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ISSUE 77

HIGH! CANADA MAGAZINE

CANADA'S LEGAL CANNABIS CULTURE MAGAZINE



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AND THE CANNABIS COUNCIL OF CANADA
LEAD THE CHARGE FOR CHANGE IN OTTAWA

VIVO CANNABIS

CHANGING LIVES WITH CANNABIS SUBSTITUTION
ON VANCOUVER'S DOWNTOWN EAST SIDE

REMEMBERING ANTHONY RUMBLE
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With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial lineup, and they're post-publication review of each issue is an invaluable in maintaining our more than six year reputation as Canada's most trusted cannabis health and wellness resource.

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HIGH! CANADA MAGAZINE

I S S U E 7 7

Driven by a balanced approach to ensuring responsible cannabis choices and creating positive cannabis experiences for Canadians, HCM strives to inform and educate our readers. HCM is not responsible for the actions, services or quality of the products and services represented within or reported on.

All material presented is intended for a mature 19+ audience and is intended for entertainment, educational and informational purposes only.

For more information on medicinal cannabis, please speak to your family Doctor.

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WHY THE CANADIAN CANNABIS INDUSTRY NEEDS TO CHANGE & OTHER FUN HOLIDAY THOUGHTS

The holidays are nearly here, As is the end of this strange and baffling year that was 2022.

On behalf of our entire High! Canada Magazine team - scattered across this amazing country of ours - I would love to wish you a Happy holiday season and may your journey into 2023 be peaceful and full of friendship and love and family.

We are pretty excited to attend the upcoming Lift&Co Expo in Vancouver in January and so incredibly hyped to be a part of the Canadian Cannabis Cup happening in May, 2023 in Edmonton, Alberta.

Happy New Year Canada!

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this historic measure,” said CFCR Board Chair, Sheri Orlowitz. “Passage of this bill will accelerate medical research into the risks and therapeutic benefits of this complex plant and its derivatives and ensure that physicians can discuss marijuana and CBD use with their patients.

“Without reservation, CFCR looks forward to working with the Biden Administration as it implements this important new law.”

Passage of this legislation is a major step forward in federal regulatory policy with respect to cannabis. CFCR Executive Director Deborah Johnson explained, “As the Biden Administration considers whether to change the Schedule I status of marijuana under the Controlled Substances Act of 1970 (CSA), it is crucial that federal regulators have available sufficient scientific evidence to inform the most appropriate classification for cannabis, if any is needed under the Controlled Substances Act. While the 2018 Farm Bill made important strides by de-scheduling cannabidiol (CBD), CBD is only one of more than 100 cannabinoids that scientists have identified in the marijuana plant, along with tetrahydrocannabinol (THC), the cannabinoid associated with intoxicating effects.”

In addition to the numerous cannabinoids found in the plant, scientists have identified a broad range of other chemical substances such as flavonoids and terpenes. “CFCR’s scientific experts have been working to advance regulators’ understanding of the risks and benefits of cannabis, and we’re

Council for Federal Cannabis Regulation (CFCR) Praises Enactment of the The Medical Marijuana and Cannabidiol Research Expansion Act Signed into Law in the USA by President Biden

Passage Will Accelerate Much-Needed Research on the Therapeutic Benefits and Potential Risks To Public Health and Safety, Advancing the Goal of Establishing a Well-Regulated Pathway Forward for the Cannabis Industry

The Council for Federal Cannabis Regulation (CFCR) today issued a statement widely applauding the enactment of the new “Medical Marijuana and Cannabidiol Research Expansion Act,” H.R. 8454, signed into law by President Biden on December 2, 2022

“On behalf of 16 partner organizations, each of which is committed to various forms of research in their ongoing battles against life threatening and debilitating ailments, we congratulate Senators Dianne Feinstein (D-CA), Chuck Grassley (R-IA), and Brian Schatz (D-HI), and Representatives Earl Blumenauer (D-OR) and Andy Harris (R-MD) for their bipartisan leadership in securing Congressional passage of

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NEWS YOU MAY HAVE MISSED



incredibly pleased by the passage of legislation that will expedite much-needed research that can benefit patients throughout the country.”

