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High! Canada

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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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Nothing says the Holidays like gathering all your gifts to wrap and of course decorating the “tree”



Published by
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There is an excitement in the air this year about Christmas - a certain buzz in the air that leads me to believe that this holiday season is destined to go down as one of the better ones in recent memory. Maybe it's the sense of anticipation that we as Canadians feel about ongoing Federal legalization attempts and because Canadian Cannabis supporters are generally optimistic - maybe that optimism is translating into something akin to actual holiday spirit - its possible....

The year was a huge one for Cannabis in Canada. From the first full year of our new Prime Minister to two very successful Lift Expos and the recent Karma Cup to the new ACMPR regulatory announcement to the Project Claudia waves rippling their way across the industry since May - there has been much change and much growth in our industry.

Cannabis has been continually in the news the last few weeks and we have been privileged to see the prices of cannabis related stocks skyrocket and become volatile as firecrackers as we begin to witness the birth of the corporate side of our industry . Canopy Growth itself offered

a 386% rise in its publicly held stock. Not too bad for a Canadian Cannabis Company. This is not to state that all is good on this front as this birth comes with some complications in the form of unethical price inflation. Just last week Canadian Cannabis stocks took a dive after Veterans Services released its new reimbursement regulations.

This is where Ottawa recently tightened reimbursement rules for more than 3000 Canadian Veterans who are being reimbursed for medical cannabis. Veterans are now being reimbursed for three grams per day. Under the old regulations - Veterans were often reimbursed for a maximum of ten grams per day.

Now for Veterans who need more than three grams a day and whose Health Care practitioner authorizes more than three grams per day - they can apply for an exception to the policy which also fixes the rate of reimbursement to a maximum of \$8.50 per gram. This has also launched Health Canada and Veterans Services to launch a joint study of their own on the medical effects of Cannabis - due to the fact that they feel current scientific research is inconclusive at this point.

In other end of the year news - Ottawa 's steady step towards a controlled Canadian Cannabis market took some big steps forward with the delivery of a long-anticipated Task Force report that includes advice on a minimum age requirement, product warnings and measures to prevent impaired driving. The nine member Task Force received 30,000 online submissions and will make the report public in due course. Ottawa has stated that is also committed to introducing legislation in the spring that will move the Canadian Cannabis market from its current state of flux into a more legislated form offering legalized product in a regulated marketplace. This will be a time of great change to be sure.

In other Canadian Cannabis news - Lift has launched its new Training Module for Canadian Cannabis workers and that alone is set to change the way Canadian dispensaries are going to do business. The curriculum was authored by some of the best names in the business and definitely recommended for any dispensary out there looking to self-regulate and step up and have their employees properly trained and certified. More information contained in this issue.

On behalf of High! Canada, our ever changing and ever growing team, our wonderful and talented contributors and sterling solid advertisers let me wish you the Happiest of Holidays, filled with smoke, family, friends and food. Best of wishes in this very exciting new year!

Cy Williams

**CALL FOR A ROYAL
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signatures**

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Into its third month and the heat turning up as support gathers for this important call to action. Announcement about the call were done at the Karma Cup and response has been positive. For more information on the call visit cannacom.com and to sign the petition yourself simply google or perform on search for "Call for Royal Commission on Cannabis" and the petition site will be the first item on the list.





POWERPLANT: & YOGA

The Ancient Combination of This Spiritual Science and Sacred Plant

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

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

Yoga is an ancient spiritual practice that was birthed out of Hinduism. It is a practice to promote mental and physical health using breath control, simple meditation, and the adoption of body postures or stretches. It is an ancient spiritual science originating from the Indian continent but has become increasingly popular in Western culture.

The cannabis plant and the Hindu people have had a symbiotic relationship for thousands of years. It is known that the Hindu god Shiva's favourite food was cannabis and hemp. In the Atharva Veda it lists cannabis as one of the five sacred plants to produce relief from anxiety. The intertwining of cannabis and yogic practices is ancient but is becoming

commercialized in the West as “Ganja Yoga” or “Stoned Yoga”.

There is a known quote from Kriya Yoga master Swami Satyananda Saraswati comparing the effects of cannabis and yoga – and how they ultimately result in the same thing. He mentions that by consuming ganja the heart slows down, the breathing rate changes, the brain waves alter and the mind becomes calm and still. He offers that Kriya Yoga has the exact same result.

To successfully perform Yoga you must quiet the mind and relax the body with intent focus. Many find that marijuana can help them block out distractions and focus on one task at a time.



Cannabis is a known relaxing-agent that can release stress and muscle tension. The meticulous poses and breathing techniques may be more enjoyable while under the influence.

During group Yoga sessions it is imperative that the teacher and participants feel a sense of community. Consuming marijuana is known to produce synergy among human beings and reduce social tensions. How can you relax and purify your mind if you can't enjoy and trust the people around you? Ganja Yoga classes understand this cultural phenomenon and need for connectedness.

Cannabis is renowned for its analgesic qualities – relieving pain with no negative side effects. Ingesting marijuana or CBD extractions may help those suffering

from chronic pain and illnesses participate in Yoga. Those with disorders like Multiple Sclerosis may also find temporary relief in ganja – allowing them to join Yoga classes.

Those suffering from Fatigue may find hope in Sativa-dominant strains that bring feelings of intense energy, euphoria, and happiness to the user. While Indica-dominant and high CBD strains will allow patients to relax their muscles and relieve tension and stress. Experimenting with all types of strains is the best way to find out which ones work best for your personal needs.

If you are looking for a way to improve your general health and wellness – or just looking for a fun social group to join – look no further than your local Ganja

Yoga class. Join the movement and begin using cannabis consciously to improve your life and reach your goals. Both Yoga and Cannabis can be used to improve awareness of your own body, mind, and soul. Ingesting before can help improve the session and afterwards can help you wind down and relax.

