



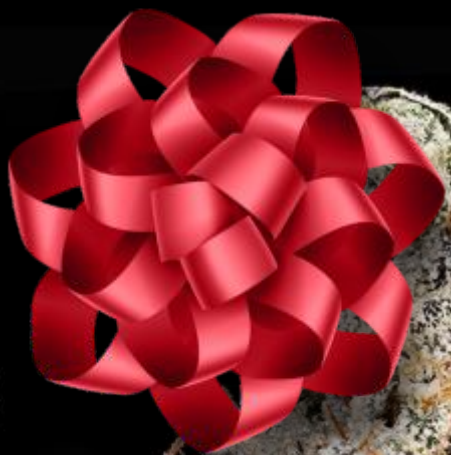
# HCM

CANADA'S LEGAL CANNABIS  
CULTURE MAGAZINE



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to help us maintain the editorial excellence and integrity of our publication, we have assembled a qualified Council of dedicated experts and innovators and natural health and cannabis to serve on HCM's Editorial Advisory Board:

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.

Every effort is made to ensure that the majority of advertised products will be available for sale in Canada.

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# HCM

I S S U E 6 7

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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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CANADA'S LEGAL CANNABIS  
CULTURE MAGAZINE

# THE CANNABIS ACT AND CANNABIS REGULATIONS — PROMOTION PROHIBITIONS

This document is provided for informational purposes. The reader is encouraged to consult the *Cannabis Act* and the applicable regulations, available at [<http://laws-lois.justice.gc.ca/eng/acts/C-24.5/> and <http://www.gazette.gc.ca/rp-pr/p2/2019/2019-06-26/html/sor-dors206-eng.html>]. In the event of any discrepancy between the legislation and this document, the legislation shall prevail. The reader is also encouraged to consult any other legislation that may apply to them or their activities, such as any applicable federal, provincial or territorial legislation.

Health Canada reserves the right to modify this document as appropriate and without notice.

Prohibitions included in this document pertaining to Part 6.1 of the *Cannabis Regulations* came into effect on October 17, 2019. Other prohibitions referenced came into force on October 17, 2018.

## WHAT PROMOTION CAN BE PERMITTED?

The *Cannabis Act* contains exceptions that provide limited authorizations for the promotion of cannabis and cannabis accessories and services related to cannabis by certain persons in specific circumstances, subject to the applicable prohibitions listed above and any other applicable prohibitions, including those set out in Part 6.1 of the *Cannabis Regulations*.

### 1. Informational promotion or brand-preference promotion

**Informational promotion** means a promotion by which factual information is provided to the consumer about

- (a) cannabis or its characteristics;
- (b) a cannabis accessory or its characteristics;
- (c) a service related to cannabis; or
- (d) the availability or price of cannabis, a cannabis accessory or a service related to cannabis.

*Cannabis Act*

**Brand-preference promotion** means promotion of cannabis by means of its brand characteristics, promotion of a cannabis accessory by means of its brand characteristics or promotion of a service related to cannabis by means of the brand characteristics of the service.

*Cannabis Act*

Subsection 17(2) of the *Cannabis Act* provides that, subject to the regulations, a person that is authorized to produce, sell or distribute cannabis may promote cannabis by means of informational promotion or brand-preference promotion if the promotion is:

- In a communication that is addressed and sent to an individual who is 18 years of age or older and is identified by name;
- In a place where young persons are not permitted by law;  
5 The *Cannabis Act* and the *Cannabis Regulations*– Promotion Prohibitions
- Communicated by means of a telecommunication, where the person responsible for the content of the promotion has taken reasonable steps to ensure that the promotion cannot be accessed by a young person;
- In a prescribed place; or
- Done in a prescribed manner.

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# HOLIDAYS OF CHEER & KINDNESS

It is my pleasure to bring you an all new holiday issue of High! Canada Magazine (HCM). It is a great time to unwind after a long year and enjoy some quality time with friends and family!

This issue we are excited to introduce you to holiday recommendations, new stores, new cannabis related business developments and as much cannabis related information and education we can squeeze into this issue.

We had an exciting month and were happy to attend both the LIFT EXPO in Toronto and the GROWUP CONFERENCE in Niagara Falls, Ontario.

It was amazing to see in-person shows return in such a big way and heartening to see how seriously everyone was taking everyone's health and safety. One of the highlights of the conferences was our team being able to sit down with so many incredible individuals and interview them on camera for our [www.youtube.com/highcanadamagazinechannel](https://www.youtube.com/highcanadamagazinechannel).





We also enjoyed celebrating the 2nd legal Weeds Grand Opening this month. How amazing is it to see Don and Carol achieve their longtime cannabis-themed dream of being included in the Canadian legal cannabis retail market.

Heartiest of congratulations from all of Canada to you both and thank-you for your continued service to the industry, thank you for fighting this fight for all of us.

On behalf of our entire HCM team - Happy Holidays and a very happy New Year!

Cy Williams Editor-in-Chief  
editor@highcanada.net



# DON'T DO IT.

Don't Drive High. Your life can change in an instant. Fast facts about drug-impaired driving (DUI)

**50%** of accidents with lost lives that killed others were caused by drivers who were impaired after an accident.

**2 in 5** 80% of those who have used cannabis in the past year have driven within two hours of consuming cannabis.

**149** Number of people killed in Canada from 2010 to 2017.

**3,489** Number of lost working hours in Canada in 2017.

**2 in 5** Approximately one-third of people who work a 9-to-5 job in a safety-critical job are impaired after consuming cannabis.

**Every 3 hours** How often a drug-impaired driver is involved in Canada?

**Increases likelihood** Accidents caused by those aged 12-17 are 100% more likely to result in a severe or fatal outcome when compared to other age groups.

**\*1000+ a 1-year driving prohibition** Minimum penalty if you are caught driving impaired.

**#DontDriveHigh**

- Don't drink and drive
- Don't use cannabis and drive
- Call someone for a ride
- Call or use other services
- Use a taxi

Canada



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SCAN ME

# CANNABIS SHOP NEWS



# WEEDS®

**IS BACK &  
CELEBRATING A  
SECOND LEGAL  
GRAND OPENING  
ON THE  
WEST COAST**

**S**o many amazing people showed up to celebrate the second Weeds opening in Vancouver earlier this month. What a legacy these three Canadian Cannabis advocates bring to the table as they celebrated Don and Carol's legacy transition into the Canadian legal cannabis space in Vancouver. The takeaway message - believe in your dreams, nothing is impossible!

# CANNABIS SHOP NEWS

It is my extreme honor to sit down today with an old friend from the CannaFam. Heather Huff - Bogart. Heather, Welcome!

Heather - Thank you Cy!