Despite the fact that millions of people with disabilities and chronic conditions worldwide use medical cannabis to treat their symptoms, it’s common knowledge that both the risks and benefits vary greatly depending on the both the nature of the product they consume and conditions they seek to treat. “This bill will facilitate long-overdue domestic research into the potential therapeutic benefits and harms of medical cannabis,” Johnson said.

CFCR supports breaking down the barriers to research to help the world better understand the potential therapeutic benefits of medical cannabis as well as potential risks. This will allow research institutions to manufacture, obtain, store, process, and dispense cannabis for academic purposes on a more expeditious basis and without risking federal funding. It will also allow them to conduct research on a wider range of cannabis, and encourages DEA to register more growers and increase efforts to ensure that researchers have an adequate and uninterrupted supply of marijuana for studies and clinical trials .. Finally, the bill clarifies that physicians can discuss the potential harms and benefits of cannabis with their patients without violating the Controlled Substances Act.

In addition to CFCR, organizations that supported these reforms to federal law governing cannabis research s included the Epilepsy Foundation, the American Academy of Neurology, the American Heart Association, the Autistic Self Advocacy Network, the Autistic Women & Nonbinary Network, the Brain Injury Association of America, the Hemophilia Federation of America, the Lupus Foundation of America, the National Eczema Association, the National Multiple Sclerosis Society, the National Organization for Tardive Dyskinesia, the National Psoriasis Foundation, Research!America, The Arc of the United States and The Michael J. Fox Foundation for Parkinson's Research.

For additional information, please visit uscfcf.org.

ABOUT CFCR

The Council for Federal Cannabis Regulation (CFCR) is 501(c)(3) non-profit based in Washington, DC. The mission of CFCR is to assist the government, and specifically federal regulatory agencies, to rethink, develop, and implement evidence-based cannabis regulations. Our overarching goal is the destigmatization, normalization, and legitimization of cannabis on behalf of consumers, the professions, organizations, and businesses who support and serve them. We do this by serving as a conduit for informed scientific research, inclusive education, and by mainstreaming the best practices that enable the industry to maximize its potential. For additional information please visit www.uscfcf.org and follow us on social media @USCFCR.



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**HIGH! CANADA
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SPECIAL FEATURE:
STANDING UP FOR
CANNABIS IN CANADA
IN OTTAWA**

**CANNABIS COUNCIL OF CANADA CALLS FOR
'IMMEDIATE FINANCIAL RELIEF' FOR LEGAL CANNABIS INDUSTRY**

High! Canada Magazine attended the last two Grass on the Hill events in Ottawa where the Cannabis Council of Canada brought together licence holders from across Canada to learn to work in conjunction and co-operation with the governmental decision makers in Parliament...

The Cannabis Council of Canada (C3) has called on the

federal government to provide “immediate financial relief” for the legal cannabis industry and end the “stigmatization” of legal cannabis that allegedly limits progress on the key public health aims of legalization.

On September 22, Health Canada announced the launch of the legislative review of the Cannabis Act. It invited interested individuals and



Organizations to read the engagement paper “Taking Stock of Progress: Cannabis Legalization and Regulation in Canada” and share their views through an online questionnaire or written feedback until November 21. The review mandate is to examine the social and environmental effects of the Cannabis Act, the impact of the legalization and regulation of medical cannabis and the impact on racialized communities and women. On Nov. 23, the Ontario Cannabis Store released a discussion paper that provides recommendations to Health Canada's review of cannabis legislation.

One recommendation is that the agency "reconsider product packaging rules to create a more

sustainable environmental footprint for the legal cannabis industry."