This is just one way that Cannabis can be used to promote health and wellness. If you want to learn more about using marijuana as a catalyst for success and performance continue to read the monthly Powerplant articles here in High! Canada Magazine. You can also follow my social media handles at @powerplanthealth for additional articles and content. Feel free to contact me with any questions or concerns. Thanks.

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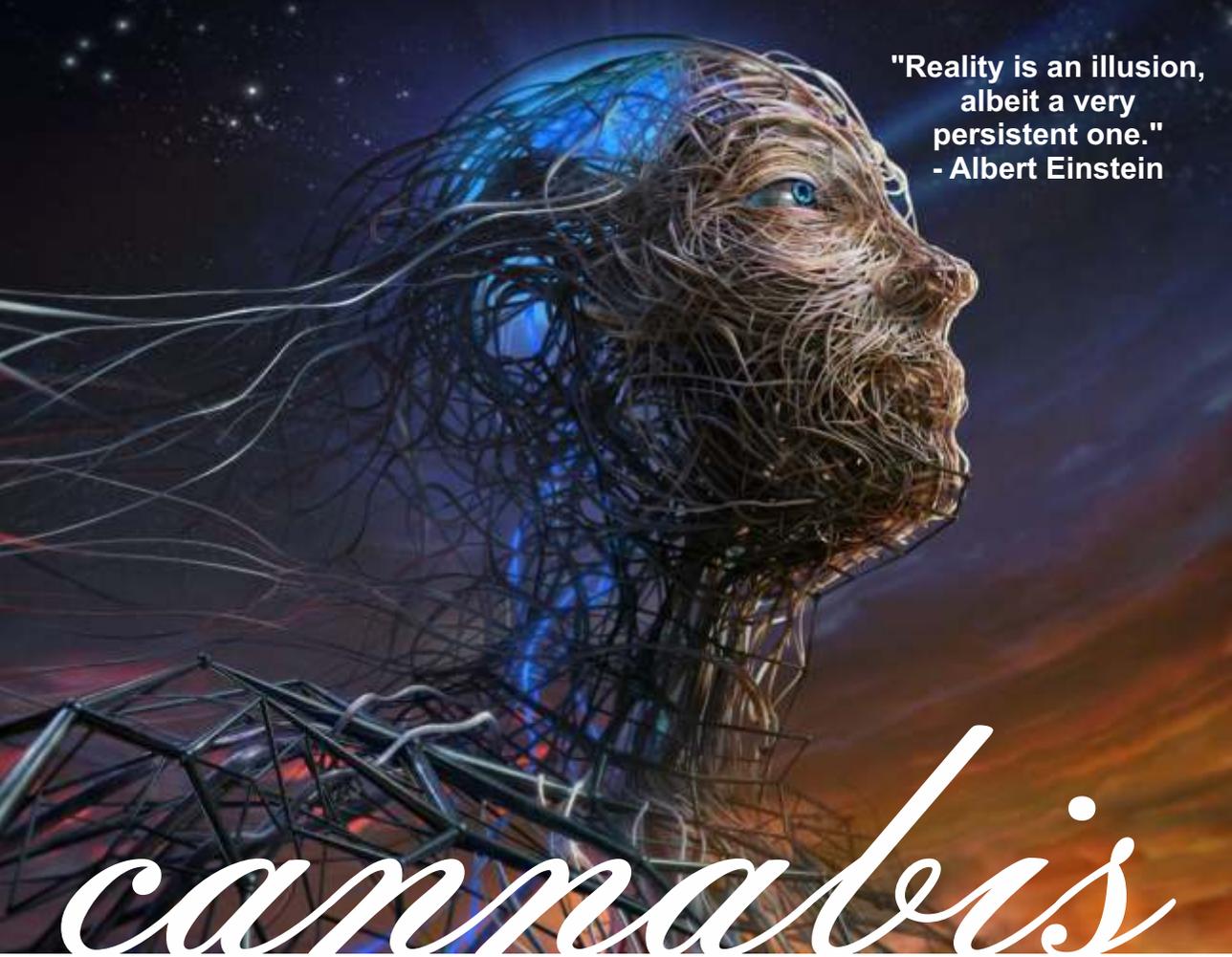


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"Reality is an illusion,
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persistent one."
- Albert Einstein

cannabis *illusion & reality*

"The word "illusion" is used to denote different aspects in Hindu philosophy. Many monist philosophies clearly demarcate illusion from truth and falsehood. Per advaita philosophy, illusion is something which is not true and not false. Whereas in general usage it is common to assume that illusion is false, Hindu philosophy makes a distinction between Maya (illusion) and falsehood."

One would hope after the past few decades, that the illusions of cannabis propaganda would give way to the light of reason and reality. Apparently not. The Ministry of Truth, governments and their agents are still quite hard at work spreading carefully constructed illusions, subterfuge and deceptions. Spin doctors are paid to produce shoddy "research" and quotes for the media. Professional, peer-reviewed research is buried and ignored. What is a poor citizen supposed to believe? Illusions? When the prohibitionists consistently concoct an Orwellian double-speak narrative, why are they surprised when no one believes them any more? The public acceptance has crested over 60% in favour of cannabis.

Reality is that the illusion is fading away. A vast web of lies is being challenged, dis-proven and replaced. Education and the internet have provided a way to the truth. Now it is possible to find information and discover alternate views about the war on drugs, cannabis, social change, technology, innovation & so much more. The flow of information drives this process. No longer do the TV & news media "sources" present the dominant opinion to everyone. Seeing a different truth is quite eye opening for many people. Reality takes on a new dimension. Those who seek the facts, find out the truth and then reveal that information are few & far between. The truth will set you free.

