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ISSUE 69

HCM

CANADA'S LEGAL CANNABIS
CULTURE MAGAZINE

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GENERATION OF
CANNABIS IN CANADA
LEADING BY
EXAMPLE WITH
RADIANT
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PLUS!

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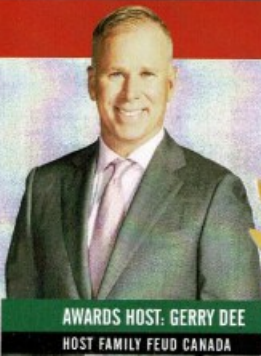
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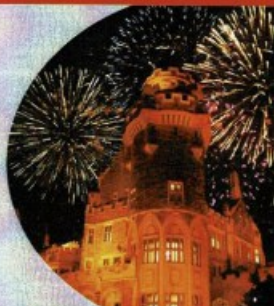
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to help us maintain the editorial excellence and integrity of our publication, we have assembled a qualified Council of dedicated experts and innovators and natural health and cannabis to serve on HCM's Editorial Advisory Board:

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

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

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HCM

I S S U E 6 9

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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 WISH WE COULD START AGAIN



It is my pleasure to bring you a new issue of High! Canada Magazine. Our second issue of 2022 and it is hard to believe February flew by as fast as it did.

So far we have had to endure variations on viruses bringing a nation to it's knees over the holidays and into the beginning of the new year - then we had everything that went on in Ottawa - and as I write this editorial we are a few days into the Russian invasion of the Ukraine. My heart goes out to the brave people who have chosen to stay and fight as missiles

hit and Russian troops pour in from all borders. This summer I was in talks with a friend from the Ukraine to set up shop in Kiev for our European offices for our High! Europe Brand. I loved the idea and the concept of building up our European presence is very appealing but ultimately I decided it would be better to focus on the creation of our new Cannabis Psychedelic Network.

After my discussion with my friend, we decided an office for High! Europe Magazine in the

Editor's Notes

Ukraine was a dream that could wait for another day. We would revisit the idea when I flew down there this summer and I could tour the site and really see what kind of possibility existed there. My friend was fond of referencing famous quotes to illustrate his points. When asked about the state of the Ukraine he quote Malcolm X when he states "You can't separate peace from freedom because no one can be at peace unless he has his freedom."

My friend went back to the Ukraine late in 2021 to get back to work in cannabis for the patients his group served in the Ukraine. He was here in Canada looking for strong lateral partners in the cannabis industry and he found a number of like minded colleagues.

Like most I meet in the cannabis industry, he was passionate about the plant and what it could do for people and in particular, what it could do for the struggling Ukraine.

My thoughts and my prayers go out to my friend and his family and his



dreams of bringing medical cannabis into his country. In honour of my friend I present my own quote by Mahatma Gandhi when he said "I appeal for cessation of hostilities, not because you are too exhausted to fight, but because war is bad in essence."

Stay Lifted!

Cy Williams

Publisher/Editor

High! Canada Magazine

High! Europe Magazine

Psychedelic Canada Magazine

editor@highcanada.net

Digital Downloads available at
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"IT IS MY CONVICTION THAT KILLING UNDER THE CLOAK OF WAR IS NOTHING BUT AN ACT OF MURDER."

ALBERT EINSTEIN

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The Cannabis Travel Association (CTAI), the United Voice of Cannabis Travel, will hold an international virtual event focusing on the recently completed CTAI Advocacy Toolkit on March 25 from 9:30 a.m. to 12 p.m. Advocacy is one of three core pillars of the Cannabis Travel Association, with the other two being Education and Networking.

This event brings together all three pillars of the CTAI and features a well-rounded line up of expert speakers who have created a suite of tools intended to translate cannabis travel advocacy into policy and drive forward normalization.

The event opens up with an introduction of the Advocacy Toolkit, then a team of CTAI members and advocacy subject matter experts will lead break out rooms with a deep dive into the most important issues facing cannabis travel and tourism and ways to work with government agencies and individuals as cannabis tourism becomes more mainstream.

Amanda Reiman, CTAI Board Member and founder of Personal Plants, will kick off the morning with updates about the non-profit organization. Brian Applegarth, CTAI founder and Chair will start with the basics, presenting a Glossary of Cannabis Travel Terms that are defining the trend; Jerred Kiloh, owner of The Higher Path will discuss the differences between Adult Cannabis Use and Medicinal Cannabis Use; Omar Figueroa, an leading cannabis attorney will lead a breakout room focusing on Public Health and Safety and Kelbi Thompson, a compliance expert will discuss Social Media guidelines.

The event will also include networking opportunities and a role-playing workshop to

**ADVOCACY
VIRTUAL EVENT**

Wanting a suite of tools to translate your cannabis travel advocacy into community support and policy? Join us!

March 25th
9:30am - 12pm PT

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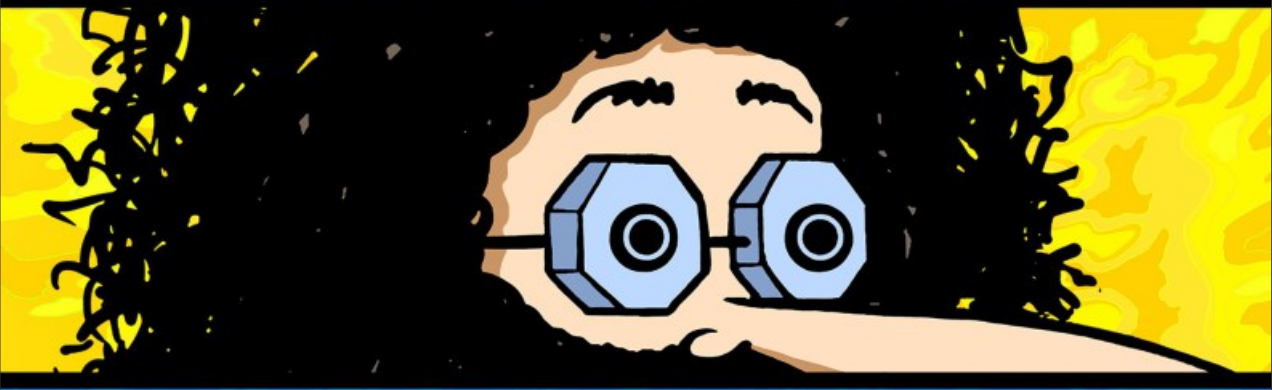
help attendees present their case to decision makers.

