

HIGH! CANADA

CANNA BIZ & CULTURE



**MAY
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MAY 2016

We heard a rumour that the founder of National Access Cannabis - advocate and champion Alex Abellan was in Toronto recently after the recent 420 celebration to meet with Toronto Mayor John Tory and MP Joe Cressy to discuss the direction Toronto is going to take over the next year in our slow and steady march towards legalization in Canada. A lot depends on the position that the Federal Government takes and how they intend to regulate cannabis across Canada. This is the information that cities like Toronto seem to be waiting for. This is a rumour people are discussing in association with who Ontario will select to regulate this new complex and booming industry. One question that is on everyone's mind is whether it be a big pharmaceutical company or perhaps even the LCBO instead of the local choice of one of our own.

If the LCBO is allowed to step in and manage medical and recreational marijuana - it is this editor's opinion that it will be a nightmare. Alcohol has no place next to something like Cannabis - Yes - Cannabis is used recreationally but it has far outgrown that ignorant stigma of being solely a 'party' drug used by stoners and drop-outs. It is now widely held that Cannabis is something that is used to heal and ground and stabilize and has more medicinal purposes and uses than we have space to list here. It's not meant to sit next to vodka, tequila and beer.

Speaking recently to our many community partners I've come to the conclusion that there's only one real direction for us to take if we do not want the LCBO stepping up and taking control of our industry. We need to look within our own industry to see if there

Editorial



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HIGH! CANADA

is an existing infrastructure that already has the national connections with both political and medical fronts to successfully act as a regulating body for medicinal and eventually recreational cannabis. The existing Canadian organization National Access Cannabis with its headquarters in Ontario seems to be the logical choice, in our opinion, with one foot in municipal, provincial and federal political arenas and another firmly rooted in Canadian Cannabis culture with direct links to doctors, nurses, dispensaries, microbreweries, growers, LPs and other associated canna-related businesses.

National Access Cannabis is leading the way in Ontario and in British Columbia in advocacy, lobbying all levels of government and connecting this disparate group of businesses under one banner as they rigorously promote testing, self-regulation, health and wellness. They are about the patient and the community and I for one would like to have someone representing my interests that actually understands what cannabis really is. Now National Access Cannabis may be smaller than the LCBO but it wouldn't take much time to set up a location in every city and link in to every community across Ontario - allowing Licenced Producers and independent licenced growers to wholesale to licensed, regulated shops that will in turn dispense properly-tested cannabis-related medication to medical marijuana patients **and then** when the federal law does shift to recreational use they will be positioned to deal with it appropriately.

In light of the measures of Bill 45 as well as is with going on with Bill 178 with its smoke free Ontario amendment - I feel it's important for all the kinds of canna-businesses that are out there - as well as people who are out there who are actively interested in how legalization is going to go down - to step forward and say "no we do not want big Pharma or big Tobacco or the LCBO taking over our industry". If I have to choose someone to represent my interests as a medical marijuana user on a provincial and federal level than I would like to nominate National Access Cannabis to be our representative and our advocate. Actively pursuing Canadian patient wellness, actively building a national network of like-minded individuals groups, organizations and businesses, and on the forefront of diversion, testing and quality control. National Access Cannabis could very well be the perfect fit for what we need. I encourage you to actively write your MPP, your favourite member of Parliament, your local politician and let them know that the LCBO cannot be allowed to come in and regulate an industry they do not understand. Let them know how important it is that members of our own community represent us and our interests.

Cy Williams
PUBLISHER

CY WILLIAMS, PUBLISHER

"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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Contributing Artists/Writers: the usual gang of stoners. The names and characters used in High! Canada are fictitious except when identified as real in interviews, stories and other types of interesting and factual articles. Any similarity without satirical purpose to a living person is completely coincidental unless permission was given.

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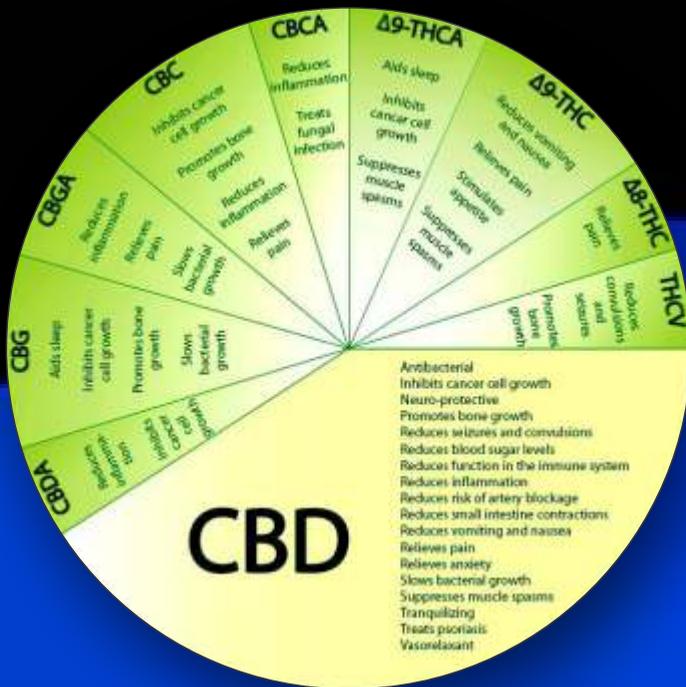
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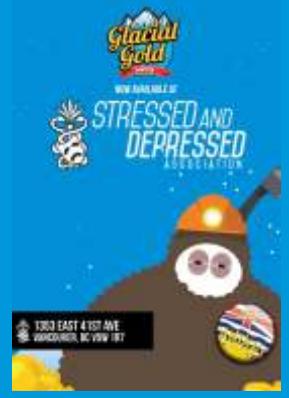
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1... 2... 3...
Watching the
GW Weed Emporium
GROW by leaps
& bounds in Toronto
So far only accolades!



JAMES BONG

In The Neon White...



You are a bad mother. That is one obvious kid. Questioning my authority! Hippies like you should be neutered.

Please. It's a life-threatening disease. I need medicine. If this was Arizona.

Well, Dorothy, neither of us is in Arizona anymore. In Kansas drug addicts don't get their medicine. Especially when they've been supplying the whole neighborhood.

Anger, you've got a call!



Yea, Anger, this is Knowless. Listen, you remember that case that got you transferred? That grateful girl? There was like a lawyer sniffin' around today at the station.

Grateful...

Grateful... hope, don't ring a bell...

...or does it...?



Is this yours?

Yes. That's mine.

How dare you bring something illegal into my home?

It shouldn't even be illegal!

Who sold this to you?

Big fat guy. Kinda angry...

Yo, it's daaaa bomb! Like, the crunk. The shiz-nit. Word up!

I don't know what any of that means, but is it good?



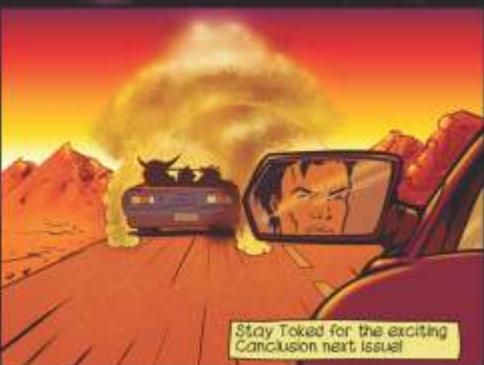
You're lucky I got the evidence back, Anger. I don't want my stupid son's future ruined. Write up the paperwork. Fortunately your only punishment will be overtime pay. Oh, and we're transferring you to Kansas.

Yes, sir.



Click your heels three times, buds, because we're going to Kansas!

There's no buzz like stoned. There's no buzz like stoned...



Stay Toked for the exciting Conclusion next issue!

JAMES HITS KANSAS IN THE NEXT ISSUE OF HIGHCANADA! DON'T SKIP IT!

It has been heartening to see more and more cannabis related business popping up all over the country and thriving despite a upward swell in recent media bashing in the popular press aimed at declaring loudly and to all that will listen that is a “growing phenomenon” and that there are “too many dispensaries!!”

Add in a recent visit by Toronto Mayor John Tory to Kensington Market to check out the dispensary scene in order to determine if regulatory action is required, a recent CityTV and CBC secret camera intrigue in Toronto and numerous unlicensed dispensaries refusing to abandon their clients and close up shop in Vancouver - despite mounting fines and we have quite the political turmoil brewing here in Canada.

It does not seem to stop expansion though and the Canadian people continue to show their best entrepreneurial spirit in light of recent announcements that legalization will occur within one year and

open canna-business after canna-business - employing more and more out of work Canadians and pumping more and more revenue into countless areas of our economy.