Illusion is when you believe that hemp is not cannabis -or- that medical marijuana is magically different that so called recreational weed or pot. Illusion is using slurs, racist and derogatory terms to describe the entire sub-culture. Illusion is when you believe that the pharmaceutical corporate drug industry has any real interest in the plant beyond synthetic chemical analogues. Illusion is when you have no idea that this natural, organic agricultural crop impacts several large, well entrenched industries. Illusion is when you



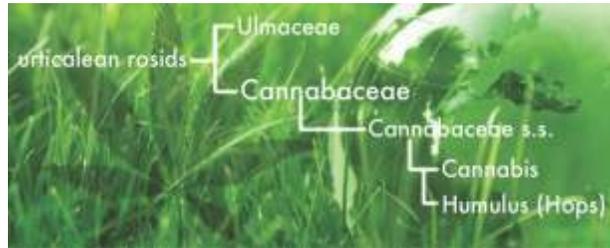
Medical science. Reality is that new research is just now starting to show interesting results. A large number of questions remain to be answered. New taxonomy research on the origin of the species indicates that the "Indica" strain is world dominant... even within the industrial "hemp" cannabis genetics. "Sativa" strains were likely cultivated mostly for fibre and seed from approximately 18,000 years ago in a different region of the world: southeast Asia. This presents a different set of facts from the generally accepted information. Scientists are starting to unlock carbon technology. Specific areas deal with carbon from agricultural sources. This has the potential to be a serious game changer. What role will cannabis play?

List of genera

- Hops** (*Humulus lupulus*) with nearly mature fruits
The following genera are listed by the Angiosperm Phylogeny Website, as of October 2011:[3]
- Aphananthe Planchon (syn. Mirandaceltis Sharp)
Cannabis L. – Hemp
- Celtis L. (syn. Sparrea Hunz. & Dottori)
- Gironniera Gaudich. (syn. Helminthospermum Thwaites, Nematostigma Planchon)
- Humulus L. (syn. Humulopsis Grudz.) – Hop
- Lozanella Greenman
- Parasponia Miquel
- Pteroceltis Maxim.
- Trema Loureiro (syn. Sponia Decaisne)

To be perfectly clear, Cannabis L. is an ancient unique species. A molecular phylogenetic study in 2002 produced the consensus tree shown below. This showed that the family Celtidaceae was paraphyletic if the Cannabaceae, as then circumscribed, were removed. Accordingly a single larger family was required, combining the two existing families. Under the rules of the International Code of Nomenclature for algae, fungi and plants the oldest family name must be used: this is Cannabaceae.

Next considerations:
Industrial Cannabis Revolution
~ Bruce Ryan



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AN OPEN LETTER TO CANADIAN CANNABIS CONSUMERS

By Tamara Hirsh & Ken Abell

**This is a call to action. Make your voice heard.
Let them know that there are other ways – *better* ways.**



**Contributing Analysis
KEN ABELL**

This past summer, a government task force was assembled to take the temperature of the Canadian public on the issue of the legalization of medicinal marijuana, and what form that might take, be it distribution through local dispensaries, or controlled by big Pharma and available in little green pill form alongside Valium, Zoloft and Prozac.

Quick, raise your hand if someone asked your opinion on the matter.

You neither? What, you weren't one of the roughly 30,000 people (only about 0.09% of the population) whose voices made their way through the bureaucracy?

The fact that the call for feedback was only on the Government of Canada website, and not readily advertised almost makes you wonder if they don't really want your opinion; but rather, they just have reports to file. Doing due diligence so they can say they put the question out there, and justify what really boils down to corporate greed. Meanwhile, they're running a smoke and mirrors campaign, demonizing marijuana with one hand as the domain of ruthless, greedy criminals, and telling us that the Federal government knows best when it comes to who should be selling it with the other. Should we be surprised if that ends up being the LCBO? Ruthless, greedy criminals, indeed. Stories abound of dispensary raids, arrests, and intimidation. And when they encounter dispensary owners who are following the letter of the compassionate care laws, the police are not above fighting dirty, levying fines against landlords of dispensaries. They're trying to paint the distribution of marijuana as a police issue, instead

of a social justice issue and a public health issue. It should be about safe and reliable access to good medicine, but instead of listening to those who have been on the front lines (or underground for fear of prosecution), they have big Pharma licensed producers whispering in their ears and spending the big lobby dollars to ensure that when the decision of distribution method is finally made, it's the same big corporations that have kept us hooked on dangerous chemicals (you've seen the ads – side effects may include: diarrhea, nausea, headache, spontaneous combustion) that will be cashing in on the big payday.

And we all know that Pfizer and Monsanto have our best interests, and not those of their shareholders', at heart. Not that the current distribution system is perfect – currently there are no zoning by-laws or licensing for dispensaries. Which really means that anyone with the means can open up a dispensary, and as someone who doesn't make a habit of putting just anything into his body, I find that more than a little frightening. There is a lot of unsafe stuff out there. Not only pesticides and residuals, but I've heard all sorts of horror stories. No one with integrity in this field is arguing against any sort of regulation. Every medicinal marijuana advocate I've spoken to is adamant on the issue of regulation. I want to feel safe knowing that what I'm buying has been properly lab tested to a universally agreed upon standard, and the chemical properties readily available to me when I'm choosing what to consume.

The fact of the matter is that marijuana is not just another pill for some billion-dollar corporation to sell. It is so much more than that, and dispensaries are where people gather to find a forum in which they can discuss mental health issues, trade success stories and share insights into what works and what doesn't. People come to dispensaries to find community

support, a friendly ear, education and informed advice. It is a community of people with shared experiences, working together for wellness. It is a culture that will cease to exist if the legislation goes the way that Tweed-ites would like. No longer will cancer patients be able to look across the counter at the joyful, hairless woman serving them and know that she *understands*; that she knows the pain she's in, and knows just what will help.