Cy - I'm glad we get a chance to interview you. I have been promising Heather an interview for six years, probably longer. Heather and I started in the Cannabis industry at the same time, the same day. We both came out of art and traveling around Europe with our art and transitioned over to cannabis around the same time. Heather owns a wonderful dispensary in the Bracebridge region of Ontario called the Green Bouquet and that's been open about seven months now. Heather has done a variety of different jobs in the industry. Heather, I'm so glad that we finally get a chance to sit down and talk.

Heather - Oh Thank You! Yeah, you're right it has been a long time in the making. Started off doing your photography for your magazine...

Cy - You've had a very interesting cannabis career over the last decade. Now you came out of the legacy market like us and you spent significant time in on the retail side of the legacy market. Learning the ins and outs of that. How was that experience as a starter in the Cannabis community. I remember you telling me at the time what an eye opener it was.

Heather - Yeah, definitely. I guess starting from working for where I initially bought my cannabis or my



weed. I helped grow that business into a successful illegal lounge slash dispensary from where we were and then I've went on and I've opened six stores before legalization on my own and I've also worked for two different Licensed Producers, holding nice job responsibilities. I was doing Head of Operations running a large CBD company and then I went from there to District Manager in Education so it's been a journey, that is for sure. I was part of Project Claudia Raids. I evacuated four stores that day [Laughter] and it all ended up in my bedroom.

I wanted to bring some of that community vibe into my store so I have little nuances of throwback in the Green Bouquet from the entrance of where you enter and you're greeted with the sliding door and a Budtender sitting there in his own little like nice booth that's heated or cooled depending on the season and then you go through a sliding door and then after you've been ID'ed, you got to enter into a throwback of a flower shop because cannabis is a flower so I'm going to treat it no different than what you would going to buy some roses. So that's kind of our take and then we hand select all of our weed. We do a lot of testing. [Chuckles] There's a lot of testing Well, you know it is. It's well, you've smoked weed for years. You'll grow to know and before working in weed, I also did hospitality and I was a sommelier. So, I know my wine and wine and that kind of knowledge slash pairing transitions very well over to cannabis. So, I have a menu and it's a restaurant menu that we give for our



cannabis offerings and on there, we also display the cannabinoid percentages as well as all the terpene percentages too. We'll do the overall terpenes as our customers are starting to really get into terpene knowledge which is really exciting and different. Then also Adolfo Gonzalez from CannaReps, he did the educational posters that I use. We're getting into kush and the different strain profiles instead of just focusing on sativa and indica. There's a lot of different conversations that we have at the store which is fun.

**Cy - So you're in the Muskoka area, can you tell me more about your region and the community you serve?**

Heather - Absolutely, I'm right in Port Sydney and I'm right on highway 11 Northbound so I'm right in between Bracebridge and Huntsville and my little community is tiny but it's a little beautiful spot.

**Cy - It's very cottage country. it's very getaway, the people who live there full time or I know a lot of people they're just wonderful, an older community too.**

Heather - Definitely and we're really convenient because we're your one-stop shop. We got the grocery store with the liquor store behind us, a gas station, a Home Hardware store and then we our shop and then a clothing store. Like it's everything you would ever need!

**Cy - Is there anyone that you'd like to shout out or anybody that Green Bouquet is working with right now that you're particularly fond of that you want to take this opportunity to say you know try these guys out?**

Heather -Well, my wonderful husband Stu and we're working with Nick from Cut Florals. He's a local florist we have a custom terpene bouquet that we're selling and then we're selling a lot of different pre-rolls like GMO pre-rolls from Spinach or some of our favorites is the Black Cherry by Flowr.

**Cy - The next time you're in Ontario and you're cruising around, around Christmas time. I understand that the Green Bouquet is going all out this Christmas.**

Heather - Oh, we went nuts! [Chuckles]

**Cy - So make sure if you're in the Muskoka area, you check that out.**

On behalf of myself, Cy Williams, All of the High! Canada Magazine team, Heather, We wish you the best success and we can't wait to check in with you again in the spring to see how you're doing.

Heather - Awesome thanks so much Cy!

**Cy - Thank you Heather! If our readers are looking for their own copy of High! Canada Magazine, Heather and Green Bouquet are our official Northern Ontario distributors and you can pick up your copies of High! Canada magazine there.**





# HHCMM

## THE RISE OF CANNABIS SUBSTITUTION PROGRAMS

BY XANDER LANDRY

**A**ddiction is a worldwide epidemic that has been going on for decades and shows no signs of slowing down. From alcohol to opioids, countless people are fighting a constant battle against addiction. With rates of overdose rising consistently for the last decade as well as the death rate of overdoses being higher than ever due to the association of fentanyl used as counterfeit drugs, as even a minuscule amount of fentanyl can be lethal.

Since Cannabis legalization there has been a rise of programs that have been using cannabis to combat the negative effects of withdrawal as well as helping reduce the use of harder more dangerous substances. These programs are called Cannabis Substitution Programs or CSP's.

These Cannabis Substitution Programs (CSP's) are a fantastic example of the cannabis community reaching out and helping their fellow human beings who are suffering. As almost all of the cannabis products used in Cannabis Substitution Programs (CSP) are donated. The majority of

the people involved are volunteers.

Cannabis Substitution Programs are by no means a cure for addiction or substance abuse but they can help with treating addiction and getting clean. With Cannabis Substitution Programs popping up all over Canada from Vancouver B.C. to London, Ontario.

The people running these programs are seeing first-hand how cannabis is changing the lives of those suffering from addiction

Even though the mainstream medical industry has yet to fully recognize Cannabis as an effective substitute. But there have been studies that have shown strong implications of CBD being used as an anti-addiction treatment for patients suffering from amphetamine addiction.

The world is starting to take notice as more Cannabis Substitution Programs keep popping up across Canada and helping people. Hopefully, we will start seeing more widespread, better-funded versions of these Cannabis Substitution Programs (CSP) helping even more people in 2022.

# CANNABIS CHRISTMAS GIVEAWAYS



## LEAFYTHINGS

At the end of 2018, Canada became the world's first major economic power to legalize marijuana. In creating the vast new marketplace, it has been estimated that CAD\$8 billion will be added to the national economy annually from dozens of supply chain links such as delivery, retail, packaging, cultivation, and marketing. It's a wide a complex network, one that a new app called Leafythings aims to help tame by providing both consumers and the myriad of producers with accurate and up-to-date information about everything cannabis-related in Canada. Leafythings is available for iOS and Android free on the App Store and Google Play.

Leafythings connects medicinal and recreational cannabis users with verified and licensed providers everywhere in Canada. Users can find quality cannabis products in their area with an easy-to-navigate map interface as well as read reviews and recommendations for delivery services, dispensaries, doctors, and a wide range of other products.