In Victoria, city council voted in favour of a bylaw that allows edible cannabis products in medical dispensaries, despite concerns raised by the provinces Health officer. This business bylaw also keeps dispensaries 200 metres away from schools and licenced daycares, keeps cannabis businesses 200 metres away from each other and prohibits any forms of advertising.

In Ontario, there has been huge growth with dozens of new canna-businesses opening weekly as well as massive expansion by existing mid-sized chains like Weeds, Canada Bliss Herbals, with multiple locations popping up all over Toronto and its surrounding areas. Line-ups



CANNABIS NEWS IN CANADA

out the door and thirty deep into the street have been seen at a number of local dispensaries. In particular, we have been hearing really great things about the quality and service at the GW Weed Emporium in Scarborough and about the wonderful people at the Queens of Cannabis in Toronto. Both we hear are fiercely dedicated to their clients and to providing the best possible service and product available

Kudos to BC Pain Society in Vancouver for standing up for dispensaries all over Canada and to Toronto Holistic Cannabinoids on Baldwin Street in Toronto for standing out in Kensington Market as both a leader in self-regulation and for acting as a beacon on how to do it right in this new industry. Special mentions to industry leader Canndo and their amazing team for all they do.



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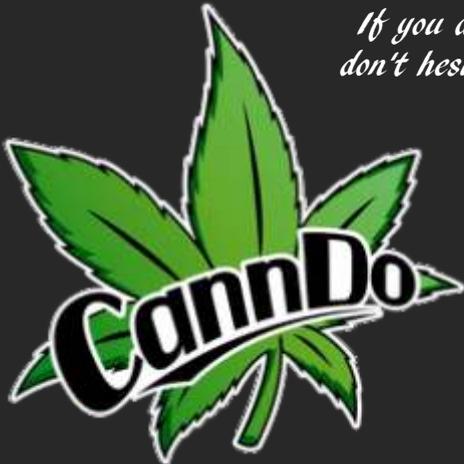


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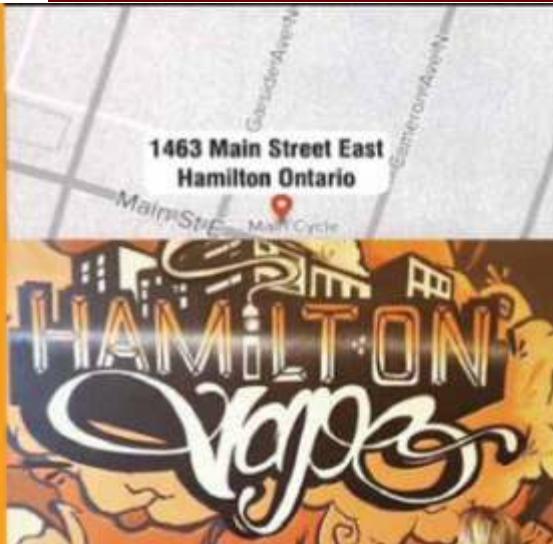
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My Canna Life

BAKED EDITION



With the Month coming to an end, I sit here on my couch cuddled up, after a relaxing bubble and a rub down with "Herbs and things Cannabis infused Pain Rub". Although I feel like a thousand pounds has been lifted off my shoulders, I'm still feeling the adrenaline from Vancouver's 4/20. Nights drawing to an end for me so time for one of my Indica Infused Chocolate Divinities so I can catch up on my sleep tonight. Vancouver 4/20 this Year was he'd at Sunset Beach and was a huge success . With Over 25,000 people coming out to support the movement on such a beautiful day made it somewhat of a beach party covered with a thick white cloud umbrella of Cannabis smoke.

Being able to whiteness first hand how many people of all ages, races, nationality and different degree of illnesses were there to support this movement was such a beautiful thing. Not only to see so many people come together but more so to feel the love between these thousands of people

It wasn't until the next day that my body felt the hit. The adrenaline rush from the line ups of people wanting my gummies, to talking to people about my products, to seeing how big it was this year made me forget to eat, keep hydrated and I was too busy to sit the 9 hours I was there so my body wasn't too pleased with me the following days.

So this month I've decided to share a Canna's Infused Recipe with you



HIGH!
CANADA
CANNA BIZ & CULTURE



along with a few of my tips and tricks. I always suggest using actual Buds that have been decarboxylated rather than Shake as most of the Medicinal factors of Cannabis are held in the Bud itself, plus it makes it much easier to figure out your dosages.

When Infusing your butter or Coconut Oil - you always want to put in more than what the recipe calls for - since the Cannabis tend to soak some of it up. If I need 1 cup of butter for a recipe I'd infuse my Cannabis into 1 1/4 cups of butter or oil. Adding a tablespoon of Soy lecithin to your butter or oil while infusing also helps stabilize it therefore it won't separate. I Usually add 14 grams of a Cannabis strain of 20% THC which will give me 48 cookies at 60mg THC per cookie, a good dose for an Advanced or expert user.

INGREDIENTS:

1 cup CANNA Butter, softened
1 1/2 cups white sugar
2 eggs
2 teaspoons vanilla extract
2 cups all-purpose flour

2/3 cup cocoa powder
3/4 teaspoon baking soda
1/4 teaspoon salt
2 cups semisweet chocolate chips
1/2 cup chopped walnuts (optional)

DIRECTIONS

Prep 15 m *Cook 10 m *Ready In 45 m

- Preheat oven to 350 degrees F (175 degrees C).
- In large bowl, beat butter, sugar, eggs, and vanilla until light and fluffy. Combine the flour, cocoa, baking soda, and salt; stir into the butter mixture until well blended. Mix in the chocolate chips and walnuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets.
- Bake for 8 to 10 minutes in the preheated oven, or just until set. Cool slightly on the cookie sheets before transferring to wire racks to cool completely.
- Remember to Keep Your Goodies Clear out of Reach of children or better yet bake a CANNA Free batch for them.

<3 Evangelhelia &>



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Comedy Spotlight:

MIKE RITA

Mike Rita is one of Toronto's top weed comics. He tours Canada with Yuk Yuks, he's opened for Tom Green, and he really really loves weed.

When did you first start smoking weed?

I tried it for the first time on the 2nd or 3rd day of high school. I got so high the first time, like so ridiculously high, I thought it was never going to leave me! I was paranoid, but it was amazing. I probably started smoking every day within a few weeks of that and I haven't stopped since.

How early did you know you wanted to get into comedy?

I knew I wanted to be a comedian long before I started smoking weed. If I had an opportunity to try stand up when I was 12, I would have. I've been a musician my whole life, so the stage wasn't scary to me, it was a very welcoming and warm place.

When did you first go to vapor lounges and what was the comedy scene like at the time?

By 18, I was there all the time. It would have been 2008, so Bryan O'Gorman was already hosting the Wednesday shows at Vapor Central and it was great. I was already doing comedy, but his shows really inspired me. There were only a few regular weed shows in the city at the time and they were so new to the world, back then you could sell out on novelty alone. I was probably doing 20 regular shows for every lounge show, so they were really special back then.

How did you start hosting Stoner Sundays at Vapor Central?

I won Second City's Cream of Comedy award at the end of 2010, and that changed my life. I was only 20 years old and I won \$5,000, I was fucking pumped! I had always done really well on the shows at Vapor Central and I would always tell them if they ever needed a guest host that I'd

love to do it.. Always look hungry, ya know? I was always hungry for more stage time, I just wanted to kill for that audience.. They had a "Dirty Bingo" on Sunday nights like B is for Blowjob or something, but they wanted to replace it so in the spring after winning Cream of Comedy they asked if I wanted to host an open mic and it went from there.

That's awesome. You've definitely developed a following since then, I know Stoner Sundays sells out nearly every week! What is so special about that show?

Any weed show in the city has something special, and it's a bond between the audience, the performers, and the venue. We're all breaking the law together for a greater cause, bigger than us... we're just doin' it, and if we all get arrested we all know what we're getting arrested for. At the end of the day, we might be on the news and like 50 years from now we'll be like "those were the arrests that changed everything", you know? Even 5 years ago, the stigma of going to a weed lounge and the novelty of breaking the law was real, but that's mostly gone now nobody gives a fuck when you walk into a lounge anymore.

Can you tell me more about how it felt back then vs now?

It's crazy how safe it feels now. For the first few years, there was always the feeling that it could go down at any moment. We thought maybe the police didn't know, and that's why we didn't get shut down but it's no secret now that the cops know. They know that these people aren't the people they want to arrest. These aren't criminals, these are everyday human beings. Tax paying, hard working Canadians, who are making the conscious decision to use marijuana and continue on their day.

Well said! I'm curious about when you perform to nonweed audiences, do you still talk about weed?

