is happening around us today more than ever as our freedoms to choose and civil liberties, so hard fought & sacrificed for, are being eroded and underhandedly being taken away.

Now doesn't that make you stop and think?!

So, now is the time to recapture the love & feelings of the summer of love, that grew in us and guided us to be more caring and giving individuals, so as they used to say "make love not war.";) and let's recreate what they started 50 years ago. Have an amazing June all you gorgeous beings and if you happen to be in Vancouver for the Cannabis Life Conference come on by the High! Canada booth & come say High!

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Established in 2015 by cannabis advocates and enthusiasts, the Greenhouse Vapour Lounge at 2140 Dundas street west remains one of Toronto many hidden gems. Nestled gently atop the Roncesvales village, and just over a city block away from Bloor/Danforth subway line keeps a stellar atmosphere, with a featured artist Kevin Hunts' who has works from floor to ceiling, including separate works on display.



The foyer features a greeting bar

The foyer features a greeting bar where you can conveniently pick up a HIgh! Canada magazine, offers an ATM with a stairwell downstairs leading to three self contained unisex washrooms. Once you pass into the lounge itself, and are welcomed by any of the super friendly staff you'll see that there is a place for every kind of stoner. Eight seated booth style seats; including an outlet at each booth for e-nails.

Along the adjacent wall is two seated tables perfect for those who want some time to themselves, and much like all the best lounges, the dab bar.

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On a trip to Vancouver several years ago with my husband, we stepped into one of their local dispensaries. Out of curiosity and desperation perhaps. It was there that I was told the most powerful 'truth' that has affected my life every moment since. The truth: it is my right to access marijuana as a medicine. It wasn't until I paid a "420" referral service for a list of 'more compassionate' doctors, that my journey started to progress. I had already asked more than one of my own doctors, but was unsuccessful. The doctor who did help me and signed my documents was a blessing in my life for many reasons. My doctor did ask that first I write the "Alberta College of Physicians and Surgeons" asking for 'permission' to protect himself legally. I received a call from their offices and after much debate I convinced them to give me some response to my request in writing. The email I received from them wouldn't 'deny or recommend' any treatment deemed appropriate by my doctor. To us, this was considered a win under the circumstances. Finally, with the documents in place and sent to the government, I waited for my waiver to be able to use and possess MMJ legally. At this time, there was only one producer in Canada, the "Prairie Plant." I was sent a gold bag of milled, dusty weed that included the sticks. It was somewhat disappointing. After all that, at least I was legit. The current system isn't perfect, but it is considerably better. More doctors are prescribing, with several licensed producers to choose from, and a good variety of products, it's a huge improvement.

There are still patients whose doctors won't sign for them and are then forced to continue with conventional systems or turn to the street. The insurance companies and the individual "Colleges of Physicians" all need to standardize to reflect the views of its citizens. The problem is still that law-abiding and genuinely good people with illnesses, or injuries are forced to do extraordinary things to access the comfort that is their human right. Marijuana provides certain relief from several of my Crohn's symptoms, which are; constant nausea, painful spasms, decreased appetite and inability to sleep. There are even recent medical studies showing that using MMI can result in full remission for patients like me. It may possibly prevent cancer, which is good for everyone. Cannabis has been around and used long enough, that any serious side effects would or should be known. After going so many years without using pharmaceutical drugs or having any hospital visits, I can honestly say it is a real benefit; it gave me my life back. That's a gift I would not have been given with conventional medicine. In the future I plan to expand on what I'm already doing now; providing individual



medical marijuana consultations. I discuss eligibility, answer questions about the current government system, on licensed producers and appropriate marijuana strains for specific ailments. My journey brought me to a place where I can help myself and others to succeed against impossible odds. I will continue to participate in phone and letter writing campaigns advocating the end of marijuana prohibition, to full legalization. I'm a fierce advocate for patients' rights, and for marijuana usage for all who need it.



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DOING THE CAN-CAN

BY JAMES LONGSHORE CREATOR OF JAMES BONG

High Canada! My name is James Longshore, and I'm the creator of James Bong: Cannabis Crusader, the fun comic you'll find within the very pages of this magazine! I have been a cannabis crusader since I was 16, and have lived in all kinds of cannabis jurisdictions, from scoring as a teenager, to having a Dr.'s tell me why "weed" is a "bad drug". In France, you are not allowed to depict the leaf visually, even though France actually has a higher per capita rate of consumption than the Netherlands, 43.5 to 35.6. You still smell it everywhere on the street and in parks.

So it was a pleasure and relief to experience what I call the Can-Can Scene, Canadian Cannabis, for the first time when High! Canada hosted me as a guest at the recent industry event LIFT in Toronto. This was my first exposure to the Canadian Cannabis Community, which is quickly becoming the most progressive on the planet, and is being watched with rapt attention by the rest of the world as Canada moves toward full legalization. A market that is poised to explode.

