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HCM

CANADA'S LEGAL CANNABIS CULTURE MAGAZINE

A man with a short haircut, wearing a red and black jacket with large white buttons, stands outdoors against a background of a blue sky and green foliage. He is looking slightly to the right of the camera.

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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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CULTURE MAGAZINE

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Cannabis Leaders Summit
and Industry Lobby Day

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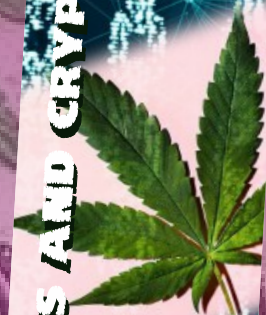


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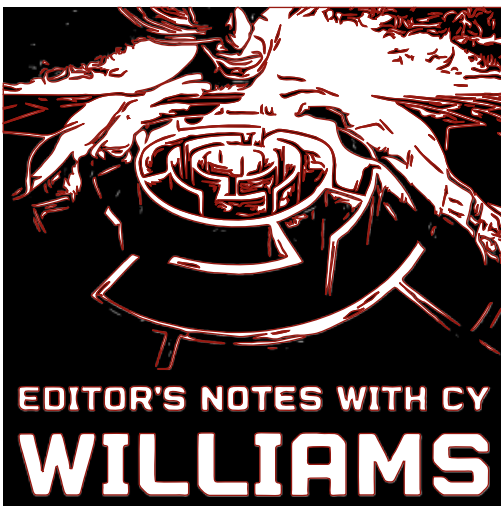
We had a busy spring. We started the season with some brisk 420 celebrations, followed it up with the Lift&Co Expo in Toronto which was an amazing kickoff to the Canadian cannabis events circuit. Next, we had the Cannabis Council of Canada's 'Grass on the Hill' Leadership Summit and Lobby Day held in Ottawa (special coverage in this issue and on our High Canada Youtube Channel) and then we attended the O'Cannabiz Cannabis Conference in Mississauga, Ontario and the O'Cannabiz Awards Gala held at the gorgeous Casa Loma in Toronto, Ontario.

Our team was nominated for a few awards and I was lucky enough to take home the Activist/Advocate of the Year award. What made this even more special was that I know this was an award that was voted on by my peers and that in itself is the greatest honour I could ever have dreamed of. Recognition is an amazing thing and after eight years of being nominated, I have to say that actually taking home an award for doing what I do was surreal. I missed out on the awards host calling me to the stage to accept the award and in classic High! Canada-style, I was instead outside smoking a joint, waiting for my team to join me



to cover the afterparty. Luckily organizers searched me out, found me in the parking lot, gave me my award and I was still able to give my acceptance speech and thank-you's in the parking lot, under a full moon and standing in front of one of the most beautiful castles in Canada.

Since receiving this award, I have given much thought to how I can become a better activist and a more effective advocate. How can I be better at standing up for plant medicine? How can I make a difference and also advocate and fight social issues like addiction and mental health and poverty and homelessness and food insecurity and basic income? How can I use the voice I have been given to raise more awareness for all these issues and more? Food for thought and you know I will be giving much thought to how I can continue to serve my community with the best of intent and to the best of my ability.



Editor's Notes by Cy Williams

This month marks the return of the **GrowUp Conference and Expo** presented by ND Supplies is bringing its conference, tradeshow and awards to Victoria BC, June 20-22. This west coast show featuring the **GrowUp Psychedelic Summit** and **Extraction Zone**, will bring over one hundred high-level industry speakers, exhibitors and thousands of delegates together on Vancouver Island.

Presented by ND Supplies, a leading packaging, and manufacturing supplier, the show will include internationally renowned speakers, innovative workshops, expert panels, interactive demonstrations, and social networking opportunities for those who live, work, and play in the cannabis space.

I will be hosting the Psychedelic Summit at the Growup Conference in Victoria on June 20th, as we examine the cultural roots of the modern medical psychedelic renaissance along with a 'psychedelic therapy 101' for the neophyte. Psychedelic substances have been around for millenia used by cultures across the globe as medicines and in ceremonies. Now thanks to the persevering work of researchers, scientists, First Nations and therapists from all backgrounds we see these medicines being used to treat PTSD, depression, anxiety, eating disorders, addiction and more.

Jim Belushi, performer, farmer and star of Discovery Channel's Growing Belushi will be hosting a Fireside Chat at 4pm on June 20th as well. In addition to sharing his journey creating Belushi's Farms, the cannabis connoisseur will discuss the passions that spurred his entry into cannabis and the challenges he's faced in growing and remaining nimble in an ever-changing industry.

With over 100 world-class speakers, our informative panels will bring you up-to-speed with what is happened in the cannabis cultivation and extraction industry, nationally and abroad.



Growup is our favourite show dedicated to the hottest topics, latest trends and the future of cannabis. Network with LPs, head growers, extractors, purchasing agents, distributors, suppliers, manufacturers and more. Budtenders and Health Canada approved producers receive free Expo passes. Grow Up Conference is a true B2B cannabis event focusing on cultivation, extraction and psychedelics. You will be surrounded by industry professionals. We do not cater to the consumer market. Cannot wait to see you there!