There's almost no such thing as a nonweed audience anymore, I want you to know that. Even at Yuk Yuk's in Halifax, Niagara Falls, Calgary, everywhere I go, I ask people to clap if they've never smoked weed in their life - it's a set up. I've learned that only 3 or 4 people are going to clap at MOST, sometimes it's just one, and everyone laughs like "are you serious?!" Instantly they get this cool feeling like they're not a minority like they thought, it levels everybody out, then I got 'em! I can do all the weed material I want cuz I know that even if they



don't smoke now, they can still understand the benefits.

Have you ever had a negative response to your weed material? Do people come up to you after the show?

Nobody has ever come up to me after, if they feel that strongly they usually just heckle me... Then I destroy them with facts. Weed is so easy to destroy people with facts. I actually have jokes that are facts like what happens when you drink 10 beers vs smoke 10 joints. Or deaths caused by random stuff that could have been prevented by weed.. Like vending machines! Drunk people put in \$1.50 and if their Gatorade doesn't come out, they shake it til they die. But if you're high you're not going to shake it, you're going to stand there and ask yourself "did I even put in \$1.50?" It works so perfectly, and it's the truth.

What are you excited for with upcoming legalization?

So many things! The happiest thing to me would be the thousands of people released from jail for simple possession or for growing a few plants! These aren't criminals! Another thing I want is lounges everywhere. I would love to do a cross-Canada vapor lounge tour. There are so many places that are just learning about lounges, it's such an exciting time..

Agreed! Thanks to Mike for his candid interview, his commitment to the normalization of cannabis, and for all the laughs. Follow Mike on Instagram @RitaTheHuman for his Canadian tour dates

He will be tokin' & jokin' in a city near you this summer!

by @tweedleboob





with
Alex Abellan

As the founder of National Access Cannabis, my goal is to put Canada on a world platform as a pioneer in the responsible dispensing of cannabis. I have worked with compassion clubs for the past four years to implement risk reduction and health awareness initiatives that benefit the community. Through the lessons learned from these clubs, NAC has developed the safest distribution model currently available, offering step-by-step support, information and instruction to its clients with the help of knowledgeable staff in a safe and friendly environment.”

In his efforts to help people in need of cannabis education and support services, Alex developed a unique model based around risk reduction and health awareness. This idea eventually blossomed into National Access Cannabis, a one-stop care centre model to be launched across Canada with the primary goal of helping patients navigate their experience with cannabis.

As the true inspiration that led to NAC’s creation, Alex’s lifelong passion for helping others is embedded into everything we do. While there is much more to the story of National Access Cannabis, it was Alex’s original vision that brought us to where we are today.

To stay current on the latest news at National Access Cannabis (NAC), follow us on Twitter and fan our Facebook page and leave us a comment. We look forward to hearing from you!



32.....1....Contact!!!

The world as you know it has just begun and you were welcomed with eternal bliss. Eternal bliss that lives in you to this very day, Its called your Endo cannabinoid system and it creates anandamide., Anandamide was isolated in 1992, which was named after the word Ananda which means Bliss in sanskrit..

The first contact/communication that a mother has with its baby is when the embryo is floating like an astronaut in space and all of a sudden the embryo makes contact with “the mother ship”

The Uterus wall. When the embryo makes contact with the Uterus, the mother sends anandamide to the embryo's CB1 receptors and the baby is welcomed by its mother's very own naturally producing cannabinoid Bliss. Imagine the first experience you have ever felt in your life was when your mother gave you her Bliss (anandamide). For an embryo to successfully attach to the Uterus, the mothers Anandamide levels must be perfect. The likelihood of miscarriage increases if uterine anandamide levels are too high or low.

Here is where things start to get interesting, there is another place we can find a cannabinoid which will attach to the embryos CB1 receptor and it's found in marijuana. If an expecting mother was to have her anandamide levels checked she could use THC to increase her levels if need be to create homeostasis or she can lower her anandamide. The developing embryo expresses cannabinoid receptors early in development that are responsive to anandamide/THC secreted in the uterus. This signaling is important in regulating the timing of embryonic implantation and uterine receptivity. So using marijuana may be dangerous to a baby at its embryos stage or it could be beneficial. This is why you should always consult your doctor before using cannabis. Thank you to all the mothers and the universe for all her gifts, cannabis truly represents mother earth. Happy Mother's Day Mom - love Alex oxo

References:

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A Day at the Cannabis Hemp Farm

BRUCE RYAN


Arriving at Purity Hemp Farms on a beautiful, warm sunny Fall day out in the countryside with my good friend, Rod. What a delight. As we drove up the hill, I could see fields of cannabis on both sides of the road. Cannabis, everywhere as far as the eye could see! "Wow, a dream come true." Rod said, "These aren't even Bob's fields. He contracts acreage from other farmers in the area who used to grow corn." "Things must be working nicely then!" I replied. "He's gone from 200 acres to about 1,000 acres this year. His farm is coming up at the top of the hill on the right. He's been growing since 1999 when his dad used to raise cows. Yep, used to be a dairy farm." The big sign in the front yard was pretty clear from a distance. FALL HARVEST 2015 HEMP HEARTS & HEMP OIL for all passing traffic to see. Purity sells products directly from the farm and to local stores.

Life on the farm is really busy this time of year. The huge field combine had started taking the seed heads off the fields and collecting the harvest as grain. This is hauled to a central barn area in transport wagons. First the seed grain is fed to drying units. Once the seed is dried properly it is loaded back into transport wagons to be taken to long term storage. The conditions there are maintained to be cool, dry and dark so the seed will remain viable up to five years. One of the primary products they make on the farm is Purity® pressed hemp seed oil which is sold into the food, cosmetics, soap & beauty products markets. Purity has developed their process over the past 17 years to provide high-quality food-grade hemp oil. Cool temperatures are used to make the best product possible. Stored in dark brown bottles, the oil will keep for a year or more. The ongoing and increasing market demand completely sells out the certified organic brands every year.

Canada has been growing industrial cannabis since 1994... 22 (very long) years. Things started off with great enthusiasm in 1999 - through 2003. Then the industry collapsed to growing just a few thousand acres. We formed the Canadian Hemp Trade Alliance at that time because the industry development was problematic: it grew slowly again, until 2008 and then collapsed one more time. Farmers did not re-plant fields the following spring. Supply chain logistical problems, so to speak. Today, Canadian hemp acreage is up to 107,000 acres ~ a historical record. Yet, right now, less than 1% goes into the fibre market. The vast majority, 99.1% is grown only for seed. Farmers make good money growing hemp seed - without the revenue from fibre production. Only tragedy is that the stalk gets burned as farm waste. This is a huge waste of resources and potential revenue. I would estimate about 400,000 tonnes, worth tens of millions of dollars, are not used in the current environment. The problem is that there are no processing facilities in the province.

This is true across Canada ~ thousands of tons of fibre and no place to take it. A few have tried and the majority have failed over the years. The entire industry has suffered from over-regulation and the sins of prohibition. From medical patients to social advocates to industrial "hemp" farming, the current state of affairs leaves a lot to be desired. The government's 'commitment to legalization by 2017' must include a comprehensive, science-based and evidence-derived policy which addresses the entire spectrum of the cannabis community. The medical, social and industrial applications are deeply intertwined and often inter-related. One prime example: crossing 'recreational' cannabis with industrial 'hemp' produces high CBD strains such as "Charlotte's Web" ~ which are so highly prized in the medical sector. Simple breeding has produced outstanding medical benefits between the two

camp. This demonstrates clearly that "hemp" and "marijuana" are, in truth, just Cannabis Sativa (L). Same is true of superior fibre production: certain "drug" strains produce more high quality, stronger and finer fibre than do "hemp" strains. We suspect the same is true in terms of seed production.

Considering that a vast array of products can be produced from cannabis: the instrumental core factor is in free market development. Without the stigma of prohibition, I project that the industrial market applications will dwarf both the 'medical' & 'social' markets by a wide margin. The equation works like this: 2% of the population = medical uses. 15% = social (recreational) use whereas industrial cannabis touches 100% of the global population ~ if only because it creates products, produces oxygen and absorbs CO2 in the process. Recent product innovations include bio-fibre panels, cellulose product manufacturing, hempcrete construction materials and building materials for a wide range of applications: insulation, floor boards & roof shingles. These have the potential of impacting large scale industries on a disruptive basis.