So what did I see? What I saw was a lot of excitement, of people proud to be a part of the movement, and passionate about what they're doing and excited to watch the community cultivate it's harvest. People like John from Medtainer and Mary of Mary's Wellness Infused Teas. These are motivated people! It completely disproves the stereotypical image of the useless stoner who gets the munchies and sinks into the couch, although I did hear a lot of "Yeahhh....let's not smoke an indica right now."

The casualness and respectful nature of the attitude towards the leaf is refreshing and necessary. I saw a lot of innovation in consumption and services, and a lot of compassion towards patients and their needs. Everybody was very careful to refer to their cannabis as their "meds". Plus, so much sharing! Sharing Is Caring. And in Toronto, you have places like Planet Paradise Vape Lounge, that lives up to it's name, and friendly budtender Spliffs Mackenzie, with healthy drinks and all the candy classics you could want and smoking utensils and a pleasant atmosphere. We don't have places like this in California. I would never walk in a bar if I could just sit at vape lounges and smoke socially. It's way preferable to finding a dark corner, shady tree, or just walking around.

But we still have a long fight, an uphill battle. For example,



one colleague and new friend of mine was ejected from a bar for having his meds with him. I heard a lot of the debate between freedom and regulation, and heard the stories of the raids and corruption. While taxing and creating a restricted market much like alcohol and tobacco is a good business model, we still fundamentally need to change the stigma, with informed education about the benefits of the plant and the proper application of it's effects, and that functioning while under its effects is a personal responsibility. I believe in the freedom of the individual, from home grower to boutique cultivator to make his own choices about his distribution and consumption, and as long as we have the stigma attached to it, we will never truly be free. That's why if the government doesn't do it, we the people must. This is why I make James Bong, inspired by stories from the legalization movement, because I still believe in the power of story telling and that showing his adventures in a fun, mainstream format like comic books, with relatable characters, could go a long way towards changing the perceptions.

Remember, Nietzche said there are no universal values. I am reminded of how a police officer in France responded to my wife when my wife was defending a



suspected hash dealer, who was a neighbor of ours, as a nice guy. The officer said "Well, even nice people can do bad things." It's like, but bad in whose estimation, because in some places it's not bad. it's perfectly legal. So it just goes to show that it is just a matter of choice and agreement and respect. This is how I hope The Canadian Cannabis Community will move forward as we march towards legalization.

We also have to

remember that legalization will affect many things politically and socially and there is chaos ahead, especially with each province calling their own shots. It will affect things from population movement to funding for services to the environment, and we must maintain personal responsibility and stay cool as infused cucumbers, especially to honor our fallen heroes, like M.E. Woodside, devoted member of the HIGHCanada Team, who sadly left us shortly after I had just met her at LIFT!

I would like to Thank everyone who helped get me there, like Cy Williams and Randy McBride of Potlinks, and John from Medtainer and Sensi Seeds, and welcomed me with open arms, like everyone at the HIGH! Canada Team – Rick, Simone, Janine, Kai Turrific of The Session, Eva of Eva's Delicacies, and of course our dearly beloved M.E. I hope to return soon and cantribute what I cannabis to this historical paradise.

If you would like to contribute to The James Bong Crusade and receive perks like limited edition posters or full comics, go to www.tipeee.com/james-bong

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REVIEWS

This month we are reviewing Miss Envy's Buddha Bar. This is one of my favourite products I have tried yet. To start, the container itself is adjustable so no mess going on and no mess in your bag as well. The Buddha Bar is light and easy to carry around for use on the go. Its cooling sensation will have your aching muscles relaxing in no time. Also you can't forget about the delicious hint of lemongrass scent to top it all off. Overall, I highly recommend a Miss Envy Buddha Bar for all you muscle aches and pains.





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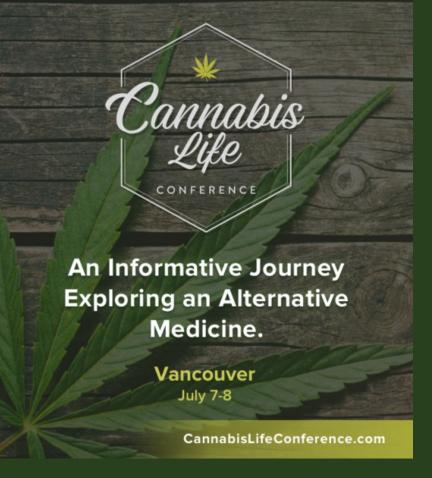
Industry Leading Panelists

This year's event will be Vancouver's largest gathering of cannabis business and consumers, with industry leading panelists and ground-breaking presenters from around the world.