Before the review was fully constituted, George Smitherman, former Ontario health minister and CEO of the Cannabis Council of Canada, was in Ottawa in October to meet MPs and officials. C3 confirmed that it submitted a response to the legislative review to urge the federal and provincial governments to deal with the financial viability of current market participants. It called for the government to address the “unpredictably aggressive” excise tax and provincial distributor mark-ups and implement a moratorium on regulatory fees imposed by Health Canada. Minister of



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GRASS ON THE HILL - OCTOBER 2022



Mental Health and Addictions Carolyn Bennett said in mid-September that the review would help government officials readjust the law to meet Canadians' needs, hearing from the public, government, Indigenous groups, youth, cannabis industry representatives and medical cannabis users. The panel will also hear from experts in public health, substance abuse, law enforcement and health care.



“As the world leader in cannabis legalization, Canada is positioned to revisit its financial and regulatory approach to legal cannabis as planned,” C3 CEO and president George Smitherman said.

“When cannabis legalization was conceived in legislation, the precautionary principle was applied deliberately and, in many cases, arbitrarily in ways so risk averse that they have contributed to re-stigmatization, and frequently confounded the objective of competing with and

eliminating the illicit market, one of legalization’s key public health objectives.”

According to C3, while the current framework has been “a financial success” for governments and provincial monopoly distributors who apply mark-ups, it has also been “a bloodbath” for investors of all sizes within Health Canada’s licensed producers and processors framework.

It also noted that highly regulated and taxed licensed players, often including retailers, “are in a crisis” because of “unbridled competition from an illicit market that does not pay taxes, openly markets and sells unregulated cannabis to minors, and seemingly attracts very little enforcement interest.”

“The time has come for our governments to acknowledge Canadians’ support for legal cannabis and to tear down the walls that prohibit consumers from accessing the information they need to make informed choices about cannabis,” Smitherman said.

C3 noted that its submission contains 37 recommended measures to minimize harm to protect Canadians, promote education and awareness to support informed choices, create progress towards establishing a



responsible supply chain, protect public safety, increase access to cannabis for medical purposes, and most importantly, reduce the “stigmatization” of legal cannabis. Some of them include the following:

Revising the approach to cannabis taxation, mark-ups, and fees to ensure that legal providers are financially sustainable while competing with the illicit cannabis industry;

Increasing the nature and availability of consumer-focused information about cannabis products;

Enforcing the laws on the illicit cannabis industry’s “brazen use of the Internet” to openly market and sell cannabis to Canadians;

Allowing cannabis companies to build brands to help attract the

illicit cannabis consumer into the legal market;

Revising the cannabis retail experience to support informed consumer choices;

Increasing the 10 mg tetrahydrocannabinol (THC) limit on cannabis edibles to allow legal edible products to meet market demand, replace illicit edibles, and protect children from “copycat illegal edibles mimicking candy”;

Allowing patients to access “untaxed” medical cannabis in pharmacy settings so that patients can benefit from practitioner oversight and including medical cannabis in any future reforms to medical insurance coverage and upcoming “pharmacare” program.

“While the Cannabis Act Review is welcomed by C3, it is incumbent upon the Government of Canada to acknowledge the financial crisis facing Health Canada licensed producers and processors and to make immediate changes that will create a sustainable environment for Canada’s legal cannabis industry,” Smitherman said. “We cannot wait for the outcome of the legislative review process for action from the governments.”

The members of the review panel are heavily weighted towards a health perspective. One of the main objects of the review is assessing impacts on public health. The effects on youth are specifically highlighted. Morris Rosenberg, the former deputy minister of justice, will chair the expert panel. The panel will provide independent, expert advice to both ministers on progress made towards achieving the Act's objectives and help identify potential areas for improving the functioning of the legislation.

The ministers have taken a number of factors, such as geography, expertise, and demographic representation, into consideration when making their selection. They have carefully selected individuals who represent Canada's diversity, and collectively hold significant public sector experience, expertise in public health and justice, and

experience engaging with Indigenous communities and organizations.