The key to all of this is modern technology: from medical research, to recreational standards to industrial applications, the sector depends on the advanced machinery and processing techniques to bring products to market. Reaping the benefits of the flowers, seed, fibre, products and soil remediation on the farmland, is really what it's all about. One example is processing technology that efficiently separates the stalks fibre from the core material. New designs are now available that turn farm "waste" into valuable products. Composite manufacturing requires long fibre lengths. Hempcrete construction requires vast volumes of core (hurd) materials. Innovations on the farm to harvest, bale & feed decortication machinery is essential. Some of this work has been done by our universities and research facilities. Now, it is time to take high technology into the modern market place.

Realistically, the entire cannabis portfolio should be turned over to Agriculture Canada.

~Bruce Ryan

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There is a dark cloud looming over Ontarians right now, and we call it Bill C-45. This bill is not only going to put medical cannabis users in the same category as cigarette smokers, but it also threatens to close the doors of vapor lounges as well. At a time when the general public, knowing legalization is on its way, are relaxing about cannabis, the government is cracking down. It's hard to believe anyone feels justified telling those who are sick to take it outside (in CANADA I might add, where it's winter half the damn year) and refusing to acknowledge its medicinal benefits while the proof is so blatantly out there. It's sick, and wrong, and that kind of thinking is useless in our society and detrimental to many people's health. Ontario is not only looking to abolish med patients rights in public, but they want to shut down the few private safe spaces the city has, our vapor lounges. These places have been operating in the city for a decade, with little to no disturbances, and paying taxes the whole way through. Now, after making a pretty penny off these operations, the government wants to shut

By LadySamalot of the High Five

them down, and there's the real crime. Having worked in one of Toronto's leading vapor lounges for over four years I have seen a great many people benefit from it being there. When I started smoking Cannabis I used to have to go to alleyways, stairwells, and generally the darkest sketchiest places Toronto has to offer to avoid being stopped by the police. This brought a lot of danger into my life, and I can't begin to imagine how different and brighter those years would have been if I had just been able to consume in a safe place. Being in a lounge you have people looking out for your well being, where professionals are able to help you with any questions you may have or help you through a possible case of nerves due to overconsumption. I have also seen many people find solace in the idea that they have a place to go where they can be with like-minded individuals. Not everyone want to hang out at a bar to see or meet people and for a very long time those people have been stuck at home without a place that encourages social activity. There are a great many who enjoy consuming cannabis like others enjoy having a glass of wine after work, and those who feel that way should not be shunned. People who need to use cannabis for medicinal reasons need these lounges to stay open, so they have a place to consume, to test new products and have help using the vaporizers and smoking apparatuses provided. By far, the best part of my job was helping people who came in, feeling pain, and watching the relief on their face after they had medicated. Second best was the happiness of their loved ones seeing them relieved like



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they hadn't been in so long. It still moves me to tears just thinking about it, and that is why I am passionate about this life-saving plant. The argument comparing vapor lounges to smoking in bars is truly upsetting, because not everyone who goes to a bar wants to smoke, but literally everyone who goes to a vapor lounge certainly does. We cannot be looped in with cigarette smokers anymore, and need to be treated fairly. We deserve a spot in this city, and we deserve to have a safe place to go. This despicable bill has not yet passed, so I encourage everyone to reach out to your respective councillor and let it be known this is an issue the voters care about before it's too late. Remember every person is important in this fight, so don't stay on the sidelines, be proactive, and get vocal about the need for vapor lounges.



There is a case going on in the Canadian Legal system that you may be very interested in learning about and it involves your personal privacy.

This case is about permanently stopping the hydro companies from handing over your smart meter records and your other hydro consumption records to the police. The Supreme Court of Canada has said that even people who are doing an illegal act (such as growing cannabis) are entitled to privacy in their home. In other words, just because you are growing cannabis does not mean the hydro company can hand over private records to the police. Even cannabis growers are entitled to privacy.

Currently, hydro companies treat suspected cannabis growers as though they have no privacy. The hydro



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companies send hydro consumption records to the police without a warrant or a court order. How does it happen? The police send an email to the hydro company asking for your private records and the hydro companies send the police everything they want. You are told nothing. You find out when the police break down your door.

If this case succeeds at the Court of Appeal for Ontario then this practice will stop. Help us stop the hydro companies.

What Do Smart Meters Reveal

Every home in Ontario is obliged to have smart meters. Smart meter records are particularly adept at revealing the presence of cannabis gardens. Cannabis growing requires a fairly unique light cycle of 18 hours light and 6 hours dark which then must switch to 12 hours light and 12 hours dark in order to initiate flowering. Even if a grower tries to disguise the 12 hours of light during the night the police know that energy consumption does not normally rise overnight. If the police see high usage overnight then that is often treated as evidence of a cannabis garden.

Smart meter records also reveal when a person wakes up in the morning, when they leave for work, when they come home, when they have dinner, when they go to bed, and when they go on holidays.

Smart meters indicate when smart appliances are turned on and when they are turned off. Smart appliances include thermostats, stoves, washers, dryers, fridges, dishwashers, freezers, microwaves, light controllers, smoke and fire sensors, carbon monoxide sensors and home security systems.

Smart meters have the potential to indicate when all your appliances are being run. Non-Intrusive Appliance Load Monitoring ("NILM") technology uses algorithms to disaggregate collected data into individual load signatures.

In other words, NILM technology can reveal the electrical devices or appliances being used in a home.

The Supreme Court of Canada has said that privacy is necessary for democracy, liberty, and the well-being of the individual. Privacy facilitates public order. However, sometimes it is necessary to fight for your privacy. This is one of those times. Help us fight for privacy.

"Although our characters are irrelevant to this right to privacy issue, we would like to introduce ourselves to the public so readers can have a glimpse of who we really are.

Edwin is a 54 year old First Nation Ojibway, Bear Clan. He is on a medical disability. I am a 64 years old grandmother. I suffer from a cluster of medical conditions that severely affect my capacity to function but I have supported myself below the poverty line as a spiritual advisor.



Edwin began his quest to obtain legal Medical Marijuana in 2006; he finally succeeded to obtain MM in 2014. I had adverse reactions to pharmaceuticals commonly prescribed for my conditions. I had tried to obtain MM since 2003. On April 7, 2015, three years after my arrest and twelve years after I asked my family doctor for a referral I finally obtained the doctor's certificate for MM. We cannot afford to buy the full prescription to manage our chronic pain even with the reduced compassion price we have been granted by the corporate grower.

But to have legal MM gives us a bittersweet emotional sense of vindication. We have mixed emotions because of the absurd amount of time that it took to be granted our right to the

medicine and the utter destruction that this fact brought into our lives.

It took Edwin eight years to obtain legal MM and it took me twelve years. MM was available in Canada and it was our right but we had no access because the doctors that were in charge of our health were programmed by the propaganda of prohibition and sincerely believed that cannabis is a vice and that it is harmful. Fortunately, in the last couple years, scientific research has shifted the view of some doctors and other patients now have easier access to MM. Others will not have to suffer what we suffered and still suffer.

If we had obtained the MM when we requested it our health would not have deteriorated as fast as it has. To our chronic ailments was added the extreme stress of the judicial process and we still experience today all the symptoms of post-traumatic stress disorder. We are elders and broken but we are trying out best to rebuild whatever life we have left.

We thank all the kind and respected people who wrote the 30 letters of character on our behalf, which were passed to the Crown and Hon. Justice Arrell. They say that we are good, generous, sincere spiritual human beings striving to be helpful and that we contribute to society in the ways that are unique to us. They describe our years of work as volunteers for many fundraisers, traditional healing events and ceremonies and how we still help others despite our present tribulations. We thank the Gladu report that illustrated the horrors of Edwin's life as an indigenous man suffering, among other things, the traumas of his upbringing by simply being born an Indian in Canada under Colonial rule.

We thank our family that gave all the resources they had to ensure we had a lawyer and that we will not go to prison and end up in a rooming house upon liberation - if we survived the ordeal. We completed our sentence on November 2015 with great effort, considering our medical

Celebrating the election of Justin Trudeau and the legalization movement ...



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conditions. It was difficult to earn even a meager living under house arrest. It was tasking for our broken bodies to complete 200 hours of community service; the physical effort was extreme but the appreciation of the elders we choose to serve kept us going. We earned the love and respect of those who we served and that was the only good thing that came out of the absurd sentence we received."

Edwin and Carmen are moving forward with the Appeal because the issue of smart meter privacy is important to them and to all Canadians. It is important to legally establish the sanctity of the information that any corporation gathers from the inside of Canadian's private homes. To win this Appeal will mean to Edwin and Carmen that their suffering was not in vain and that a great good - the right to privacy of all Canadians - will be established for future generations.

Carmen and Edwin need your support to finish the work for the Appeal. For more information on the case and the appeal contact Edwin and Carmen's Lawyer Paul Lewin who will be defending the case at the Court of Appeal for Ontario on November 7, 2016.