Positioned to be a prime resource for the expanding Canadian market, Leafythings features detailed information and answers to commonly asked questions about Canadian cannabis laws, including valuable instruction on how to get licensed to grow or sell cannabis in Canada.

The app also gives Canadian cannabis retailers access to a powerful marketing platform and the ability to effectively promote their business and avoid the expense of other overpriced directory listings or competing in auction-style directories.

"No other app covers the Canadian cannabis marketplace as thoroughly as Leafythings,"

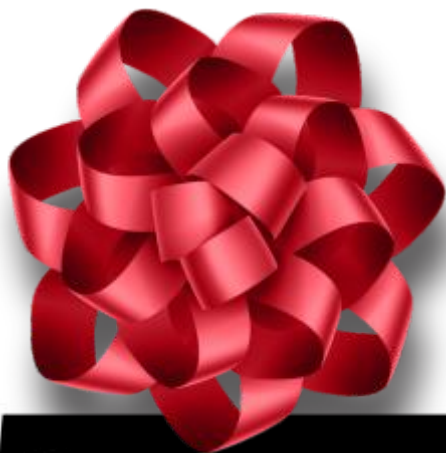


said Leafythings CEO. "For the consumer, it's the fastest, easiest way to connect to cannabis services and products near you. For professionals or anyone interested in entering the business, it's a valuable source of information about legislation, market data, and other industry news."

For more information on the app available in Canada, visit the App Store, Google Play or <https://leafythings.com>.



**KEEP IT  
OG**



*High  
Grade*

**HighGrade is a collaboration of Legacy Cannabis extraction pioneers. Providing proprietary industry process technologies and specializing in a vast array of premium extracts. We know the Canadian Cannabis market because we helped build it.**

**———— We are the guys everyone is pretending to be.**

*HG*





**HCM**

**HOLIDAY  
GIFT GIVING GUIDE**

**2021**





# HCM

## 12 RULES OF THE HOLIDAZE STONER ETIQUETTE 101 12 RULES TO FOLLOW FOR THE HOLIDAY SEASON

As we gear down to get high with friends and family this holiday season, it is important to remember these 12 rules for being a polite and proper pothead over the holidays!

### **Rule Number One.**

Always share. Even if you only have a small amount of cannabis. It's the stoner way.

### **Rule Number Two.**

Be prepared. Take a few minutes to break up your bud by hand or in a grinder before you pack them up or roll them up. Make sure your travel kit contains rolling papers, a grinder and a lighter at very least.

### **Rule Number Three.**

Pass to the left.



### **Rule Number Four.**

Offer to a friend first. Try and do this every time, it's a nice gesture and will always make that person feel special.

### **Rule Number Five.**

Let people know about the cannabis's potency. When smoking out a group, be aware of the strength of what you're offering and forewarn anyone who's not a regular toker. You can even suggest the number of hits he or she could safely handle.



### **Rule Number Six.**

Puff, puff, pass is okay. Puff, puff, puff, puff, puff pass? Not cool. Don't Bogart that joint, my friend. Keep it moving. See Rule Number Three.

### **Rule Number Seven.**

If you don't have cannabis of your own, ask politely. It's the Canadian way. You're tapped out and find yourself with tokers who don't know you're dry? Wait patiently until it comes around to you. Don't jump jump into the stoner Circle uninvited.

### **Rule Number Eight.**

Don't pull a scorched earth. When smoking out of a pipe or a bong, make sure to light a corner of the bowl and to leave a little green stuff for the next user.

### **Rule Number Nine.**

Please remember to flush it. Passing a bong or rig with leftover or backwash smoke is not cool. Empty the chamber by other finishing your hit or removing the stem and blowing through the opening to clear it.

### **Rule Number Ten.**

Give the tobacco warning. If you prefer to mix tobacco with your weed as many Europeans do, alert your smoking partners

first. Just because someone smokes cannabis doesn't necessarily mean he or she smokes cigarettes too.

### **Rule Number Eleven.**

Keep it clean and clean out your glass and other paraphernalia often. Replace bong water after a few uses, give your glass a good pipe cleaning occasionally and, if you prefer joints or blunts, wash your hands.

### **Rule Number Twelve.**

Don't accidentally pocket someone else's lighter. People inadvertently steal other people's lighters. No matter how high you are, try to keep track of whose lighter is whose.

**Happy Holidayze!**



**T**is the season to be jolly but, let's admit it, 2021 has been a year like no other, except for possibly the year before. It's been a period of anxieties and uncertainties for sure, but it's also been a year of learning - of appreciating the little things in life, of realizing just how important family and friends are, and of understanding the value of spending quality time with loved ones. As we approach the end of the year, there is reason to be hopeful. There is reason to celebrate, and there is, most definitely, reason to show our near and dear ones just how much they mean to us.

Whether we can be with them in person or not. Here's wishing that this holiday season brings you joy and happiness. Filled with thoughtful and award-winning gifts for all the cannabis enthusiasts in your life we hope that our High! Canada Magazine Holiday Gift Giving Guide helps you pick out gifts that put a smile on the faces of your smoking circle. Here's to new beginnings in 2022, Here is some amazing seasonal glass from @hemperco and @puresunfarms



Thank you all for all your support in 2021.



# Cy's Holiday Picks 2021

No matter how one chooses to celebrate this holiday season, One of my favorite Canadian cannabis companies has prepared some amazing cannabis-inspired gifting ideas to spark joy, drive connection, and promote relaxation — alone, or with the ones you love.

## Gifts to spark joy:

The Pure Sunfarms Marketplace features a curated array of items inspired by a love of plants and modern life, including new items from the Pure Sunfarms 2021 Holiday Capsule Collection (launching soon!). Some wonderfully giftable items include:

**Pure Sunfarms Candy Cane Pipe** – The most festive smoking accessory you ever did see. Perfect for the cannabis-enthused, holiday-loving pal on your list. Launching soon!

**Pure Sunfarms Stash Tin** – Not your grandmother's cookie tin. This custom, reusable tin is the perfect vessel for storing your baked holiday goodies or stashing your dried flower to lock in freshness. Launching soon!

**Pure Sunfarms Sweat** – This classic forest green crewneck is as cozy as it looks. Unisex and Canadian-made.

## Gift ideas to Drive Connection:

**Pure Sunfarms Sour Black Cherry THC Gummies** – Try something a little different this holiday season with these delicious cannabis-infused gummies.

**Pure Sunfarms D. Bubba 0.3g Pre-Rolls** - Available in packs of ten, grab a few for yourself and bring the rest to spark a little joy at your next holiday party.