This is a call to action. Make your voice heard. Let them know that there are other ways – *better* ways. Look at what Vancouver has accomplished, and Victoria after them. Why isn't Toronto looking at the Victoria model and incorporating their vision? We are living in a revolutionary time, and the opportunity to do the right thing for once instead of just the profitable thing cannot be squandered.

In the Spring of 2017, a decision is going to be made, and so far, the actions of the Task Force on Marijuana Legalization and Regulation don't seem to be taking the public's desire to be able to access marijuana via dispensaries into account. So it's up to you and I to make our voices heard. In Spring 2017, when you are given an opportunity to respond to the proposed legislation, make sure that you speak up. Stop marijuana from becoming a "take two of these and call me in the morning" drug. Keep dispensaries open and in the hands of the revolutionaries fighting for your right to access good medicine and explore which strains and/or mediums best treat your condition, instead of just settling for whatever Bayer thinks will sell best.

Thank you.

Tamara Hirsh
Owner, Advocate
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Kyla Williams, the little 4 and 1/2 year old from Summerland BC has been granted a medical exemption from Health Canada for her Cannabis Hemp oil imported from Colorado: Kyla, along with some other very fortunate children have been given a temporary medical exemption to import Charlotte's Web Hemp Oil from Colorado. The exemption addresses the current issues for medical access before legalization takes effect in the next year. It offers those children showing great results on the oil, to continue their progress. This hybrid of the Hemp plant, organically grown outdoors, hand harvested and picked, oil extracted and 3rd party lab tested, was originally created for Charlotte Figi by the Stanley Bros 4 years ago. It has been scientifically proven to reduce seizures if not eliminate them altogether in thousands of children. Many families found themselves moving to Colorado for access, however it would be financially devastating for most. Shipments were increasingly seized in the spring of 2016 by Canada Boarder Services Agency until CW Hemp had to stop shipping to Canada altogether, putting many lives a risk. Families struggle to have their doctor sign a letter for Health Canada stating it is Charlotte's Web their patient uses and they will continue to follow their patient's progress on this special oil. Clearly there is much misinformation about legalities and knowledge of Cannabis treatment among Doctors.

This process is very selective and leaves many struggling for access for one of the best High CBD oils available. Four years ago, Kyla Williams, just 7 months old, was diagnosed with Intractable Epilepsy, a Pharmaceutical resistant form of seizure disorder. By 2 years of age she was seizing up to 300 times per day and virtually slipping away from the world. She rejected all pharmaceutical drugs and the Ketogenic diet, a high fat diet that helps control seizures for some but not for Kyla. With no options left, we turned to Cannabis as her treatment with great results. At first it was a struggle to find a consistent high CBD product in Canada where the profile stayed the same with each order. It was also illegal at the time with a constant threat of not being able to continue its use. We turned to Charlotte's Web Oil once the Stanley Bros were shipping to Canada. Kyla gained some cognitive improvement and stability with this 30:1 ratio (CBD to THC less than 0.3%) oil. We had the opportunity to travel to Colorado to explore why this oil was more effective than the Canadian product we had been using. We learned it starts from the clone of the particular hybrid, how it is hand planted and harvested in organic soil surrounded by organic farmers and the end result oil, 3rd party lab tested.

Kyla's Quest and the Miracle of Charlotte's Web



CW Hemp works very hard to manipulate the oil for consistency. Kids with Epilepsy are sensitive and can take time to adjust to every new batch. We have learned that every child is different in how they respond to the many different oils out there. Finding the right one for your child or yourself can be an arduous journey. Once you have found what works, stick with it. For cases like Kyla, a change in oil could induce catastrophic seizures.

Canada now produces many high CBD oils, some seem to work better than others and each person's response is unique. There are no two producers of oil the same. It offers us all more choice in finding what will work best for you. Ultimately it is more than just about CBD and THC but also the other cannabinoids and the Terpene profile that can make the difference.

Very kind people were donating to help Kyla with the expense of the oil not covered under Medical Insurance. We felt it was necessary for more than just Kyla to receive such a benefit. Many families struggle to pay as the oil is very expensive to extract, specifically in Canada. We started a non-profit organization called Kyla's Quest. We reach out to families, as well as many others who are searching, for emotional support as well as education on the Endocannabinoid System and how cannabis works. We also help fund oil for families in need. Kyla's Quest exists purely on the kind donations of others. Go to kylasquest.com for more information.

This September Kyla's Quest hosted an educational event at the Penticton Trade and Convention Centre with the Support of Purefarma Solutions and Okanagan Cannabinoid Therapy Dispensary. We heard from the producer/director of Purefarma, Graeme Staley as well as Medical Cannabis Advocate David Hutchinson. The keynote speaker, Dr David Hepburn gave a great overall presentation on

"How to Get Help not High". 200 in attendance of mostly seniors and some local doctors clearly shows the need for education and understanding in this rapidly growing and changing Cannabis world. You may view these speakers on kylasquest.com

The fact remains, CBD or Cannabidiol is a non psycho-active cannabinoid of the plant and should be treated as a dietary supplement. We started a petition to drop CBD as a schedule 2 drug altogether in Canada as long as THC levels are below 0.3 % which is the legal limit throughout the United Nations. This would allow for even better access for all including those who want a maintenance dose of CBD for their own health.

To date, Kyla's seizures come much more infrequently, just a few a month and she is generally a very content and happy little girl. There are no miracles here and she is still not walking or talking at almost 5 years of age like many children have done after starting the oil. Definitely not the remarkable recovery many want to sensationalize. We remain hopeful and can't imagine our lives without Cannabis Hemp oil for Kyla and for the health benefits of our entire family.

