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ISSUE 68

# HCM

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CULTURE MAGAZINE



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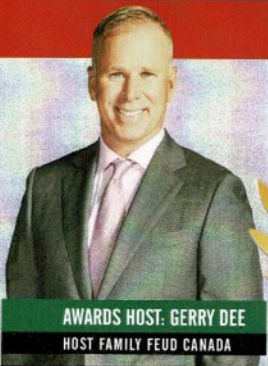
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With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial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

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I S S U E 6 8

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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

# HCM

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## 2022 - THE YEAR WE PAY ATTENTION A TRUE & BRAVE NEW WORLD STARTS NOW!



possibility that is 2022. This is something I am seeing personally and professionally as well.

In terms of cannabis in Canada the swell of optimism is as pronounced as good cannabis is perfectly pungent. Third year into legal cannabis in Canada and the interest is real among Canadians looking to enjoy a variety of legal cannabis products available in Canada. The industry side of producing and manufacturing and the retail side of things and the one hundred other aspects of what legal cannabis is about is also seeing massive change and growth. Those companies that actually survived the last two years and have made it across the floor to the other side are finally starting to see how to bridge the

It is my pleasure to bring you an all new issue of High! Canada Magazine to assist in heralding in an exciting new year. Can you honestly believe it is now 2022? When I was a child, this date seemed so far away from me that I have spent my whole life thinking about what life would be like in 2022 and here we are. Smack dab in the future - so to speak...

As we emerge out of the last few strange years that we have all experienced in one form or another, there seems to be great optimism building in my circles for the hope and

disconnect that has traditionally existed between legal cannabis and the consumers. Progress is progress and every step forward is something. Even if half the time you wind up going back three steps because hey - who among us is perfect right?

This issue we share so many amazing growing tips for the home-grower in you and we share our thoughts on cannabis news coming down the line as well as people and companies that we are keeping an eye on in 2022. We have incredibly high hopes for all of the companies, projects, brands, dreams and people we cover this issue.

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



# DON'T DO IT.

Government of Canada / Gouvernement du Canada Canada

## Don't Drive High.

**Your life can change in an instant:**  
 Fast facts about drug-impaired driving (DID)

- 50%** of cannabis users don't think that it affects their driving much,\* while **1 in 5** don't think it has any negative effect at all.†
- 2 in 5** 39% of those who have used cannabis in the past year have driven within two hours of consuming cannabis.†
- 149** Number of fatally injured Canadian drivers who tested positive for cannabis in 2014.†
- 3,489** Number of DID violations reported in Canada in 2017.†
- 2 in 5** Approximate number of people who were a passenger in a vehicle driven by someone who had recently used cannabis.\*
- Drugs impair your:**
  - Balance and coordination
  - Motor skills
  - Judgement
  - Reaction time
  - Attention
  - Decision-making skills
- Every 3 hours** How often a drug-impaired driving incident is recorded in Canada.†
- Increases likelihood** Recent research shows a 1.3- to 3.0-fold increase in risk of a motor vehicle collisions after cannabis use.†
- \$1000+ a 1-year driving prohibition** Minimum penalty if you are caught driving impaired.†

**#DontDriveHigh**

Use public transit

Use a designated driver

Call someone for a ride

Cab or ride-share

Stay over

Sources:  
 † 1. 16. Canadian cannabis survey, 2017 <https://www.cannabis.ca/en/health-and-safety/health-effects/health-effects/cannabis-survey-2017>  
 ‡. Marijuana Use Among Drivers in Canada, 2017 <https://www2013.statcan.gc.ca/n1/pub/82-625-x/2018001/article/00001-eng>  
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 †. Impaired Driving in Canada, Statistics Canada, 2015. <https://www2013.statcan.gc.ca/n1/pub/82-625-x/2015001/article/00001-eng>  
 †. Lower Risk Cannabis Use Guidelines, Fisher et al., ALPN August 2015, Vol 10, No. 4 <http://high.sph.umich.edu/wordpress/wp-content/uploads/2015/08/ALPN-2015-00288>  
 †. Criminal Code of Canada <http://www.cannabis.ca/en/health-and-safety/health-effects/health-effects/cannabis-survey-2017>

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**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.**

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*HG*

PEOPLE TO WATCH:

ROBERT W.E. LAURIE INTERVIEW

A man with grey hair, glasses, and a beard, wearing a dark blue suit, white shirt, and patterned tie, holding a black umbrella. The background is a blurred green outdoor setting.

**The  
Talented  
Mr. Laurie**

**W**e had the opportunity to speak with renowned cannabis and psychedelic lawyer Robert W.E. Laurie, the President of AD LUCEM LAW CORPORATION. Robert's legal practice focuses on commercial business, government, regulatory issues, plus charter and constitutional legalities surrounding cannabis and psychedelic plants. Robert has many years of policy development and legal practice in corporate, commercial, and administrative law, plus licensing, regulatory, and constitutional charter experience concerning medical access to cannabis and psilocybin. As a lawyer in Canada, Robert has worked to reform drug laws. As a consultant, he devises regulatory, government policy, and business solutions for companies operating globally in the regulated food, cannabis, and psychedelic industries. Robert is an acclaimed international speaker, presenting at conferences and events on the laws surrounding cannabis, psychedelic, and entheogenic medicines in North America, South America, Europe, Asia, and Australia.

**Robert, thank you for taking the time to join us. Let's talk about things you are watching or paying attention to in 2022?**



Thank you, Cy. It is my pleasure to be here. That's an excellent question; thank you for asking. You know, cannabis is something that I work with every day in my job. I think 2022 will be more of the same as what we started seeing in 2020 and 2021. With the pandemic, cannabis is regarded and recognized as an essential service, which continues to be a game-changer. That in itself led to a loosening of restrictions and contributed to more access through delivery and curbside services. I only expect that trajectory to advance. We are now into the start of the third year technically of this pandemic, and there has been much change concerning how we access goods and services, and cannabis is no

exception. With cannabis being an essential service, it is undeniable that Covid has helped normalize cannabis consumption and accelerate industry growth (compared to when the legal market hit the skids in the fall of 2019).

Another point to bear in mind is the black market isn't going away, and to the disappointment of regulators, it hasn't. The financial hardship and economic uncertainty, coupled with the rise in Covid inflation, could result in more folks than expected

participating in or going back to the black market. Those numbers seem to be rising, given the flood and availability of the product (at least in British Columbia).

Either way, there are clear winners and market leaders in both markets. But until the federal government accepts that the only way to win on illegal proliferation will be to institute a legal system that facilitates a fair and competitive industry, I suspect more of the same.



Unfortunately, the overly restrictive rules synonymous with legal cannabis, I fear, will end up placing B.C. and the other provinces at an uncompetitive disadvantage. Significant changes overall are needed to the Cannabis Act to realize a genuinely profitable and sustainable cannabis industry, and there are rumblings we should see more government engagement in 2022. That is a good thing.

With all the uncertainty in 2022, the need for experienced lawyers and skilled cannabis consultants should continue to rise. Why? Because we are in an era of mass industry consolidation and amalgamation, which means there

will be a lot of extinction. Unfortunately, several legal and licensed cannabis companies will die on the vine, and countless others will struggle if the present state of affairs continues. History has shown similar trends in other emerging industries. Take the emergence of the American motorcycle industry as an example.

