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ISSUE 87

# HIGH! CANADA MAGAZINE



# SNOOP DOGG

EXCLUSIVE CONCERT COVERAGE



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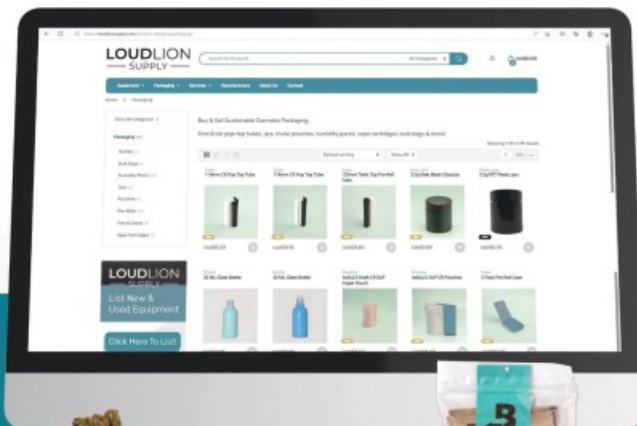
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*With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial lineup, and a post-publication review of each issue which is invaluable in maintaining our more than nine 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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# HIGH! CANADA MAGAZINE

ISSUE 87 - EARLY JULY 2023

## NOW BI-WEEKLY!

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All material presented is intended for a mature 21+ audience and is intended for entertainment, educational and informational purposes only.

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We are super excited to be media sponsoring the upcoming Elevate Industry Expo. A welcome addition to other trade shows and sorely needed in the Toronto retail market which has to be the most saturated and challenging cannabis retail environments in the country.

The Elevate Cannabis Industry Expo is intended to bring transparency and collaboration to the forefront of our industry. Retailers, Budtenders and LPs are struggling to thrive. What is not being shared are ways to overcome these shared challenges on a grand scale. They are providing a safe space to be vulnerable, ask questions and gain insight to some best practices from successful members of our industry, while surrounded by like minded people – this is an invaluable opportunity to connect, elevate and grow, together.

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# EDITORIAL BY CY WILLIAMS

Welcome to July in Canada. We were sidetracked during the first part of July and are slightly behind on our ambitious plan to hit issue #100 of High! Canada Magazine in January of 2024 - so that we can coincide the timing to occur the same time we celebrate our tenth year of publishing Canada's most culture-driven, community-oriented and quintessentially Canadian cannabis-focus magazine platform out there in the current market. We started in 2014 with a dream to publish 100 issues of High! Canada and as we begin the countdown this month we need to bite the bullet and produce not one, not two but three amazing issues of High! Canada Magazine.

This first one in our summer series focuses on an exclusive concert event that has everyone buzzing - the Snoop Dogg High School Reunion Tour hit Vancouver earlier this month and returns to Canada on July 23rd with a Toronto stop on the tour - Join Snoop Dogg, Wiz Khalifa, Berner and more this July.

This summer our very own Canna Mama and Cannabis Fitness Queen Zara Boorder (@the.fit.canna.mama) has offered to help me and our readers get into better shape this summer and we will be kicking off a summer of THC & CBD inspired workout routines and more...

Here are some of the ABCDs of THC & CBD for Fitness Enthusiasts

There has been a lot of news lately about the wellness benefits of THC & CBD for people who enjoy all kinds of exercise including running, biking, yoga, strength training and more. CBD's phytocannabinoids can help to reduce pain and inflammation and help soothe sore muscles and joints, but with the wide range of CBD products

EDITORIAL  
BY CY WILLIAMS



now on the market, it's hard for consumers to know what works, what is good for them or where to find it. As with any decision about your health, it's important to sort through the hype and start with number one – yourself.

A stands for ASSESSMENT. Whether you want to treat chronic joint pain or post-workout muscle strain, choosing the best product depends on identifying the condition you want to address and the kinds of medicine you are comfortable taking.

B means you need to listen to your BODY. How do you feel? Where does it hurt? What are you doing now to alleviate that discomfort? And after switching to a now on the market, it's hard for consumers to know what works, what is good for them or where to find it. As with any decision about your health, it's important to sort through the hype and start with number one – yourself.

A stands for ASSESSMENT. Whether you want to treat chronic joint pain or post-workout muscle strain, choosing the best product depends on identifying the condition you want to address and the kinds of medicine you are comfortable taking.

B means you need to listen to your BODY. How do you feel? Where does it hurt? What are you doing now to alleviate that discomfort? And after switching to a THC & CBD regimen it's important to listen to how your body responds, because there are variations in each person's endocannabinoid system – a group of cannabis-related chemicals produced throughout the body to help maintain health – and how THC & CBD interacts with this important system to improve wellness.

C is to make a COMMITMENT. The effects of CBD can be profound, but they are subtle. If you want to try CBD for any reason you need to commit to using it for at least a month. At the end of that period stop, look, listen, and see how you feel.



LET'S GET  
HIGH AND FIT  
TOGETHER

- ZARA -

HIGH! CANADA  
MAGAZINE

D is for DOSAGE. Since everyone's system is unique, the best advice is to start low and go slow. Begin with a lower dosage and slowly increase the amount of THC & CBD you're consuming until you achieve the desired effect.