“As the global travel industry rebuilds, and we have many new entrants into this particular marketplace, we strongly believe that a commonality of voice will help de-stigmatize our industry and move it into the essential place it deserves in the travel mix,” said Amanda Reiman, CTAI Board Member. “We are particularly grateful to have the support of our wonderful sponsors: Emerald Village, Purejuana, Tokeativity, Personal Plants, The Higher Path, EventHi, Sensi Media and Lost Coast Media.”

The CTAI is a non-profit organization dedicated to advancing safe and responsible cannabis tourism and travel through education, advocacy, and networking.

In addition to the website, CTAI can be found on Clubhouse, Facebook, LinkedIn and Instagram.





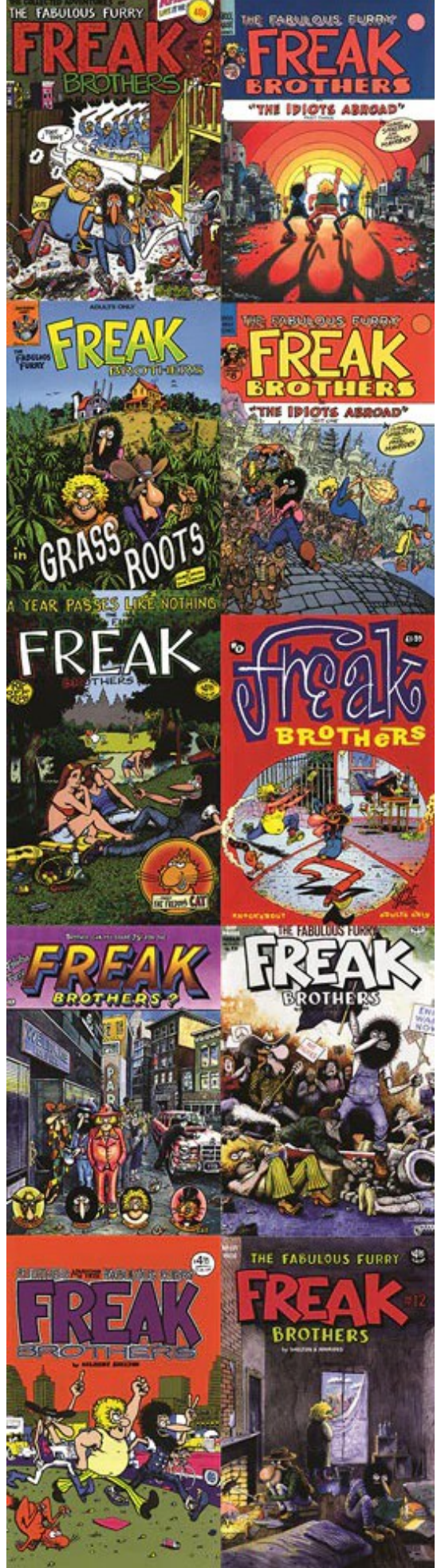
**THE
DREAK
BROTHERS**



THE FABULOUSLY, FURRY FREAKS ARE BACK TICKLING CANADA'S FUNNYBONE ONE MORE TIME!

Based on Gilbert Shelton's acclaimed comics "The Fabulous Furry Freak Brothers" and animated by award-winning Starburns Industries (Rick & Morty), the series is set in modern day San Francisco. It features four cannabis-loving, time-travelling "Freaks" from the late 1960s – Freewheelin' Franklin (Woody Harrelson), Phineas (Pete Davidson), Fat Freddy (John Goodman) and Fat Freddy's Cat aka "Kitty" (Tiffany Haddish). Currently you are able to watch "The Freak Brothers - Season 1" streaming on Crave or for free with ads on Much and CTV.

Back in 1969 when the Freaks weren't hanging out at Woodstock, they were dodging the draft, dodging the Narcs and dodging steady employment. But after smoking a magic strain of weed, laid-back Franklin, paranoid Phineas, man-child Freddy, and sardonic Kitty are Rip-Van-Winkled into the future. They wake up 50 years later in their renovated house, which is now owned by the Switzers -- a family of ethnically diverse "trippin' squares." While the tech-savvy Switzers help guide the Freaks through the rat race of a strange new world, the Freaks – who are unburdened by the baggage of modern life – help the family embrace the values of a simpler time.