A special invite to all our readers to check out our official High Canada Magazine YouTube Channel. We have completed approximately 35 interviews over Lift&Co and O'Cannabiz and we have already started dropping them online for people to watch and enjoy. Make sure you hit like, turn on notifications and hit subscribe to be alerted every time we drop a new video and we will be dropping new interviews all summer long! So far we have an amazing Steve DeAngelo interview up online as well as a Fumes Rolling Paper Company East vs West Joint Rolling conversation with Dave MacAdam and a one-on-one with Biff Naked with Tammi Stanhope.

Stay tuned and Stay Lifted Canada!

Cy Williams

editor@highcanada.net

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Grass on the Hill

Cannabis Leaders Summit
and Industry Lobby Day

OVERVIEW

Andaz Hotel Ottawa

Advocacy, Action and Influence

Grass on the Hill: Cannabis Leaders Summit & Industry Lobby Day took place late last month at the Andaz Byward Market, in Ottawa, ON

This event is brought leaders from across Canada's cannabis industry to Ottawa to address the challenges facing licensed producers and processors. In the lead up to the Statutory Review of the Cannabis Act, Grass on the Hill is a two day event was designed to inform, provoke and drive changes in support of the financial viability of cannabis license holders.

The first day of the Leadership Conference started with a presentation entitled Setting the Stage

and the attending leaders were met with opening remarks from Rick Savone, Chair Cannabis Council of Canada, Don Davies, MP (NDP) Cannabis Caucus Chair, Nathaniel Erskine - Smith, MP (Lib) Cannabis Caucus Chair, Scott Reid, MP (PC) Cannabis Caucus Chair, George Smitherman, CEO Cannabis Council of Canada

Then we listened to Exclusive Presentation: Public Opinion on Cannabis and C3's Five Big Asks.

David Coletto, Abacus Data. and his exclusive presentation on Canadians' attitudes towards cannabis and C3's "5 Big Asks" for the Statutory Review of the Cannabis Act and immediate regulatory

reform. This was followed by an Exclusive Presentation on Economic Analysis of Cannabis Excise Duties and Regulatory Costs with Ernst & Young

Rami El-Cheikh, Partner and Americas Cannabis Centre of Excellence Leader and Fred O'Riordan, National Leader, Tax Policy presented the results of an economic analysis of the cannabis value chain commissioned by C3, focused on the overall impact and impetus for revising the Excise Tax on cannabis products.

Collaborative session followed with C3's George Smitherman and Pierre Killeen, presenting C3's emerging "5 Big Asks" and engaging conference participants in their further development.

One of the highlights was on Diversity and Inclusion with the Hon. Ahmed Hussen, Minister of Housing and Diversity and Inclusion. Minister Hussen is the Government of Canada Minister with responsibility for the promotion of diversity and inclusion as a key social and economic strategy. The session included a feature presentation of a Cannabis Amnesty commercial (short version) and remarks from Minister Hussen.

On the second day, Cannabis sector leaders fanned out across the Parliamentary precinct to meet with Members of Parliament, departmental officials, ministerial staff and Ottawa influencers.

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Financial Viability

We're leaving our producers with pennies! let's build a better industry. Make change with C3! It's time we support our licensed producers these are the people expanding the product categories. The combined impact of taxes, fees, distributor markups and an unwieldy Excise stamp regime, all paths point to an urgent need for changes that would support the financial viability of License Holders.





Medical Cannabis

Medical Cannabis

Patient Access to medical cannabis authorized by health care practitioners has lost focus since the legalization of adult use recreational cannabis. Patient centered approaches to medical cannabis like pharmacy prescribing, a medical cannabis specific research framework and, ending the injustice of taxing medical cannabis.



Consumer & Public Education

Forbidden secret? Let's get you the industry info you deserve! The inability of License Holders to *Communicate with Cannabis Consumers* in age-gated environments is a lost opportunity for a public health harm reduction approach to legal cannabis. The lack of License Holder communication on product attributes and effect is short-changing the consumer and diminishing public health outcomes.

Red Tape, The Nanny State



Eliminating Illicit Market

The *illicit Market* continues to enjoy undue advantages in a variety of areas, and we need to see action that levels the playing field for License Holders. The public health and safety objectives of the Cannabis Act will never be accomplished until all levels of government focus on eliminating the ongoing prominence of the illicit cannabis industry.

Support Industry Change

Grass on the Hill



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The precautionary approach that governed the development of cannabis' legal and regulatory framework has created excessive regulatory burdens for License Holders, we refer to as the *Nanny State*. The time has come to review the rules and resulting costs distorting the marketplace and make it impossible to achieve Canada's public health and safety goals.



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Morganics.io is employing a new way of launching its patent pending Silica based soil technology into the marketplace. The NFT (Non-Fungible Token) Crypto economy provides a largely untapped opportunity for engagement and Morganics is helping to create an innovative Discord community that will offer veterans, first responders and trauma victims access to cannabis-based treatment, therapies and support.

With our focus on plant and human health, the corporate relationship between Morganics and our NFT partner, Baked Blue Jays, creates a virtuous circle, enabling new cannabis related



We proudly support all who serve - we help veterans, first responders, trauma victims and opioid-dependent people of all walks of life break the cycle of dependency with the help of cannabis-based medicine and therapies.