# Tammi's Holiday Picks 2021



## Festive Sprinkle Cookie Indiva & Slowride Bakery

Made with quality distillate, this festive Sprinkle cookie features 10mg of THC made from Slowride Bakery. Hand-crafted cannabis cookies, baked in Ottawa for sale on the ocs.ca and Ontario Retail Shops! This classic vanilla sugar cookie coated in sprinkles is sure to get you in the Holiday Spirit.



## Justin Beaver Rolling Papers

Justin Beaver Rolling Paper with Plaid Watermark Technology For Even Burning with magnetic closing and filters Size: 1 ¼ 24 packs in a box 33 leaves + 33 tips per pack. Easy to roll with, thin and the tips come in each pack. The magnetic strip that keeps the pack closed was an awesome touch! Perfect stocking stuffer for the avid roller in your life!



## Lifted Leaf Colouring Book

Created by a couple to share their love for cannabis and art through beautifully hand illustrated images. The book includes a mix of floral designs inspired by the simple beauty of the cannabis leaf, as well as some unique characters to make you laugh!

This amazing book is both relaxing and exciting with over 20 different detailed images and hours of enjoyment. The company often holds Colouring Contests on their Instagram page and you can easily order a book for a wonderful Christmas gift for someone special or perhaps yourself, through Amazon!



IG @liftedleafcolouringbook  
www.amazon.com/author/rtull

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# LEAFYTHINGS

Over summer 2021, the Leafythings team attended many events across Ontario, shared experiences with the highly inclusive cannabis community, and gave away tons of free goodies!



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# *Holiday Gift*

## *His & Hers Bundle*



## *Women's Balance*

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NATURALS

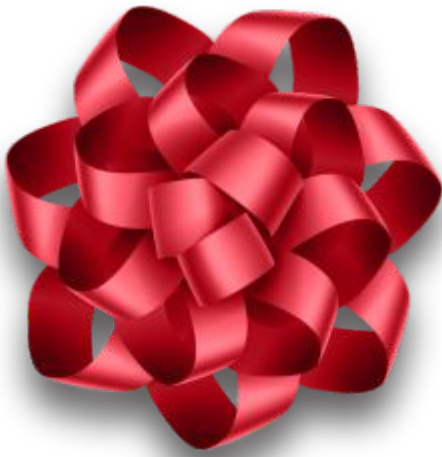
# Gift Guide



*Balance Stack*

*Immunity Stack*





## Holiday Peace Pack – Stewart Farms

Stewart Farms' infused Bath Bombs are intended to enhance personal wellness, but help protect the planet too with 100% biodegradable packaging! These hand crafted bath bombs are all natural and organic with a variety of scents inspired by Trainwreck, Bubba Kush and Blue Dream cannabis strains.

I picked up The Holiday Peace Pack which contains 3 bath bombs each with 50mg THC per bath bomb, in 3 amazing scents; Douglas Fir, Apple Pie & 3 Kings.

I went straight for the Apple Pie and it was filled with mouth-watering scents in a blend of apples, cinnamon, brown sugar, and fresh-baked pie crust. Left my skin feeling soft and definitely in need of a sweet treat after that luxurious bath! A wonderful Christmas gift for any bath lover in your life!



## Where Heads Meet – Hamilton, ON

Where Heads Meet was established in Hamilton, ON in 2009 and is a One Stop shop for all your headshop needs from vinyl records, bongs, papers, pipes, clothing, art and more!

I have been shopping at Where Heads Meet every Christmas for 20 years and I always find something new each visit! Check them out online at [www.whereheadsmeet.ca](http://www.whereheadsmeet.ca) or if your in Hamilton, ON at 150 Ottawa St N.





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# CANNABIS ACCESSORIES

BY SABRINA MOHAMED

## THE MOST WONDERFUL TIME OF THE YEAR!

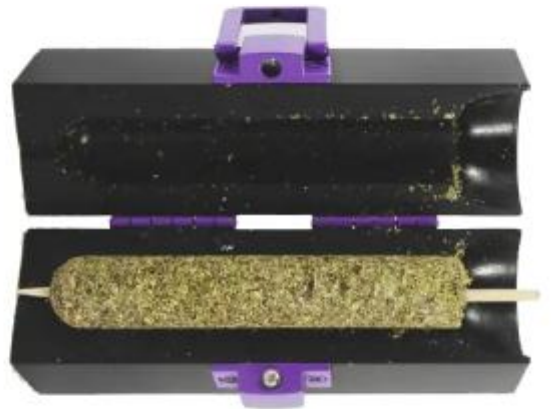
'Tis the season! We all know that joyous time of year where those near and dear to us travel from far flung corners to make memories, share stories and feast on the festive season's offering— while you and your cousins “go for a walk” (ah yes, a true holiday tradition) to “catch-up” (light-up) and “share stories” (smoke a joint).

These proverbial “walks” are good for two things that make the holidays so special: First, being high as a kite at mealtime makes going back for seconds worthwhile. Second, these “walks” are memory-making, bringing you and your family closer and stronger for the new year.

But how do you make these moments smooth, enjoyable and fit into the season's budget? Take a tip from the Trim Queen™ herself— we've got you covered with some fabulous gift-worthy products from some spectacular companies.



### PURPLE ROSE CANNAGARS



If you're not already out here smoking like a boss then it's time to step your game up! Purple Rose Supply's Cannagars kit are a real show piece. The Purple Rose Canagar kit gets king status for giving you the power to get that Canagar 12x slower burn in fact and smooth hits.

### LÉVO OIL MACHINE

For those who plan on serving up the edibles this season, knowing the precise milligram can make or break the vibe. The LÉVO Oil Machine takes the notoriously tedious process of dosing and flips it on its head to have you cooking up a storm. So for the Kings and Queens of the kitchen, Take the confusion out of infusion, at the touch of a button this is an absolute must-have.

# CANNABIS ACCESSORIES

BY SABRINA MOHAMED

So let's make it our resolution to "walk" into the new year right with these fantastic items mentioned above. From us to you, wherever the new year takes you, have a prosperous 2022 filled with good health, loud weed and great vibes! Stay happy, stay safe and most of all stay high!

**Trim Queen™**



## ANCIENT LAKE DESIGNS

Check out resin artist Catherine Dyck Bennet's handmade, eco-friendly smoking accessories. From Manitoba's interlake region, the functional and inspired products are one-of-a-kind. Each item contains a variety of natural objects sustainably collected from the workshop's unique location.



## BEE LINE

Bee Line is the world's first and finest hemp wick company. The buzz on the street is that Bee Line is an alternative flame source to butane. It's natural, organic, waterproof and most importantly human and earth friendly. No more lighter burns or butane blunts. Make a beeline for the Bee Line.