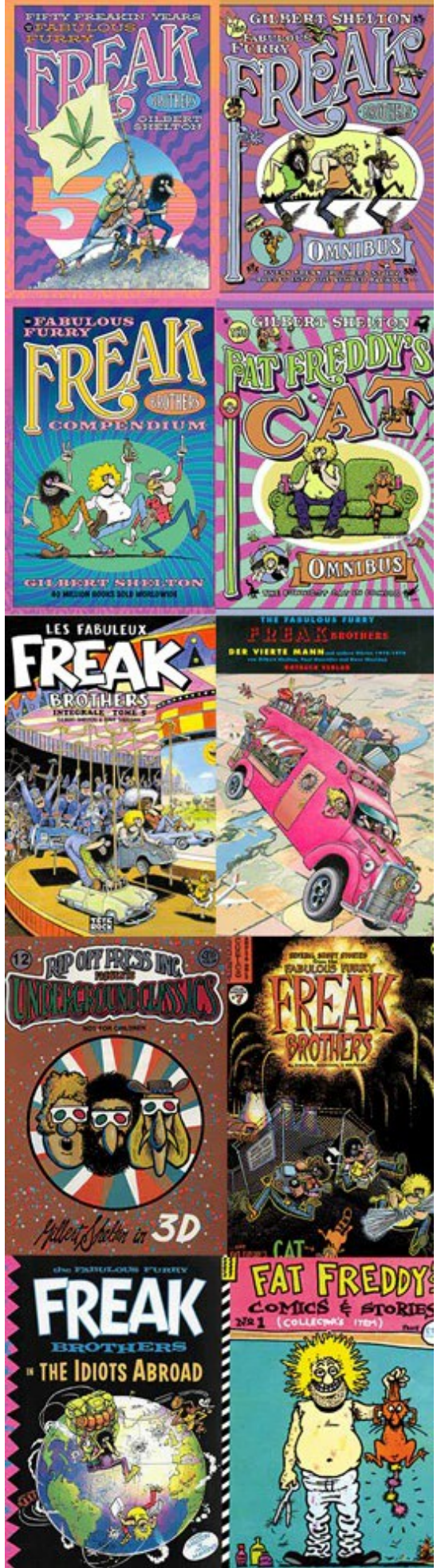
HISTORY OF THE FREAK BROTHERS

Hailed by The Comics Journal as "One of the 100 Greatest Comics of the Century" and considered to be one of the greatest underground comix of all-time, The Fabulous Furry Freak Brothers were the original Cheech & Chong. With 45 Million copies sold and translated into 16 languages, The Freaks are loved around the world.

First published in 1968, the comic presented a critique of the establishment while satirizing counterculture. It was risqué to do comics with weed subject matter so for years Gilbert had to print the comic strips on underground presses. The Freak Brothers became a beloved cult phenomenon.

The unruly trio - Freewheelin' Franklin Freek, Phineas Phreakears, and Fat Freddy Freekowski - have boogied and blasted their way through countless weed-wacked shenanigans that, no matter what the specific details, always come down to the Brothers attempting to score schwag, charm the ladies, and outrun The Man... often with hilariously unsuccessful results.

The Brothers' lives revolve around the procurement and enjoyment of recreational drugs, particularly Marijuana. They are known for their use of weed, stimulants, hallucinogens, and are friends to any mind-melting hippy drugs - though they tend to stick away from crack and heroin. Many of their storylines revolve around their basic needs - the need to eat, the need to toke, the need to party, the need for the opposite sex, the need to sleep and the need to be 100% themselves at times.



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HG

PEOPLE TO WATCH:

ZACH RIAUKA INTERVIEW

**RISE OF THE
NEXT GENERATION
OF CANNABIS
VISIONARIES**



Radiant Technologies Inc. (RTI) is an innovative science-based company that is a commercial manufacturer of high-quality cannabinoid based formulations, ingredients and products. Utilizing a proprietary extraction and downstream processing platform that recovers up to 99% of cannabinoids from the cannabis plant, Radiant develops specialty products and ingredients that contain a broad range of cannabinoid and terpene profiles while meeting the highest standards of quality and safety. Radiant also has a science lab that is focused on innovation with expertise in formulations and technologies offering unique solutions in the cannabis and wellness space. Please visit www.radiantinc.com for more information.

RTI has received an amendment from Health Canada to its Standard Processing Licence for the sale of dried and fresh cannabis products to authorized cannabis retailers and Sale for Medical Purposes licence holders. The Company has also received a Sale for Medical Purposes licence from Health Canada, allowing the Company to supply and sell cannabis products to patients who hold prescriptions from authorized healthcare providers.



"These amendments to our licence represent a significant milestone for the Company, allowing us to expand our offerings beyond our current extract products by bringing quality craft dried and fresh cannabis to the regulated market," said Harry Kaura, CEO. "Dried cannabis sales are a large part of the Canadian cannabis market, representing approximately 64% of total cannabis sales according to a Canadian government report for the March 2021 reporting period. With these licence approvals, we are now able to sell high-quality products to the entire Canadian cannabis market for both medical and non-medical use."