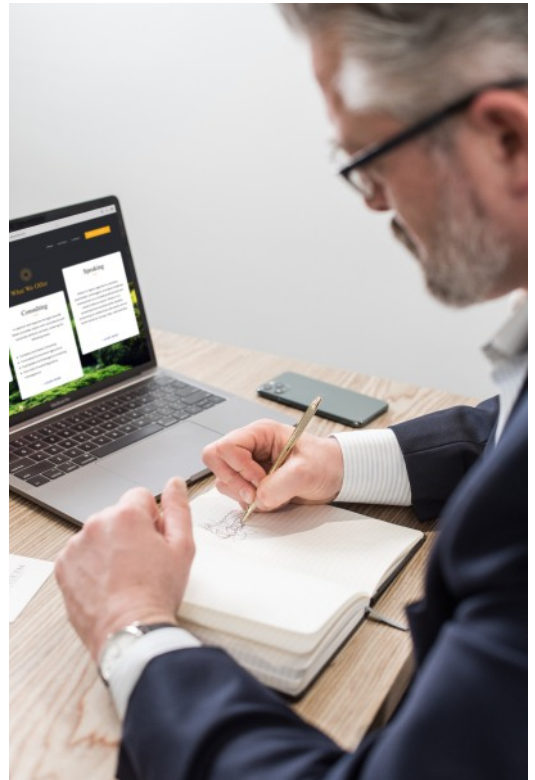
In 1922, there were over 200 domestic manufacturers of American motorcycles. By 1947 that number shrunk or contracted to two - Harley Davidson and the Indian Motorcycle Company. These two companies acquired competitors and consolidated a fragmented market. I see similar consolidation on an equivalent



scale in cannabis because of the many duplicitous companies with the same offering in the space. How many companies more or less offer the same thing without much product differentiation? I submit such is very much happening with legal cannabis and will continue to do so.

Also, the legal cannabis industry is at its early stages, and looking at this from a tech point of view, we are at the Netscape Navigator web browser years of cannabis. Call me when the Amazons, the Microsofts, the Apples, the pharmaceutical, and sizeable industrial agriculture companies get involved. For now, they are waiting until more concerning US federal legalization is known. Cannabis remains illegal at the US federal level despite the various US States legalizing it at the state level since 2014. Consequently, I think the cannabis industry (domestic and foreign) will remain in a holding pattern for a couple more years.

Concerning the US federal legalization of cannabis, I believe that will take time. I suspect the Canadian government will coordinate or harmonize Canadian regulatory modifications concerning cannabis in conjunction with such efforts.



Why? Because, at the end of the day - cannabis is still illegal internationally, and there is no acknowledgment of recreational cannabis under any of the UN Conventions for which Canada is a party. So technically, despite being the first G7 country to legalize cannabis federally, we are still in this quasi-illegal/ legal territory. The United States is responsible for the War on Drugs and the many related prohibitions (certainly with psychedelics in 1971 they did).

The United States has work to do and must consider how they will remedy or reconcile the situation federally in the US and ultimately what narrative they will present to the international community as to





why there have been 97 plus years of prohibition. Right? Prohibition continues to be funded and led by the United States. Hence, until there is clarity at that level and direction from the European Union, we are stuck in a Cannabis 1.0 or 2.0 until significant legalization or regulatory changes are possible. It is close, but it is still a good way off, and not a lot will happen in terms of progressive movement without the US. That is where international cannabis advocacy should be focused and corresponding efforts directed.

We are starting to see that, which is good, and I think the scale and the impact of those initiatives will be on the rise. Unfortunately, for Canada and cannabis, I think it will be more of the same, and I don't know. This market has been in trouble since 2019.

**Thank you Robert!**

**For our extended interview, please check out our High! Canada Magazine Presents 'HCM Interviews' podcast available everywhere quality podcasts are found.**



# COMPANIES TO WATCH

## EDICA NATURALS THE FUTURE OF FEELING BETTER



CEO Ann Barnes researched plant-based solutions and designed a 100% Natural supplement line geared towards women and men over forty.



Edica Naturals was founded to give back to like-minded men & women in need of a Simple Solution to be at their Optimum. This six product line is turning heads and changing lives.

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# COMPANIES TO WATCH

## BOVEDA & INTEGRA SAVE YOUR TERPENES!

So it has the ability to both raise and lower relative humidity in the environment--the closed environment that you put it in, that is, assuming it's in a relatively small space with the amount of plant matter for the humidity pack to regulate.

Onto a bit of product description, the Boveda 62% pack is a little packet with liquid in it. The Integra pack on the other hand feels like it has more of a gel in it. The Integra is a little larger at 67g vs 60g for the Boveda.

The Integra Boost pack comes with a little indicator card, which is unique and new. The Integra indicator card is a red dot right now, and what you do is you put this in with the Integra Boost pack and you're able to see if the humidity is staying consistent with what you want even if you don't have the humidistat. The Integra red dot turns blue when it's time to change the pack out. For the Boveda pack, it turns from liquid to solid when it's run its course.

Primarily people use these humidity packs for plant material and buds. Which is better? I recommend you do your research and see which one works best for you,

if you are not familiar with humidity packs, they are known as are two-way humidity stabilizers. You put these in any closed environment and if the humidity is too high, say 70%, or if it's too low, say 50%, then the 62% pack will decrease or increase the relative humidity of your plant matter till it stabilizes at 62%.



## ND SUPPLIES

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# Partnerships and Collaboration key to success for ND Supplies

For any business, it not enough to just make a good product. It is also critical to market that item effectively, a key part of which is the packaging. In Canada's cannabis market, Kevin Lee sees ND Supplies as a strategic partner, working with producers to present their wares in the best way possible.

"We like to be very involved with our customers," he explained. "We talk to their development teams and work hand in hand with the production teams to see what they are working on. A lot of them are looking for a bag, for instance, that will work for multiple skus."

While that is important to the company's customers, it is also a key consideration for ND Supplies as well.

"There's a process to providing compliant packaging" Lee notes. "We have to ensure its child resistant certified as well as food safe. We put resources into development and third party testing to ensure the highest standards are upheld."

A tour of ND Supplies website product catalogue includes bags, jars and containers for a wide range of cannabis products, from bud to joints to edibles and oils. As the industry evolves, staying on top of the market is an ongoing challenge for Lee, who spoke in advance of the **Grow Up Conference and Expo** in Niagara Falls. **ND Supplies is the presenting partner** for both the Niagara Falls show, which runs November 30 to December 2, 2021, and the sister show in Victoria, BC, June 20 to 22, 2022.

"Part of the reason we went down to Vegas was to see what packaging trends are in the US," he explained. "many producers are looking at reducing the size of the packages as well as materials that are easier to recycle.. When legalization started, everyone was scrambling to get something into a cr jar, there weren't many options. Now they are looking a for packages that better suits the needs of the brand and product."