## TRIM QUEEN™ CANDLES

These bad boys are all hand-poured small batch soy candles. Trim Queen Candles burn clean and come with endless label choices that are sure to say what's on your mind. With over 201 in-house blended oils, this one is a must-add to your collection!



*High  
Grade*

**KEEP IT HIGH**



# STONER SYNCHRONICITY. THE DARK SIDE OF THE RAINBOW.

In honour of the holiday, we wanted to turn our readers on to a cool cultural phenomenon that we like to enjoy every year around the HCM offices.

In case you have never heard about this - here it is straight. Pink Floyd's classic album - Dark Side of the Moon 1973 syncs up perfectly when played simultaneously with the Wizard of Oz 1939 classic movie. Don't believe us? Think Though the band has repeatedly denied that it was intentional, the quintet coincidences continue to Boggle even the stoniest Mind. Try it yourself this holiday season and get ready for a serious media adventure.

**One.** Load The Wizard of Oz into your DVD player and dark side you can also substitute the Easy Star All-Stars' Dub Side of the Moon into your company player or iPod with the repeat option turned on.

**Two.** With Dark Side on pause, start the movie. Immediately following the third drawer of the MGM lion, press play on your CD player or iPod. If the music kicks and just as producer Mervyn Leroy credit hits the screen, you're in sync.

**Three.** Take a couple of hits off your joint, sit back and be amazed when the lyric "Balanced on the



Perfect Wave" pops up just as Dorothy is balancing a top offense, or when "great gig in the sky" comes on just as the tornado is spinning with the house on in its wake, or when munchkins begin to dance in time to the beat of "Money" or when the song "Brain Damage" is played just as the Scarecrow begins to sing "If I Only Had a Brain". So much fun!

There are actually dozens of these movie and music match-ups you can watch for, including:

Radiohead's "The Bends" syncs with Fight Club if you hit play after the 20th Century Fox logo fades. "Okay Computer" syncs with Fantasia and starts with the first drop of rain. "Fear of a Black Planet" syncs with West Side Story and starts with the first film credit. Jane's Addiction "Ritual de lo Habit" syncs with Trainspotting starts when the Miramax logo appears and Rush's "2112" syncs with Charlie and the Chocolate Factory and you start when the Warner Brothers logo fades to black.



## HOW PFIZER IS GETTING INTO CANNABIS WITH \$6.7B ARENA PHARMA DEAL

Pharmaceutical giant Pfizer Inc. is entering the cannabis space via the \$6.7 billion acquisition of Arena Pharmaceuticals, Inc. The two publicly-traded companies confirmed Monday that they have signed a definitive agreement under which Pfizer will acquire all outstanding shares of Arena for \$100 per share in an all-cash transaction.

Pfizer expects to finance the transaction with existing cash on hand upon obtaining all necessary approvals.

Arena Pharmaceuticals, based in San Diego, Cal., is a biotech company with one segment of its drug pipeline dedicated to cannabinoid-type therapeutics. The core of its cannabis biotech operations is the research and development of its investigational drug candidate called Olorinab (APD371).

This is an oral full agonist of the cannabinoid receptor 2 that is being researched for the treatment of various symptoms, mainly concentrated on visceral pain connected with gastrointestinal illnesses.

This is not the first time one of the largest pharmaceuticals companies in the world has obtained an interest in a cannabis-related company. In February 2021, Jazz Pharmaceuticals bought cannabinoid drug company GW Pharmaceuticals, known for developing Epidiolex, the first FDA-authorized CBD

medicine for treating children with severe forms of epilepsy. The medicine was first approved for the treatment of seizures connected to Lennox-Gastaut syndrome and Dravet syndrome, and last July for treating seizures related to tuberous sclerosis complex. Epidiolex sales generated more than \$500 million last year.

In 2018, Canadian cannabis giant Tilray entered a supply and distribution agreement with medical marijuana with pharmaceutical giant Novartis AG.

Another big pharma company that dipped its toes into cannabis was Johnson & Johnson when in 2017, it accepted cannabis company Avicanna into its Innovation JLABS@Toronto – a 40,000-square-foot life science innovation center located in MaRS Discovery District.



The labs provide a flexible environment for startup companies pursuing new technologies and research platforms to advance medical care, without Johnson & Johnson taking an equity stake in these companies.

Source: [www.benzinga.com/node/24574979](http://www.benzinga.com/node/24574979)

## COUNCIL FOR FEDERAL CANNABIS REGULATION (CFCR) URGES BIDEN ADMINISTRATION TO FREE CBD FROM THE DRUG EXCLUSION RULE AND ALLOW FDA TO REGULATE MULTI-BILLION DOLLAR US CANNABIS MARKET.

**I**n the USA, the CFCR Encourages Government to Actively Address Urgent Risks to Public Health and Safety Toward Ultimate Goal of Establishing a Well-Regulated Pathway Forward for the Cannabis Industry. This will have far reaching impact globally.

The Council for Federal Cannabis Regulation, (CFCR), a non-profit organization dedicated to fostering common-sense federal directives and regulations applicable to cannabis, has called upon the Secretary of Health and Human Services (HHS) to address an escalating public health and safety crisis in the US affecting children, vulnerable populations, and the general population.

In a letter (READ HERE) delivered on Sunday, December 12, to the Hon. Xavier Becerra, Secretary of HHS, CFCR Board Chair and former Department of Justice lawyer Sheri L. Orlowitz stated, "It is critical that this Administration work to overcome the Drug Exclusion Rule (DER) which the Food and Drug Administration (FDA) continuously points to as the regulatory barrier preventing it from regulating CBD and products containing CBD. The DER prohibits a molecule used in a drug to be sold as a food or dietary supplement unless the molecule was marketed as same before the FDA



approved it as a new drug or began the IND investigation. The CBD molecule is the active ingredient contained in Epidiolex, a drug used to treat seizures. This is the required and critical first step to creating a national marketplace.

### **The letter emphasized that:**

This regulatory barrier has permitted psychoactive substances, including Delta-8 THC, Delta-9 THC (hemp derived), to be introduced into food, drink, tincture, and other products, and sold with no restrictions.

These products range from gummy worms that are virtually indistinguishable from other children's candy to "soft" drinks, both containing psychoactive ingredients that produce intoxication. These can be found in convenience stores, gas stations, and many other storefronts, making these products easily available to children and other vulnerable populations.

CFCR, whose Board, committee chairs and advisors, are a who's who of leading industry experts, both domestic and international, as well as former federal agency leaders, has requested a meeting with HHS to amplify the concerns expressed in the December 12th letter and to share its strategies to support federal agencies and make this a 'win-win' for the Administration, the legal cannabis sector, and above all, the American public. CFCR also proposes to provide FDA access to ongoing confidential toxicology studies being conducted by a well-respected research organization to support safety requirements for CBD products in the European Union and the United Kingdom. CFCR believes this information can accelerate FDA's ability and timeline to regulate CBD, but not without first obtaining an Administration waiver of the DER to allow the FDA to proceed.