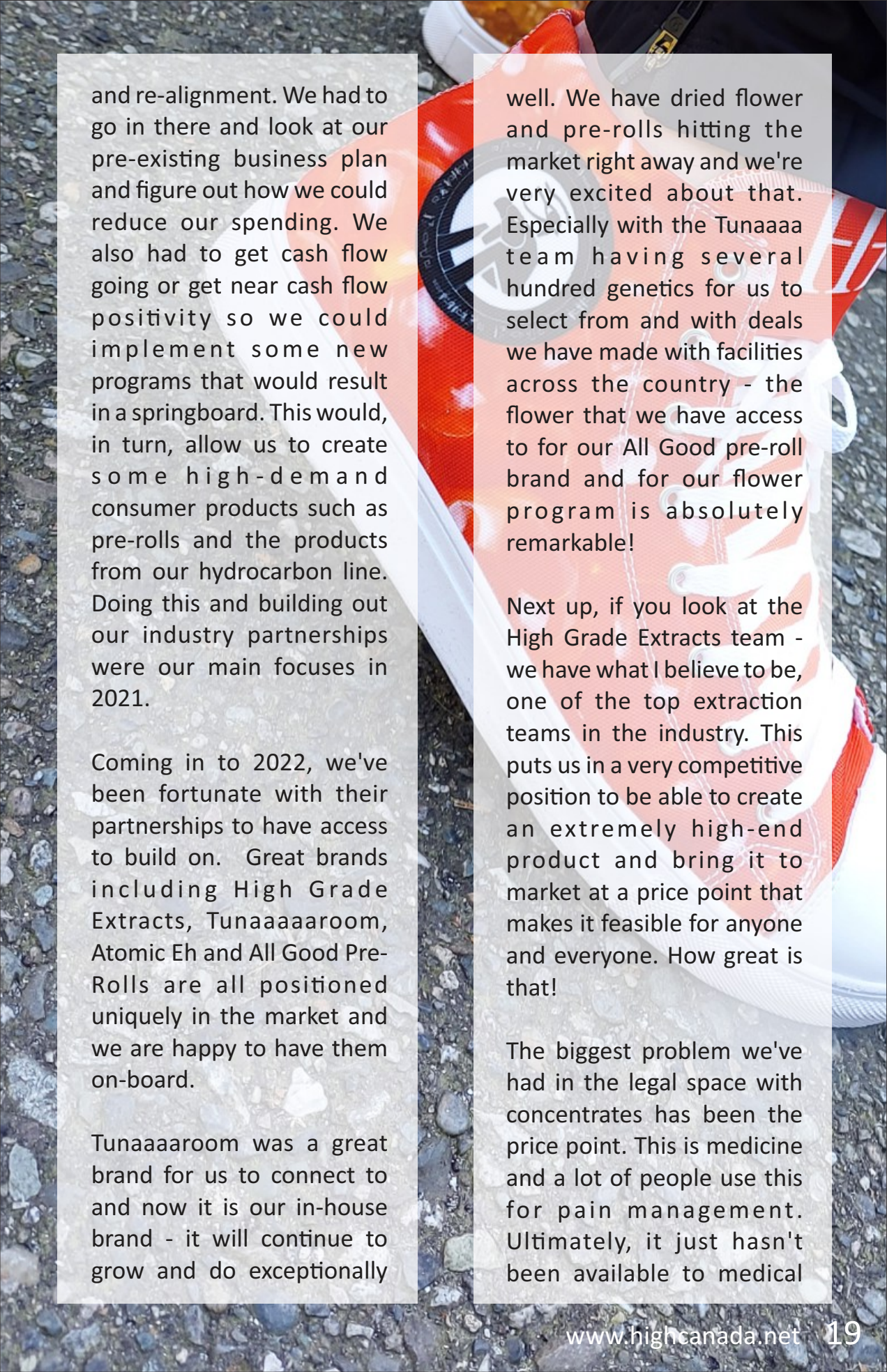
Radiant Technologies Inc. was founded as a botanical extract and ingredient manufacturer in 2001. It was built on passion, determination and by a talented team of qualified business leaders, big-picture thinkers, and industry experts. They had one heck of a return to the forefront of the Canadian cannabis industry over 2020 and 2021 – causing many industry insiders to liken them to a phoenix rising triumphantly out of the ashes.

RTI has pushed the boulder of legalized cannabis done right up the metaphorical mountain and through exceptional leadership, management, and the ability to create inspired lateral partnerships – RTI have turned the company around and in doing so, they have become one of those names in the Canadian cannabis industry that is associated with a willingness to do it right, with the eagerness to do it with integrity and with a passion for top quality product.

I got to sit down with Zachary Riauka, Director of Cannabis Sales at Radiant Technologies Inc. and discuss the future of this fascinating company. Zach, thank you for sitting down and talking to us today, can you tell me a little more about what Radiant Technologies Inc. is up to in 2022?

Thank you for having me here at the High! Canada House to sit around the High! Canada Kitchen to talk about this, it is a very exciting time for us. 2021 was a year of restructuring, refocusing

TSXV: RTI



and re-alignment. We had to go in there and look at our pre-existing business plan and figure out how we could reduce our spending. We also had to get cash flow going or get near cash flow positivity so we could implement some new programs that would result in a springboard. This would, in turn, allow us to create some high-demand consumer products such as pre-rolls and the products from our hydrocarbon line. Doing this and building out our industry partnerships were our main focuses in 2021.

Coming in to 2022, we've been fortunate with their partnerships to have access to build on. Great brands including High Grade Extracts, Tunaaaaroom, Atomic Eh and All Good Pre-Rolls are all positioned uniquely in the market and we are happy to have them on-board.

Tunaaaaroom was a great brand for us to connect to and now it is our in-house brand - it will continue to grow and do exceptionally

well. We have dried flower and pre-rolls hitting the market right away and we're very excited about that. Especially with the Tunaaaa team having several hundred genetics for us to select from and with deals we have made with facilities across the country - the flower that we have access to for our All Good pre-roll brand and for our flower program is absolutely remarkable!

Next up, if you look at the High Grade Extracts team - we have what I believe to be, one of the top extraction teams in the industry. This puts us in a very competitive position to be able to create an extremely high-end product and bring it to market at a price point that makes it feasible for anyone and everyone. How great is that!

The biggest problem we've had in the legal space with concentrates has been the price point. This is medicine and a lot of people use this for pain management. Ultimately, it just hasn't been available to medical

patients at a good price and we intend to change that. This is partly what has kept the grey market holding on – as they offer flexible price points for medical consumption. We intend to make sure that high-quality concentrates are made available at a price point that everyone can afford.