That means a reduction in wasted space for the producer and waste for the consumer. On the other hand, smaller products mean less space for branding, logos and other techniques for setting one

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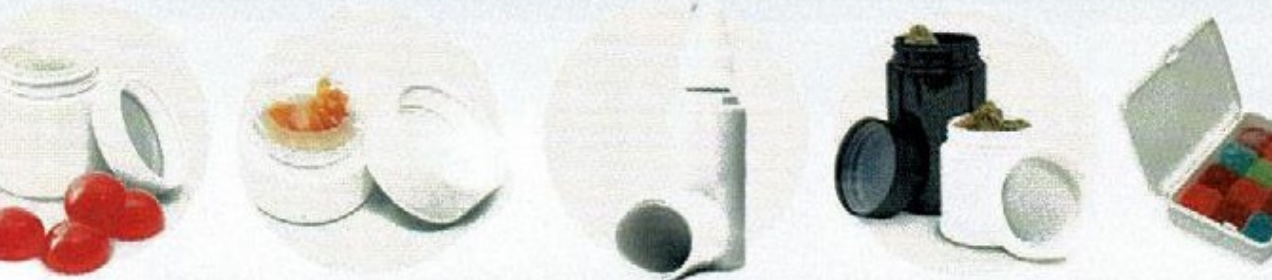
product apart from another, something already a challenge thanks to restrictions imposed by Health Canada.

"There's a lot of competition out there and not many ways to differentiate your lines from the rest," Lee acknowledged. "You have very limited ways to mark your territory."

"There was still some stigma that carried over into the rec market so there were regulations put in place to limit marketing," Lee continued. "As cannabis becomes more mainstream and legalization sinks in, people are opening up to it's use."

This fluid business environment underscores the need for that close collaboration between ND Supplies and their customers.

"With ND, we really want to focus on the community and growing the industry together," Lee said. "We're always looking to help companies get their products from seed to the shelf by understanding the challenges producers and processors encounter when it come to packaging. That's why we developed our business model around a partnership approach."



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- Produce quality cannabis products establish effective sanitation programs.
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- Test cannabis products as per the regulatory standards.
- Implement supply chain management.
- Develop appropriate process qualification methods for cannabis production.
- Infused product development: Edibles, Cosmetics, Medical Devices, etc.
- Identify the cannabis biological production methods in current commercial production.
- Establish quality management systems within cannabis companies for better performance.

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# COMPANIES TO WATCH

## All Good Pre-Rolls Full Flower Pre-rolls

All Good pre-rolls are the stable rolls in our lineup. Made with premium flowers rolled and cared for in a slim style. These pre-rolls are best for a perfect day, with good vibes and buds. Launching across Canada in early 2022.

### Types

Chill - Indica | Vibes - Sativa

### THC Range

23 - 28% | 230 - 280mg/g

### Quantity

0.35 per pre-roll | 10 pre-roll per package (3.50 grams)

Chill - Indica



Vibe - Sativa



## Live Resin X Disposable + Rechargeable Vapes

All Good vapes are made with true live resin and nothing else. These Disposable vapes are also Rechargeable to fully enjoy the experience. Made with the same game-changing mindset as our pre-rolls. Launching across Canada in 2022.

### Types

Chill - Indica | Vibes - Sativa

### THC Range

+80% | +800mg/g

Chill - Indica



Vibe - Sativa





## First Wave Offerings Launching Early 2022

All Good is here to elevate Canada's Cannabis market, with stoners that are taking the industry back. Starting with our Pre-Rolls which are made with the highest quality cannabis, that is carefully selected to ensure high THC and Terpene potencies. Expect the best buds, with no shake, trim or other fillers. If we can help you feel all good then we're doing our job. Here's to feelin' all good, all the time...

Please feel free to contact us at  
[adam@allgoodcollective.ca](mailto:adam@allgoodcollective.ca) or [ely@allgoodcollective.ca](mailto:ely@allgoodcollective.ca)

The logo for All Good Collective. It features the words "All Good" in a large, white, cursive font. Above the letter "i" in "Good" is a small crown icon. Below "All Good" is the word "COLLECTIVE" in a smaller, white, sans-serif font.

# ACCESSORIES TO WATCH

BY SABRINA MOHAMED

We live in a time where the good old “Puff, Puff, Pass”—a stoner’s right of passage—has become one of the luxuries we lost due to Covid-19 back in early 2020! Now, we live in a time where It’s “Puff Puff, sorry babe no, go smoke your own!”

Being more aware than ever of our messy selves, we took the chance and wanted to find accessories that are truly Covid friendly. And what is “Covid friendly” to be exact? Similar to pre-Covid tokes, however, with that added reassurance!

Moose Labs claims that the MouthPeace & the MouthPeace Mini allow you to share your pipes, rigs, joints, blunts, e-cigs, and vapes without sharing the germs. Plus, MouthPeace Filters have the added benefit of enhancing the flavor of your smoke by removing the harsh resins and tar without removing any of the good stuff. So, we put it to the test...and surprisingly, it works!

MouthPeace Mini is proof that when it comes to filters, size does not matter! It acts like a mini protector and it's very easy to use. The packaging doesn't really give instructions on how to use it, but c'mon it's not rocket science! Simply place that bad boy into the centre of the MouthPeace, then put your pre-roll joint into the holder. It's two sided so you choose which side fits best, and... spark on up! And if you want to, you can “Puff, puff, pass”! Yes 2022, we said PASS! To do so, simply remove your MouthPeace unit, and as the song goes: Pass the Dutchie ‘pon the left hand side!

Oh and by the way bong users, they got you covered as well including Cleaner rips, removing all the bad stuff you don't need in your body!

**Check them out!**

**I would highly recommend this product!**

Stay Happy, Stay High and most importantly Stay Safe!

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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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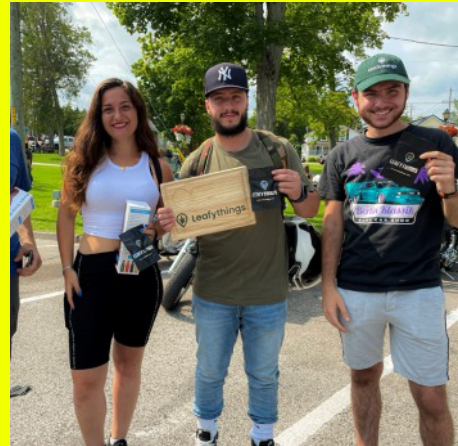
# Connecting the Cannabis Community.



@leafythingscommunity



@leafythingslounge





# HIGH NOTE

BY CY WILLIAMS

## KEEPING LIVE ALIVE





# HIGH NOTE

The long standing relationship between cannabis and music is an amazing one. There are so many musicians that tie in a deep love of the plant into their music - and the passion is always evident.

We are pleased to learn some exciting news at the end of 2021. We learned that Megastoner had a new album drop and High! Canada Magazine managed to snag a copy and get it signed by Remo. We will be placing this instant collector's item in the High! Canada Cannabis memorabilia vault for sure!