The expert panel, chaired by Mr. Rosenberg, say they will lead a credible and inclusive review with the following members:

Dr. Oyedeji Ayonrinde
Dr. Patricia J. Conrod
Lynda L. Levesque
Dr. Peter Selby

The ministers have mandated the Expert Panel to engage with the public, governments, Indigenous peoples, youth, marginalized and racialized communities, cannabis industry representatives, and people who access cannabis for medical purposes, to gather their perspectives on the implementation and administration of the Cannabis Act. The independent Expert Panel is also expected to meet and consult with experts in relevant fields, including, but not limited to, public health, substance use, criminal justice, law enforcement, Indigenous governance and rights and health care.

To help inform the Panel's work, Health Canada has extended their online engagement process for Indigenous peoples. First Nations, Inuit, and Métis

peoples are invited to read and provide feedback on the Summary from Engagement with First Nations, Inuit and Métis Peoples: The Cannabis Act and its Impacts, which is open until January 15, 2023.

Quotes

"The Expert Panel will provide us with an independent, inclusive and evidence-informed review of the Cannabis Act and its economic, social, and environmental impacts, as well as the progress that's been made displacing the illicit cannabis market. We welcome the Expert Panel members and look forward to reviewing their findings to help address the ongoing and emerging needs of Canadians while protecting their health and safety."

The Honourable
Jean-Yves Duclos
Minister of Health

"The Cannabis Act has been instrumental in our efforts to protect youth from accessing cannabis, displacing the illegal market, and providing adult consumers with access to a safe supply of cannabis, but there's more work to do. We congratulate the new members of the Expert Panel, and look forward to their work assessing our progress in meeting the goals of the Act and guiding our next steps."

The Honourable Carolyn Bennett
Minister of Mental Health and
Addictions and Associate Minister
of Health



"It's my great pleasure to begin working with the members of the Expert Panel. Each member brings a wealth of experience and knowledge, which will be essential as we conduct a thorough, independent review of the Cannabis Act."

Morris Rosenberg
Chair of the Expert Panel

The Act requires the Minister of Health to conduct a review of the legislation, its administration, and operation three years after coming into force, and for the Minister to table a report on this review in both Houses of Parliament 18 months after the review begins.

- The legislative review will assess the progress made towards achieving the Act's objectives, and will evaluate:
- Impacts on young persons;
- Progress towards providing adults with access to strictly regulated, lower risk, legal cannabis products;

- Progress made in deterring criminal activity and displacing the illicit cannabis market;
- Impacts of legalization and regulation on access to cannabis for medical purposes;
- Impacts on First Nations, Inuit, and Métis Peoples and communities; and
- Trends and impact of home cultivation of cannabis for non-medical purposes.

The Panel will broaden that focus to include:

- Economic, social and environmental impacts of the Act;
- Impacts on racialized communities, and women who might be at greater risk of harm or face greater barriers to participation in the legal industry based on identity or socio-economic factors.

For further information: Guillaume Bertrand, Senior Communications Advisor and Press Secretary, Office of the Honourable Jean-Yves Duclos, Minister of Health, 613-957-0200; Maja Staka, Press Secretary, Office of the Honourable Carolyn Bennett, Minister of Mental Health and Addictions and Associate Minister of Health, 343-552-5568; Public Inquiries: 613-957-2991, 1-866-225-0709; Media Relations, Health Canada, 613-957-2983, media@hc-sc.gc.ca

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MAJOUN: THE ORIGINAL EDIBLE

By Erik Fletcher, Financial Editor, High Canada Magazine



This is the first in a series of articles focused on profiling entrepreneurs and innovators in the cannabis space, sharing their journey of navigating the regulatory landscape and overcoming the various challenges faced by small businesses operating in a tightly regulated industry.

For over 1000 years cultures across the Middle East and Northern

Africa have consumed cannabis in the form of majoun – a confection typically comprised of dates, nuts, and spices combined with hashish. As the traditional recipe travelled throughout the region for centuries, indigenous peoples from various tribes and populations incorporated this treat into their spiritual and recreational practices. It was not until the late 1950s when Americans including authors

William S. Burroughs and Alice B. Toklas discovered the delicacy and helped introduce cannabis edibles to western audiences in the form of ‘hashish fudge’ which eventually led to brownies and the vast selection of edibles we enjoy to this day.