I look forward to our all-fitness issue coming out at the end of the July!

Thanks Zara!

Cy Williams  
Publisher/Editor  
High! Canada Magazine  
editor at [highcanada.net](http://highcanada.net)

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# HIGH! CANADA MAGAZINE

IN INTERNATIONAL NEWS

**I**n International news, the Hemp Shoe Manufacturer 8000Kicks team was thrilled to continue to build on their own hemp revolution by taking some positive action in Germany recently.

During the early hours of the 13th of July, 8000kicks, the hemp shoe company launched a major operation to distribute over 500 cannabis hemp plants all around Berlin including Alexanderplatz, the Reichstag, Tempelhof, metro stations, supermarkets, universities, hospitals and many more. The campaign's goal is to spread awareness of cannabis in Germany and educate people about its benefits.

Although they look like weed, the plants are not for smoking and they will be confused as such. While hemp is closely associated with marijuana, it is not for smoking and it will not get people "high".

Hemp is the "sober cousin" of marijuana and it has a minimal amount of psychoactive components.

These plants are the core material of 8000Kicks products and these plants are the alternative to leather and plastic.

## WHY INDUSTRIAL HEMP?

Hemp is nature's purifier. It's a unique crop that can help shape a better future for generations to come:

The plant captures carbon dioxide from the atmosphere. In fact, for every tonne of hemp fiber produced, 1.63 tonnes of carbon is removed from the air, making hemp a much more effective sequester of carbon dioxide than trees;

One acre of hemp will produce as much fiber as two acres of cotton.

# HIGH! CANADA MAGAZINE

IN INTERNATIONAL NEWS



- It helps nourish nutrient-depleted soil and reverses the effects of e r o s i o n .
- Hemp doesn't require herbicides or p e s t i c i d e s .
- Hemp is one of nature's strongest fibers and it was used by Henry Ford t o b u i l d c a r s .
- It is naturally anti-bacterial and anti-microbial;

*“Our mission is to bring back hemp by showing everyone hemp products are way superior to other products made in other fibers. This is the green answer we have been waiting for”* says Bernardo the CEO and co-founder of 8000Kicks. Over 5000 hang tags have been placed on the plants, where the team explains the advantages of hemp and why this fiber is important for society and the environment. During the revolution the 8000Kicks team had been receiving people in an outdoor area at Avesu store, Warschauer Str. 33, 10243 Berlin, where people were able to come to learn more about the plant, and discover the hemp product family done by the company, including the Explorer, know for being the World's 1st waterproof hemp shoes.

The event lasted for 4 days, from the 13th to the 15th of July.

Unfortunately, Bernardo was arrested. The German police came to their door and took him away in handcuffs together with some hemp plants on-site.

This was after the campaign they did where they spread 500 cannabis plants around Berlin:

According to the police, they has got multiple anonymous calls complaining about the campaign and they had to intervene.

The 8000kicks CEO was released later that day and organizers were told to remove all 500 plants that were spread around Berlin.

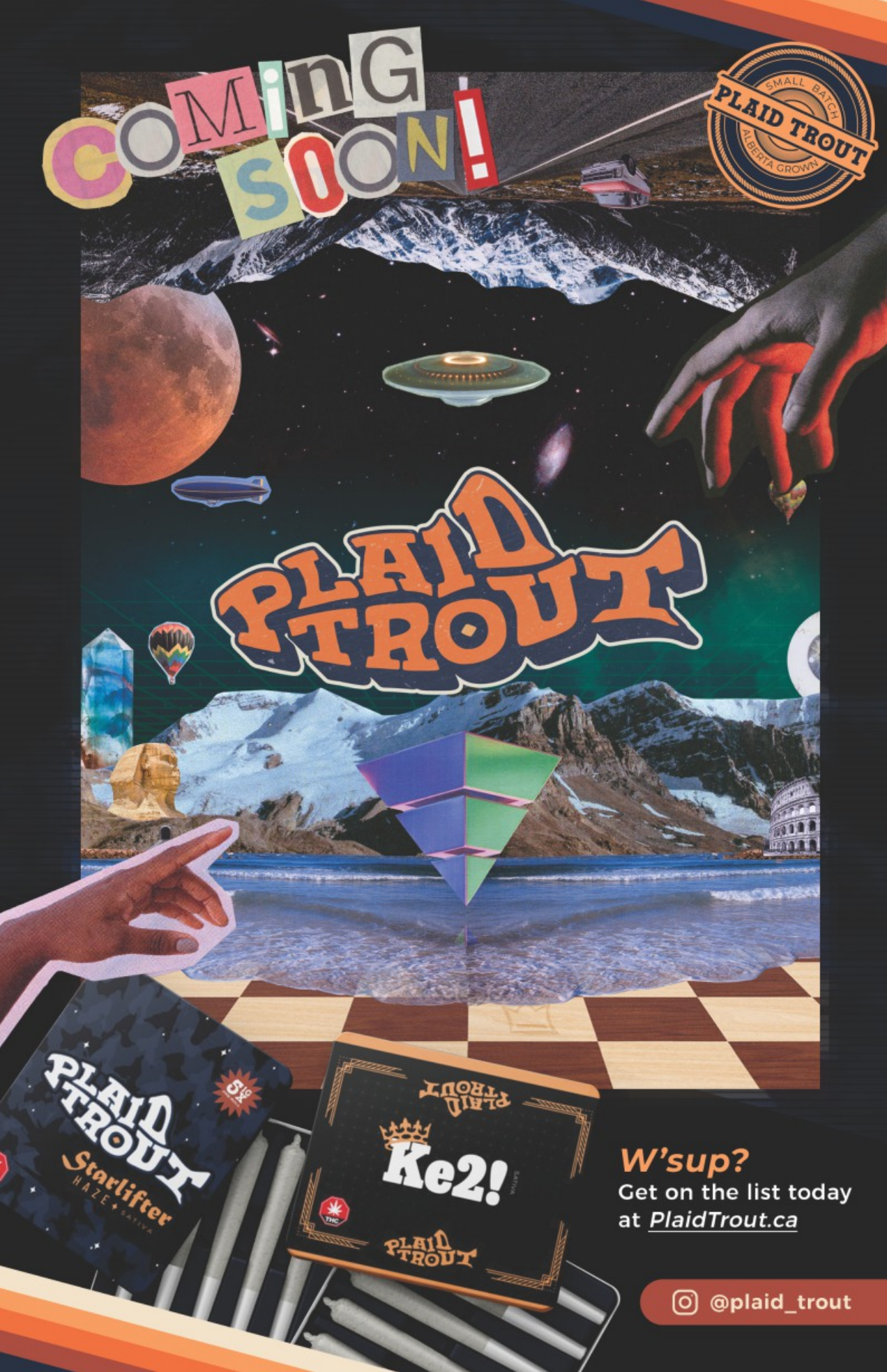
To be honest, things got a bit dramatic, but we are confident this was all a misunderstanding because the plants we used are actually made of industrial hemp and not actually marijuana (even though they look very similar).