*"Killer hooks ripping guitars  
pounding drums old-school vocals  
with lyrics you can get down to you."*

**MEGASTONER** is :

- SCOTTY AQUINO - drums
- URBAN REMO - bass
- ROBBY MANGO - guitars
- DANA BLUE - vocals

The debut of MegaStoner is a new rising force of rock n roll bliss.

The way we used to like it.

**Roll one - Chillax and Hit it Dude!**

Check out the music video for  
'Lies in the Sunshine' at  
[www.reverbnation.com/robmaingot](http://www.reverbnation.com/robmaingot)



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**WEEDSTORICAL HIGHS**  
005

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MANY MUSIC HISTORIANS BELIEVE THAT CANNABIS SURFED ITS FIRST MAJOR WAVE OF POPULARITY AMONGST MUSICIANS DURING THE JAZZ ERA OF THE 1920S. WHEN MUSICIANS BEGAN TO INCLUDE "REEFER", INTO THE PROCESS, IT WAS BELIEVED THAT THEY WERE SUDDENLY ABLE TO MANIFEST TWICE AS MUCH MUSIC BETWEEN THE NOTES WRITTEN ON THE PAGE.

**SPARK YOUR BARK**

# LOOKING BACK AT 2021

BY TAMMI STANHOPE



While the first 8 months of my 2021 was spent mostly growing beautiful cannabis plants and tending to my gardens at the farm, the last 4 months was a whirlwind of events and expos that were something of a distant memory until that point. It was strange to say the least, after a year and a half of limited contact and hardly any events, to suddenly be surrounded by tons of old faces and even more new ones at Lift Expo, Grow Up Conference and the Indigenous Cannabis Cup.

Held outdoors on the Tyendinaga Mohawk Territory, Smoke Signals once again hosted their 4th Annual Indigenous Cannabis Cup. There were over 60 vendors with the most amazing Legacy craft products you have ever seen, the weather was sunny and warm for the 2 day event, and we embraced the entertainment but not each other, with open arms

Next up was the Lift Expo held in Toronto and this year was hosted by a group from Texas. Unlike previous Lift expos, this one most definitely featured a lot of U.S. companies (many without knowledge of the Canadian Cannabis market) but there was also a lot of companies that we are used to seeing at these types of events like Remo Nutrients, Smoking Papers, The Dab Lab, Indiva, Marigold Agency and many more. There were tons of freebies from nutrient, extraction, and soil companies, and it was wonderful to see some old faces from previous expo days, but there was definitely something missing. The Sidewalk Burn sessions were a little quieter and the group discussions were much more superficial than previous years. All in all it was nice to see people again, attend a few after parties, and get my feet wet in the expo scene after almost 2 years of nothing.

Last up was the Grow Up Conference in Niagara Falls. It was smaller than the previous conference but that is to be expected given the pandemic. The highlight for those 2 days was the induction of Frenchy Cannoli to the Hall of Fame, and the speech given by Madame Cannoli was

the truest thing said over the course of the entire conference. The psychedelic summit was the 2nd best thing about the conference and there was a lot of great information panel discussions to be had over the event. There were also a lot of fun freebies but because it wasn't a "Consumer" based event the haul was much less than Lift, if that is your thing. The party at the Skylon Tower was fun and it was nice to be able to chat with some people in a more casual setting away from the conference. Overall, it was nice to be out and about.

If I had to pick ONE thing that I would change overall about the events I attended before the end of the year (with the exception of the Indigenous Cannabis Cup) it would be ALCOHOL. Alcohol backed parties for the cannabis industry has forever been the biggest issue I have ever dealt with within the Legal space. I have never understood how the industry, which spent so many years backing the use of cannabis for the purpose of medical legalization, with the argument that alcohol is damaging to society, now uses that as the basis to do business and have a good time during cannabis events. The legacy market scene that I have been involved in for over 25 years has NEVER included alcohol in anything we do, and ALL of us in THIS space would not be where we are today without that as a main value when separating us from the alcohol industry.

I'd want to say cheers but instead here's to a Lifted 2022!





# CANNABIS EVENTS IN 2022



## ICBC

Barcelona, Spain  
March 10th, 2022

## SPANNABIS

Barcelona, Spain  
March 11th - 13th, 2022



## GROWING SUMMIT

Kelowna, BC  
April 5th - 7th, 2022

## NIAGARA 420 SUMMIT

Niagara falls, Ontario  
April 23rd, 2022

## LIFT EXPO

Toronto, Ontario  
May 12th - 15th, 2022

# Lift&Co. Expo

## CANADIAN CANNABIS SUMMIT

Calgary, Alberta  
May 31st - June 1st

## O'CANNABIZ

Toronto, Ontario  
June 1st - 3rd, 2022

## WOMEN'S WELLNESS CONFERENCE

Virtual Event  
June 1st - 2nd, 2022

## CANNABISWIKI

CONFERENCE & EXPO  
London, Ontario  
June 15th - 16th, 2022

## GROWUP CONFERENCE

Victoria, BC  
June 19th - 22nd, 2022



## ICBC

Berlin, Germany  
July 19th - 20th, 2022

## INDIGENOUS CANNABIS CUP

South Eastern Ontario  
July 30th - 31st, 2022



## HEMPFEST

Calgary, Alberta  
September 9th - 10th, 2022

## MONTREAL CANNABIS EXPO

Montreal, Quebec  
September 21st - 22nd, 2022

## GROWUP CONFERENCE

Niagara Falls, Ontario  
September 12th - 14th, 2022

## CANNEXPO RETAIL SHOW

Toronto, Ontario  
October 14-16

# TOP CANNABIS EVENTS IN 2021

# GROWUP

CANNABIS CONFERENCE & EXPO



# Lift&Co.

# Expo

# 1

**GrowUp Conference & Expo**  
Niagara Falls, Ontario was the best grow related conference. A wealth of information and education. Great panels and awesome vendors!

# 2

**The Smoke Signals Indigenous Cannabis Cup**  
was a lot of fun and a highlight of the summer! How great was a return to outdoor concerts and camping?

# 3

**The Lift & Co Expo** was the biggest show of the year and every bit showcasing how far this industry has come, as well as how far we can go and still will go.

# MEET. TOKE. DATE.



**A 420 Friendly Meeting and Dating Site**  
where like-minded people meet like-minded people

[www.CannaMatch.ca](http://www.CannaMatch.ca)



# CONFESSIONS

OF A BUDTENDER

by Sara Jane Wilson

**W**hen I applied for the role of budtender, I was hyped to expand my career in an industry I was passionate about.

Prior to my first day on the sales floor, I had not stopped to think about all of the different kinds of people I would be interacting with on the daily.

While the majority of the public are absolutely charming folk, there are always a handful of oddballs that will leave a person shaking their head.

The most common flustered customer is the dude who just

got told his favourite product is out of stock for the rest of the week. Usually, an eye roll or a disgruntled inaudible mumble is suffice enough, and he will settle for the closest possible substitute until our newest shipment comes in.

On the rare occasion, I have seen a customer spin around and stomp out like a child. Just a quick FYI - we budtenders usually buy our personal supply from where we work and are also out of our favourites until stock up. We feel your pain.

Then we have the customers who are appalled by the fact we

can't pull out a scale and weigh up a gram for them.