**“Even though cannabis products are fully legal in some states and are regulated by those jurisdictions, there are still thousands of products shipped interstate every day that urgently require oversight,” said Orlowitz.**



## 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.uscfc.org](http://www.uscfc.org) and follow us on social media @USCFCR.

For additional information, please visit us at [www.cfc.org](http://www.cfc.org).

## **T**OBAGROWN TAKES IT TO THE NEXT LEVEL WITH ADDITION OF JACK LLOYD TAKES CHARGE!

“Jack Lloyd will be taking over the TobaGrown case as the head lawyer. I look forward to working with him as we rip these bans down in Manitoba and Quebec” says TobaGrown spokesperson Jesse Lavoie.

### **JACK LLOYD BIOGRAPHY**

Jack Lloyd, Barrister & Solicitor is a cannabis and psychedelics lawyer based in Toronto. He articulated with Lewin & Sagara LLP, a cannabis and psychedelics law firm in Toronto.

After finishing articling he began working with Tousaw Law Corporation where he worked until the firm closed in 2018 at which time he began Lloyd Law Professional Corporation where he is now the principal lawyer, and, now, Jack Lloyd Law Corporation, through which he practices in British Columbia. Tousaw Law Corporation was Canada’s foremost cannabis litigation boutique and was the firm responsible for R v Smith 2015 SCC 34 which was the per curiam decision from the Supreme Court of Canada which legalized cannabis edibles (and other extracts and derivative medicines) for medical cannabis patients in Canada.

He was co-counsel on the subsequent ruling R v Howell 2020 ABQB 385 which confirmed the legitimacy of the Court's findings in Smith. His practice consists primarily of criminal, regulatory, and constitutional litigation relating to cannabis and psychedelics regulation as well as regulatory consultancy work relating to the cannabis and psychedelics industry. He has appeared at all levels of court in Ontario and British Columbia, as well as the

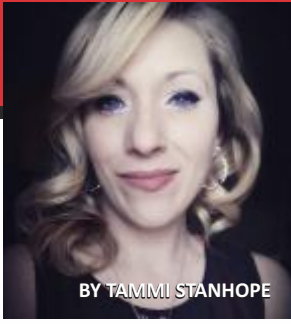


Supreme Court of Canada, always in relation to cannabis and psychedelics. Prior to becoming a lawyer, he was the editor at Green Candy Press, the world’s largest publisher of books about the cannabis plant and psychedelic mushrooms.

He continues to edit select titles for Green Candy Press, including an update to Greg Green’s seminal book on cannabis genetics, The Cannabis Breeder’s Bible, as well as several cannabis cookbooks, including The Ganja Kitchen Revolution and Marijuana Chef Cookbook as well as The Psilocybin Mushroom Bible and The Psilocybin Chef Cookbook.

He is the President of the National Organization for the Reform of Marijuana Laws in Canada (NORML Canada) where he advocates for sensible regulations concerning cannabis in Canada.

If you would like to speak to Mr. Lloyd feel free to email his office: [info@lloydlawcorporation.ca](mailto:info@lloydlawcorporation.ca) or contact him on Twitter: @JackLloydLawyer



BY TAMMI STANHOPE

# INSIDE THE WARM BELLY PROJECT

BY TAMMI STANHOPE

**T**he Warm Belly Project is a 100% volunteer project aiming to bring awareness to the homeless and hunger crisis in our communities.

The Warm Belly Project was founded in Kingston by chef Craig Haines. Teams of Volunteers go directly to the streets and work with the homeless population, primarily focusing on food and clothing for those in need that they have collected through community donations

2020 was the first year of the project and because community participation (largely amongst the cannabis community) was so successful, the project continues this year with an additional focus on Municipal governments. The Warm Belly Project

realizes that homelessness is the effect and not the cause, and through thousands of hours of research volunteers combing through public records, understand that working with local officials they collaboratively can make a positive change to the cause and in turn the effect on homelessness in our communities.

The Feed a Family campaign will be held on December 23, 2021, and families that have been referred will receive their package with all the fixings for a turkey dinner.

If anyone is looking to get involved with The Warm Belly Project to volunteer or donate, contact us at [thewarmbellyproject@gmail.com](mailto:thewarmbellyproject@gmail.com), or on Instagram @thewarmbellyproject.



# THE HUNT FOR THE PERFECT PRE-ROLL: SEARCHING HIGH AND LOW FOR THE BEST OF THE BEST!

## PART TWO OF SIX



# SEARCH FOR THE BEST!

BY CY WILLIAMS

Continuing the promise of the best pre-rolls we have ever smoked coming out of the **All Good Collective** in February of 2022 - our anticipation when it comes to pre-rolls is holiday high!

We have embarked on a momentous quest to see who in the current legal Canadian market has the best pre-rolls. Utilizing the app from **LeafyThings** to discover new dispensaries, we are buying and evaluating pre-rolls all over Canada. Over the next months we will look at taste, performance, quality and packaging to determine both our favorites and our less than favorites.



This month we checked out the Halcyon Garlic Z half gram pre-roll which is an Indica-dominant high-THC pre-roll with Caryophyllene, Farnesene and Humulene terpenes. It's great to see the market opening up, giving more and more people the chance to enjoy quality cannabis experiences and Halcyon offered just that. We were so pleased to pick this particular pre-roll up. It is definitely among the best we have tried and we discovered on closer examination that with Greentone, the company that produced this Garlic Z pre-roll - "It's About More Than Just Cannabis".

Greentone is passionate about creating truly superior products and growing iconic brands that their customers can trust and believe in. Intended to inspire the world to live 'la vie en vert' is about so much more than the cannabis they grow. They're a young, independent company that's intent on driving a change from within our industry. We want to be one of the best performing, most trusted and respected cannabis companies in the world, and that all begins with our team.

The Greentone family is made up of more than 140 talented people, a diverse and vibrant workforce filled with different perspectives, personalities, and backgrounds. This is a place where everyone is welcome, where differences are celebrated, and inclusivity is everything.

Above all, it's a place where everyone is passionate about cannabis, and in that regard, we like to think that they are staying true to their roots, and the long history of inclusivity that has existed throughout the plant's history. Bravo!

Shout outs to the Weeds legal Shop in Vancouver for having an great selection, helpful staff and a very decent selection of pre-rolls.

# TREATS FOR THE HOLI-DAAZE

BY THE.FIT.CANNA.MAMA



Feeling the need to up-size your Holiday this year?