We have had great success with the Atomic Eh brand, which is in partnership with Chief Allan Adam of the Athabaska Chipewyan First Nation. The Atomic Eh brand has been getting a lot of attention in Alberta, BC and Saskatchewan. We have skews dropping right away into the Ontario market under the brand and into New Brunswick as well. We have some additional skews launching in the Northwest Territories as well as Nunavut and Manitoba very soon. The Atomic Eh brand has been a very exciting endeavor for us and it will be very good to see it continue to do it very well in 2022. We were so pleased to announce our licensing agreement with Atomic Eh in May of last year in order to build one of the first ever legal Indigenous cannabis brands and a dedicated product line to represent the under-represented Indigenous community in the cannabis industry. Atomic Eh is a company we believe in and they are focused on being a pioneer in the Canadian



cannabis market as we continue to build a nationwide brand and further a platform to help increase Indigenous involvement and participation in the industry. The Indigenous community has been largely under represented with approximately only 4% (ref: MjBizdaily) of licensed cannabis producers having any kind of Indigenous involvement or representation. Radiant is the first ever licensed processor to have an exclusive licensing deal with this brand in order to build a unique line of products and formulations aiming at bringing cannabis and herbal remedies together to provide communities with natural medicine options.

Radiant will be working extensively with Atomic Eh to roll out specific Indigenous brands and to launch



and distribute both recreational and medicinal Cannabis 2.0 products. Medicinally, this a unique venture that will both distribute Indigenous brands nation-wide and provide access to high-quality cannabis remedies for everyone.

Atomic Eh is focused on developing relationships with retailers and provincial buyers to ensure there is fair Indigenous representation. The province of British Columbia has already begun the process of allocating shelf space for Indigenous brands. Atomic Eh hopes to see this occur within all provinces across Canada. With a strong foundation out of northern Alberta, Atomic Eh intends to branch out across Canada, bringing Indigenous brands to retail outlets in all provinces. This agreement provides a new channel of distribution for Radiant's unique formulations and high-quality extracts. As a part of this arrangement, Radiant is actively creating an Indigenous

employment program to provide job opportunities to Indigenous communities across Canada. Positions will range from sales representatives to medical professionals within the rollout of the medicinal platform.

So with delivery models changing in Alberta in early March 2022, do you feel you are positioned well for this for this monumental change?

It's exciting! It'll give us a little more control in order to provide the proper experience for consumers. Adding deliveries for the legal market in Alberta is going to give us that one extra step to simplify the transaction of purchasing cannabis. Delivery is going to be great for RTI and its going to be great for our All Good Pre-roll line launch too. We are very excited that we have our All Good Pre-roll line launching nationwide this month and we were successful in securing some of the better flower I've seen yet on the market. That's what we put into these pre-rolls and I am very excited for the consumers to get these and to be able to experience these.

I am too and as our readers know we

have spent the last 4 months in a quest for a perfect pre-roll inspired by the very concept of what All Good has been doing. That being collecting some of the best flower from around the country and turning it into some of the best pre-rolls possible. Now I know I've been dreaming about this for a few months and I can't wait for this to happen personally.

This has been an 18-month journey for us to go from start to finish. You're trying different equipment, different papers, different types of glue, different filters tips, all this assorted flower – from the best you have ever tried to the worst. We've tried to think of it like this - how do you bring something to the consumer that





RADIANT

brings everything the consumer needs into an experience?

No one's really perfected putting high quality weed into a pre-roll and that's what we're aiming to do with this project. We're very excited with what we're bringing to market and just the sheer scalability of it as well. This is a product that we can bring nationwide and you know we can put in the hands of any consumer that's looking for this and they will appreciate it. Wouldn't it be great to go into a store anywhere in Canada and pick something up as good as All Good? I can't wait, like I said, I can't wait to see them hit the stores!

I'm going to be honest, my path into cannabis is because of the medical side of it. I grew up with epilepsy and I tried every type of Western medicine that was prescribed to me by my neurologist. I went to several different clinics and nothing worked and it got to the point where I was having seizures in school and at the mall. I didn't know where the next spot was going to be... I'd have people around me that I didn't know and I was having a seizure and I didn't know if I was going to die or not or what was going to happen. One day, however, I decide to search

smoking cannabis on the internet. Nothing else that the doctors could give me was working and I never used cannabis before that or even knew much about it. I did my research and then I started using cannabis. Six months later I had not had any seizures and I still haven't had another seizure to this day. This is coming from having two seizures a month and now - six years later and I'm not having seizures at all. My life is better. The quality of my life overall is better. One thing I want to bring to people and highlight - is that cannabis is used by most people to increase quality of life. Whether it's for epilepsy or depression... whatever ailment you may be suffering from... There are so many benefits. The medical aspects of this plant are just incredible.

My main goal at RTI is to bring medical products to market at an affordable price point so it doesn't matter who you are - you can afford quality. Thank you and stay tuned for some big RTI developments, products and partnerships in 2022.

Thank you Zach!

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



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 or ely@allgoodcollective.ca

 **All
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COLLECTIVE



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International Women's Day Film Series

The Oakville Festivals of Film and Art (OFFA) is proud to announce the launch of their 2nd annual International Women's Day Screening Series. Organizers have carefully curated an impressive line-up of exceptional films. Helmed by four talented female directors, from Canada, Malta, the USA, and the UK, these films highlight the official themes for #IWD 2022: #BreaktheBias, and gender equality. In partnership with United Way Halton/Hamilton - Women United, OFFA selected movies whose themes advocated for the mental health and well-being, education, and financial stability of every person in every community. The event is sponsored by Capstick McCollum & Associates.