Please note, I said can't and not won't. Packaged grams are far and few between on the market.

*We aren't legally allowed to open any product in store, even for ourselves in the back. Trust me, your local budtenders are employed by corporations for minimum wage positions. They understand the value of a gram some days, as much as you do.*

Last but not least, are those special cases that manage to get themselves banned from

entering the store. I have seen it a handful of times, though I might add, it is a difficult task to achieve.

One customer in particular left a memorable imprint when she spat all over the counter because she'd been asked to put a mask on before we served her. It was a highly stressful situation that escalated quickly, leaving staff and customers shocked.

The managers were able to efficiently remove said lady from the store and as quickly as it had begun, we had jumped back to serving the other customers. It was an experience during the Covid-19 pandemic that none of us present would forget any time soon, though.



**'SHE SPAT WHEN SHE WAS ASKED TO  
PUT A MASK ON ...'**

# Cannabis Hut

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SAME DAY DELIVERY!**  
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**BOTH LOCATIONS OPEN 7 DAYS A WEEK**

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SCAN ME



# GROW UP CONFERENCE 2021

## NATALIE COX - GROWING WITH NATALIE

I was elated when I received the call to join High Canada Magazine at the Grow Up Conference and Expo in Niagara Falls last November. A few weeks earlier I received word that a friend and fellow grower would be speaking at the Grower's Luncheon. This invitation felt like the extra nudge I needed to take the day off school and make my way to Niagara Falls.

As soon as I entered the venue I spotted the High Canada Magazine family where I was warmly greeted. It felt great to see everyone again. It was like seeing family again, after a long absence. Gifts were exchanged. We had a quick sesh outside, then went to check out the trade show.

This event definitely had a corporate feel to it, as evidenced by the number of "suits" in attendance. This was not a legacy market event. There were companies representing lighting, licensing, cannabis testing, packaging, pest control, nutrients, equipment and manufacturing.

Of course, my favourite booths were the pest control booths. I visited all the pest or insect control booths. I received some beneficial insect samples, loads of information, and a free t-shirt. I got full sized samples of microbial plant enhancers called Miicrobial Mass, which I'm excited to try.

I got a full-sized in colour biological pest management poster, detailing which beneficial insect you should use to combat

specific insect pest threats. I immediately understood why my entry badge came with a tote bag. It didn't take long for my bag to be filled with lots of brochures and pamphlets, but also some really good samples and giveaways.

The Grower's Luncheon was held in a separate room in the Convention Centre. A buffet lunch was provided, and it wasn't too bad. I was there to see my friend and Head Grower from Stewart Farms, Genevieve. These were my people; the growers. It was a great little Q&A, and an opportunity to pick the brains of some of the top growers in the country. A lot of great growing related questions were asked, on everything from IPM to policies.

After the luncheon, the High Canada team and I hit the show floor again, where I gave everything a second or third look before heading home. I don't think you can see everything in a trade show without giving everything at least a second look; but that's just me.

Overall it was a fantastic afternoon. I saw all the usual suspects and met some new ones. I came away with some great information on licensing, and several new contacts for beneficial insects. I got to meet a friend I've known online for years, but never met in person; and it was great!

Best of all I got to spend the day hanging out with the great people that are my High Canada Magazine family.



## 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.

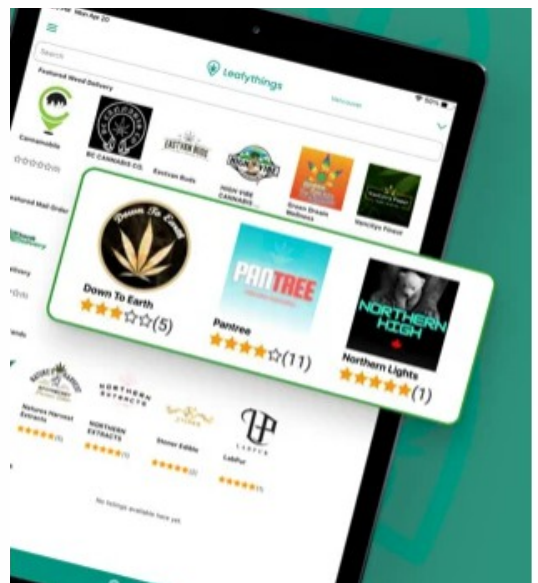
The app also gives Canadian cannabis retailers access to a powerful marketing platform and the ability to effectively promote their business and avoid the expense of other overpriced directory listings or competing in auction-style directories.

"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>.



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

## PART THREE OF SIX

# PINNRZ™

## SEARCH FOR THE BEST!

BY CY WILLIAMS

In our January quest to find and smoke the perfect PreRoll we discovered PINNRZ™ and we were so intrigued and fell in love instantly with the marketing, the look and feel of the slim, uniquely coloured PreRolls, and it is a pleasure to add both PINNRZ™

YELLOW and PINNRZ™ BLUE to our list of qualifiers.

At 0.25g, PINNRZ™ are the slimmest, most discreet high-THC (18-24%) PreRolls available designed to resemble the nostalgic and familiar “pinner”, iconic

# AN ICONIC JOINT FOR ICONIC TIMES







FRUIT · CITRUS · BERRY  
**PINNRZ**™/MC  
*Yellow*

**6 PACK OF 0.2G SLIM JOINTS**  
**18-24% THC**  
**BURSTING WITH "FRUITY" FLAVOURS**  
**HAND SELECTED BLENDS**  
**CRAFTED BY OUR TEAM OF PINGINEERS**  
**IN BOWMANVILLE, ONTARIO**

GAS · DIESEL · KEROSENE  
**PINNRZ**™/MC  
*Blue*

**6 PACK OF 0.2G SLIM JOINTS**  
**18-24% THC**  
**BURSTING WITH "GASSY" FLAVOURS**  
**HAND SELECTED BLENDS**  
**CRAFTED BY OUR TEAM OF PINGINEERS**  
**IN BOWMANVILLE, ONTARIO**

throughout the ages. These joints are rolled using classic white rolling papers and are evenly packed with hand-selected, machine-milled premium blends.

Sold in convenient 6 packs, PINNRZ™ are currently available in two flavour profiles: PINNRZ™ YELLOW burst with fruity flavours and aromas and

PINNRZ™ BLUE are loaded with gassy flavours for smokers craving those heavy jet fuel undertones. The coloured filters are rad, and you get a quick, convenient, smooth smoke every single time.

PINNRZ™ are hand-crafted by a crew of PINGINEERS in Ontario and are packaged to preserve flavour, quality, and freshness.

# HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

**H**ello neighbor,  
and welcome.

Happy New Year!

January is often home to a cold snap at Pajama Flats, and this year is no different. Once again, the joy of growing my own, indoors, proves its worth.

As said here before, plants grown in the house care nothing for the weather outside. Your man at the keyboard, meanwhile, tends to hibernate until spring.

Through the winter months, my home grow is a main hobby and source of much joy.

I hope most, that growing your own turns out the same for you. So, to help with that, here's a few tips for managing the indoor grow through the cold months.

When things like heat and humidity can, in rare cases, lead to problems.

First, a review of what we know.