Fast forward to the 21st century. Manal Khader’s cannabis journey began in much the same way as many young Canadians. While studying political science as an undergraduate student at McMaster University in the early 2000s, Khader first discovered cannabis as a means of helping her overcome anxiety and insomnia. Encouraged by the effectiveness of this remedy and taking inspiration from her own cultural background, Manal started experimenting with new ways to consume cannabis and decided to try her hand at recreating traditional recipes for majoun.

After graduating, Manal went on to eventually accept a role as Entrepreneurship Program Manager at Toronto Metropolitan (formerly Ryerson) University’s Diversity Institute. Despite working to support young entrepreneurs on a daily basis, she never imagined that she would someday become one herself. Upon reflection, she now credits the students she works with for helping to inspire her to launch her own venture.

Following Canada’s legalization of adult-use cannabis in 2018 and the subsequent inclusion of extracts, edibles, and topicals in the Cannabis Act, Khader had an idea. Discouraged by the initial lack of variety in edible products available, she wondered if there might be an opportunity to

introduce Canadians to the majoun recipes she had been hand-crafting at home since her university days.

“Not everyone enjoys eating overly sweet, mass-produced candies and baked goods. Consumers like myself who seek a more sophisticated experience and prefer natural, health-conscious snacks have very few options available to us. This is something I hope to change by bringing Majoun to market and helping Canadians share in the knowledge and history of edibles.” – Manal Khader

Majoun officially launched in April 2021 and like any start-up venture, it began as a simple idea with the vision to become something greater. Khader discovered early on just how difficult it is to be a cannabis entrepreneur in Canada.

In addition to navigating the complexities of the Cannabis Act and the multitude of regulations surrounding the use of a controlled substance, choosing the right partner to manufacture Majoun also proved to be a challenge. Although it would have been preferable for Khader to directly handle production herself, the considerable barriers to entry for a small business such as hers to obtain a license to process cannabis meant that this option was not viable.

Additionally, since nuts are a vital ingredient in the Majoun recipe, many of the license holders she approached were unable to

accommodate her due to concerns of nut allergy risks from cross-contamination of their other products.

Another challenge faced by Khader during the early stages of starting her company was making the right connections within the industry. In the spring of 2022, she decided to take a chance and rent a small booth at the Toronto Lift Expo. Without having the resources of much larger, established brands, she was able to successfully design and decorate her booth - in true entrepreneurial fashion - using furniture and items borrowed from her own living room. The event proved to be a success, with plenty of opportunities to build her network with people who could help take the business to the next level.

In the months that followed, Khadar was able to successfully negotiate a production contract, establish a supply chain, develop packaging, and begin to build the relationships necessary to take Majoun to market. In October 2022, after a year and a half of hard work (in addition to her day job as well as the completion of a Masters Degree in Management, Innovation, and Entrepreneurship from Queens University) Manal was finally ready to announce the launch of Majoun. Unfortunately, an error in the needlessly convoluted process of submitting their products to the Ontario Cannabis Store (OCS) meant that their original November launch date would now be pushed back another six months. Nevertheless, Manal and her team remain undeterred and are optimistic that by spring 2023 Majoun will be available

to consumers across Ontario, with plans to expand across Canada and – eventually - worldwide.

Initially, Majoun will be sold in two unique flavors, Desert Rose and Moroccan Gold, both of which are made with high-quality, vegan, and gluten free ingredients. With the launch of her product next year Ms. Khader hopes to redefine how cannabis products are perceived and create a more elevated adult experience.



About the Author:

Erik Fletcher has been an entrepreneur for over 20 years and was the co-founder and Chief Marketing Officer of one of Canada's first licensed cannabis producers. He currently works as a consultant through his agency (Arrowsmith) to support business development and marketing activities in addition to volunteering as a mentor for young entrepreneurs.