The film series will be presenting four divergent stories that span 100 years of women's struggles and achievements, offering intimate, personal reflections on important social issues in our communities. Highlights include the challenges faced by new immigrants, particularly young women and their families adapting to life in Canada; issues faced by BIPOC communities confronting racism (Alice and Quickening), as well as ageism, sexism, class structure, and gender equality (Mothering Sunday and Carmen).

Following the screenings, viewers will be treated to live or pre-



recorded, virtual, Q&A's with the Directors, and others from the films.

Following the lengthy pandemic restrictions that proved challenging for most community-based events, OFFA is proud of the continued support that event sponsor, Capstick McCollum and Associates, as well as reception sponsor Cowbell Brewing Co., are providing, giving immeasurable reinforcement for local film and arts celebrations. Cowbell Brewing Co. is offering 10% of IWD Craft Beer Packages to Women United.

To compliment this year's IWD Film Series, OFFA will include four musical performances. Each of the four screenings will open with their own featured musician(s) performing a

complimentary song for the film. The four featured screenings include:

MOTHERING SUNDAY - (Drama, Director Eva Husson, UK, 2021) Thursday 3 March 7:30 pm LIVE at Film.ca (content warning: this film is rated R in the USA for graphic nudity and sexuality) This film will be accompanied by a LIVE musical performance by Hyun-Young Yu. For this screening, ticket holders will need to present proof of vaccination to enter the theatre, and be required to wear a mask, unless consuming purchased popcorn and/or drinks or sampling Cowbell craft beer.

QUICKENING –10th March 7:30 pm-(Drama, Director Sheridan Alumni Haya Waseem, Canada, 2021) available on our Eventive Platform for 7 days to watch (48 hours once you begin watching). This film will be accompanied by a musical performance by Natasha Meister. Pre-recorded Q&A included with Director and Sheridan Alumni Haya Waseem, and actress Arooj Azeem (plays Sheila).

ALICE – 17th March 7:30 pm – (Thriller, Director Krystin Ver Linden, USA, 2022) available on our Eventive Platform for 7 days to watch (48 hours once you begin watching). This film will be accompanied by a musical performance by Simone MCQ. Live Q&A with Director Krystin Ver Linden and others TBC.

CARMEN – 24th March 7:30pm (Drama/Comedy) Director Valerie Buhagiar, Canada/Malta, 2021) available on our Eventive Platform for 7 days to watch (48 hours once you begin watching). This film will be accompanied by a musical performance by Women In Song. Live Q&A with Maltese-Canadian Director Valerie Buhagiar.



Passes to all four films can be purchased for \$54.99 (plus taxes and fees), \$15 of which OFFA will donate to UWHH - Women United.

For more information about the festival, film screenings, and exclusive Q&A's, please visit www.OFFA.ca.

ABOUT OFFA

Established in 2014, OFFA is a cultural not-for-profit that envisions a community of cultural and artistic diversity with the cinematic arts as a focal point. OFFA produces Oakville's only independent film festival which is now in its 9th year, and is now a hybrid festival, featuring live and digital events.

ABOUT WOMEN UNITED

As an integral part of United Way, Women United advocates for the health, education, and financial stability of every person in every community. Women United are a diverse, vibrant community, bound together by the powerful sense of belonging – to each other, to the organization's mission, and to the communities we call home. Their powerful network of women leaders stand united against the most critical issues facing our Halton & Hamilton communities. For more information, visit <https://www.uwhh.ca/womenunited/> or contact womenunited@uwhh.ca

ACCESSORIES TO WATCH

BY SABRINA MOHAMED

Industrial hemp has so many promising uses, from paper, rope, building material to inks, cosmetics and even clothing. Hemp's practical uses date back thousands of years and its influence throughout history is severely understated!

Industrial hemp has many benefits, one of which being the ability to be used in the creation of many day to day items, however, this wasn't always the case. In 1938 hemp production became prohibited in Canada under the Opium and Narcotic Drug Act (1938). Hemp was a casualty of the international war on THC and other controlled substances.

Before 1938, hemp use was widespread for thousands of years across many geographic locations and cultures. It was used for pottery, food, medicine and more recently clothing! Currently, hemp clothing is expensive due to several reasons: limited availability, bad reputation and complicated production methods. However, hemp clothing has a big future in the fashion industry with the breathability of the fabric, its durability and because it's naturally moisture wicking and odour resistant.

Some companies have stood out for their hemp clothing and accessories, here are our faves!

HEMP COMPANY

Their mission statement is loud and clear and baby, we're listening: "To make the most loved hemp garments on this beautiful planet for as many people as possible."

We love a brand that is transparent and environmentally focused. All of their garments are super soft and versatile: from everyday wear to office wear. Check them out! www.hempandcompany.com

TENTREE

Straight out the gate, Tentree makes it known their first commitment is to the planet. This is clearly evident with their promise to plant 10 trees for every purchase.

So far, they have planted over 60 million trees at planting sites across the planet. They've reforested a land area equivalent to the size of 83 million yoga mats! By 2030, they plan to have planted 1 billion trees.

When you purchase Tentree you are not only enjoying some seriously comfortable T-shirts, you are contributing to fight against deforestation and save the planet. Go show Tentree some support and plant some trees! www.tentree.ca





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for all your accessories

SATIVA

Sativa are bags, purses and wallets with a difference. The simple designs and super cute colours means there's a bag or a purse for everyone and every occasion. They have been in the business for over 25 years and have a long-standing focus on sourcing environmentally friendly fabrics—hemp, of course, is one of their favourites. www.sativabags.com

When it comes to hemp clothing, we could go on and on.

But we'll be back soon with more industry tips and tricks!