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innovations and therapies to be available worldwide, in real time. This new Crypto cannabis economy and community will provide over 200,000 members access to a large variety of cannabis wellness and growing seminars including blogs and educational programs.

Interested parties can go to our website www.morganics.io where they will be directed to our NFT partner www.bakedbluejays.io to join Discord and learn more about this exciting new program.

“We want to help veterans and cannabis growers to produce the healthiest crops they can. Cannabis is often grown with synthetic ingredients or chemicals that find their way into the plant- not ideal. We’ve created an organic patent-pending alternate technology that fights numerous soil borne pathogens, but in an organic and chemical-free way,” explains Greg Marsh, founder and President of Morganics. “From increased yields to a 12% reduction of water and nutrients needed, our new technology offers growers many valuable benefits”.



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How does it work?

Morganics is a patent-pending technology that enables plants, especially cannabis, to respond with increased yields, better quality, and

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Dr. Av Singh, Cannabis Consultant at Flemming & Singh Cannabis, explains why the Morganics product is so unique. “Silica is one of the most underrated biostimulants for immune function and plant defense against pathogens and insects. Morganics provides silica in a readily available form allowing plants to use it as soon as the powdery mildew germination tube is trying to penetrate the cell wall. Finding a source of plant-available silica that is accepted under organic standards that is not high in heavy metals is near impossible, so the regenerative organic practices employed to create Morganics technology is a win-win-win scenario.”

With the goal of helping as many growers and users of cannabis as possible to grow clean, healthy and chemical-free plants, the company has been doing research collaborations on their product’s efficacy with a range of institutional third parties like Niagara College and corporate partners like Artiva Limited, Apollo Green Inc. and Aleafia Health Corp.; these extensive 3rd party trials verified our proof of concept.

As more countries legalize cannabis products and the industry grows, we will be there to participate and help build a vibrant community.

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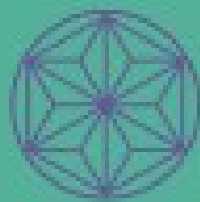




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“TAIMA”

What we call cannabis

– An ancient soul, textile, food,

medicine, pattern of Japan



Taima - Cannabis Museum, Japan



大麻博物館

Taima - Cannabis Museum
Tochigi, Japan Since 2001

The Hash Marihuana & Hemp Museum of Barcelona, Spain Proudly Announces Cannabis Japonica: A showcase in Japanese traditional cannabis culture' Collaboration with: Taima-Cannabis Museum Japan

JAPAN & CANNABIS

The cannabis movement has taken the world by storm giving rise to terms such as 'green rush' reflecting the excitement and anticipation of growth. Japan is very much on the outside of this global movement, reflecting strict laws prohibiting cannabis possession and the cultivation of industrial hemp. To be sure, cannabis is trending on social networks in Japan but, by and large, people are caught in the stigma that cannabis is an 'illegal narcotic,' fueled by a willing local media who flaunt the arrests of cannabis-using Japanese celebrities.

What Japanese people fail to remember is that Japan has a very unique, traditional cannabis culture. Taima, as its called in Japanese, has been in Japan for more than 10,000 years. Before prohibition 70 years ago, Taima contributed to society in Japan as clothing, rope, fishing gear, building materials, seeds as food, and roots and leaves for medicinal purposes.

Historically, indigenous Japanese cannabis is used for fiber and has low THC concentrations. There are no historical records suggesting cannabis was ever smoked in Japan, yet the plant was once highly symbolic in society, ranking alongside rice in terms of importance, as well having important symbolic roles in the two principal religions in Japan: Shintoism and Buddhism. Historically, people even name their children after cannabis, in the hopes they grow up strong and straight!

Legislative Changes Are Coming In Japan

Quite shockingly, the Japanese Government has announced plans to amend the Cannabis Control Act, the sentinel legislation on cannabis in Japan on the books since 1948. The changes are expected to be announced in 2023.

For now, all indications are that the government is paying heed to global trends, and is likely to partially end the ban on cannabinoid medicines for use by doctors. Conversely, there is talk of making cannabis use illegal, in addition to the current prohibition for possession and cultivation. Farmers who would provide cannabis to religious temples shrines have also asked for leniency on licenses for cultivation, harkening to an earlier time when cannabis was grown from throughout the archipelago.

Indeed, records from 1954 show Japan had more than 37,000 licensed cannabis growers at the time. Today the number of licensed growers has dwindled to just 30 people, with no successors in sight. We hope Japan's long cannabis history won't be lost to the winds of time, and look forward to helping revive interest in Taima, which is uniquely Japanese and quite different from the marijuana and hemp cultures of the west. Taima-Cannabis Museum, Japan.



"Japan is one of the most amazing countries in the world with a social-historical culture of the cannabis plant for thousands of years. The new book TAIMA - What We Call Cannabis ' by the Taima-Cannabis Museum, is an enlightening addition to cannabis culture all over the world and leaves no doubt about it: the future of cannabis is bright and better informed!"