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CANNABIS

STEPS UP IN OTTAWA FOR VANCOUVER'S DOWNTOWN EAST SIDE

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Carole Chan, VIVO Cannabis®, Chief Commercial & People Officer speaking at the Grass on the Hill event in Ottawa about the focus of its business activities on the medical market. In July, the Company entered into a supply agreement with High Hopes Foundation to provide safe and legal quality medical cannabis to patients in Vancouver's Downtown East Side (DTES) through the Overdose Prevention Society as part of a cannabis harm reduction program.

Vivo Cannabis® has provided educational consultants and medical cannabis care in over 200,000 patient interactions through its clinics since 2017. Canna Farms' best-in-class, award-winning, Patient Care Team has been providing patient services since 2014 and has first-hand expertise in product selection and patient support. With patient-centricity at its core, in 2022 HMED launched several new educational programs for both patients and healthcare professionals.

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There are currently over 10 brands and 100 curated products offered on the Canna Farms medical platform.

VIVO Cannabis® is recognized for trusted, quality medical cannabis products and services. It holds production, sales and research licences from Health Canada and operates world-class indoor cultivation facilities. VIVO has a collection of brands, each targeting different customer segments, including Canna Farms™, Beacon Medical®, Fireside™, and Lumina™. Harvest Medicine™, VIVO's patient-centric network of medical cannabis clinics, has serviced over 200,000 patient visits. VIVO focuses its international efforts on Germany and Australia.

For more information visit:
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&
Stay Safe**



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COLLECTIVE

A black and white, close-up portrait of a man's face and shoulder. The man has a serious expression and is looking slightly to the left. His skin is dark, and his hair is short. The lighting is dramatic, highlighting the contours of his face and the texture of his skin. The background is dark and out of focus.

IN MEMORY
ANTHONY JOHNSON
1984 - 2022

IT IS WITH GREAT SADNESS WE ACKNOWLEDGE
THE PASSING OF ANTHONY "RUMBLE" JOHNSON.
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CONDOLENCES TO HIS FAMILY AND FRIENDS
DURING THIS DIFFICULT TIME.



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SPECIAL FEATURE
'THE LOSS OF A LEGEND'

**REMEMBERING ANTHONY RUMBLE
A CANNABIS CHAMPION TAKEN TOO SOON**

Anthony "Rumble" Johnson, an MMA light heavyweight fighter who went 23-6 in his career, has died. He was a friend to cannabis and to the entire Cannabis movement and firmly believed in the power of the plant. He was 38.

Bellator MMA announced Johnson's death on social media recently. A Bellator spokesperson said Johnson had been ill for more than a year. "The BELLATOR family is devastated by his untimely passing and we send our condolences to his family and friends during this difficult time," the announcement said.

During his career, Johnson had 17 knockouts and six decisions. His last fight was in May 2021. Johnson fought in the UFC from 2007 to 2017, most notably losing twice to Cormier in light heavyweight title bouts. Johnson competed in three weight classes for the UFC and established a reputation as a powerful puncher and a fan favorite for his aggressive, striking-based approach in MMA.

Johnson retired in 2017 from the UFC after his second title loss to Cormier, but he returned to competition with Bellator for one bout in 2021 before his health problems worsened.

Long time friend Paul Bernier, CEO of Healthview Pharms, had this to say about the terrible loss felt around the world.

"He gave the world of himself to his family, friends and will be sadly missed forever"



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HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

Hello neighbor, and welcome.

The gales of November have yet to arrive at Pajama Flats, though the trees are by now nearly naked in these parts. As usual, the joy of growing my own indoors leaves plenty of reasons to crow about it.

Meanwhile, out there, in the great beyond we all call home, plenty of storms continue brewing for the legal cannabis industry.

In far off Ottawa, a long overdue review of the rules governing the business in Canada is at last underway. Though more than a year late, the hope is that our federal government will not only look at but change many of those responsible for kneecapping it to date.

Unfortunately, from the elevated vantage point of distant Pajama Flats, what I've so far seen looks more like another government sponsored smoke screen thrown up for the benefit of corporate cannabis. This latest is to distract voters while the corporation's line up, like pigs at a trough, to grab more handouts. At the same time, they work with the people we elected to make sure small business won't get a place at the industry table.