Stay high, stay happy,

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What is

CBDA



CBD-A A SELECTIVE COX-2 INHIBITOR

BY DR RUPERT HOLMES-SMITH

The recent announcement that CBD-a and CBG-a both interact with the spike protein on the SARS-CoV-2 virus inhibiting its ability to enter and infect epithelial cells (R. van Breemen, et.al.), has prompted a surge in interest in the cannabinoid acids, and we decided to revisit what we know about CBD-a. Not surprisingly, there is a marked lack of information about CBD-a; however, its behaviour as a COX 2 inhibitor has been investigated and is relatively well documented.

Research shows that CBD-a, cannabidiolic acid, selectively inhibits cyclooxygenase (COX)-2 activity. COX-2 is an enzyme that

plays a role in the development of pro-inflammatory compounds called prostaglandins. Specifically, the COX-2 enzyme is produced by cells that are involved in inflammation and it makes prostaglandins that are involved in acute and chronic inflammatory processes.

The fact that it is selective is also important because COX-1 is involved in a range of other bodily functions and being able to target COX-2 specifically is significant is important; in treating inflammation, we want to avoid affecting other functions. There's a range of pharmaceutical products (NSAIDs) available that target COX-2; most are



CBDA (Cannabidiolic Acid)

unselective, like aspirin and ibuprofen. Celecoxib is a selective COX-2 inhibitor, and meloxicam and diclofenac show partial selectivity.

When we look at the molecular level, we find two features that likely contribute to this selectivity.

Firstly, there is the bulky side chain that is too large to appropriately orient the molecule to the binding site of the COX-1 enzyme isoform. Secondly there is the acid function itself that distinguishes CBD-a from CBD, and the free alcohol function that distinguishes CBD-a from THC-

a, which combine to create an overall functionality that is well suited to the binding site of the COX-1 enzyme isoform.

This means that CBD-A, cannabidiolic acid, is distinct from CBD and other cannabinoids that primarily interact with the endocannabinoid system CB1 and CB2 receptors.

Given that CBD is already well recognized for its anti-inflammatory properties, the combination of CBD-A and CBD provides a dual function anti-inflammatory model.



CANNABIS INFUSED VEGAN BLUEBERRY PIE

BY TAMMI STANHOPE

INGREDIENTS

CRUST

2 cups all purpose flour
¼ tsp salt
⅔ cup solid coconut oil
6 tbsp ice water

FILLING

3 cups frozen blueberries (keep them frozen)
¼ cup organic cane sugar
1 tbsp cornstarch
¼ tsp cinnamon
¼ tsp salt
1 tbsp fresh lemon juice
1 tbsp melted coconut oil (warm not hot)
6 Indiva Indica Capsules, each ranging from 7%-9% THC

WASH

Vegan option: full-fat coconut milk
Non-vegan option: 1 egg + splash of water

INSTRUCTIONS

CRUST: Combine flour and salt in a large mixing bowl. Cut in coconut oil with a pastry blender or a fork until mixture resembles wet sand. Add ice water 1 tbsp at a time until dough forms. Turn dough onto a lightly floured surface and press into a ball. Reserve about ⅓ of the dough for the top design. Roll the ⅔ portion into a round shape approximately ¼" thick. Transfer the dough into an 8" cake pan (line the bottom with parchment paper just to be safe) and flute the edges, ensuring that the dough sits over the edge of the pan.

Prick the bottom of the crust using a fork. Chill bottom crust for about 10 minutes in the fridge before baking.

Blind bake at 400°F for 15-20 minutes or until lightly golden brown. Cool for at least 10 minutes before filling.

Roll out the reserved ⅓ portion of dough into a round shape, again, approximately ¼" thick, and use 2 small heart-shaped cookie cutters, one larger one smaller to create the hearts design. Keep the top crust pieces chilled.

FILLING: Mix first 6 ingredients together in a large mixing bowl. Warm 1tbsp of coconut oil in a small dish, empty the 6 capsules of THC to the warmed oil and stir until combined.

Once done add the oils to the rest of the filling and mix thoroughly.

Transfer filling into blind baked crust, pressing down to compact the berries. Lay the top crust pieces on top of the berries in whatever creative pattern YOU like and brush crust pieces lightly with food coloured water (if you want a bright crust topping), and wash of choice (coconut milk or egg) and bake at 400°F for 20 minutes. Then lower the temperature to 350°F and continue to bake for an additional 25-30 minutes.

ALLOW THE PIE TO COOL BEFORE SLICING AND ENJOY!

HOMEGROWN: AN OUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

He l l o
neighbor,
a n d
welcome.

February is known for routine bouts of frigid cold at Pajama Flats, but this year, we have enjoyed the balm of Chinook winds through much of it. Here, there is little change in the grow cabinets in response to weather. The tasty herbs grow on, happily indifferent to the concerns of real life outside their door.

I will admit to being much the same through these months of the year. And, if truth be told, the feeling can extend to most others. Fortunately, part of the solution here, is homegrown medical cannabis. Because, with the help of the herb, I am less impacted by seasonal affects common to a depressive character such as myself.

Anyway, I also know that many people with whom I share health issues might be helped by learning to grow their own. So, in hopes of reaching more of them, I am sharing some personal stuff this month.

Because here, medical cannabis is the biggest part of my solution for both



mental and physical health. Though, speaking plainly, I am not comfortable sharing personal info. But a gig is a gig. And I am here to share good news.

I suffer a variety of health problems effectively treated with medical cannabis. Because, as well as mild depression, the writer is prone to bouts of mania usual

to one at the mild end of the bipolar spectrum.

The herb also helps relieve minor issues related to the obsessive and compulsive patterns that sometimes plague him. These much-welcomed effects are extras, as relief for chronic pain is first on the list of medical benefits derived from cannabis in these parts. Here, legal weed keeps me off pain pills.