Ben Dronkers, Director & Founder
Hash Marihuana & Hemp Museum Amsterdam / Barcelona

Founded and curated by Junichi Takayasu, Director and Curator, The Taima - Cannabis Museum Japan is a small, privately-run museum dedicated to the dissemination of information about the Japanese cannabis crop, which was traditionally used as food, clothing, and shelter in Japan for centuries.

In addition to collecting material and artifacts, we provide lectures and hold workshop courses around Japan, including the recent Traditional hemp thread production for successors!

Junichi is a member of the Folklore Society of Japan and has authored several books (Japanese language)

including:

A Textbook On Cannabis For Japanese People by Junichi Takayasu, Director & Curator - taimahak@icloud.com

Another globally unique Japanese Traditional Cannabis Culture E-book is entitled **TAIMA - What We Call Cannabis**. An ancient soul, textile, food, medicine and pattern of Japan examining the historical relationships between cannabis and the Japanese people

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HG



ALBERT EPPINGA CHANGING THE GAME ONE PLANT AT A TIME

Albert Eppinga is the founder, master grower and RPIC of BC Cannabis Inc in Sooke BC. He is Haida from the community of Old Masset on the Haida Gwaii. BC Cannabis is Indigenous-owned. His Sooke location currently has one licensed cannabis cultivation facility. And has confirmation of readiness for a cannabis license on two other adjacent facilities pending site evidence package. His group also has plans for an indigenous owned farm to gate facility in Chilliwack, BC.

Albert - congratulations on your continued success in the Canadian cannabis industry, tell me, what led you to seek out a career in Cannabis?

I have had a passion for growing over the past 20 years, I have a deep appreciation for the plant as it grows from a small clone to a mature flowered plant, learning to write individual standard operating procedures for each cultivar. The constant learning about each genetic and its cannabinoids I find very



inspiring, it amazes me how far the industry has come over the past several decades. Moving from the legacy market to now having conversations around corporate board tables keeps me keenly interested in this industry. The ability to share knowledge opening and freely enabled me to create a network of peers across the

country and internationally. I was also inspired to work in the regulated market to advance indigenous interests in the industry. Having the ability to weave my traditional knowledge into the work that I do everyday and work with other



indigenous license holders has been extremely rewarding.

What are you currently involved in within the Canadian Cannabis space? I currently have a craft micro-BC Cannabis Inc, which has been fully operational since April 2021. I also have been advising Indigenous nations and entrepreneurs seeking to get into the cannabis space.

BC Cannabis Inc, has been growing a diverse range of genetics and pheno hunting, with our boutique nursery

partner constantly on the hunt for new and amazing cultivars.

Plans for the rest of 2022 and beyond? I have been actively reviewing current legislation in the regulated market to understand how to advance changes to make the industry as a whole, more functional for everyone involved. The current legislation the way it is crafted hinders Indigenous people from gaining access.

Over the next few months, I intend to launch a CBD and CBD THC line of



BCCANNABIS INC
A PREMIUM CRAFT CANNABIS COMPANY

products under a new company (Indigenous natural health) Taking my 20 years of growing and coupling it with my traditional knowledge and plants to bring to light CBD products infused with traditional medicines.

While growing this company with my partner, I am also working on a Farm to Gate. Looking to secure indigenous ownership throughout the cannabis value chain.

Thank you Albert!

About BC Cannabis Inc.

It all started right here in Beautiful British Columbia! We are BC Cannabis Inc. We are THE premium craft cannabis cultivation company.

We are BC Cannabis Inc, a majority First Nations owned and operated cannabis cultivation company. Our management team and advisory board holds licensed medical specialists and agricultural experts with experience in drug development, clinical practice and product commercialization.

Our goal is to produce the highest quality medical-grade cannabis. A team of expert growers gives each plant the love and attention they need to flourish. With dedication to quality, integrity, and authenticity, we strive to exceed expectations and industry standards.



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With decades of combined experience, our growers are passionate with a meticulous attention to detail.

Superior Genetics

We have a strong focus on genetics to ensure each of our premium craft cannabis strains are of the highest quality.

Hydroponically/Soil-less Grown

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For more information visit www.bccann.com



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F L O W R



PARDONS CANADA

BY TAMMI STANHOPE

A few days before 4/20 of this year, I came across a post on Instagram from Beard Bros Pharms that read:

“We would like to challenge every cannabis company to put as much effort and energy into freeing non-violent cannabis prisoners...As you do promoting 4/20”

...and that got me thinking...

During the first months leading up to Legalization in Canada, many future cannabis companies and activists said that they were going to fight convictions of non-violent cannabis incarcerations and yet going into the months and now years of legalization, that fight seems to have been lost in the industry chaos of selling and promoting products, individuals, and brands rather than fighting for those who are incarcerated or have been incarcerated.

I decided to do a little digging and

came across one specific LP, Flowr , who had partnered with Pardons Canada on 4/20 2021 to help pardon 100 Canadians living with non-violent cannabis convictions. Intrigued, I reached out and of course they were more than happy to share about their mission to assist in giving second chances.

When & Why did Flowr decide to get involved with Pardons Canada?