We know most cannabis plants like a temperature range of between sixty-five and eight-five degrees Fahrenheit, or between about eighteen and thirty degrees Celsius.

Another thing the plant enjoys, is a grow space with relative humidity ranging between forty and sixty per cent.



This level is critical, and a space that averages about fifty percent will give you consistent high-quality results.

So, for regular readers, it should be clear by now, that staying close to a normal household range of both temp and humidity is good for your grow space.

Fortunately, that is not hard with only four plants growing in an average home.

To help avoid moisture buildup in your stealth cabinet, tent, grow room or closet, try watering your plants only at 'lights-on'.

That way, the light and warmth of your grow lights, and the photosynthesis that comes with it, will drive the plants to move and consume the most food, and water. It will also help your plants to expel a few points less moisture during 'lights-off'.

If you are having minor troubles with moisture, changing to such a watering schedule might be enough to solve it.

When grow room temps cause trouble, venting more air through your space can help.

To make that happen, be sure to turn the speed of the inline fan venting through your carbon filter to max. That will exchange the most air from outside into your space and should also lower internal temps by a degree or two.



# TRIP stopper

minimizes the bad trip effects



Vitamin C has an adverse effect on psilocybin

Valerian root has a calming effect on the nervous system

*If things get a little too intense, Trip Stopper is here to minimize the bad trip effects*

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You can also add an extra fan, which oscillates, to keep air moving through the leaves of your plants through the day and night. Together with your venting fan, an internal fan should help to lower both moisture and temps by a point or two in your grow space.

Taking these simple steps will be enough for most four-plant indoor home growing setups.

These tips are, however, first steps, intended to solve minor troubles. For those with bigger problems, there are answers. As they can be pricey, it makes sense to try the small stuff before chasing bigger troubles.

Besides that, a simple modern setup for growing four plants at home should not create serious problems for homeowners today. As four plants neither consume enough to much affect a budget, nor cause serious issues of temperature and humidity.

Those who claim otherwise, likely do not know better. Beyond that, around here, we avoid those seeking to grind an axe against the beloved cannabis flower. You are free to do as you please.

For more help with stuff like this, your local grow shop is likely a good source. In some cases, the people working there might even have been growing their own for as long as it has been legal.

If there is not a grow shop nearby, you can reach out online to many reputable suppliers of gear for reliable info. And, have no fear, Canada is home to many high-quality grow shops. Nowadays, we do it legal here.

And, in case the crystal is not clear, legal weed makes it possible for people to focus on building the industry. At all levels. We who grow our own at home, are, quite literally, reaping the benefits.

For that, we say thanks again, to the many cannabis advocates and home growers from coast-to-coast.

Now, you must excuse me until next month, as I need tend to my plants.

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

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© 2021 @tfprudentthewriter



# GROWING YOUR OWN?

Growing cannabis indoors can be a challenge. You can buy everything you need online, or from your local garden centre / grow shop. Don't worry if you have never grown cannabis indoors before, it's not as complicated as one might think and most people can master the basic skills quickly. You will need to learn more about:

- Choosing the best cannabis seeds
- Germinating cannabis seeds
- Choosing the right grow lights for indoor cannabis growing.
- Choosing nutrients to be used for cannabis growing
- Choosing supplements used to promote better cannabis growing
- The importance of the climate in your grow room
- Tips for growing cannabis indoors

## NEW TO GROWING CANNABIS INDOORS?

Don't worry. Cannabis grows in a wide variety of substrates and under a broad range of conditions. If you are looking to grow a few plants in a square metre tent, then any of the Dutch Passion autoflower seeds would be a good choice for an easy grow. Feminized varieties such as Night Queen, Mazar or Bubba Island Kush would also make great choices.



The **Dutch Passion** cannabis seed collection out of Europe or **RocketSeeds** out of Canada have two of the most complete seed catalogues ever assembled. You will find a wide selection of cannabis cup winning varieties in several categories on their website. It is good to note that most people grow cannabis indoors with feminized seeds or autoflower seeds. Feminized seeds grow vegetatively for the first few weeks

under 18 or 24 hours of daily light. They only start to bloom when daily light is reduced to 12 hours, and generally take around 8-12 weeks to bloom. Some varieties/phenotypes can be quicker and ready after as little as 7 weeks of bloom. Fast blooming varieties are probably very Indica dominant, such as Bubba Island Kush. Some Sativa dominant plants/phenotypes can take up to 15 weeks to fully finish blooming.



At first, cannabis cultivation indoors can look like a daunting process. After all, growing weed indoors requires you to replicate Mother Nature's great outdoors inside a space – you're basically bringing the outside inside. When done right, it's amazingly rewarding. The keys to cannabis cultivation indoors: selecting/creating a space, lighting and ventilation, control systems and growing medium/process, nutrients, water and pest management.

- Select/Create Your Cannabis Grow Space
- **Start Small** - With cannabis cultivation indoors, it is easier to learn, and fail, with a small amount of plants (2 or 3) than it is when you're starting out with 15 or more! Unless you've already grown some other plants indoors

(orchids, veggies) or you have an especially green thumb, you will have failures your first time or two.

- One way to mitigate failure is to work with a mentor; if you don't know someone who is already good at growing weed you're working from a disadvantage. Having someone to talk with about your grow is an important part of learning to be successful on your own.
- **Think Big** - Even though you're starting out with a handful of plants, you still have to build out your space for a maximum load. As you scale up, you'll want to have your infrastructure in place so all you have to do is get more clones, not re-configure the entire room each time you set up a grow (you'll already have to clean it thoroughly between cycles ESPECIALLY if you had a pest issue).
- Cannabis cultivation indoors is not easy. There's a lot of detail work and each time you cycle the room you've got to clean it as part of getting ready for the next cycle.
- Keep it clean

- The two biggest systemic problems you'll have are: mildew and pests. One way to mitigate them is by keeping your grow room clean during the grow cycle, and by performing a complete cleaning of the room between grow cycles.
- You'll want to keep the room as clean as you can regardless; you don't want to smoke weed which has been grown indoors in a room which ISN'T clean ... lots of things can happen to the plants which aren't good!
- **Keep it Secure** - We mean "secure" two ways: secure from unwanted visitors and secure from unwanted pests.
- **Convenience** - By convenience we mean: Access. You'll want to have an easy way for you to gain access and you'll need to make sure "prying eyes" can't. After all, even if cannabis cultivation indoors is legal where you live, you probably don't want your neighbor's to see it or smell it.
- **Temperature and Humidity** - The most important elements to control in an indoor grow are temperature and humidity. Balancing these two is critical to having a successful grow which doesn't develop any pest or mildew problems.
- **Stealth** - Here's the thing about building an indoor grow: you have to be 'stealthy' if you want to keep it secure. Something's are obvious (like a load of lumber being delivered so you can reconfigure your garage) and some things are just weird, like adding external ventilation ports to your roof.