For more information visit -  
[www.dope-kicks-sneakers.myshopify.com/blogs/news/the-8000kicks-hemp-revolution-berlin](http://www.dope-kicks-sneakers.myshopify.com/blogs/news/the-8000kicks-hemp-revolution-berlin)


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**C**anada is known for its natural landscapes, and what better way to enjoy the beauty of our country than by combining it with the relaxation and enjoyment of local cannabis? With the legalization of cannabis, beach bums are seeking out coastal spots where they can unwind. We are here to share the coolest hidden gems across Canada where you can roll up & spark while listening to the waves crash up against the sand!

## **Long Beach, Tofino, British Columbia:**

Nestled within the breathtaking Pacific Rim National Park Reserve, Long Beach in Tofino, British Columbia, offers an astonishing coastal setting.

With its long stretches of golden sand and thunderous waves crashing against the shore, this beach provides the perfect

backdrop for a relaxing smoke session.

## **Wasaga Beach, Ontario:**

Wasaga Beach is known for being the longest freshwater beach in the world. Wasaga Beach is a popular destination for sun seekers and stoners alike. With its sandy seaside, clear waters, and chill atmosphere, this beach offers enough space to find a quiet spot to spark up in peace.

## **Chesterman Beach, Tofino, British Columbia:**

Another gem on the west coast, Chesterman Beach in Tofino, British Columbia, is an absolute paradise where cannabis enthusiasts can find solace. This beach has been boasted for its natural driftwood-strewn shores, and vibrant, unforgettable sunsets.

Long Beach, Tofino





## **Grand Beach, Manitoba:**

Situated along the eastern shore of Lake Winnipeg, Grand Beach is a locals favorite, offering a unique cannabis-friendly experience.

With its never ending sandy shoreline, high dunes, and sparkling waters, this spot is perfect for a day of sunbathing and dabbing.

Canada offers a multitude of beautiful beaches where stoners can unwind, relax, and connect with nature. From the heart-stopping shores of British Columbia to the tranquil coastal landscapes of Ontario, Manitoba, and Nova Scotia, there are endless opportunities to find the perfect spot to enjoy a joint while taking in Canada's scenery.

Crystal Crescent Beach, Nova Scotia



## **Crystal Crescent Beach, Nova Scotia:**

Nestled within the rugged coastal beauty of Nova Scotia, Crystal Crescent Beach is a pristine haven for nature lovers and weed smokers alike.

This picture perfect beach has crystal-clear waters, sandy shores that you can dawdle along forever, and scenic hiking trails that lead to breathtaking vistas.

Remember to adhere to local laws and regulations, be respectful of other beachgoers, and always practice responsible cannabis consumption.

So, grab your favorite strain, head to one of Canada's beautiful beaches, and embark on a cannabis-infused journey of relaxation and natural beauty.