Our partnership with Pardons began last year on 4/20, 2021. It's been almost four years since cannabis was legalized in Canada, yet we're still battling stigmas and preconceptions. Worse still is the fact that there are thousands of Canadians who are unable to live their lives to the fullest due to non-violent, minor cannabis convictions that remain on their records. This affects many parts of their lives - from being unable to travel to the states, to renting a home and getting a job.



PARDONS CANADA

Flowr as we know it today, would not exist without Pardons Canada, as a few of our early employees went through this process in order to help build this business.

So, we know firsthand what a second chance can accomplish and how much it can change someone's life.

Have you seen any results to date?

Definitely! Since the inception of our partnership, we have been able to donate just over \$120,000 which covers the costs of the services for 120 Canadians to go through the process of getting their pardon. Many from last year have either received their Pardons or are in the final stages of receiving them.

We were able to share two stories of people, one who has received their pardon, and the other who is almost at the end of the process, which you can find here:

www.instagram.com/p/CcjvnZfrafk and in our Highlight "Flowr Pardons", (towards the end of the highlight).

Any other initiatives to assist non-violent cannabis convictions?

Yes, we currently have a petition calling on the House of Commons to expunge the records of all Canadians living with non-violent cannabis convictions. We're incredibly proud to share that

we've officially reached the amount of signatures required to have the petition acknowledged by the House of Commons!

It's available to sign until May 19th and if people can share it at all for additional support and signatures, that would be amazing – let's keep raising our voices on this topic!

For this petition, our Marketing Manager, Dinara, and I worked with MP Matthew Green and his team and they were incredibly helpful and supportive. We could not have done this without them and the rest of the cannabis community who helped us reach our goal so quickly!

What can Canadians do to help?

We need to continue to raise awareness of this issue and if they'd like, they can still sign the petition until the 19th – any support we can get is appreciated:

www.petitions.ourcommons.ca/en/Petition/Details?Petition=e-3974

Cannabis is legal, it's time to expunge the records.

In April of this year Flowr also rallied some of their cannabis industry buds to join in the fight for change and we hope more companies take note and follow suit!

Shout out to Sessions, Plantlife Cannabis, and Flora for joining alongside Flowr! #FlowrPardons

For those seeking pardons in the interim, please visit **Pardons Canada**.




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HAPPY F'K'IN SUNSHINE TO MAKE WORLD PREMIERE AT DANCES WITH FILMS, FRIDAY JUNE 10, 2022

Full-length comedy feature from Other Animal Entertainment part of lineup at 25th Anniversary of Dances With Films Festival, June 9-19, 2022

HOLLYWOOD - May 27, 2022 - A foul-mouth comedy about a struggling metal band, "HAPPY F'K'IN SUNSHINE" will have its world premiere on Friday June 10th at 9:30PM at this year's DANCES WITH FILMS, celebrating the 25th anniversary of the internationally-acclaimed film festival. All films will play at the legendary TCL Chinese Theaters in Hollywood.

Directed by Derek Diorio, written by Ryan Keller and J. Gordon Ross and produced by Keller, "HAPPY F'K'IN SUNSHINE" tells the story of Ronnie Weston and her brother Will who live in a one mill town. When the mill workers go on strike, the future for their family looks bleak. Fortunately, Ronnie has found a brisk business selling weed. When Will wants to start a band, Ronnie uses her weed profits to



**Dances With Films
World Premiere
June 10, 2022 @ 9:30 PM
TCL Chinese Theatre
6925 Hollywood Blvd**

Tickets: <https://danceswithfilms.com/happy-fkin-sunshine/>

buy Will an electric guitar. Against everyone's advice, Will enlists local outcast Artie Porter as the bass player. Artie spends his days allegedly partying with heavy metal icons and getting fellatio from rock and roll legends - or so he says. Artie's lies cause instant conflict within the band, especially with Vince, the egotistical lead singer. But the musical chemistry is undeniable, and Will feels that his band just might hit the big time. If they can survive their dying town...and each other.

In the comic spirit of "Little Miss Sunshine" and "Metalhead," the 98-minute dramedy stars Matt Close, Mattea Brotherton, Dana Hodgson, Connor Rueter, and Maxime Lauzon.

Working with these phenomenal young performers has been one of the “highlights of my career” says director Derek Diorio, “Seeing their raw talent bring the story to life on screen was inspiring.” “Growing up in a small industrial town, and knowing this life firsthand, it was very important to me that every actor brought an authentic voice to these characters,” says Ryan Keller. “I was stunned by their performances.”

“HAPPY F’K’IN SUNSHINE” will screen on Friday, June 10 at 9:30 PM at the TCL Chinese Theater on Hollywood Boulevard. Tickets can be purchased in advance from the DWF website at <https://danceswithfilms.com/happy-fkin-sunshine/> and clicking the Buy Tickets icon. All tickets are \$18 if purchased prior to June 9; thereafter tickets are \$20. Parking is readily available at the Hollywood & Highland complex, \$3 for the first 4 hours (validated at the theater) or \$18 maximum for the day.

For more information on the film or to arrange an interview with the principal creators, please contact Deborah Gilels, LA Media Consultants at 818-758-6509 or email ddgilels@prodigy.net.