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High! Canada Magazine is pleased to be distributing new issues of High! Canada at the Vancouver Cannabis Life Conference in Vancouver on July 7th and 8th.

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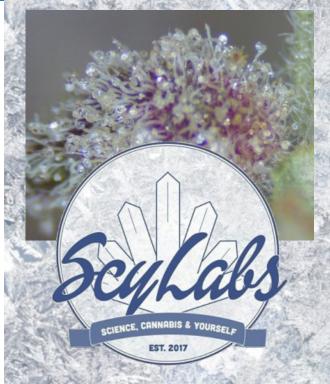
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WHY RETAIL CANNABIS TRAINING

Ensuring all retail cannabis staff have developed enough knowledge to effectively serve and educate clients will improve overall retail experience, encourage safe use, and ultimately reduce stigma through the standardization of knowledge and best practices in the retail industry.

The education of retail clients, both medical and recreational, is vital to combat the misinformation and misconceptions about cannabis in both the marketplace and among customers. Retail cannabis employees who are able to employ excellent sales skills, while also helping to develop customers' cannabis literacy will create an accessible and open learning environment, encouraging return visits and loyal customers.

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PRESENTS

THE CASE OF THE ONE-HIT WONDER PART 6



WILL JAMES GET CASHED? FIND OUT IN THE DANKCLUSION NEXT MONTH!



With the wide array of medicinal marijuana products available, it can be difficult for newbies, such as myself, to navigate the possible benefits of certain products. Fortunately, I have done some legwork for you and this month I will focus on the Cobra Canada range of topical and vape products.

Vape Pens:

The Cobra line includes a couple of disposable vape pens, which, if you're looking for a sure-fire way to administer medicinal product fast, is the way to go.

Jack Herer

The Jack Herer vape pen comes in an individual sealable glass vial, so there's

no worry about a smell permeating pockets or bags. It's a refreshing looking lime green, and the battery lights up the cobra embossed tip with a bright white light when it's in use.

It has a smooth pull and mild taste, something that may appeal to those who don't smoke or want to inhale carcinogens.

I felt the effects after only a couple of minutes, and it took about 2 hours to fade. The strain is a Sativa dominant hybrid, intended to make the user feel creative, uplifted and energetic, and is best used to treat depression, stress and pain. I felt

physically relaxed and energetic, able to focus completely on what I was doing, without the usual sleepy or heaviness I associate with cannabis. I can see this being useful when I feel anxious or under pressure, and would definitely use this pen again.

Pink Kush

As with the Jack Herer, Pink Kush arrived in a sleek tube, but with a black finish on the pen. The battery activation light turns red while you inhale, making it easy to see and gauge dosage. Presumably, this is (a rather wise decision) to differentiate between the strains so you don't make yourself sleepy when you need to function.

It has a smooth draw, and a nice taste to start, however the aftertaste is a little strong, so be prepared for this. I felt the effects fairly fast, within 5 minutes, but can't comment on the length as I fell asleep without any issue shortly after. As someone who struggles to catch Zs, I can attest to its efficacy as a sleep aide.

As with Indica strains in general, users can expect to feel relaxed and happy, and it is best used to treat depression, insomnia and loss of appetite.

For first-time or newer users, it's recommended to start out slow. My first doses of both pens were low, to gauge my reaction and I'm glad I took this approach. They are high quality, powerful products that work fast, so experiment with your dosage to find the right amount for your needs.



Topicals:

The creams I tried both came in sleekly designed boxes, with hard plastic cosmetic pots containing 30mls of product in each.







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Cramp and Arthritic Cream

The white and gold packaging was easy to open and the product smells strongly of herbs and cloves. It absorbs easily and quickly, leaving no sticky or slimy residue and seems to act fast. I tried it on one of my hands and found it eased my arthritic fingers and old wrist injury pains, but did not completely eliminate them. Not that I was expecting a miracle... the effects were noticeable for some time and definitely helped reduce stiffness. I have yet to try it for cramps, but am looking forward to seeing if it is as effective in that area.

Muscle and Joint Rub

This product came in a black and silver pot and smells very strongly of menthol (or something like it). It takes a little longer to rub in sufficiently, as it also contains dried herbs that you need to work into the skin, but it does start to work during the massage process. It feels a little like icy-hot and my shoulder and neck started to feel pleasantly tingly at first, then more like a cold compress was being applied. It lasted about an hour, but the resulting relaxation in my muscles remained for much longer and I would definitely use this again. The rub is more effective for

sport and athletic applications, and the cream is more for day to day ergonomic and arthritic pain applications. and should be reapplied every two-three hours.