In other words, despite the Sturm und Drang, when the review is complete, the status quo surely will remain.

But it's not all doom and gloom in the world of weed. And because the provincial courts are dragging their feet before passing judgement on the latest legal challenges to the few remaining bans on growing at home, I'm letting you know about a few of the benefits we've already achieved.



So, here we go.

Of course, for selfish me, the right to grow at home is numero uno when it comes to good things made possible by legalization. As a medical patient, I've been growing since before that because the MMAR passed in 2001 made it legal for me to do so.

Like everyone else, I needed a license to do it legally before 2018. Nowadays, many adults in Canada can grow four of their own cannabis plants at home for private use. Whether for medical purposes or fun, it's now legal for most home-owning adults to grow their own up here.

For me, that's as big a deal as there is.

But for others, the bottom line is what matters.



So, for them, I'll point out these facts. The latest government reports show legal weed has added \$43.5 Billion and 151,000 jobs to Canada's economy since 2018. For the amateur economists in the crowd, it's worth knowing that for every \$1 spent on legal weed in Canada, the industry adds \$1.09 to the country's GDP.

Not only that, but for each one million dollars spent on or invested in the industry, eight new jobs are created in Canada.

For all of us living here, that's a great deal.

There are some, however, who worry over negative societal effects driven by the demon weed.

Well, to them I'll point out the latest info published by Stats Canada, the official government mouthpiece for things like that. Where they claim that usage rates for weed have either stayed about the same among adults or gone down among young people.

For rational thinking people worldwide, that's the biggest deal.

Not only that, but in other late-breaking news, the sky isn't falling, chicken little.

Because, after all the money is spent and the jobs have become routine, what we'll have left is a society further committed to the rule of law, fact-based government, and personal freedom.

Here's why. What we're doing with legal weed up here is much like our democracy. It's an experiment in taking better care of each other. And our choice of a rules-based, science-guided, freedom-focused way to make a once-outlawed, but largely benign substance legal is the model on which the rest of the world will base theirs.

So, despite what you've been told, what we're doing today is changing the world both here at home and everywhere else.

Now, for selfish me, I think that's a lot more important than anything else. I also believe it should be for you, too. And because I write a magazine column and you don't, I get to share my opinion.

That's right, chicken little, you can change the world.

With patience, commitment, and hard work.

One day, Canada's approach to making weed legal may be shown as less effective than those that come later. As a result, some will then point fingers of outrage and consternation, decrying what we here together did and how and why it was done.

But when that day comes, they will by then have enjoyed many years of benefits accrued by the industry birthed by making the so-called demon weed legal. While here at home, sensible folk will be growing their own and wondering why all the crazy people made such a fuss about it.

So, to the world's legal weed warriors, I send a personal thank you for your hard work and dedication. You changed the world. And because of that, me, and everyone else, now, and hopefully forever, enjoy all kinds of good things because of it.

I don't know about you, but I think that's worth celebrating.

And so, on each of them, I dedicate the day's first bowl to all of you. While also sending along my thanks for keeping up this best of all possible fights.

But this month's issue of HCM is devoted to remembrance of all those who have and continue to sacrifice their lives for ours, in defence of freedom and democracy everywhere. So, along with everyone on the team, I send my grateful acknowledgement of and for your sacrifice on behalf of myself and my family.

See, I'm a kid born on the cusp. A product of an obscure point in spacetime between generations, where the hold on

one set of ideas fractures, giving way to the allure of new ways of looking at things. There, between the Boomers and Generation X, my dad, a combat veteran of WWII, with my mom, started their family.

I know, I know, I'm nearly old as dirt, or cable TV.

My dad was a staunch democratist who believed in the rightness of one-person, one-vote. He was a man with the courage of his convictions who put his life on the line to prove it on the battlefields of Europe, too. An eighth generation descendent of one of Canada's first Metis families, he fought so we here, and those unknown people far away then living under the chains of fascism, could have a democratic say in living free.