Happy FKIN Sunshine principle cast and crew:

Matt Close as Will
Mattea Brotherton as Ronnie
Dana Hodgson as Artie
Connor Rueter as Vince
Maxime Lauzon as River
Bridget Graham as Danielle
Aubrey Rand as Taylor
Lewis Hodgson as Frank
Lisa Boivin as Loraine
Wes Williams as Jimmy
Ted Dykstra as Fast Eddy
Directed by Derek Diorio
Written by Ryan Keller & J. Gordon Ross
Produced by Ryan Keller
Executive Producers Jonathan Hlibka & Terry E. Markus
Director of Photography Clement Lush
Production Designer Stephanie Avery

Happy FKIN Sunshine: Creator Statement

Happy FKIN Sunshine is a story about the last chapter in the life cycle of an industrial town told through the eyes of the town’s working-class youth. Northern Ontario and Manitoba are littered with small towns that sprung up around pulp and paper mills in the heyday of the mid-late 20th century forestry industry. People flocked to these towns on the promise of stable high paying jobs and a real future for themselves and their children. But the economy changed in the 1990’s and many mills began closing. Suddenly, many of the children of the millworkers found themselves without the chance of the bright future that their parents once thought they had.

The plot of Happy F’K’IN Sunshine is simple: Will and Ronnie, the teenage children of a millworker, start their first band while the mill is on strike and the town’s entire economy is collapsing. Music is their refuge. Inspired by the band’s chemistry and their growing popularity on social media, they increasingly see music as the path to a life otherwise unattainable. Thematically, the film is a character drama about music’s power to provide comfort and a sense of purpose in otherwise impossible circumstances.

The entirety of the soundtrack of the film is music that the characters listen to and the music that they make as a band. It is a rich blend of punk, country, rock, and metal ranging from the 1970’s to contemporary pieces. The songs the band performs are entirely original and were written for the film. When the band plays their music the audience experiences the same sense of sanctuary as the characters. Cinematographer Clement Lush and writer/producer Ryan Keller spent a large part of their careers working together filming bands for documentaries, music videos, and television and drew upon the repertoire of strategies to realistically convey the connection among musicians that arises through the act of making music.

It was incredibly important to the filmmaking team that all details, from the dialogue and locations to the background performers, felt authentically like Northern Ontario. Hence, the film was shot entirely on location in North Bay, Ontario. To further capture the authenticity of the story, the actors playing the band and their relatives are Northern Ontarians. The adult characters are played by an ensemble of industry veterans recognizable from numerous film and television productions. The younger cast are newcomers who were found through an extensive casting process and who worked under the guidance of director Derek Diorio to create powerful debut performances.

Dances With Films HFS page
<https://danceswithfilms.com/happy-fkin-sunshine/>

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CANNABIS AND CRYPTO

THE GODFATHER OF CBD LOOKS TOWARDS CRYPTO AS THE FUTURE OF CANNABIS

We caught up with our old friend and colleague Anthony (Tony) Lawand recently. We figured he has lots to say about his “Covid Era” developments. Always an early adopter of cutting-edge technologies and business opportunities, we found him emerging himself in Blockchain, Crypto-Currency, NFT’s, DAO’s and the Metaverse.

And as always, he doesn’t just dabble in anything he gets involved in, loving the unconventional and a trailblazer. Early on in his career he started at a very young age globetrotting seeking new ventures, establishing a Sales and Marketing business in South Africa during the Mandela elections, which was considered an unstable time of turbulence and a very unsafe atmosphere, yet he met with success even within this historical time. He even found the time to gain a pilot’s license. In the immediate post Soviet early 1990’s he created

one of the first foreign owned travel businesses in St Petersburg, Russia. The Gorbachev to Yeltsin to Putin’s presidency which was considered very dangerous for foreign businesses coming to this newly opened country. In a time when most foreigners failed within a few months with the extreme uncertainties, corruption, and ever-changing landscape, he managed to create an agency that grew to over 120+ employees. The vastness of Russia required setting up additional operations in Siberia and other remote locations. Most foreigners would not even visit let alone set up business operations in these areas.

In his words it was the “most interesting times and experiences in my life” and after that almost nothing would offer limits for him. From Russia to the USA and Canary Islands. He recognized the need and launched the first commercially viable CBD company in Canada in 2016 what would eventually



become the largest CBD company in Canada and pave the way for CBD to becoming a household name and godsend for the thousands of users. As a proven visionary we now want to know why, when, and how Crypto come into the picture.

How did you pivot from being the Godfather of Canadian CBD to the Crypto world.

TL: I didn't really pivot away from CBD, I am a very big proponent for it, yet as the CBD industry matured in the USA and Canada, and the Pandemic was taking shape I could foresee the imminent decline and saturation of the CBD (and Cannabis) industries, the stock share prices, increasing operation costs, and severe competition made CBD readily available to the public that was really needed, and I am happy about that, so it was time for me to move on. The pandemic and associated lockdowns and work from home phenomena was also bringing Block Chain especially crypto currency to a higher public awareness and I was drawn to it as my next major area of interest. I even helped set up a few PPE operations with an additional vast network of high end professionals added to an extremely large network, I saw many parallels between the advent of legal Cannabis and CBD and adoption of Crypto. I am working on ways to use blockchain and cryptocurrency etc., that will benefit the Cannabis/CBD business among others.