*By Sara Jane Wilson*

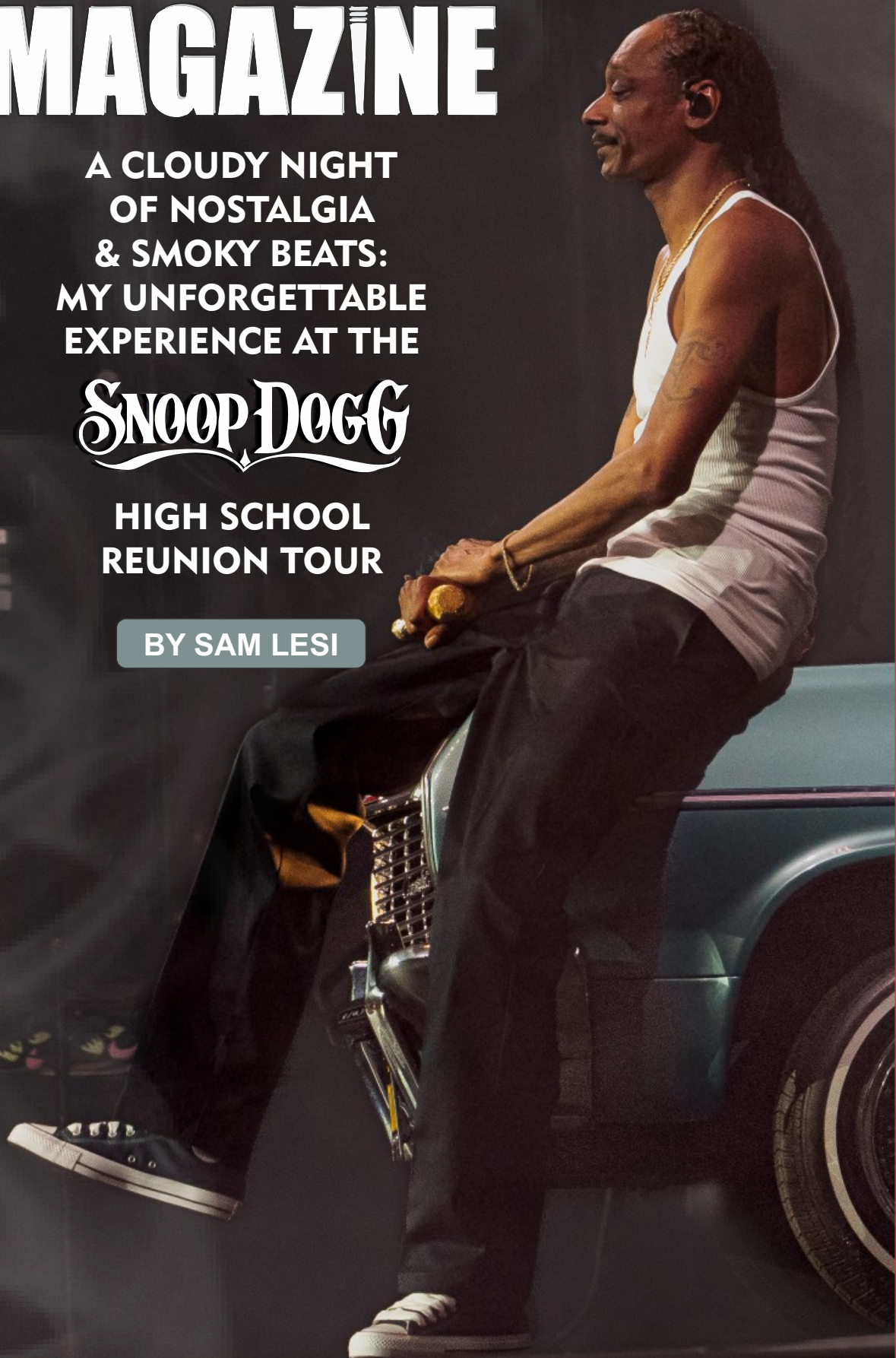
# HIGH! CANADA MAGAZINE

A CLOUDY NIGHT  
OF NOSTALGIA  
& SMOKY BEATS:  
MY UNFORGETTABLE  
EXPERIENCE AT THE

**SNOOP DOGG**

HIGH SCHOOL  
REUNION TOUR

BY SAM LESI





All Photos (including Cover)  
were supplied by guest contributor  
Sam Lesi - Enclave Media

As a hip-hop enthusiast, I had the extraordinary opportunity to attend the SNOOP DOGG High School Reunion Tour, an event that will forever hold a special place in my heart.

This article takes you on a vivid journey, bringing to life the electrifying atmosphere, the iconic performances, and the nostalgic haze that surrounded the venue.

Join me as I recount my first-person experience at this unforgettable concert.



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## **The Air was Thick with Smoke:**

Stepping into the venue, a cloud of smoke greeted me, signalling that this would be no ordinary concert. In fact, it was like entering a smoky sanctuary where the scent of weed hung in the air. It was a sensory overload, with the pungent aroma engulfing my senses and instantly immersing me in the unique ambiance of the event. The atmosphere was electric, and I knew I was about to witness something truly special.

## **A Lineup of Legends:**

As the beats dropped and the crowd erupted in excitement, I couldn't help but feel a surge of anticipation. The lineup was stacked with rap and hip-hop legends, and the energy they brought to the stage was electrifying. Snoop Dogg, the

electrifying. Snoop Dogg, the OG of the industry, commanded the spotlight, delivering a performance that left us all in awe. His smooth flow and unmistakable charisma filled the venue, transporting us back in time to the golden era of rap.