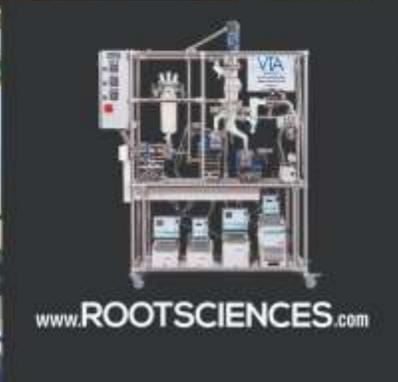




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Walk us through the steps of how you help patients?

Ailey : There is a couple ways we help people get legal. They can either talk to their own doctor, which is always best however not all doctors are willing to prescribe it and if that is the case, we suggest patients request a referral to one of our doctors. Most doctors are more comfortable with the referral because they wouldn't be the signing physician, but are still helping their patient get access to medical cannabis.. We would need confirmation on condition and what treatments or medications have been tried in the past. At the moment, cannabis is considered an alternative medication and the patient needs to show that you've tried other things first. Your third option is a medical release form. The patient would fill that out giving us permission to contact their clinic. Then we would contact their clinic and obtain confirmation of condition. We have a few more in house documents that we follow up with but usually they see the doctor within a week.

From there you would hook patients up with Licensed Producers (LP's)?

Ailey: from there we discuss peoples needs. Is the patient on any form of government assistance or disability? If so, we would want to get them compassionate pricing. Maybe people are looking for oils in which case we would suggest certain LP's over others. We also make recommendations based on people's budget, what they are looking to treat and which consumption methods they prefer. There are also many factors that go into it, but picking an LP is always the patients decision.

Do you have access to and work with all the LP's right now?

Amy: We will send patients to any LP with an open registry. We work closer with others and we have our own we prefer but we are very open. We send people to a wide variety of LP's. Something else NAC based it on is income. Some of the LP's offer strong programs for people on financial aid or even in certain tax brackets. Based on their needs or where they fall we can help recommend the right LP's. Cannabis is a very expensive medicine and most insurance companies don't cover it. That's something else about having your legal cannabis

prescription, everything you purchase can be claimed as a medical expense on your taxes. If you buy a magical butter machine or vaporizer, that's included as they are sanctioned by Health Canada as medical devices.

Ailey: Something else we offer is, if people aren't happy with their LP we can help them switch. Often the system can be very confusing for people, we take the onus off them. We can handle all of that on our end. We want people to know they aren't just locked into one LP if they are not satisfied or getting relief.

Amy: It's so nice to be able to offer that support. Most doctors and pharmacist aren't knowledgeable enough to give you that support. There is a lot of false information out there about cannabis and unfortunately people still believe it. It's important to have a full staff of knowledgeable people. We are lucky to have the resources to do it.

Memberships are national?

Ailey: Yes, if you were out in Victoria and wanted to attend a class, you would be more than welcome.

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What's Coming up for NACTO?

Amy: We are pleased to announce the start of an exciting promotion where we will cover the costs of membership and the doctor's consultation fee for the first 250 patients! We are also hosting a vape class for our members on January 12. In addition, we are going to be hosting an event for health care professionals. It will be at the CSI in the annex. That will be open to any healthcare professional that wants to learn more about medical cannabis in general, the LP's and the current AMCRP. They can ask any questions they have. We will have nurses on site and hopefully a doctor to talk. We are excited to be able to host that for the healthcare community. We feel they want it and are ready for that. Something else I'm proud of is NAC for is working on an Opiate study. Basically, it is the largest harm reduction study that looks at the links between cannabis and opiates and using cannabis as a harm reduction tool. We are working with great partners here and in the states. We are hoping to open some doors with this and more studies.

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CANNALIFE

by Evangelia K

The Smell of Cinnamon Sugar is filling the space, making my mouth salivate as My famous Snickerdoodle Cookies are baking away in the oven. Lights twinkling away outside as the sound of the fireplace soothes the stress of today away and it can only mean one thing... The Holiday Season is upon us!

With so much more added stress during the holiday season what better time then to bake yourself up a batch of tasty medicated cookies to help get you through the month?! So this month I've decided to share one of my favourite Christmas Cookie Recipes with you. White Chocolate Cranberry Cookies. So unbelievably flavourful I doubt you'll be able to stop at one. And if you're looking for something for that Weed lover in your life **check out** Evasdelicacies.com for 20% off everything until December 14th, 2016. I wish all of you beautiful souls a very Merry Christmas & Happy & Safe New Years.

Follow me online for monthly giveaways and chances to win swag!

XOXX

Evangelia K

Dave Dundas - Photographer
Hair - Jessica Mitchell w/ Crush-
FX Makeup - Taylor McCallion



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Total Time

Prep: 20 min. Bake: 10 min./batch

Makes

24 servings 60 Mg THC Per Cookie

Ingredients

- 1/3 cup Canna- butter, softened
(Butter Infused with 7grams of flower)
- 1/2 cup packed brown sugar
- 1/3 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup dried cranberries
- 1/2 cup white baking chips

Eva's

White Chocolate Cranberry Cookies Recipe

Directions

In a large bowl, beat butter and sugars until crumbly, about 2 minutes. Beat in egg and vanilla. Combine the flour, salt and baking soda; gradually add to butter mixture and mix well. Stir in cranberries and chips.

Drop by heaping tablespoonfuls 2 in. apart onto baking sheets coated with cooking spray. Bake at 375° for 8-10 minutes or until lightly browned. Cool for 1 minute before removing to wire racks.

Yield

2 dozen.

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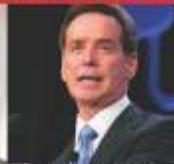
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 REC. LEGALIZATION IN CANADA COMING SOON



*Women
Weed*



High! Canada took sometime to sit down with Lisa Campbell and Sarah Gilles founders of Green Market To. The market has been the only place for edible vendors to sell in Toronto, since the Claudia raids. The market runs monthly and features top edible makers and vendors.

Care to tell us how the market came about?