For more information contact Paul Lewin
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MAY 2016

Professor Chagal's STONER ASTROLOGY

Aries Someone close to you has been very combative lately. Your first instinct is to fight back. Instead of fighting back stop and listen to what they have to say. You may be surprised that some of your actions have caused the negative attitude. By listening you may resolve the problem faster.

Taurus Life has been so busy lately you feel that you haven't truly relaxed in a very long time. This is the time to get off the roller coaster we call life and take some time for you before you have a meltdown. Go away for a few days or if funds are a little low just stay home roll a nice fat jay and just chill.

Gemini Gemini there are two sides to every story. This month you must keep this in mind when presented with a family problem. Remember to hear both sides before coming to any conclusions. Only by listening to everyone will you get the full story and possibly even a solution for all concerned.

Cancer Spring is finally here and love is in the air. A special new person will make an appearance in your life this month. You will be tempted to rush into things with him but slow down. He may very well be the One. Get to know him slowly over a few glasses of wine or perhaps share an edible or two and enjoy the slow sensual ride together.

Leo With each passing day it's getting harder to focus on your everyday tasks. How can you though when the sun is shining and all you can think of is slipping on your flip flops and sitting outside? Concentrate and get those jobs done then get out there and enjoy this beautiful season.

Virgo You may get some shocking news this month and your first reaction may be to panic. Keep calm and get all the news before you react. You may find that the news is what's needed to start you on a new path in life.

Libra Your business affairs are starting to overwhelm you. The emails, phone calls and texts seem never-ending most days and you just want to run away. Take a moment and think about what you need to accomplish. Then pull up your big boy pants and get it done.

Scorpio Your life is in transition right now and you're confused which direction to take. Do you take the path to the left or the one to the right? The correct path will be clear to you soon and until you figure one which direction to take enjoy the path your own today.

Sagittarius A personal matter will consume a lot of your free time in the coming weeks. You'll have to make some hard decisions soon. Until you do take some quiet time for yourself to reflect. Roll a jay and tune the world out.

Capricorn You may have the opportunity to travel far from home soon. The prospect may frighten you as you haven't really traveled anywhere. Don't allow fear to stop you from taking that grand adventure. Pack your bags, get on that plane and see what the world has to offer.

Aquarius Your life is moving forward at a fast pace and you don't allow road blocks to slow you down. Your positive attitude and spunk makes you an impressive team player at work and the first one invited to all the parties. If the pace is right for you then don't slow down. Keep enjoying all that life has to offer.

Pisces A friend will ask you to do something you may not feel comfortable doing. You love and respect your friend and want to say yes but your gut tells you not to. Always go with your gut. Sit your friend down pass the bong around and explain why you can't say yes. The truth will be appreciated.



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Our goal is to help you learn which products and different strains are best suited to each individual, and to provide many different forms and options of medicating that are just right for your condition that will provide beneficial opportunities for our members to enrich their lives. In the Cannabis industry there are lots of treatments and options for many different sicknesses, illnesses and medical conditions. Our team realizes that for some people it may not be an easy thing to discuss their condition for personal or other reasons. We assure you that we are very understanding, informative, kind and very discreet about each clients personal information. Members information and discussions will be treated with the same discretion and confidence as a doctor's office would. Also being a member of QualiMeds Collective gives you exclusive access to events and one of a kind deals at Toronto's newest upscale Vapor Lounge "Planet Paradise".

KRONIC KITTEN'S REVIEWS



PHARMACANN'S ROCKY ROAD BARS

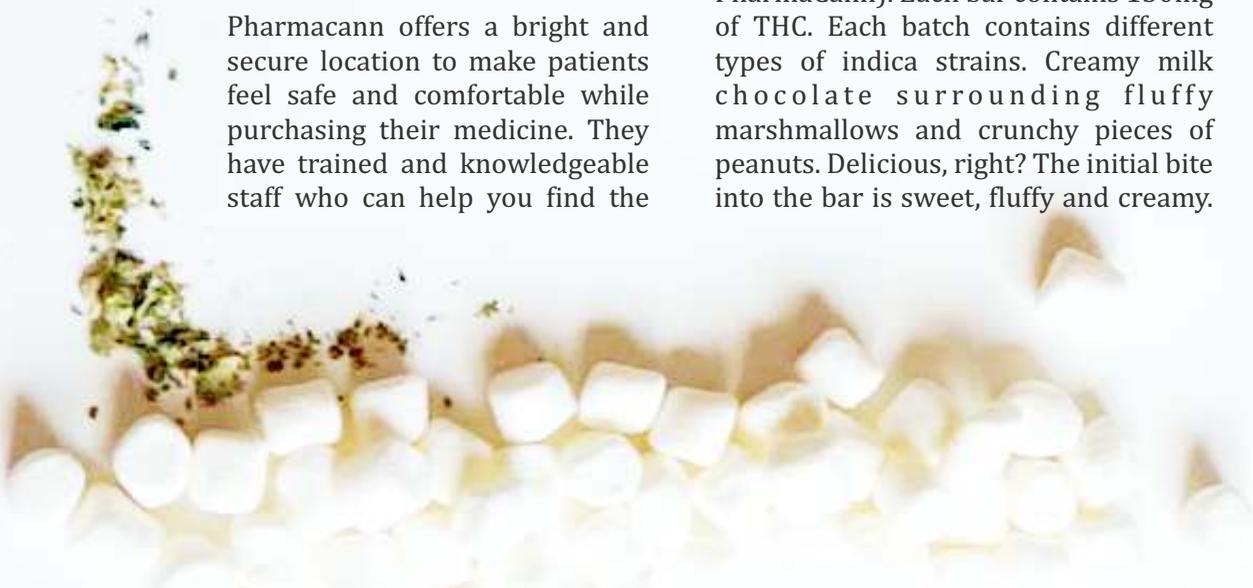


Recently, the Kronic Kitten's had the pleasure of meeting up with the staff at PharmaCann dispensary located in Mississauga, Ontario. PharmaCann is the first medical cannabis dispensary to open up in the Mississauga area. It's located on Drew road in a large retail shopping plaza, which conveniently is not that far from the Toronto airport. They're open seven days a week to help serve patients with only the highest quality medicinal products.

Pharmacann offers a bright and secure location to make patients feel safe and comfortable while purchasing their medicine. They have trained and knowledgeable staff who can help you find the

right strain for your symptoms. The location offers an abundance of free, safe parking. With a wide selection of top shelf flowers, concentrates and edibles available in store, patients are truly being treated the way they should be treated by a medicinal dispensary.

The Kronic Kitten's chose to review the Rocky Road bars (exclusive to PharmaCann). Each bar contains 150mg of THC. Each batch contains different types of indica strains. Creamy milk chocolate surrounding fluffy marshmallows and crunchy pieces of peanuts. Delicious, right? The initial bite into the bar is sweet, fluffy and creamy.



Following that creamy flavor is a light salty crunch with a hint of cannabis. The taste of the cannabis is very mild, and doesn't consume the sweet chocolate salty flavor from the bar. PharmaCann's chocolate cereal bars, though they may take 15 minutes before their effects are felt, they produce a more intense and longer-lasting indica like effect. Medicinal benefits can last from three to eight hours, in some cases.

The Kronic Kitten's really enjoyed the body buzz from these bars. Our buzz lasted roughly 3 hours in length. We highly recommend taking the time to visit PharmaCann and give their edibles a try. They're available in store for \$5 per bar and are ideal for those who want to enjoy cannabis without smoking or inhaling. By eating the Rocky Road bars you're likely to receive anti-inflammatory, as well as other forms of neuropathic relief.

We'd like to take the opportunity to thank PharmaCann for having the Kronic Kitten's stop in and review your Rocky Road bars. You've officially been Kronic Kitty Approved!