## **Nostalgic Moments and Clouds of Smoke:**

Throughout the night, the artists on stage took us on a nostalgic journey, reminding us of the high school days when we first started our weed adventures. Wiz Khalifa, with his mesmerizing stage presence, ignited the crowd with throwback hits that instantly transported us to a different era. The audience was alive, their energy contagious, as joints and edible goodies were passed around, creating an intimate connection between the artists and the fans.



## **A Memorable Symphony of Color and Sound:**

The concert was a sensory explosion, with vibrant stage lights dancing in harmony with the thick smoke that blanketed the venue.

It was a feast for the eyes, as the crowd held aloft giant 3ft long

joint balloons, adding to the surreal atmosphere. The music reverberated through our bodies, uniting us in a collective experience that transcended time and space.

We were connected by a shared love for the music, the culture, and the freedom that weed represents.



HIGH! CANADA  
MAGAZINE

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CE

# HIGH! CANADA MAGAZINE







unforgettable memories it created. Cheers to the power of music, the joy of community, and the shared love for the leaf!

pHOTOcredits:

-Sam Lesi

Project Lead Photographer

Enclave Media

@enclave.mediaa

Website: [enclave.media](http://enclave.media)

*Note: This article is written from a subjective perspective and aims to convey the personal experience of the author. Please consume cannabis responsibly and follow all applicable laws and regulations in your area.*



**HIGH SCHOOL**  
REUNION TOUR

**SNOOP DOGG**  
**Wiz Khalifa**



**TOO SHORT**



**WARREN G**



**BERNER**



**DJ DRAMA**



**LIVE NATION**

SNOOP DOGG & Wiz Khalifa

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GO TO

# HIGH SCHOOL

◆ THE MOVIE ◆



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MILONAKIS

TEAIRRA  
MARI

LUENELL

AND MYSTIKAL  
AS THE VOICE OF "SLOW BURN"



**HIGH! CANADA  
MAGAZINE**



## CANNABIS CUISINE UNLEASHED: EXPLORING THE FLAVORS OF CANADA'S EDIBLE REVOLUTION

BY SARA JANE WILSON

Canada's cannabis industry continues to evolve, not only in terms of smokable products but also in the realm of culinary creations.

With the legalization of edible cannabis products, companies are taking things to the next level, introducing a wide array of cannabis-infused delights that cater to different tastes and preferences. From BBQ sauces and snacks to tantalizing treats, these groundbreaking products are making waves in the culinary world and offering cannabis enthusiasts a new and exciting way to enjoy their favorite plant.

One of the remarkable aspects of this culinary infusion is the ability

to cater to diverse palates. Whether you prefer tangy, spicy, or sweet flavors, there's a cannabis-infused product to satisfy your taste buds.

Imagine indulging in a delicious barbecue sauce infused with cannabis, adding a delightful twist to your grilled steaks and chicken. Or perhaps you fancy a salty snack like beef jerky, enhanced with carefully measured doses of cannabis, offering a unique blend of flavors and effects. These products not only provide a delicious experience but also offer a convenient and discreet way to consume cannabis.

The companies leading the charge in cannabis cuisine are



trailblazers, setting a precedent for future culinary endeavors in the cannabis industry to come.

By navigating the legal guidelines and ensuring strict compliance, these pioneers are paving the way for the introduction of new and exciting products.

Their dedication to quality, safety, and responsible consumption is driving the industry forward, establishing a solid foundation for cannabis-infused culinary experiences to flourish.

As legalization continues to shape

the Canadian landscape, the world of cannabis cuisine is emerging as a dynamic and scrumptious realm.

With a diverse range of cannabis-infused products hitting the market, consumers have the opportunity to explore a whole new realm of taste sensations and experiences.

It's an exciting time for culinary innovation, and as we witness the rise of cannabis cuisine, we can't help but be amazed at the dedication and creativity of the Canadian companies driving this movement.



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VANCOUVER - November 8, 2023

For More Information Visit  
[www.cannabissommelier.com/collectors-cup/](http://www.cannabissommelier.com/collectors-cup/)



A woman with long hair is shown in profile, looking upwards and to the left. She is holding a large, vibrant green cannabis plant in her right hand, which is positioned near her face. The background is dark, and the lighting highlights the woman's features and the texture of the cannabis leaves. In the top left corner, there is a small, separate cannabis leaf.

**edmonton - sept 20th**  
**vancouver - nov 8th**

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your inner  
connoisseur*

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## **BUILDING A BETTER BUDTENDER WHY SUPERIOR TRAINING MAKES ALL THE DIFFERENCE.**

I got to meet Michael Borg at the recent Collector's Cup in Ontario and was honoured to get to know him over the course of that stellar event, but I also got to bear witness to him placed into a teaching role for the first time during the Cannareps Cannabis Sommelier certification program (also held recently in Toronto) and I was nothing short of impressed by him. Michael Angelo Borg, was born on September 13th, 1993 in Brampton, Ontario, and is a passionate individual with a diverse background rooted in Italian and Maltese heritage. He thrives in various roles within the cannabis industry, including as a Grower, Novice Breeder, Industry Growth Engineer, Cannabis Educator, and Songwriter.