Lisa: Sarah and I met through *Women Grow*. I was putting together the Go Green gala and some of Sarah's companies were sponsoring. That was the first event we collaborated on. We saw a need for that style of event. For women and Grow in April we did a 420 Spring Market. which we got in a little bit of trouble for. Women and Grow is a non-consumption event so we took our bad ass market on the road and started Green Market TO for Mothers Day.

Sarah: That was our first event, then it turned into a mini protest of sorts. We were supposed to do our first night market in conjunction with the Lift Expo. The raids happened, Project Claudia happened. There were no edibles in



the city but a demand to access. We took it upon ourselves to keep the market going. We wanted craft makers to have a place to sell and a place for patient access.

Craft cannabis is huge, is that why you went with a market format?

Lisa: We wanted a space for craft products. Especially with Women and Grow, we met a lot of people starting small craft cannabis companies. They didn't fit into, at the time the mmp, which didn't allow any edibles. I think

green market is a great way for these underground products to be viewed, showcased and valued. The important thing is that patients have access to them as they aren't available on the market currently.

We were going to do the events until the AMPCR came out in anticipation that it would have edibles. It came out and patients have the right to grow. These products aren't available anywhere else means we can keep going. Until there is access to them and legalization, Green Market will be going.

How are your returning customers vs new customer coming in?

Sarah: In the summer because we had a location we were using, it was easier to come back. Now we are bouncing around a lot. We have a mailing list and people on social media. We have people always bring new as well.

Imagine what
could happen if you eat two?

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Lisa: Our customers come from all different places. Some of them are really passionate about the brands. They follow them on social media and they find out about the event through that. Others are cannabis virgins and they hear about us through Metro. You know people who don't know the difference between Indica and Sativa, they have their first experience at Green Market. I remember there was this older guy and the Alair boys were explaining all the stains and he smelled everyone. I swear he has been back to every single Green Market. It was the first time he had access. It can be this really emotional experience for customers where they connect with all the brands. It's a great way to show off all the innovations that are happening locally.

Favorite memories after these short 9 months?

Sarah: Mine has to be our first one, it was Mother's Day we thought "Oh, everyone is out with their mums." We were feeling kinda silly. It worked out in our favour, we had about 300-400 people show up. I would say right off the bat we saw what people wanted and so there was a lot of inspiration in that.



Lisa: I have so many memories of us sweating up at Hot Box Café this summer. The first market we had after Claudia, we had A Tribe Called Red and Shad

come. That was a good memory. It was a smaller one but the quality of just that small group was so cool.



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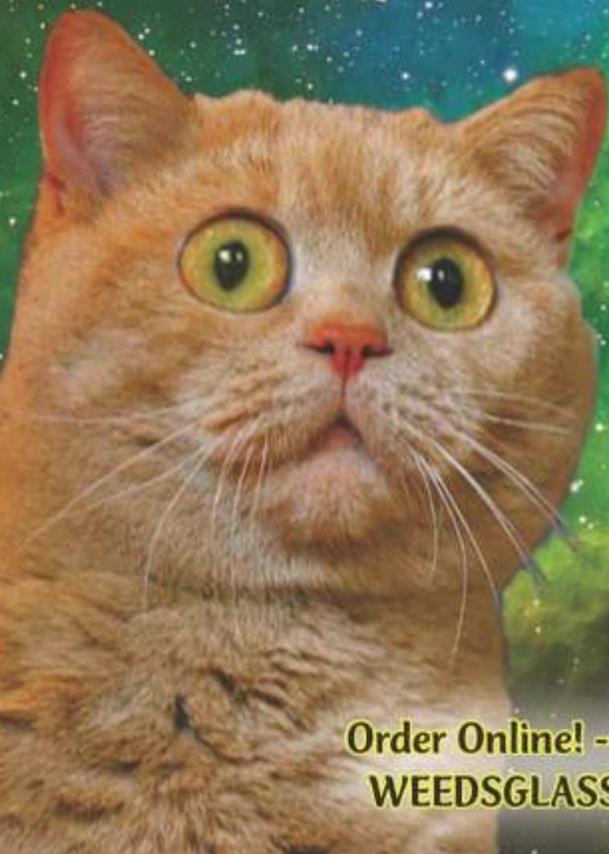
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We thought it super important to chat with one of Green Market TO's success stories. Mary Juanita Edibles has been a main presence and sells out more often than not. We sat down with the owner and baker.

How did you get involved?

I've always had a passion for cooking/baking vegan foods and smoking marijuana for years now. I always wanted to try edibles but I didn't have a lot of selection. It felt like it was a natural progression in life, and decided to try it out, and to challenge myself.

Do you use other formats? did this lead to return customers outside of the market?

Participating the Green Market is great way to market/advertise our company. We also have a Facebook page, Instagram, and Website (Still under development). We've had some success with returning customers with the green market but most of our clients are from word of mouth and marketing through social media.

How is the atmosphere in terms of education for first timers?

Toronto is a beautiful city full of diversity, and free thinking. Those who show up, are very open minded, and receptive to new ideas and thoughts that cannabis can bring to the world in a positive way.



Where do you see yourself in a year?

I see myself expanding to all of Canada. We want to grow as a leading brand in the Vegan Cannabis Industry.

Favorite memory?

Our logo...hands down! We had the hardest time agreeing and finding the right designer for our first logo. Having that in our hands was the first step to making our dreams a reality.

The next Green Market is December 11th 6-11. Tickets available at [Eventbrite.ca](https://www.eventbrite.ca)



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RETAIL CANNABIS TRAINING

The Lift Retail Cannabis Training (RCT) course provides learners with the comprehensive yet accessible body of knowledge needed to properly educate and serve clients in a retail cannabis environment.

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.



ON DEMAND

Learners can start, stop and continue the course whenever it is convenient for them. You will never worry again about hiring back fill staff while employees attend training workshops.