If the colder weather has gotten you down, this Christmas treat will get you out of them holi-dazy blues, and have you smiling as fast as you can make them! Promise. So, let's whip up something big, something tasty, something satisfyingly, Sweet! This versatile treat is easy to prep, Vegan and Gluten-Free, and fun to decorate for Christmas. Chewy, gooey, melt-in-your-mouth, rice crispy squares decorated and topped with white, red or green to make them festive. The twist comes 'after' making this recipe for 'Vegan Rice Crispies'... Instead of squares, shape them into 2 bite mini spheres. Then bag or box them up a dozen at a time.

Delicious to Gift to friends and Family. I mean, who doesn't love edible stocking stuffers? No complaints, have ever been heard. And now, to Up-size your Christmas 2021, Follow Our Famous Holiday recipe below:

- Santa's Big Crispie Balls
- Frosty-the-Snowman's Big Crispie Balls

## Recipe Makes:

2 × jumbo size rice crispie spheres

## Ingredients

- 8/9 Cups - GF rice crispy cereal
- 2-3 Bags - Mini/standard size marshmallows
- 3-4 Bars - Butter {vegan choice}
- 1-3 Tbsp - Pure Vanilla {bean or extract}



## Make

- Large size pot
- Med heat
- Melt butter
- Add vanilla
- Add marshmallows and cereal bit by bit
- Evenly mix and stir
- Coat all rice crispies
- Let semi-cool on parchment paper
- Divide into 2 even pieces
- Shape into 2 or more jumbo round/spheres
- Cool out.

## Coat

- A dry glass bowl
- Melt white chocolate with butter or coconut oil
- Microwave
- Stir
- Dip
- Half or Full coat

Customize for preference.

## Add

- chopped nuts
- coconut chips
- decorative red, green, white, and blue colors

Thank you for the Recipe  
@kitchen16



# LET'S TALK TERPENES: GET TO KNOW WHY WE GROW

BY SPECIAL GUEST CONTRIBUTOR - THERESA ROBERT

**M**ariwell, a boutique medicinal and recreational cannabis grower from Wheatley, Ontario, believes that producing great cannabis is an art. With Canadian products that are sustainable and sun-grown, Mariwell's identity lies in the best agricultural region in Canada. Theresa Robert is the author of the Guide to Terpenes article and is the Chair of the Board and VP of Finance for Mariwell. Theresa brings more than 34 years of experience to Mariwell and has become deeply involved in the sustainable and regenerative agriculture aspects of the cannabis industry. This article focuses on how terpenes play a vital role in the full circle cannabis experience, and how important it is to shift conversations from intoxication to rehabilitation.

Have you ever baked a cake, and while doing so quickly realized you forgot to pick up Canola oil; you can just use an alternative such as butter, right? Sure, but the truth is the cake won't be as moist and more than likely will not have the same taste profile as it would if you did use the intended ingredients. Now, you may be thinking how does this relate to cannabis? This example is a perfect introduction to the importance of terpenes in cannabis and how they contribute to a complete and full circle cannabis



experience. So, what is a complete and full circle cannabis experience? I'm sure along your cannabis experiences you have heard the phrase "Entourage Effect" once or twice, and while this is a pivotal notion to consider when enjoying a cannabis experience, we are taking this conversation one step further - let's talk terpenes!

At Mariwell, we give terpenes the recognition they deserve but unfortunately have not received within the cannabis industry. With that being said, it is time we shift the conversation from intoxication to rehabilitation. Mariwell has a particular focus on cultivating with care. During the growth process, we focus on many elements - just like a pâtissier making pastries. Remembering each ingredient plays a vital role. This includes good sun and



light exposure, soil PH, and many other external factors that play a vital role in stimulating terpene presence in the trichomes and in turn, create unique flavour profiles.

Majority of consumers are focused on high THC percentages, which is definitely an important factor, but even more crucial than THC levels is the effects that terpenes give our body based on aroma and flavour. Terpenes give cannabis purpose; they are naturally occurring aromatic compounds that are found in common plants such as thyme, cannabis, Spanish sage, and citrus fruits. Terpenes are present in most products that we use daily, maximizing their function and providing arousing effects on the human body. However, these terpenes are botanical, not cannabis derived. Some botanical and cannabis derived terpenes include myrcene, alpha-pinene, linalool, and limonene.

Let's take a look into the terpene 'Limonene': A common terpene used in household cleaning products is also present in most sativa and hybrid cannabis strains. In cleaning products, Limonene is used for a variety of reasons - one being its fresh aroma.

However, beyond freshness, Limonene also elevates our mood which can motivate us while cleaning. Now let's look at this terpene in reference to cannabis: These same effects are achievable, and that is what growers consider when they are deciding which strains and genetics to cultivate. Strains that are high in this terpene are good for daytime use as it is a motivating and energetic terpene. Giving off a citrusy smell that is found in oranges, lemons and mangos, researchers have also found that it is a great antifungal and antibacterial.

Limonene is just one small example of the role that terpenes play in maximizing the benefits of cannabis. If we continue to implement these conversations from a growing perspective, retail perspective and even consumer perspective, we can change how people use cannabis and curate it to their needs based on how it should be consumed.

If you are interested in working with Mariwell, have any questions related to terpenes or want to share your experience, feel free to reach out to us through phone at: 1-519-825-4420 and we would be happy to discuss more.

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HCM

# PROPERLY STORING YOUR EDIBLES

BY XANDER LANDRY

Edibles are a fantastic method of consuming Cannabis, with all the plant's positive and psychoactive effects without the need to smoke it. Making edibles a great non-smoking alternative for any cannabis consumer.

With Edibles, there is a unique problem that comes along with it and that problem is the high risk of food poisoning.

It's a common mistake made with edibles. Some edibles and infused products contain perishable

ingredients that can spoil if not properly stored. The best place to store edibles is in a fridge or freezer, in a secure spot specifically designated for infused products.

Make sure they are out of reach of anyone who should not be consuming cannabis-infused products ie; Children.

Properly storing your edibles can be the difference between a pleasant trip on the couch and an unpleasantly high trip to the toilet.

# HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

Hello neighbor, and welcome.

The seasonal holidays of late December approach Pajama Flats, on the run, as I write you this month's note. The bustle of shopping and traffic ramps up, even here, at our small town. And good cheer is rising along with it.

For most of us, this time of year is much the same, no matter where we might live in Canada.

I thus send season's greetings to you and yours, along with best wishes for the new year.

We now return to our regular program of what passes for cannabis related humor and info in these parts.

Where the holiday shuffle passes unnoticed, by either home grower or his thriving cannabis plants. As I may have said in last month's note, the plants neither know nor care about what happens to me.

Besides that, growing cannabis can be a source of great relief from what seems the ever-rising pressures of a holiday season.