Michael's captivating journey with cannabis began in high school, where he discovered its remarkable potential in alleviating

his mental health challenges. Motivated by personal experiences, he embarked on a mission to extend this relief to others by distributing cannabis while meeting his own needs. This path led him to cultivation, and at 24, he began nurturing his own cannabis plants.

Throughout his journey, Michael has excelled in diverse roles, earning prestigious accolades such as the title of Cannabis Sommelier. His instrumental involvement in establishing Dufferin County's first dispensary as their esteemed Product Specialist marked a pivotal moment in his career.

Demonstrating expertise in Post-Harvest, Cultivation, and Extraction, Michael fostered fruitful collaborations with Licensed Producers, propelling personal growth and expanding knowledge. Through these

**partnerships, he embarked on a transformative journey, honing his abilities.**

**Michael's aptitude shone through as he assumed the esteemed position of Industry Growth Engineer at Croptober Harvest. Moreover, his unwavering dedication to spreading knowledge and promoting awareness earned him the prestigious honor of being selected as one of the newest Educators for Canna Reps.**

**Above all, Michael remains a humble servant of the cannabis plant, committed to propelling the industry forward. With an insatiable appetite for growth and learning, he eagerly anticipates the forthcoming chapters of his journey, steadfast in his pursuit of nurturing, educating, and advancing the cannabis landscape.**

**My first question is to ask how your first big teaching experience in Toronto went?**

My first experience getting to help facilitate the Cannabis Sommelier program was a big step for me and extremely fulfilling! The main reason I wanted to get into teaching was to provide others with the tools I was given to help them succeed & eventually teach others these skills themselves, and getting to do this that weekend felt so good.

That was a pretty big moment for me.



## **How were the Collector's Cup and Budtender Games for you and for Croptober Harvest?**

The Collectors Cup & Budtender Games are always a meaningful experience for the team & I.

These events are always intimate, fun, as well as educational.

The grading panel is my favorite, where everyone gets to sample & grade all the competition flower without knowing what their smoking, other than a colour or a number associated with it.

We also press the competition flower into Rosin & everyone gets to taste & grade the dabs too.

It's a really fun experience for anyone who loves cannabis & I can't wait for the next one!

## **Anything we should look forward to? What's coming down the line next?**

Things have been moving so rapidly the last couple of years it's hard to say what's about to come next, but I'm definitely looking forward to refining my practice as a cultivator, continuing on this journey to create my own

flavors & cultivars & looking forward to seeing all the new students in the classroom at our upcoming sessions.

Also, stay tuned into [CroptoberHarvest.com](http://CroptoberHarvest.com) & [CroptoberHarvestFest.com](http://CroptoberHarvestFest.com) as we roll out new updates and initiatives.

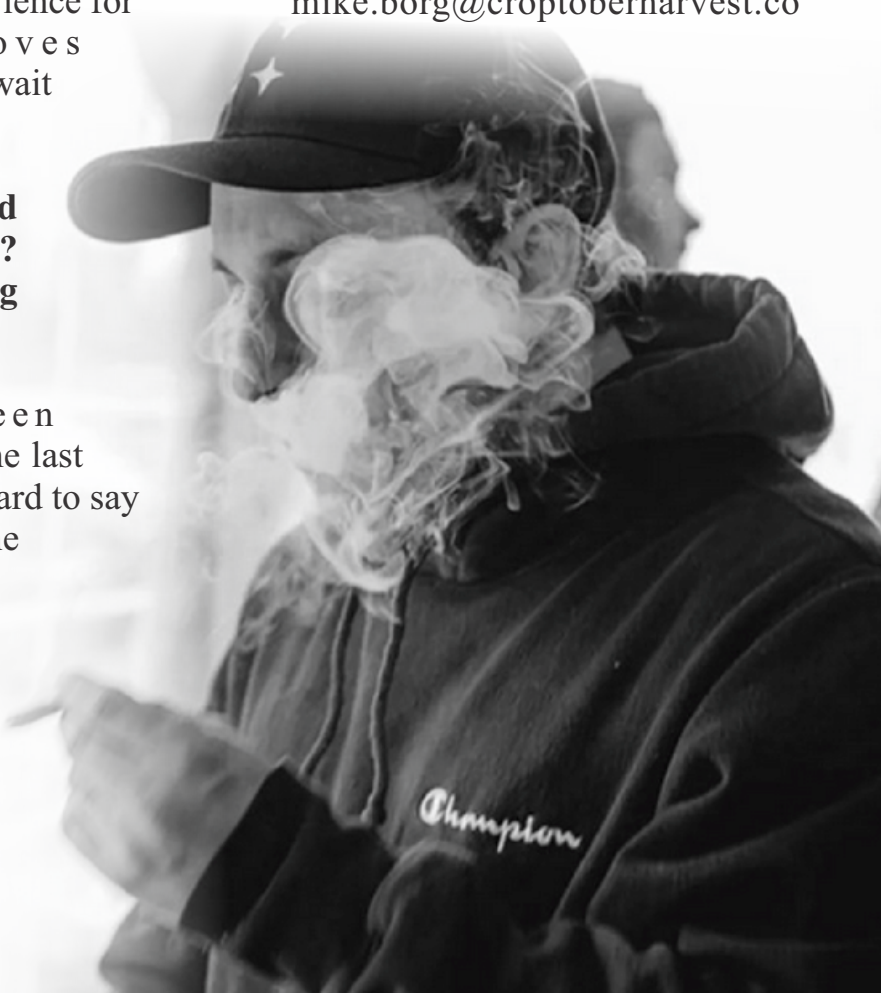
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A woman with long brown hair and sunglasses, wearing a black and orange traditional Ukrainian embroidered garment, holds a large Ukrainian flag. She is in a public square with other people and a lion statue in the background.