Inspired by those who went before, their generation's sacrifice inspired those of the women and men that came after and who continue to fight to keep freedom safe today. To each and all of them, we and us owe everything.

Thank you. Because of you, here in Canada we sleep each night in peace and freedom. We shall always remember. We shall never forget.

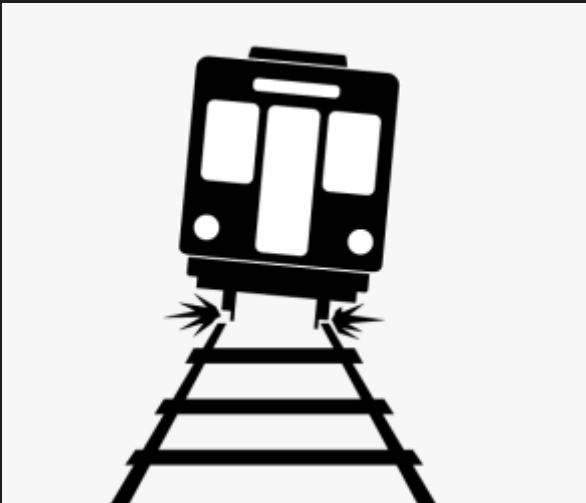
Not only that, but we must remember that each of us, as citizens of a free country, also owe a debt to protect it. Because nowadays, there are extremists, who, as members and leaders of certain major political parties, work at all levels of government to undermine our freedom here at home.

The new extremist leaders of these old parties spread lies and misinformation. And deny the facts of both science and decency, to support a bigoted view of the world. While preaching a morally bankrupt rhetoric steeped in fascism, fear, and division, that denies the facts of history.

They speak to a minority within our society, determined to return the world, and all of us living in it, to the world's dark ages. Where tyrants dictate and people live in dull ignorance, trapped in intellectual Gulags and racial Ghettos. These reactionary minds demand all of us, along with them, be forever imprisoned.

More than all else, these folks most fear any form of societal progress and racial freedom, which doesn't directly benefit them or those who think the same way.

We, that is; everyone who claims to believe in the moral and ethical principles of democracy and freedom must stop the extremism now attempting to derail our society. And our system of one-person, one-vote, despite countless attempts to subvert it, remains the instrument by which these precious values are best preserved.



So, we too must stand and speak on its behalf. For the sake of the women and men in uniform who each day defend us. Because while they're out there defending democracy and freedom, ethically and morally bankrupt extremists, disguised as conservative political leaders, spread fear and division here at home.

I hope you'll join me, at a ballot box near you, in defense of freedom and democracy. And here's to one day achieving a win that's good for all of us in society, everywhere.



Until then, smoke 'em if you got 'em, and happy growing.

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Holidays
Canada!*



*xoxoxo
with love...
The Fit Lanna
Momma*

Cocanna Bars for the Holidays

PREP

- One big mixing bowl for the shredded coconut and condensed milk.
 - Add the milk in 1/4 at a time and mix well.
 - Add your choice of Canna distillate at this time and mix until fully combined.
 - One baking dish. 5x7 works perfectly.
 - Transfer coconut mixture to baking dish lined with parchment paper.
 - Press mixture evenly into the dish.
 - Cover and freeze for 1 hour (minimum)
 - Once cooled, cut into strips and bars, as thick or thin as desired.
 - Melt chocolate of choice in microwaveable bowl
 - Dip and cover each piece fully in chocolate and transfer to baking sheet lined with parchment paper.
 - Refrigerate to set the bars for 12mins (minimum)
- Share them with your favorite canna people over the holidayz or eat them at your own leisure.



Cocanna Bars

Ingredients:

Unsweetened coconut
(shredded) • 2 1/2 cups

Condensed milk

• 1 cup

-Dark/White chocolate

•250g

sprinkles optional



Condensed milk is high in sugar and high in fat but the flavor combo is intensely delicious plus the density of each bite will satiate your sweet tooth without going overboard..unless you want to, and in that case, go at it!

.....

A recipe preview from
The Fit Canna Mama's 'Coconuts & Cannabis' book.
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