XOXOXO

THE KRONIC KITTENS

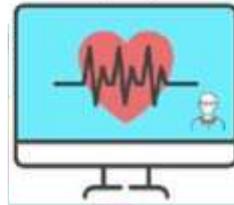
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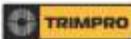
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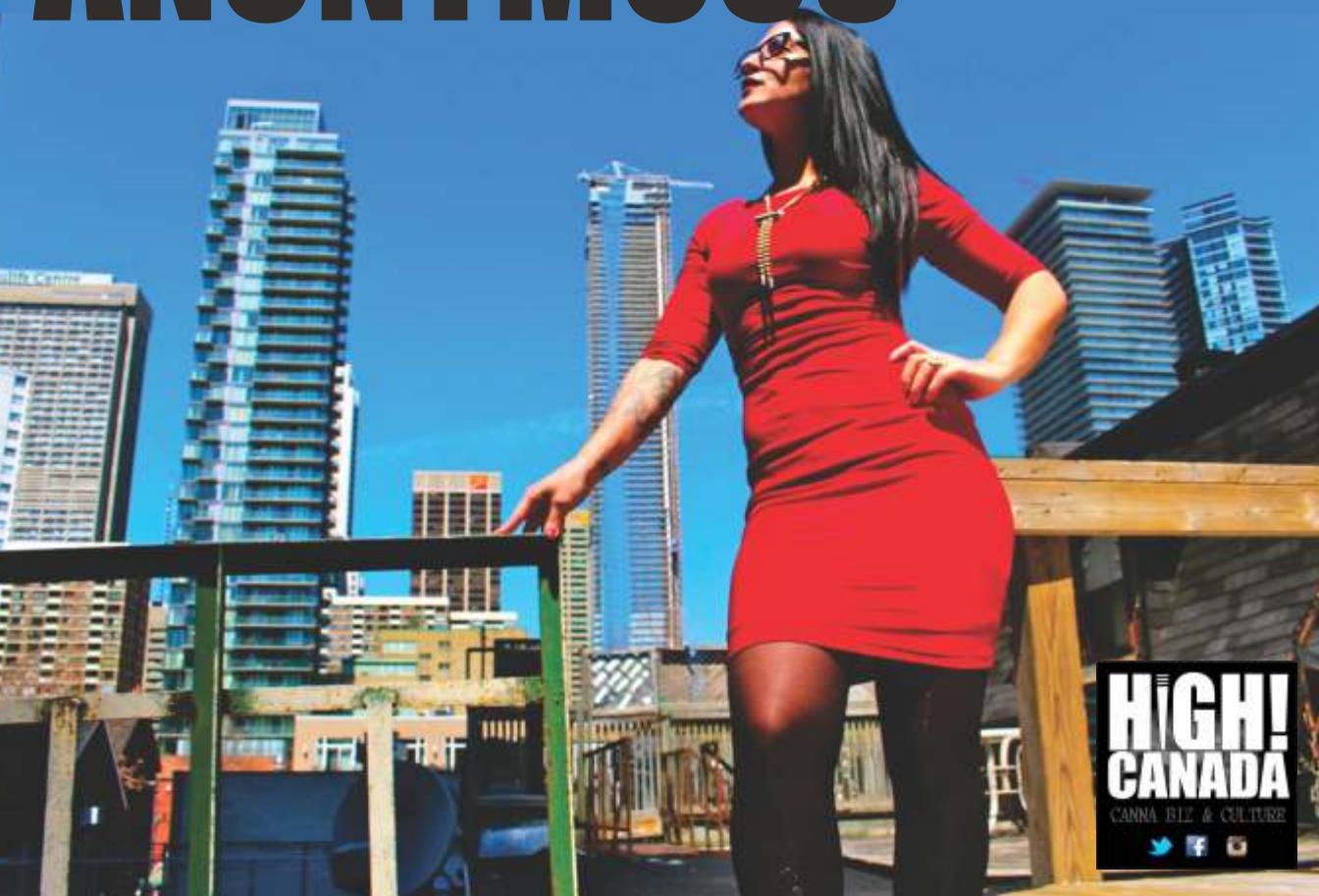
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Setting a Standard in a Booming Industry

Known as the Upper Echelon Woman of Cannabis, Amy Anonymous discusses being an icon in the newly booming Cannabis industry, How she originally became involved, her current roll in the culture and the direction to which she hopes to see the industry carried in the future.

How did you get involved with the cannabis industry?

I was involved in a major car accident in 2005 which shattered my wrist, also leaving my neck and pelvis fractured in multiple places. I found myself thankful to be alive but battled constant pain and struggled with using pain meds. I didn't feel like myself anymore.. I could feel when I left the room while on the pills the doctors prescribed me.

I then made the bold decision to turn to cannabis as an alternative of managing my constant pain. Previously having been a recreational user I didn't feel uncomfortable turning to smoking pot as a means of medicating. However being a new mom at the time.. walking through the park pushing my sons stroller I felt uncomfortable "sparking up a joint in the park" Now I am confident talking about it and educating others. This is when I



decided to turn to edibles and began baking with her marijuana as a means of discreet consumption. Through word of mouth and being involved in the community Amy's edibles quickly blew up and she quickly found herself struggling to keep up with the high volume demand from dispensaries and fellow patients. She later teamed up with Sarah Sunday on a project which involved creating instructional videos on the baking process and incorporating marijuana. At the time Amy did not have her medical licence so they decided to only feature her hands in the videos calling them Amy Anonymous Hands. Thus birthing the infamous Cannabis icon Amy Anonymous.

Tell us about your dispensary?

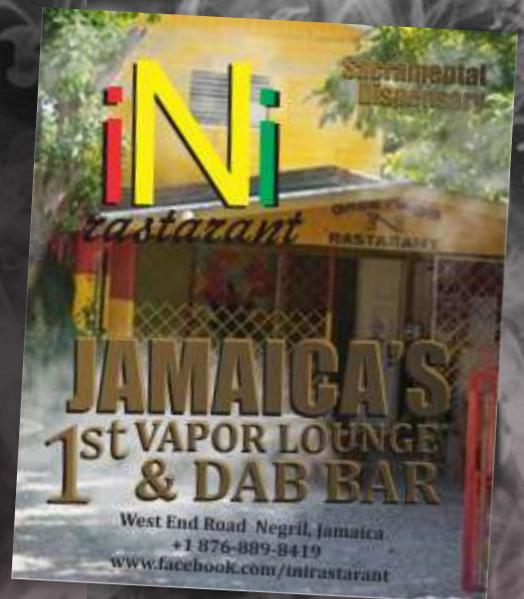
I opened my dispensary Canndo in June 2014. I have an amazing team each of the staff here at Canndo is freaking phenomenal group of well educated individuals who care so much. When they talk to member they're speaking from their heart. We go out of our way to know people. If you don't know your people how are

you suppose to be able to provide them with proper medication? You'll have to sit and talk with us, we want to know how you're feeling, how you're responding to the meds, we love being a persons cup of tea or sunshine for the day. We don't want people to come in here unappreciated, we treat you like part of the family. I don't see myself as a boss I see myself as a team leader and I have an amazing team behind me. One of my main goals is to make medicine accessible. Accessible not just meaning yes I'm dispensary I can provide you with meds .. but most importantly making the medication affordable to all patients. Since I have opened almost 2 years ago I have seen over 90 fellow dispensaries pop up over Toronto.

Do you feel the other dispensaries are competition for you?

I don't feel anyone should be in competition with another - it's like saying there isn't enough air to breath.. There's convenience

HIGH!
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stores on every corner, we all have a product that can sell and at the end of the day my goal isn't to make the most amount of money its to provide access to an alternative natural medicine at an affordable cost to everyone in need. There's too much association with the recreational community and the medicinal community and that fine line that separates the two needs to be alot thicker. There's dispensaries out there that are charging \$20/gram , I grew up in Allenbury I couldn't afford that. This is where people lose sight of the real goal that this industry/community originally set out to be which was gaining access to healthy medicine NOT dollar signs. We have the opportunity to change the world by educating ourselves on this amazing plant that has so many benefits and I'm fearful that we are losing sight of that with all these new dispensaries that are functioning in the grey area of current legalization. Their needs to be a set standard on quality of product and fair pricing.

Do you feel any threat to your business with the hovering possibility of legalization?

Our legalization is bullshit. It will take away from my business, they don't want dispensaries, we are the grassroots of where industry started. We took this from a community to a business. It should be decriminalized. I could grow apples but I don't - I buy them. Worst government monopoly you could have.. Wont be same product.. Loose genetics.. How are you going to explain to Sarah who's 7 and has epilepsy that we are going to get her medicine from the liquor store.. It would cheapen cannabis as a medicine. I believe there will always be a demand for the product I'm offering, regardless of the future decisions to be made regarding legislation. However I am hesitant to expand my business until a finer line is drawn in the sand but I'm remaining optimistic!

Upper Echelon of Toronto Cannabis Culture is rumored to provide weed for celebrities such as Snoop Dogg, A\$AP Gang, French Montana, Classified and many more. Have you had encounters with any of these celebrities?

I have and to this day it baffles me. I met Snoop Dog and decided to make him cotton candy. Since then, it just escalated! I'm fortunate to have met some amazing celebrities who share a common love of cannabis.

What is it like balancing such a successful business career in the cannabis industry and being a mom?

My son comes first. Business is important of course but my son is more important. I'm open with my son, he understands that mommy is in pain and needs medicine. There's no stigma and it becomes an open and honest exchange between parent and child. He doesn't know it as a 'joint' he knows it as moms medicine.