Overall, if you suffer from chronic joint pain or cramps, these might not be the products for you, but for more minor aches and muscle pain, I would recommend them. Unfortunately neither product fully discloses the ingredients, and there is also no suggested reapplication time frame for best results, but as with the vape pens, tinker with your dosage to find what suits you.

By Vicki Clough





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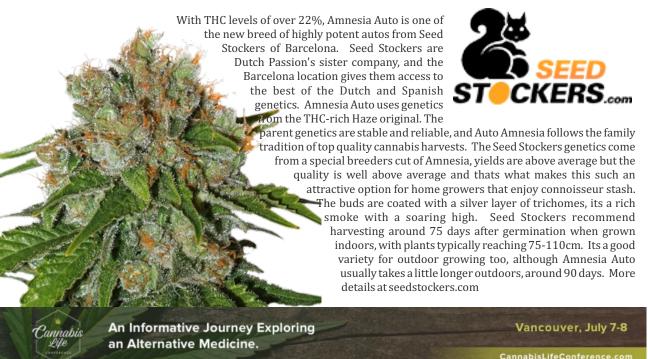
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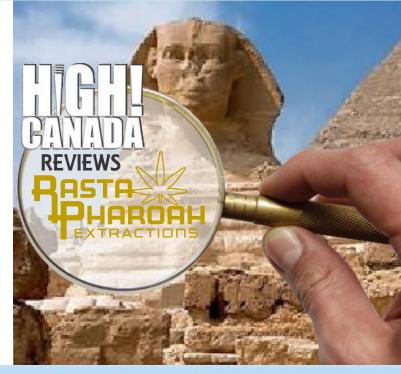


High! Canada Magazine was privy recently to a Pharaoh's treasure chest and sampled some of Rasta Pharoah's best products.

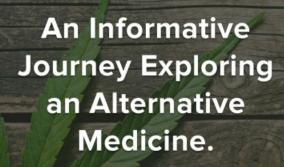
Staff favorites were the Rasta Pharaoh Extractions CannaTango Bath Soak & Scrub and the CannaLove Bath Soak & Scrub combining the healing power of cannabis with the therapeutic properties of salts and essential oils these bath products left muscles feeling less sore and an overall zen effect that lasted for hours.

We also had the opportunity to sample Rasta Pharaoh Extractions line of THC syrups and were totally impressed with with the taste of their Mango and Peach Concentrates. Truly worthy of the Pharaoh's attention.

Rasta Pharaoh extractions main principle is to provide the ACMPR/MMPR community with premium quality marijuana extracts and edibles. Founded in 2017, Rasta Pharaoh has been developing products







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Cancer

Keep your eyes wide open and stay on your toes. Opportunities are on the way but only if you're paying attention. Remember to use your charm.



Leo

Find light in the darkness. Use your creativity to do good for others. Remember to find your strength and courage.



Virgo

Now is the time to face some big changes. Don't be worried you will know what to do when the time arrives. Remember your capabilities, you can do anything you set your mind to.



Libra

Don't let your scales tip over too far. Find balance between work and home life. Remember to pack a towel and head down to the beach to soak up some sun.



Scorpio

Make sure to give yourself time this month for rest and relaxation. New work ventures are on the horizon for you. Remember to figure out your desires before making decisions.



Sagittarius

Take time this month to reflect on your actions. Make the choices you know in your heart are right. Remember your priorities and make sure to include self-care.



Aries

You will face challenging decisions this month. Take the time to listen to the people who care about you. Remember to use those closest to you for support.



Taurus

Summer love is in the air and you are taking a deep breath in. You will need to stay extra focused on maintaining balance over the next month. Remember to keep an open mind in new situations.



Gemini

A traveling idea has been lingering in the air and now is your chance to fly. Take some vacation time and focus on yourself for a while. Remember to explore and try new things.





Capricorn

It is your time to shine this month. You've been working so hard now it's time to indulge. Remember not to put all your eggs in one basket.



Aquarius

Now is a good time to put your plans into action. Finances are looking up for you this month. Remember nothing ventured nothing gained.



Pisces

Focus on your goals and tasks at hand. You will need to be there to support others this month. Remember that there is always a light at the end of the tunnel.













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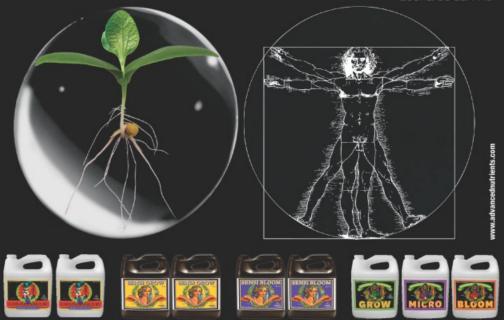
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