EXPERTLY AUTHORED CURRICULUM

The Retail Cannabis Training course was written by experts, researchers and pioneers in the cannabis industry. With this course, each employee you hire will possess and share the same fundamental knowledge and your customers will receive consistent quality and service delivery.



EFFECTIVE

Our approach to interactive e-learning keeps participants highly engaged, driving knowledge retention and inspiring action.



RETAIL CANNABIS TRAINING COURSE

COURSE DETAILS:

Start Date: On Demand
Course Type: Self-paced
Commitment: 4 hours
(30 days to complete)
Credentials: Certificate
Reporting: Yes
Cost: \$249
(Group discounts available)

COURSE OUTLINE:

Lift's Retail Cannabis Training (RCT) course was developed with the primary aim of making educators out of retail cannabis employees by building a well-rounded knowledge base and fostering the highest standards of client care and service.

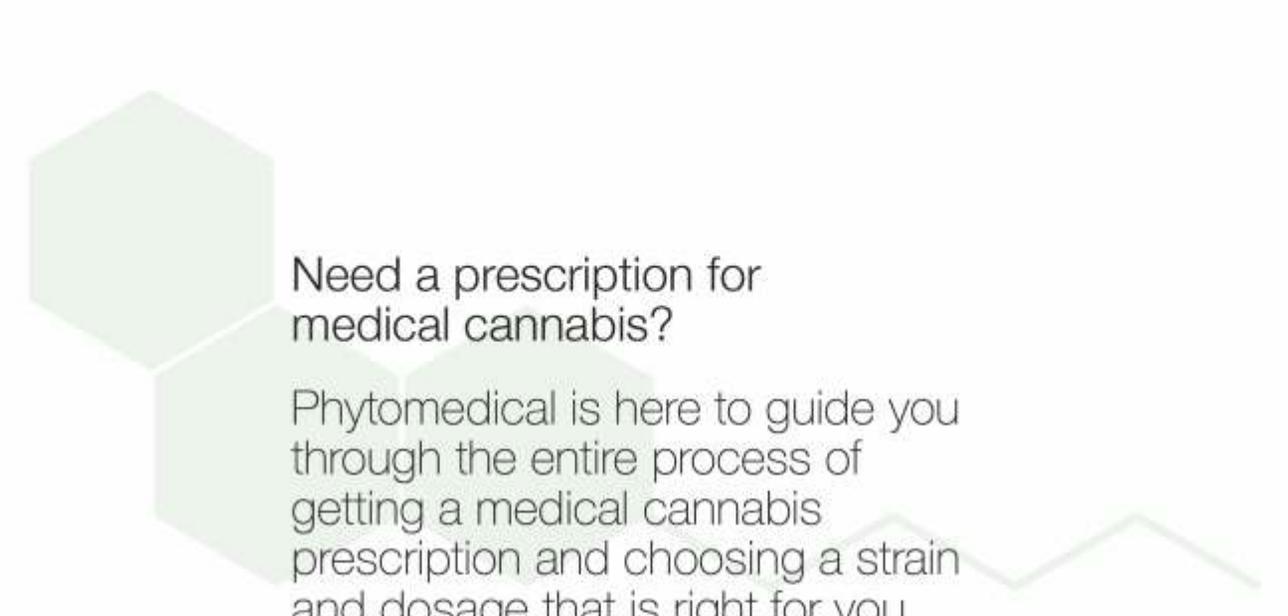
The course covers the history, science, and uses of cannabis; modes of consumption; public health and harm reduction; and compassionate care and customer service best practices. Anyone working in cannabis retail - whether it be medical or recreational - will find significant value.

MODULE 1	MODULE 2	MODULE 3
History of Cannabis: <ol style="list-style-type: none"> Origins of the Cannabis Plant Cannabis and Politics: A Timeline Cannabis and Societal Stigma 	Science of Cannabis: <ol style="list-style-type: none"> Plant Anatomy Plant Genetics Cannabinoids and Terpenes 	Uses of Cannabis: <ol style="list-style-type: none"> Cannabis Uses: Considerations Therapeutic Uses of Cannabis Side Effects and Risks of Cannabis Use
MODULE 4	MODULE 5	MODULE 6
Consumption: <ol style="list-style-type: none"> Cannabis Products Modes of Consumption Cannabis: Doses, Quality Inspection, and Storage Use 	Public Health, Harm Reduction, and Cannabis: <ol style="list-style-type: none"> Signs of Intoxication Harm Reduction and Public Health Concerns 	Compassionate Care and Customer Service: <ol style="list-style-type: none"> Compassionate Care: Honesty and Knowledge Compassionate Care: Conversational Skills Compassionate Care: Personable Skills Health Claims Client and Public Interactions

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LIFE LAYERED

By M.E. Woodside

My mental health has always been a struggle. This fall was hard. There were many nights of instability. My mood and emotions were off the charts. There was a trip in an ambulance. There was a suicide attempt. I hid from my family and friends. I wasn't coping.

Changes were happening all around me. I felt powerless and out of control. There were times I wanted to give up. More pills weren't helping,

I spent a year giving routine a chance. I left thinking the word routine would never be in my life again.



more sessions made me exhausted. Weed wasn't even providing much relief. I needed help, I need a change.

The last few weeks, I've been working on my schedule and routine. My Cognitive Behavioral Therapist recommended we try it. I was ready to try something new.

I've been charting my hourly activities. I rate how depressed and anxious I feel. Patterns emerged after the first few days. I noticed I started living more intentionally, there was some calm that came with that. I wasn't less suicidal or depressed but I understood more how I worked.

When I paid attention to myself, I realized there was better times of the day and week for me. I work better in the evening, I'm more alert midweek. Mondays aren't that bad but Fridays are. I need to eat at least 2 hours after getting up. I sleep better when I don't munch out before bed.