How are they connected?

TL: Traditional Banking has been a big problem for Cannabis and CBD and other cash driven businesses and industries for decades, leading many businesses to be constantly strained to



set up and keep accounts open due the current highly regulated atmosphere both domestically and internationally. Banks are under such scrutiny with severe regulatory restraints and Know Your Customer (KYC) requirements that they lose millions in business due to their fear of government fines and repercussions. People and business's need legal alternatives to make payments and transfers of large sums other than through traditional banking. CBD and Cannabis are one of many matches to Blockchain technologies and Crypto.

How do the Canna world and Crypto evolve together?

TL: I think there are so many possibilities for the industry, not only the banking solutions but in the Metaverses that some are "creating" their own Canna world, most notably Tokenization for things like a special brand or strain that can be created and "owned" by token or share holders, just like in many other businesses that people invest in. These days our world is becoming so virtual and Covid

proved you can function and exist remotely very well and in many cases more efficiently and cheaper. I'm not sure what we will all evolve to socially, but for now its coming stronger and very fast. As with the internet when it began some thought it a "fad" that would disappear, but it only became our monster we have today and a major part of life and society.

What other parts of the Meta/Crypto world are evolving and of interest?

TL: The possibilities are endless, Smart Blockchain contracts will be mainstream and probably phase most other out because of the protection and less chance of fraud aspects. Minting of anything from Sports cards (which is extremely popular) to Art and Gems and anything else that can be conceived. People can keep precious items or art in a museum still benefiting with a sale, less will be disappeared into private collections that the world will never see. There was an old saying in the car business years ago (of which I was a part of a million years ago) that there is a butt for every seat. People in the Meta World will join, buy, be a part of what is evolving, and your audience and market are the billions of people that own a computer/phone with internet access.

What about consumer protection against loss and fraud?

TL: There will always be that, as long as humans exist, but with the blockchain and highly sophisticated wallets and exchanges, of which I currently am involved with both, it will be safer than your current bank, credit card, check book that is mainstream and common in the world today. But as with any technology the smart guys create the security and some smarter guys figure

a way around it, human evolution at its best, and worse.

How would you suggest any newbie get started or involved?

TL: Baby steps, educate yourself (we have education videos on my sites) work with known professionals and like any other investment or purchase be cautious. There are now several companies offering Visa/MC cards using crypto and more and more cryptocurrency ATMs. This allows for normal everyday transactions.

Finally, what is the next great adventure or vision for you?

TL: God knows craziness is like a magnet to me and fortunately I have around me people that are much smarter than me, if you're the dumbest guy in the group you have a great chance at success. I love new tech and innovations, revolutionary and inventions, "game changers" that are so new and advanced most think too crazy. This is the kind of thing that gets me excited and eager for what each days brings. Fresh, New and helps right some wrongs.

Tony this is the third time we interviewed you and each time it gets better and more colorful and we thank you for being apart of the High Canada Family as we will always consider you. We can't wait a few years, to see what you come up with next time!



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PARENTHACKS

for stoners

BY SARA JANE WILSON



If you're a parent and a stoner, you know exactly what I mean by 'the struggle' ... Oh, how bloody difficult it can be to sneak away and get high when there are questioning eyes watching your every move.

While your children's curious minds can be worrisome when it comes to exposure to your habits, not fitting in a

session can also be stressful. We've come up with some fool proof parenting hacks for stoners.

Dab Pens & Vapes

These bad boys are at the top of the list for real good reasons. Not only are they discreet, but they come in all varieties. You'll be able to find your flavoured one

PARENTHACKS

for stoners

BY SARA JANE WILSON



for sure! You can get pens that vape dry flower or extracts, as well. No need to switch over from a favourite product. Cartridges that come with batteries come in a plethora of flavours - from Strawberry to Mint. Your kids will never know you're taking up while you puff away on these.

Capsules & Shots

While it is possible you've never tried either of these as they are fairly new to the legal market, but they are worth checking out. It can take anywhere from 30-60 minutes for effects to come in at full swing, but you'll be able to do so in the most secretive of ways, so long as you dispose of the evidence. Both shots and capsules come in different strengths, allowing you to better control the comfort of your high.

Gummies

Gummies will absolutely have the most selection when it comes to the products on this list. I couldn't even begin to count how many flavours there are available on the market. From Watermelon to Japanese Citrus Yuzu, there is something for every craving you have. While the THC content of regulated gummies is relatively low, the packages are cost effective, enabling you to buy a few at a time. You can choose a cocktail of infused candies, hide out in the bathroom and enjoy them in peace.



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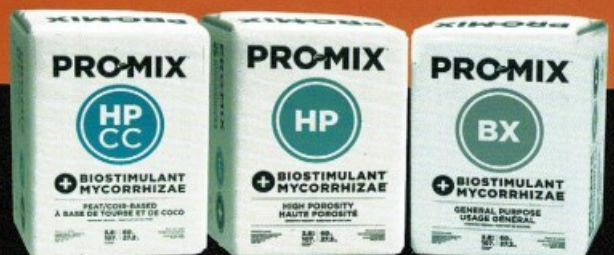


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HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER



Hello again, neighbor, and welcome.