I know that here, and no matter what is going on, spending a few minutes a day checking on the health of my plants is a balm. For whatever ails me.

Did I mention how cannabis also relieves, to a life-improving extent, the chronic pain of a



debilitating back condition?

Or that it also lowers the discomfort caused by widespread osteoarthritis, without the side-effects common to pain-killing drugs?

Not to mention easing mental health issues experienced here.

Anyway, we have already established my love for the cannabis flower. Now, let us return to helping you grow your own.

An old grower I knew long ago, once told me not to let the bustle of holiday traffic and trouble mess with my grow. Enjoy the few moments per day, or week, they ask of you; he said.

Because, he told me, sharing a few minutes of time in their space is good for both of you.

Now, before going further, I need to say this. I am opposed, by at least one hundred per-cent, to adding further bullshit to the pile of it known as 'old-grower' mystique.

But, my friends, it only takes about ten minutes to feed and water my cannabis plants.

The mini hydroponic gardens used for growing here nowadays only need a top-up every second day.

I look in on the plants every day when time allows.

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Not so long ago, when I grew cannabis in soil, the plants needed only a once-weekly watering.

Even then, I liked to spend a moment with them on most days.

One is hard-pressed to imagine a hobby so easy and fun to practice, that later delivers such a wallop of happiness for enjoying it.

For that, I am ever grateful for the teachings of earlier generations of growers upon whose knowledge, commitment, and experience rest my success. I would know nothing of growing without them. And offer this public thanks to those that gave me the tools to free myself by growing my own.

Neither would there be a medical cannabis system in place up here without the tireless effort of many thousands of committed advocates. As we head to the end of another calendar year, I am grateful to also send this public thanks to them as well.

And, lest we forget, I must also send thanks to the many people working to build the legal cannabis industry in Canada.

May the grow bring peace, joy, and satisfaction to all of you.

Despite the hustle and hurry, I hope the cannabis flower helps you savor a few moments of each day, in the peace and comfort found only in the company of a growing plant.

So, when time is short, such as during the upcoming holiday season, I hope you will give yourself a chance to enjoy the grow. Because, if you do, you might also find greater joy in your holidays.

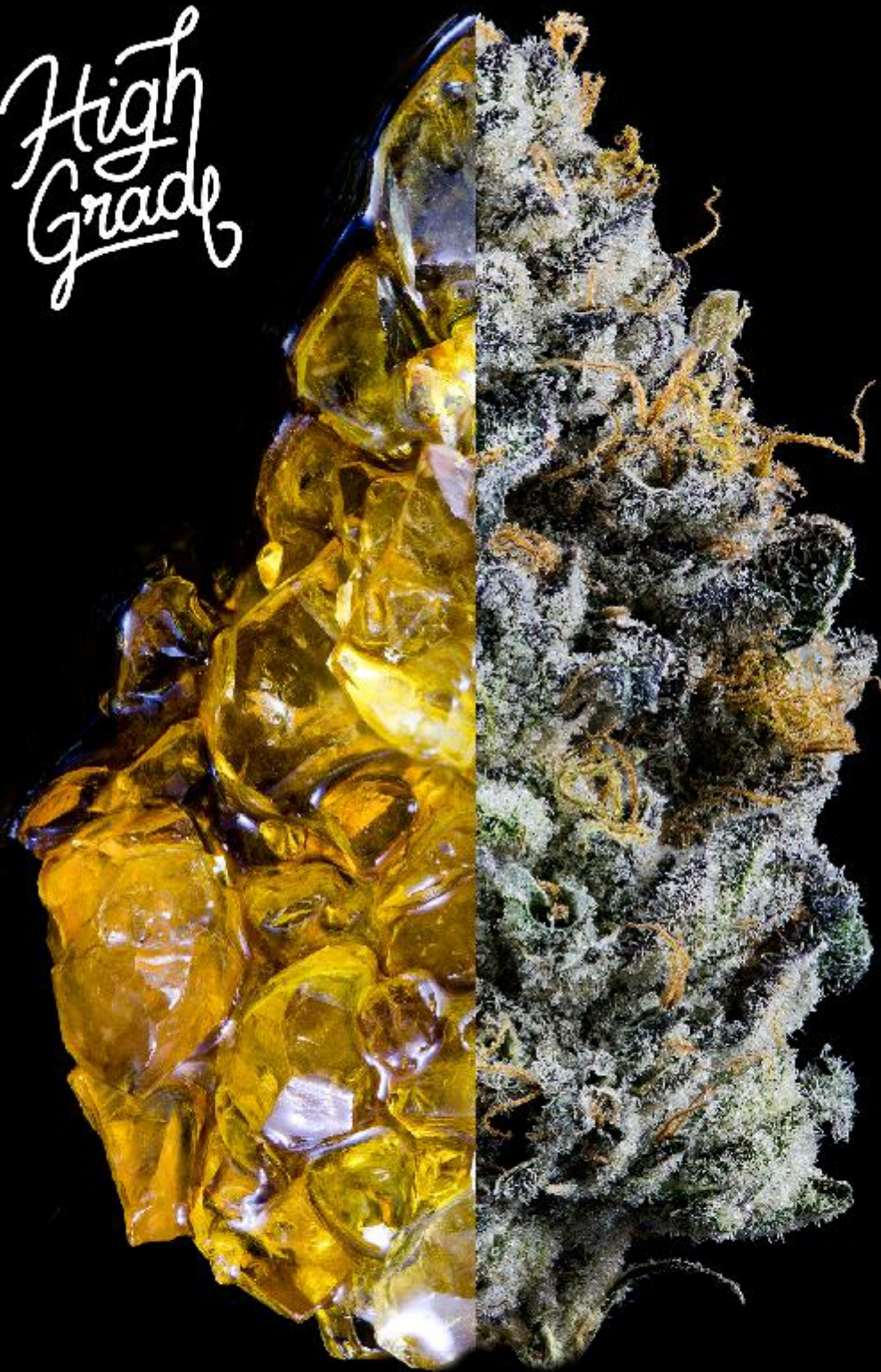
## I know it works for me.

And, no matter what, your plants will repay your kindness in abundant flowers. From here, that looks like a good deal, all around.

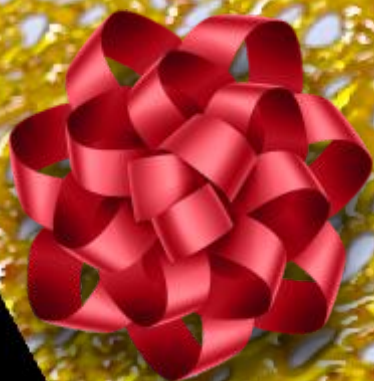
Until next time, smoke 'em if you got 'em, and happy growing.

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**COMING SOON**



High  
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