There was more meal planning and so I cooked more. I felt better when I ate knowing that it was planned. I felt accomplished in my goals. I was simply noticing what worked and didn't work for me.

Now I'm scheduling based on my data. I'm doing the important things when I know I will be able to get it done. I do the necessary

things when my attention is peaked. I do the essential things when I have energy to do it with my whole heart.

I didn't think it would work. I've lived in an intentional community based on routine and I didn't thrive. I felt like I was on everyone else's schedule. I spent a year giving routine a chance. I left thinking the word routine would never be in my life again.

What I've been realizing is that this routine is mine. I'm paying attention to what my own needs are. I don't need to



do things when I'm at my lowest. I don't need to set myself up for failure and deal with guilt afterward. There's something so nice in doing scheduling for myself. I'm learning a lot about myself. I see myself in my resting state. I'm watching myself just react and feel. We don't take

enough time in today's society to watch ourselves. I've been watching myself and I've learned 9-5 Monday to Friday isn't for me. I don't do well, I don't thrive. This study on me is so that I can do better. I want to find more peace. I want to do myself justice. I don't want the pain and anxiety.

As I smoke my Scott's OG and think about tomorrow, a Monday, I'm not so overwhelmed. I just need to break it down, one hour at a time. I just need to do what needs to be done, when I'm at my best. When we pay attention to our minds and bodies, when we listen, we can hear it. We do talk to ourselves, we all have those signs. Wellness isn't always easy, hell sometimes it's seems impossible. I am working on it. I am trying. I still grow.

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I CAN'T DO THAT TRUMP WILL CALL ME A DAMN DIRTY HIPPIE.



YOU HAVE TO CULTIVATE YOUR BASE ORGANICALLY

SOME FOLKS ARE INCLINED TO VOTE GREEN, IF YOU KNOW WHAT I MEAN.

I-I'M SO TIRED OF LYING TO MYSELF AND EVERYBODY ELSE....



SOUNDS LIKE SOMEONE NEEDS A BROWNIE.



I CAN GRAB WOMEN BY THE PUSSY, UNLIKE THOSE MEXICAN RAPISTS.

I WAS IN THE SITUATION ROOM WHEN WE CAUGHT OSAMA. IN BEING I SAID "WOMEN'S RIGHTS ARE HUMAN RIGHTS"



SHE CAN'T ANSWER OFF SCRIPT. SHE'S A ROBOT. SHE HAS A CHIP

I'LL PROVE IT TO YOU RIGH NOW. I HAVE THE BEST RUSSIAN HACKERS READY TO ERASE HER CHIP.



MY FELLOW AMERICANS. I HAVE A CONFESSION TO MAKE...



...IT'S TRUE...

...WHEN BILL SMOKE, HE DIDN'T INHALE, BUT WHEN HE PASSED THAT JOINT TO ME, I SURE DID! YOU KNOW WHAT I MEAN, FOLKS?



I GUESS, THAT STRAIN JUST WASN'T STRONG ENOUGH, JAMES...



I CAN'T BELIEVE IT'S NOT GONNA BE ME!

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LEO (July 24 - Aug. 23):

Let matters develop at their own pace today, especially on the work front where things are moving so fast that there is no point in trying to change them. Just keep an eye on what happens and be ready to act when the time is right.



VIRGO (Aug. 24 - Sept. 23):

Someone may try to persuade you that a certain course of action is in your interests but you have your doubts. Listen to your instincts and act on what they tell you. Better still, don't act at all – doing nothing is the best policy by far.



LIBRA (Sept. 24 - Oct. 23):

There may be all sorts of exciting things going on in your social environment but you must ignore them all and focus on getting a family matter sorted. Let loved ones know it's time to draw a line under a long-running feud.



SCORPIO (Oct. 24 - Nov. 22):

Someone you work or do business with will disagree with your plans today but there is no way you are going to change them. Smile sweetly and tell them you understand their concerns – then carry on exactly the same as before.



SAGITTARIUS (Nov. 23 - Dec. 21):

Do you give a colleague your support and risk falling out with someone in authority? Or do you side with the powers that be and risk losing a friend? Only you can decide but it's got to be one or the other. You can't fudge the issue. Take five with your pipe of choice and think about it.



CAPRICORN (Dec. 22 - Jan. 20):

The new moon on the day after the Sun moves into your birth sign – will do wonders for your courage and confidence. Between now and then though you are advised to keep a low profile. Save your energy for when it is most needed – rolling jays for the holidays.



AQUARIUS (Jan. 21 - Feb. 19):

Focus on something of a creative or artistic nature today, preferably something that you can do on your own. You may be sociable by nature but sometimes you need to spend time alone rolling your own to get the best from your abilities.



PISCES (Feb. 20 - Mar. 20):

You won't find it hard to persuade partners and colleagues to follow your lead today and step outside to toke but make sure it is persuade – not force. If you push others in directions they don't want to go they will drag their feet and kick up an embarrassing fuss. Some people just want to vape.

LOVE, LIFE AND CANNABIS.
GROW ON



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ARIES (March 21 - April 20):

You may be in a charitable mood at the moment but don't get carried away and give away too much of your stash. Your luck is certainly changing for the better but you still need to make sure you have enough in reserve to cover unforeseen setbacks.



TAURUS (April 21 - May 21):

Go with the flow, even though you may not be able to see where it is taking you. What happens over the next few weeks and over the holidays may be unsettling but the planets promise you will do very well out of the changes that take place.



GEMINI (May 22 - June 21):

This is a time of major changes for you, especially on an inner level. Those changes will accelerate considerably over the holidays, so treat yourself gently, blaze as often as you can and get plenty of rest. You will most likely need it!



CANCER (June 22 - July 23):

There is no point starting a fight you know you cannot win. For some strange reason you feel you must prove yourself to the world, but that simply is not true. Besides, what does it prove if you end up flat on your back?



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