Our interview with Amy ended in smiles and many hugs - We found Amy to one of the most fearless people we have ever interviewed. She takes her position within the industry very seriously. To hear her talk about the possibility that this fledgling industry holds for her, for her team, for her clients and for Canadians as a whole is astounding. Amy is passionate, sincere, funny and knows her cannabis, her cannabis industry and her cannabis-related products better than many we have spoken to and in our eyes that spells A-class cannabis royalty.



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WOMEN IN WEED CANADA!

MING

www.instagram.com/ganjabaabe



I'm 26 years old and I have been living in Aylmer, Québec since I was 3 years old. My mother and father immigrated from Lebanon (dad) and the Philippines (mom) in the 90's.

(I live in Gatineau but in a town called Aylmer. What happened was, in 2002, 5 towns in the Outaouais region merged into one big one, but people still refer to their towns when one is asked where they are from.)

I first started experimenting with cannabis when I was 13 yrs old. I tried it a few times and never really paid much attention to it after that. It was only when I was about 17 yrs old that I started using cannabis to help with my migraines and of course with my menstrual pains. (the joys lol) As the years went by, I started smoking more to deal with my stress, anxiety and insomnia. Being a university student was very hard on me, especially because I wasn't sure what exactly I wanted to do in life. I quit school and decided to just work and not cause any stress on myself. As the years were going by, I was getting more interested about how cannabis was really helping me cope with difficult situations in life. I would get very anxious sometimes and didn't know I was actually having an anxiety

attack. Instead of turning to hard drugs or alcohol, I decided to try cannabis. My doctor tried to prescribe me all sorts of anxiety medication and some anti-depressants. Now I am 26 yrs old and have realized that I don't need and want to put any harmful pharmaceutical products in my body anymore. Cannabis has been helping me for almost 10 years now and I am very grateful for that. I developed a jaw problem called TMJ (temporo-mandibular joint), as a result from my stress, I grind my teeth when I sleep and suffer from migraines constantly. Thank god for cannabis on those days!

The cannabis culture in Gatineau is very present, but people are still very hesitant to be open about it. We lack in headshops. The average cannabis consumer will take a trip to the other side of the river to Ottawa and find all the items they are looking for at a headshop there. The headshop I work in called La Boutique High Lites, is in Hull and the only around in the town that has variety of "tobacco use items". You'll find some articles here and there at the corner store, but there aren't enough shops around and we lack in variety. Its also very hard for us to promote our business online because of the law they have in place in the province of Québec. On November 26th, Québec adopted the Act to bolster tobacco control (Bill-



44) and since then they've been cracking down on all tobacco related shops. It's hard to run a business like this in Québec because of the laws. For example, we have to hide all the bongos, the shishas, rolling papers, etc. So basically when a customer comes in, they won't be able to see at first sight our products, but have to ask us if they can see it. Everyone is still learning to comply to the new rules and some people just don't feel like putting up with the headache that comes with it so they just close their shop (because they don't want to invest money) or decide that it's not a good idea after all to open one up. There aren't many cannabis movements in Gatineau. Like I said earlier, people are very hesitant to be open about the fact that they use cannabis. It's still a taboo subject.

In Gatineau, you can find different types of cannabis from m39 to powerplant to outdoor, hydro, etc. For a few years now, Kush is now a big thing. When it started to hit the streets and people we're sick of smoking outdoor they were happy that this new kind of cannabis called Kush smelled strong, tasted delicious and was like nothing they had ever seen before. A new era began lol it's hard to get your hands on some decent cannabis if you don't know the right people and some people overprice but the consumers are willing to dish out the extra cash to get their hands on some Blueberry or Girl Scout cookies. If the quality is there, it's definitely a hit. People around here are just starting to appreciate the bud and the good that it brings to you. Shatter is just beginning to become popular around here, edibles as well. I feel the more we move towards the legalization of marijuana people around Gatineau are starting to be curious about what other products they can consume instead of smoking it. One other aspect that makes the consumers in this region afraid to be open about their cannabis use is the law enforcement and how police in our region enforce marijuana laws to the extreme. A fun fact, statistics show that Gatineau has more marijuana arrests and seizures than any other city in Canada with the exception of Kelowna.

There is also a lack of cannabis movements around our region. We aren't a big city like Vancouver and Toronto where the cannabis industry is booming and a big part of the population uses cannabis. I always see these groups like WomenGrow and how they have monthly meetings. I would love to start one or a group of its kind like that here. I've been trying to plan a time to go to one of them in Toronto and attend. Meet new people. I hope that it'll happen in Gatineau soon. We are right across Ottawa, where the industry is growing slowly. They have 3 dispensaries, one opened in 2015 and the 2 others opened up since the beginning of 2016. They also have numerous headshops as well. It's awesome to see how these cannabis related businesses' have been doing good and that the industry there is growing.





Smoke Princess Sasha

www.instagram.com/smokeprincesstoronto

I got involved in this industry through social media . I used to be heavily involved in musical theatre which made it pretty hard to hang out with friends. I made an Instagram account and started posting pictures of things that interested me from what I was wearing to what strains I was smoking. As time went on the amount of people commenting and showing support started to grow. I started promoting a lot of Cannabis companies on my page and even doing giveaways for my followers to win ! After doing so much stuff online I really wanted to get into the industry not just blog about it. So I began work at a Vapour lounge and really dove into this industry. After working at the Vapour lounge - I Budtended at a very well known dispensary in Toronto and started getting involved with Cannabis Events. Today I'm doing social media more then ever, as well as being part of the HIGH CANADA team !! It's been a very fun few years for me.

I've met a lot of great women in this industry over the last few years ! I've always really been inspired by Jodie Emery though. I think she's very poised and she always seems to word things so perfectly!

The first time I met Jodie she actually knew who I was as and that really stuck with me because I had reached out to her a lot and even though her schedule is so jam packed busy and she probably meets tons of women on the daily she still remembered who I was and I really valued that. I think that dispensaries are nothing but positive. I would be okay with 300 dispensaries in Toronto so the amount of dispensaries really doesn't bother me at all. I think it's great ! A lot of patients with depression don't go out much and when they come to the dispensary they're able to have a chat and smile for the 15 min that they are there for and that's important to think about. If we only rely on licence producers then we're gonna have a lot of sad patients at home that don't get to socialize as much. Obviously there is a difference (between LP's and Dispensaries) I'm not saying there isn't I didn't mean to come off that way but what I'm saying is - is that they need to be working with us instead of against us.

As a Gangapreneur my greatest strength is my personal touch. Regardless if I am consulting at the clinic, nursing, generating sales, making raw chocolate, guiding on horseback or doing a fitness power hour in the forest with one of my client's, cannabis is the key foundation from which I stem from. I am honoured to be a part of this industry.



Jessica Ferneyhough
RPN & Wellness Advocate



TWEEDWORLD

CHC WILL HELP BRIDGE THE GAP BETWEEN PATIENTS AND PRODUCERS

Tweed and Bedrocan Canada announced last month a partnership with Cannabis Health Clinics that will see the Regina storefront shift its business model to welcome patients in Saskatchewan to the Marihuana for Medical Purposes Regulations (MMPR) system.

The move will mean that hundreds of people previously accessing their cannabis through a dispensary now have access to a regulated system. Through CHC, patients will have the peace of mind that comes with being able to lawfully consume, carry and travel with their medicinal marijuana.

A long-time cannabis activist, Sean Murray, president of CHC, says the revelation that he needed to serve his patients through a legal framework is what motivated him to partner with licensed producers (LPs). Murray, whose involvement with medical marijuana predates the MMAR, says he's pleased the community he's served can now access a controlled, regulated product.

"I started out as a patient and found cannabis to be an effective treatment and then it evolved to a point where I was filling a larger need in the community," says Murray. "Now with Tweed and Bedrocan I can help bridge the gap that exists between patients and producers. The general public needs educational resources and we want to steer people towards the system that's set up to serve them."

With two of Canada's LPs at its back, CHC is now fully equipped for that task as official Certified Partner of both companies. The move will help CHC navigate the nuanced world of medical cannabis for the patients they serve. Whether it's about patient responsibility or choosing the right strain, Murray and his team will be there to help people with all their cannabis questions.

ICEWRECK REVIEW

BY
JT

This issue I'm going to be bringing you a little something different. A grow/strain review of the Ice Wreck strain by Crop King Seeds.