# WOMAN IN WEED MARYNA SHAPOVALOVA

THE ANSWERS TO YOUR DESTINY LIE WITHIN YOU AND YOUR FAMILY'S STORY

This handmade towel with its beautiful embroidery isn't the first of its kind, though it has been in my family for over a century. It was made by a Ukrainian woman named Uliana during the Big Ukrainian hunger, when Russian soldiers took all the food stores from the civilians. This traditional Ukrainian towel is called "Rushnyk", which holds great significance for us Ukrainians. It's not merely an accessory, but a powerful symbol of our identity, national history and resilience.

More than 120 years ago, a girl named Uliana was born. From her childhood she had a deep passion for needlework, agriculture and cooking. She was born with excellent sense of taste and style which was very rarely and absolutely useless in that time in our country.

As she grew older and got married, Uliana's home became a hub of activity, constantly filled with guests



drawn to the wonderful atmosphere and delicious dishes. Young girls would gather there to prepare for their dates, engaging in activities like dressing up, styling their hair, and applying makeup. Meanwhile, men would visit Uliana's husband to listen to the radio or engage in important discussions.

During the devastating famine known as the Holodomor, which occurred in Ukraine from 1932 to 1933, Uliana's family faced a dire situation as Russian soldiers confiscated all the food stores. However, Uliana's resourcefulness and determination came to the rescue.

She turned to hemp leaves and seeds, which she cultivated in a small garden adjacent to her house. Despite the limited resources available to her, Uliana managed to create food from hemp, ensuring the survival of her family and children during this desperate time. Her innovative approach and ability to make the most of what was accessible helped sustain them through the hunger crisis.

Uliana's children were always well dressed, thanks to her creative skills. Her house was a sight to behold, adorned with beautiful accessories and



garments that she crafted from hemp, complete with embroidery. Despite the challenges she faced, Uliana's dedication knew no bounds.

While most of her days were consumed by hard work in agriculture, Uliana would devote her nights to creating these stunning pieces. Her determination and love for life are truly awe-inspiring. In a time when people were primarily focused on survival and finding food for their families, Uliana took remarkable steps to cultivate a plant that would later contribute to building a sustainable environment.

Today, we can appreciate the significance of her actions as we utilize hemp in various ways, including as a source of food and health supplements, cosmetics, clothing, construction materials, and much more. Uliana's foresight and efforts have left a lasting impact on the possibilities and opportunities presented by this versatile plant.

Three generations later, thanks to the fortitude of Uliana, I was born into a different era and faced my own set of challenges that required a similar strength and resilience. Although my childhood lacked extravagance, it was filled with the love and happiness of my family. Every summer, I would return to the same villages, surrounded by familiar landscapes and the spirits of my ancestors.

During my school years, I discovered the power of bringing people together and understanding their needs and thoughts. This realization became a

driving force in shaping an interesting and fulfilling life for myself. My journey into the professional world began with a passion for marketing, which I encountered during my university studies. It was love at first sight.

Despite being enrolled in the management faculty and excelling as one of the top students, I dedicated all my free time to the marketing department. I actively participated in conferences and student competitions, constantly seeking opportunities to expand my knowledge and gain practical experience across various subjects and areas.

To summarize, I see myself as a project-maker, a strategy-creator and a marketing-lover. I have always strived to be at the forefront, investing significant effort to reach the position I am in today. However, there is an underlying "but" that accompanies my achievements...

Four years ago, my life took an unexpected turn when a short tourist trip led me to Portugal with the idea of launching a medical cannabis cultivation business. Initially, I had never considered staying in Portugal permanently, but circumstances

dictated otherwise. The onset of the COVID-19 pandemic introduced new rules and conditions that impacted all of our lives. While it presented challenges for everyone, I saw it as an opportunity. I became deeply intrigued by the concept of establishing my own cannabis startup and delved into learning all the intricate details of the industry. The magic of this plant opened my mind to numerous innovative project ideas. Moreover, I realized the importance of preserving our planet and helping people lead healthier and happier lives. However, I couldn't fully comprehend why this particular path felt so close to me and why I felt a strong emotional connection to it.

In recent years, life has compelled many of us to turn inward, to explore our inner selves, and to analyze our thoughts. More and more people have recognized the importance of working with psychologists and life coaches, and I too have embarked on that journey.