- The less obvious (and weird) the better – ask yourself this - will it look suspicious if you start to use too much electricity all of sudden?
- **Lights** - Since you're recreating the outside environment in your indoor grow, the most important thing is Light (and temperature and humidity as noted above, however, these can all be managed by using the right lighting system).
- **Pests** - There are several types of pests to manage:
  - Soil borne
  - Airborne
  - Hitchhikers

**Soil Borne** - Soil borne are the critters (like mites) which came in with your soil (if you're growing in dirt). One way to fight mites is to release ladybugs into the room. Ladybugs are like Rumba vacuums, they're always crawling around on the plants eating pests and cleaning the plants as they go.

- **Airborne** flew in when the door was open. Creating negative pressure in the room can help to mitigate this, as will have fine screens on your intake and output vents.
- **Hitchhikers** came in on your clothes and shoes. You can step into some bleach before entry to take care of your shoes and you might consider getting a 'clean room' jumpsuit to put on over your clothes.
- **Controls and Monitoring** - Cannabis cultivation indoors depends on the types of controls and monitoring you're doing during the grow cycle.



**H2O Ph** - The Ph of the water you'll be using needs to be established at the start of the grow. Once you know what the Ph levels are you can manage by filtering the water and adding nutrients to the water when it's time to feed the plants.

**Here are some things to think about:**

- **Lighting Timers** - When plants are seedlings (and during the vegetation phase) the lights should be on 18 - 20 hours per day. Once you're ready to trigger the Flowering Phase you'll "flip" the lights to 12 hours on and 12 hours off. Simple systems use a timer on the power box, more complex systems use a computer to control the lights and their relative UV output (e.g., LED Lighting Systems)
- **Temperature and Humidity Controls** - As discussed, controlling temperature and humidity is critical. One way to help manage this is to incorporate a de-humidifier into your room. Again, you'll need to monitor the room for temperature and humidity to maintain the optimal settings during each phase of your grow cycle.

**Most "Nutrient Systems"** (e.g., General Hydroponics) have balanced their products to work with Ph neutral water. Our choice and recommendation for a comprehensive nutrient company is **Emerald Harvest**. Emerald Harvest has carefully calibrated and formulated their base nutrients to provide precisely the right ratios and concentrations of all the essential elements for plants to grow and bloom properly. They offer two professional base nutrient series made from the highest quality raw ingredients.

After many years in the industry, and having worked with hundreds of growers and store owners, they operate under a simple concept: that most growers would prefer a compact line of nutrients that provide the very best of both science and nature in a simple, easy-to-use feeding program that delivers professional results. That's **Emerald Harvest**.



There are too many choices, and these choices leave growers and store owners feeling misled and confused. We have been asked more times than we can count, “Do I really need all these products?” Well, the answer is that it depends on how much yield you want and what you expect from your garden. Many of the available supplements have well-known benefits, but growers believe that using so many single-bottle products is too costly, confusing and frankly wasteful.

**Cannabis Plant Roots** - Cannabis plants have a “root ball” (insert picture) which resembles cotton candy. How big the plants will grow depends on how much room there is in the container. Once a cannabis plant gets ‘root bound’ it won’t grow either taller or in diameter.



**Cannabis Grow Medium** - Soil or hydroponic? Amended soil or DIY? These are just some of the questions to consider with cannabis cultivation indoors. Remember: you’re trying to replicate Mother Nature so the medium you choose is critical. **We recommend Promix and here’s why.**

Seed germination and young plant production starts with you choosing the right growing medium or substrate. It is important to have a substrate with good physical characteristics, such as air porosity and water holding capacity, however chemical characteristics are equally important.



**Plant Containers** - Remember at the beginning of this post we talked about the Goal of your Grow Room? This gets to the heart of the Plant Containers conversation. Everything gets down to how “big” (height and diameter) you want to grow your plants. We recommend the excellent selection available at **Infinity Pot**.

Achieving such a feat as reaching the optimal result with a specific cannabis strain doesn’t happen just by chance. Science and technologies are essential to bringing the best out of the hidden power of your plant. When it comes to **Promix** - active ingredients, such as mycorrhizal fungi, are definitely part of the equation.





# ADVANCED TIPS

**Topping** - Topping involves cutting off the top of your plant to encourage it to grow more thick and full. It might seem like a crazy idea to cut the top off of a perfectly healthy plant, but it's a tried and true method used by farmers of many plant types. Instead of your plant growing tall and skinny, topping will make your plant grow more bushy and lead you to a higher yield.

**Lollipopping** - Lollipopping is where you remove the side branches and the small low branches on your plant. Once you remove the small branches your plant will be able to put all of its energy into the main branches. It's very similar to the regular pruning that is done to trees and other plants.

This practice is done when you don't want the small branches sucking the

energy from your plant. This allows the plant to focus its energy on the bigger buds at the top of the plant. Removing the sluggish lower branches that often sprout along the base will also allow better air circulation for your young cannabis plant. Lollipopping will get rid of the extra, unwanted parts of your cannabis plant so that your young plant can put its energy into growing bigger buds and giving you a better yield in the end.

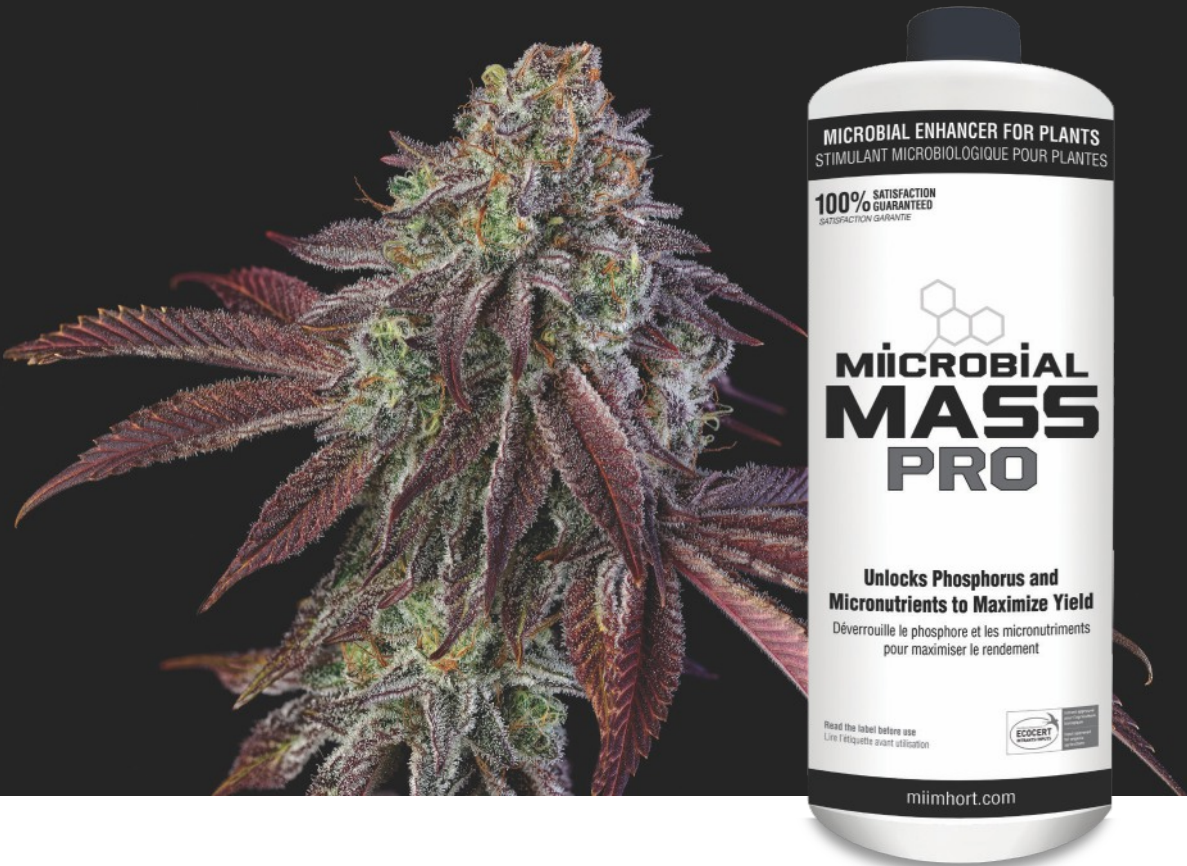
**Biostimulants** - By plant biostimulant we mean a material which contains substance(s) and/or microorganisms whose function when applied to plants or the rhizosphere is to stimulate natural processes to benefit nutrient uptake, nutrient efficiency, tolerance to abiotic stress, and/or crop quality, independently of its nutrient content