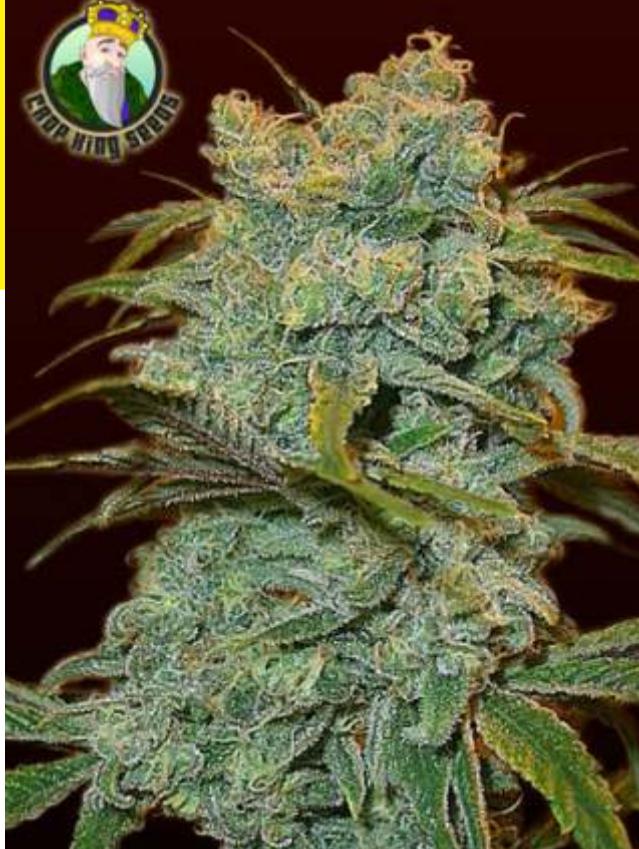
Now over the past few years I have had the pleasure to grow many strains from Crop King Seeds but this one stands apart from the rest. It's a slightly temperamental lady but the end results are a beautiful resin covered moderate yielding plant. With the levels in the high 20's this is sure to be a crowd pleaser at your next 420 get together.

I had 100 percent germination rate with these particular beans and 1 out of the 3 was a male. The great thing about Crop King Seeds is that as long as you follow the germination video on the site they will send you out new seeds to replace the ones that didn't germinate.

Gotta love a company that stands behind its product! And did I mention they are a Canadian Company? ..That's right Crop King Seeds is right here in Vancouver, Canada and they are the largest seed Company in North America from what I've been told.

Now back to the plant. She was not overly bushy but had plenty of nodes for those lovely resin covered buds to grow. She was quite a chunky girl with plenty of big sexy foxtails and some nice purple tones throughout. It was hard to resist stealing an early tester bud but I managed to contain myself until she was completely finished. She ran about 11 weeks in total as I let her go a bit longer as I like a good mix of amber in my trichs.

The smoke from this bud was super awesome to say the least. Thick hash like smoke that tickles the back of your throat in just the right way. Lots of flavor and a great nose to it as well. It's hard to miss the limonene scent in this bud as it's very apparent to say the least. The effects for



me were very heady and relaxing. It Definitely achieved a little couch lock effect that was much appreciated at the end of a long day slang'n buds at the dispensary. Yes that's right..I play with buds at work and home. Not a bad gig eh?

All this being said I couldn't recommend this strain more for the moderate to advanced grower. The genetics are great the company behind them is great and so is the end result. Crop King Seeds and their Ice Wreck strain have definitely earned the status of being

JT APPROVED!

*Cheers & Stay Glossy
My Friends*



PAULINE GARRARD AN ACCIDENTAL ADVOCATE

Pauline is the founder of Canna Relief Consulting Canada which is medical consulting company based in Mississauga. They are experts in Health Canada's MMPR (Marijuana for Medical Purposes Regulations) and provide education and administrative support to patients and doctors who need assistance to sign up with a licensed grower to supply them with medical marijuana.

At Canna Relief, it is their goal to treat people with compassion in a system that makes it extremely difficult to gain access. They provide advice on natural health care options in a non-judgemental environment. She is an advocate of other natural remedies and treatments such as yoga, probiotics, and hemp.

Her journey into this new system started just after Health Canada rolled out the new regulations in April of 2014. After being diagnosed with osteoarthritis, and trying pharmaceuticals, she became disenchanted with the side effects and the lack of effectiveness of this treatment. Her husband, who was a staunch supporter of cannabis, said she should try it. She wasn't opposed to the concept, as she had a



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teenage recreational history with cannabis. When her doctor refused to sign the required paperwork, she ended up in a doctor's office who was doling out prescriptions like candy, for a large fee. After getting the prescription, and signing up with a licensed producer, she began assisting friends and acquaintances for free. As the workload grew, it was evident that this would be something bigger.

The expansion of Canna Relief Consulting meant that she could hire staff and assist more patients for a reasonable fee. While doing the consultations and running the business, she attended educational conferences, studied medical books, and compiled information about the growing number of licensed growers. The business began to thrive. Relationships began to form with doctors, and licensed growers. One of the highlights for her was attending the 2015 CSSDP conference, and going on the first Cannabus tour in Toronto with Marc and Jodie Emery, Dana Larsen and various other advocates.

She says the best part of her job is the people she meets, and their stories. With many hundreds of clients now on the books, Pauline has become an expert in the MMPR, and strains of medical marijuana. In using information gained from renewals, she has compiled a large data base of evidence of the positive of the effects of this natural treatment. She continues to advocate for patients and fight for their right to use medical marijuana as an alternative treatment.

P. Garrard

What does ONTARIO BILL 45 mean to cannabis consumers?

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ASK DEEDEE

HIGH! Canada 420 Advice

Dear DeeDee

I've been smoking cannabis for a very long time. I smoke it medicinally for my chronic back pain. After a long day at work it helps my body and mind relax. There are times at work when the pain gets so bad that I go off and take a few hits off my pen. My employer is aware of this and because my work isn't affected he is fully supportive of it. The problem is that currently I don't drive. I've been thinking that a car would make my life a bit easier and have been car shopping these last few weeks. My friends and loved ones are insisting that I can't smoke and drive. Even my boss is against it. I don't see the big deal. I smoke at home and at work and I'm completely functional. Why can't I smoke and drive?

Wheeless in Windsor.

Dear Wheelless,

I understand your dilemma. You feel that cannabis doesn't impair your abilities to function normally day to day so you assume that it shouldn't affect your ability to drive a car. Your argument does have some some statistical evidence behind it. A study that MADD released found that of the 65 000 impaired driving accidents that occurred between 2008 and 2010 fewer than a 1000 of those were drug related. And in Canada at this time there are no reliable road side tests and getting a Canadian court to consent to a blood test of someone accused of drug impaired driving has been difficult. But in the end impaired driving is still illegal. You may feel that you'd be OK to drive but you can't be sure. Morally all drivers have a responsibility to drive safely and not injure themselves or others on the road. I know this wasn't the advice you were seeking but it is the wisest advice I can give.

**DO YOU HAVE A ? FOR DEEDEE?
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<3 DeeDee

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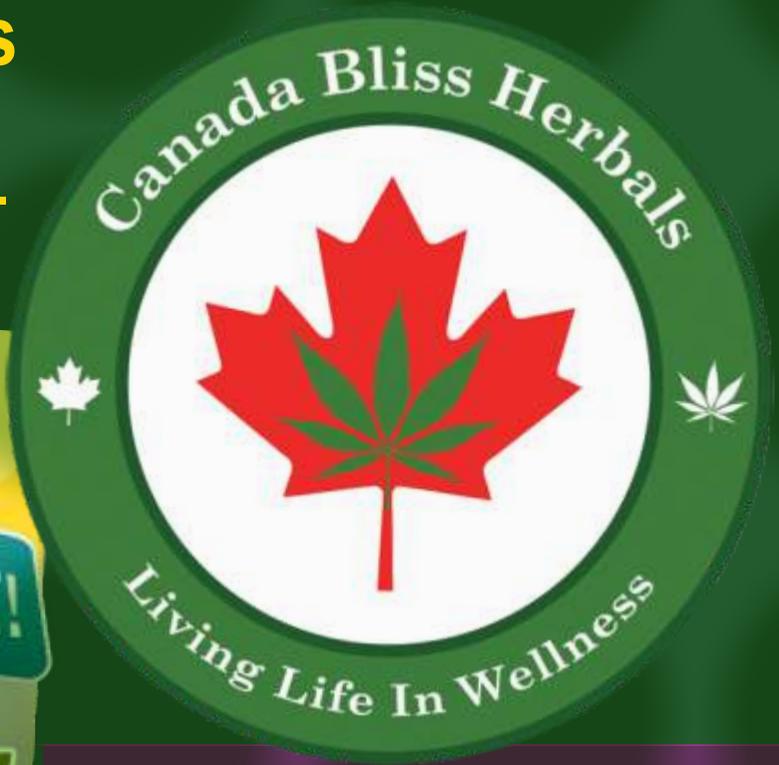
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