Through sessions with my psychologist and my own personal exploration, I began to delve into my family tree. It was during this process that I discovered a profound connection with my great-grandmother Uliana and the tradition of empowerment and resilience that she initiated.

Tragically, history seemed to repeat itself as Russian soldiers once again arrived in my country, attempting to disrupt and dismantle lives, just as they did during my great-grandmother's time. Millions of Ukrainians were forced to scatter across the planet, seeking refuge and starting anew in different lands. For me, that new beginning took shape in Canada, where I am now starting my life from scratch.

The echoes of my great-grandmother's strength and resilience resonate within me as I face the challenges and uncertainties of this new chapter in a foreign land. It is a testament to the enduring spirit of my ancestors and the legacy of determination they left behind.

That's truly remarkable that I inherited one of Uliana's handmade Ukrainian Rushnyk, a precious artifact that represents the power of the women in our family and serves as a personal symbol for my career journey. It carries the weight of over a century of history and resilience, inspiring me to



within yourself and listening to the wisdom embedded in your family roots, you can discover your true potential and find the courage to embark on a fulfilling and rewarding journey.

My story and the significance of the Rushnyk serve as a powerful reminder that one's background or knowledge does not define their potential for success. It's the passion, determination, and connection to one's roots that can propel someone to overcome challenges and achieve their dreams.

By sharing my experiences and the wisdom I've gained, I can inspire others to believe in themselves and pursue their passions wholeheartedly.



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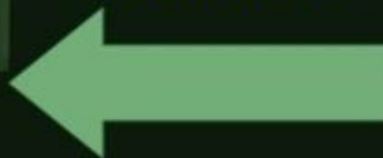
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# HOME GROWN... AN OUTPOST OF COMMON SENSE.

BY @TFPRUDENTHEWRITER

**H**ello neighbor, and welcome.

It's late June, with the Canada Day long weekend next up, as I write you this month's note. Here at Pajama Flats, aside from a little smoke, we've so far avoided the natural disasters plaguing the province through these last few months. Because of it, the usual gratitude is even more abundant in these parts.

Now, I'm going to see if I can share a little of it with you.

See, I've worn a few hats in my time, but have always thought of myself as a writer first, and everything else, a distant second. Even as a writer, however, my work requires me to wear several hats. Here, for example, I'm portraying the character of industry pundit and purveyor of noir humor.

The jury remains out regarding my success with either role.

At various other times, I work as a writing coach, while also plying my trade as a novelist. Though only one of those two gigs keeps me eating, I consider the other to

be far more difficult. I'll leave it to you to figure out which is which.

But there as well, it's a 'What have you done for me lately?' kind of gig.

And like most everything else, when looking at relative levels of success, the proof is the pudding. That's right. It's not in the pudding. It is the pudding.

By now, the results of Alberta's latest election are known. And once again, the people got what they wanted. At least, a majority of voting Albertans did. The rest of us now get to go along for the ride.

Wherever it takes us, too. And, of course, like it, or not. Because that's the price of democratic freedom. In a few years, we'll meet at the ballot boxes and learn what we thought of the job they did.

Meanwhile, it's now time to get back to working together to make things better for everyone.

Because there's plenty of work to go around. Everywhere, too, and in all fields. Near as I can tell, the blue marble most needs our help. That's despite the ongoing culture wars and outbreaks of pestilence raging

around the globe right now. So, here at home, I'm hoping we set aside our differences long enough to continue working for the common good. If the recent wildfires have shown us anything, it's that when we need each other, we're still willing to be there, despite our different beliefs.

To me, that's worth celebrating.

Now, that doesn't mean I've forgotten how frustrated I am with Big Tech trying to remake government as our enemy. Or that I'm less sickened by their facile attempts to pass off greed, profiteering, and tax dodging as routine and normal business practice.

Nor am I less angered by the apathetic response made in reply to Big Telco's latest demands for consolidation. If anything, I'm even more pissed off about it.

Likewise, the way society's issues are ignored at election time still gets my goat. Instead of focussing on what matters, nowadays it's become a time of intense tribalism and a rush of 'us versus them' madness. Which leads only to greater degrees of frustration on either side of the electoral table.

Because democracy needs compromise to work for the benefit of all. And thanks to social media, the spirit of compromise is on the endangered list. The cancel culture seems to have cancelled it.

And did I lately mention how I'm sure social media is the greatest enemy of freedom ever invented? Well, if not, there you go.

The giant echo chamber is little more than an addiction. But because of this habit, Big Tech now has its hand deep in society's pocket. And they're counting on you and me, its users, to come to their defence as they wage war against our governments. Whose sole job, as our elected reps, by the way, is protecting us from them.

If you've read any Kafka, or even Orwell, Big Tech sure looks like a predicted nightmare coming to life. And if the early response to Canada's government trying to limit their ability to rip off news sources is any sign, the people are sure to soon get what they want.

Which looks a lot like a fascist and authoritarian regime that either limits or removes the people's ability to make choices.

And brings with it an end to individual freedom.

So, there you have it. I'm grateful for what we still have here. But I'm not silly enough to think we don't have a long way to go. If we're going to save it, that is.

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

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