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- SPECIFIC FOR CANNABIS AND HEMP PRODUCTION • FASTER ROOT DEVELOPMENT AND INCREASED ROOT BIOMASS
- FASTER VEGETATIVE GROWTH • INCREASED PLANT HEALTH AND VITALITY • THICKER STALKS AND STRONGER BRANCHES • INCREASED YIELD • HIGHLY EFFECTIVE WITH ALL NUTRIENT PROGRAMS AND GROWING MEDIA
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MIIMicrobial MASS utilizes the latest scientific understanding in soil microbiology. We have created the perfect biostimulant which contains five targeted strains of beneficial bacteria that aid in the uptake of Phosphorus, Calcium and Iron like no other product on Earth.





If you are interested in being able to unleash the full potential of your crops without major changes to your growing practices when you do so - then **Miicrobial Mass** is the grower's helper for you. **Miicrobial Mass** is a bio-stimulant product specially developed to maximize plant yield using five different bacterial strains.

**Miicrobial Mass** harnesses the latest scientific understanding of rhizosperic microbiology and has been carefully developed to harness the power of beneficial bacteria in the root zone of the plant. Part of the **Miicrobial Mass** research and development process involved extensive field testing in partner gardens across North America utilizing a wide variety of nutrient programs, substrates, and growing practices in both indoor and outdoor settings.

This research has allowed **Miicrobial Mass** to identify with great precision the application rates necessary to achieve spectacular results in the majority of Gardens and growing conditions. **Miicrobial Mass's** proprietary blend of bacteria promotes a healthy root zone by solubilizing phosphorus and calcium, and assisting with the bio-availability of iron and other fertilization compounds from both organic and inorganic sources. This allows growers be able to unleash the full potential of their crops without major changes to their growing practices.

### Features and Benefits

- Extracellular enzyme production helps to break down other fertilization compounds thoughts promoting our rich and diverse healthy root zone.

- Faster root development and increased root biomass.
- Faster vegetative growth.
- Increased plant health and vitality.
- Thicker stalks and stronger branches.
- Increased yield.
- Effective is an additive for all nutrient programs – growing practices do not need to change in order to achieve the benefits that **Miicrobial Mass** offers.
- Compatible with any organic or salt-based fee programs.
- Effective for use with any substrate or growing medium.
- Excellent for use in field agriculture and commercial hemp production.
- Certified organic by ECOCERT Canada.
- CFIA approved for production and any licensed facility in Canada.

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# CANNABIS AROUND THE GLOBE



BY TAMMI STANHOPE

Over the course of the next several months I will explore some of the different cannabis cultures around the world and their history with the plant as well as where they currently stand today in on the world stage regarding the legalization taking place around the globe.

First we will take a look at Afghanistan and their long history of the cannabis plant and hashish. To get a better idea of the history behind some of the practices here is a short story of Baba Ku from Robert Connell Clarke's book titled, *Hashish* printed in 1998

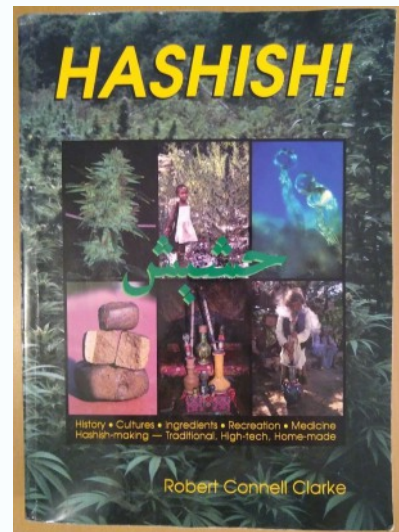
The Story of Baba Ku Various legends, many concerning Baba Ku, illustrate the prominent place held by hashish in the history of Central Asia, especially Afghanistan. A baba is a religious teacher. Baba Ku is considered by Afghan smokers to be the man sent to Earth by the Creator to populate the entire world with Cannabis and to introduce hashish-making technology and smoking techniques to the Afghan people.

Another legend characterizes Baba Ku as an herbal healer from Samarkand or Bukhara in Russian Turkestan who traveled south into Afghanistan. Afghans tell the tale of Baba Ku walking through the countryside and healing plague victims with "little sticky balls" administered like modern day (bills. Twentieth century folklorists suspect these sticky balls to be handrubbed hashish.

Legends about Baba Ku may account for the spread of knowledge of hashish throughout

Afghanistan. Baba Ku is portrayed with a huge water pipe, the jar of which held approximately 40 liters of water cooled by a mountain stream. The fresh, flowing water circulated up through the open bottom of the jar to cool the smoke. Baba Ku's devotees purportedly smoked up to three kilograms of hashish per day in this pipe. Before his death, Baba Ku gave Cannabis seeds and other medicinal plants, along with an allotment of gold, to ten Afghan families who were charged with carrying on the cultivation of healing herbs. Baba Ku is said to be buried in a tomb near Balk in northern Afghanistan. However, other incarnations of Baba Ku may have predated the famous healer. His spirit surely lives on in the reverent chants of modern hashish babas.

The legend of Sheik Haidar seems dated accurately to the thirteenth century, while the legend of Baba Ku starts as a creation myth and continues well into the historical period. Possibly the legend of Baba Ku is not as old as some Afghans believe, but also may come from around the thirteenth century. Sheik Haidar was from northeastern Iran (Persia) and Baba Ku was likely from neighboring Samarkand. Both Sheik Haidar and Baba Ku are credited with the discovery of the euphoriant properties of Cannabis. Both directed their devotees to plant Cannabis around their graves and to spread Cannabis use among their followers. These two stories may be regional versions of the same hashish origin myth, Sheik Haidar from a Persian perspective and Baba Ku from a Central Asian perspective.



Clarke, Robert Connell.,(1998). *The Story of Baba Ku, Hashish!* (pp. 41-42)



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