The high prairie winds of May have given way to June's brilliant green as I write you this month's note. And like the lengthening grass knows my back, what passes for a lawn here now demands routine cutting. Likewise, another Alberta summer's worth of sweat looms for the lads charged with keeping the lawn in shape here at Pajama Flats.

About this time last year, I told you of the arthritic lumbar spine that makes growing my own pain relief a usual thing here. Lucky for me, and countless others, Canucks from coast-to-coast can now legally grow four cannabis plants at home.

Not only that, but growing your own weed has never been cheaper.

With most of Canada's homeowners able to legally grow four cannabis plants, little prevents the hobbyist from growing their own.

In many places, for cannabis lovers, it's a kind of home growing paradise.

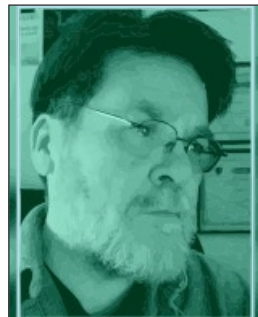
But in other parts of the country, things are not so. If you're living in one of those places where the backward local policy of outlawing home growing continues, that cannabis is legal makes little difference.

For growing the same four plants at home threatens your freedom there.

So, to provoke an argument, I will mention how the medical cannabis system is responsible for the stuff being legal here, and elsewhere around the world.

After that, I'm going to say that provincial government attempts to keep people from accessing an approved legal medicine grown at home must be a violation under Canada's charter of Rights and Freedoms.

Next, to provoke further disagreement, I'm saying that democracy is a system by which the majority makes the rules.



Then, I'm pointing out that most people who vote in this country are good with the rules that made cannabis legal in Canada some years ago.

By the way, I find proof for the above statement in thousands of legal weed stores selling billions of dollars worth of cannabis across Canada today.

Likewise, hundreds of thousands of taxpayers now grow four of their own cannabis plants at home.

Whether for medical or personal use, doing so is legal in Canada.

Now, I won't claim to know why, beyond ignorance and bigotry, anyone would want to deny a sick person the right to grow their own meds. I can't figure it, from either ethical or moral standpoints. But as a writer with a byline in a national magazine, when it happens up here, I'm duty-bound to point out the harm caused by it.

And should there be any wonder, in these parts, duty is a powerful thing.

So, let's call it that. Something one is required to do, by moral or legal obligation. The binding or obligatory force of something morally or legally right. A task or action required by a person's position or occupation.

Here, it's like that.

Because one reason I live a good life today is medical cannabis. So, the federal law that lets me grow my own also protects my health.

I also know many people suffer because their local government prevents them from growing cannabis at home. There are countless more hurt because of backward policy driven by special interest groups.

The fight for access to medical cannabis continues.

As a writer lucky enough to have a published forum in which to share my thoughts, a big part of what I accept as my job is to advocate for change. Because change is life.

So, here at Pajama Flats, when duty calls, we stand up to support a few things. Because most of all, we're for life.

The good life.

For me, that includes the right to grow my own meds. As, according to the laws of this land, growing a few cannabis plants at home is now legal in Canada.

Aside from a couple of places, which shall remain nameless here. Because we know where they are.

And one day, hopefully soon, comes a reckoning for those whose legal rights are now trampled by backward policy and bigoted ignorance.

For it's up to us, as citizens, to insist Canada live up to its true north claims of being strong and free. While also revealing those policy makers who continue to deny both justice and the rule of law for what they are.

Science-denying hypocrites bent on imposing their backward version of morality on a rapidly changing world of which they live in fear.

The law up here, north of the forty-ninth parallel, says growing four cannabis plants at home is legal. And so, for many Canucks, including this one, it's past time we demand justice for those now denied protection of the rule of our law.

On behalf of medical patients and recreational users, we must right the wrongs of misguided policy makers. Because voters make the rules in a democracy. And if you are old enough to read this magazine, you're also old enough to vote. Well, now is a time when you can make it count.

It's time the people we elect stop listening to lobbyists and start responding to those that vote them into office. So, once again, I'm using this platform to advocate for democracy.

Once again, it's time for more peaceful, direct, and democratic action.

And much like growing weed, DIY gets the best results with democracy. So, it's time to write another email, whip up another social media post, and get busy raising a stink about the trampling of our legal right to grow at home.

Let's remind those we've elected to get busy caring for the legal affairs of our country.

If we do it together, we're more likely to get results, and faster, too. Though I know we're a scattered bunch, with countless agendas, and coordinating acts of civil disobedience is akin to herding cats.

But remember this, and don't forget, reader; when it comes to cannabis, we must beware the ongoing threat to our liberty. Not only that, but by acting together, we remind those lobbying against us they're facing a countrywide movement. That we're a voting block of the informed, committed to resistance, and not a few stoners easily pushed aside with fast talk or a few dollars.

Together, as responsible individuals, let's demand the legal rights and freedoms granted by our democracy extend from coast to coast.

As a voter, from here, as usual, I'll be watching. And spreading the news, monthly, in this column.

Because in my corner of this uncaring world, science, justice, democracy, and the rule of law are not only concepts in which we believe, but rules by which we all must live.

I don't know about you, but I wouldn't want it any other way.

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

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