As far as I am concerned, there is no better reason for preserving the right to grow your own, at home, than that. Medical cannabis saved me from a serious addiction to pain killers. In my memory, there lives a six-year gap because of it. There, and throughout that time, chronic pain kept me needing relief



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twenty-four hours a day. A chronic back problem near crippled me.

And before hitting the pills, I went through years of treatment. I tried all kinds of stuff, including physio, chiro, massage, exercise, acupuncture, and more machines and gadgets than I can remember. At last, unwilling to face spinal fusion surgery, opioids seemed a last resort.

The rest, as we say, is history.

Anyway, after six years in a drugged-out stupor, one night after a Harwill show, I tried some grown-for-the-purpose, pain-relieving medical cannabis.

My life was returned to me that night.

And so, because medical cannabis not only allowed me to sleep, but also gave me enough relief to function, the door to getting off drugs opened.

Since then, for all but the most severe sports and training injuries, I've taken nothing stronger than homegrown herb for pain.

I hope sharing a little of my story opens your eyes to the possibility of life beyond pills and the misery of addiction to them. There is another way, and you can help yourself.

Here, I prefer growing my own. As you can see, I also promote it. In a public forum, using my real name.

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REVIEW

'Refugees of Confederation' is equal parts Indigenous survivor tale, Canadian adventure saga and literary tour de force.

A candid look at one family's struggles in post-colonial society, the vivid portrait is often brutal.

Despite a spare reveal of it.

From innocent child to middle-aged cynic, an unknown narrator leads the reader into what seems a well-known world.

Where the heirs to Canada's colonial past yet persist. Though a long way from freedom. And wrongly framed by the romance of a false record.

Meanwhile, world events give context to a nation's journey. The tale, at best, is unequal. And delivers a polemic to notions of its good old days.

To face life in Canada as seldom told, you must read this family's story.

A work of rare grit, T.F. Pruden's sixth novel is a future classic.

T.F. Pruden is a Canadian novelist of mixed Aboriginal heritage. He lives in small town Alberta in western Canada.



Written in an episodic and constrained minimalist style, his work shares a dry wit while embracing the postmodern. Themes of cultural identity, racial separation, individualism, collectivism and the absurd confront Indigenous characters living with racism and bigotry common to life in Canada.

His sixth novel '**Refugees of Confederation**', published in 2022 and is now available in hardcover, paperback, or eBook.

A brutal indictment of the ongoing North American Indigenous cultural genocide known as colonialism; this future classic of Canadian literature is available worldwide via Amazon on Solitary Press.

www.onitsciences.com

The background of the entire image is a wide-angle shot of a center pivot irrigation system. A long, dark metal pipe runs across the top, supported by a series of yellow metal towers. From these towers, multiple vertical lines descend to the ground, where numerous small nozzles are spraying water onto a vast, lush green field. The sky is a clear, bright blue. In the bottom right foreground, a large, black, treaded tractor tire is partially visible, suggesting the system is being maintained or moved.

Unlocking the Full Genetic Potential of Every Plant



GROWING YOUR OWN?

Cannabis is an annual plant, its flowering period is determined by the seasons and when the cycle ends, the plant dies. Cannabis plants stop growing in size and start to flower and produce buds in Autumn when the days grow shorter.

To replicate this process indoors, growers shorten the light period usually from 18 hours light and 6 hours of darkness (18/6) to 12 hours of light and 12 hours of darkness (12/12). If the plant continues living under an 18 / 6 hours of light regime, it will stay in the vegetative stage and will not start flowering.

Autoflowering Cannabis seeds produce female plants that don't need photoperiod conditions in order to change from the vegetative stage to the

flowering stage. The switch to the flowering stage is "automatic". They are designed to start flowering at a fixed period of time, despite the environmental conditions and light stimuli.

This makes Autoflowering Cannabis a good choice for beginner growers because they don't have to worry about guessing if the plant is male or female



or when to change the photoperiod. They have fixed and shorter life cycles so they will develop faster than photoperiod strains.

Photoperiodism is a developmental response to the changes of duration in the cycles of light and dark periods. Photoperiod seeds may produce male or female plants.

FEMINIZED VS REGULAR SEEDS

Regular Cannabis Seeds

Regular seeds may produce male or female plants. Even hermaphrodite plants. Growing regular Cannabis seeds is one of the most popular and easiest ways of growing marijuana plants. It's easier to find and produce regular Cannabis seeds, and they are obviously cheaper than feminized seeds.

Feminized Cannabis Seeds

Feminized Cannabis seeds will produce only female plants. They can be costly but you know your resources (fertilizers, light, soil, space, time...) are being used at their full capacity in plants that will develop female cannabis flowers. Feminized photoperiod strains produce female plants that need 12 hours of light/12 hours of darkness to enter the flowering stage.

How to germinate Cannabis seeds in 3 easy steps!

For starting seeds indoors you need:

- Cannabis Seeds
- Plastic container with a lid or 2 plates
- Paper towels
- Water sprayer with clean water
- Small cup or glass of water

The process will take from 12 hours to 7 days.

HOW TO GERMINATE CANNABIS SEEDS

Paper towel germination method (step by step).

To germinating Cannabis seeds you will need relatively high humidity, air, and water.

1. Put seed on a paper towel and inside a container, spray with room temperature water. Put your Cannabis seeds on a paper towel, inside a plastic container, or between two plates. This container must remain dark, warm, and humid at all times. Spray the napkin with warm water and cover it with a lid or plate. Place your container in a warm place and leave it there.

2. Open container every few hours and spray with water until the seed opens. Open the container every few hours and spray it with water. Never let the napkins dry up or your seed won't sprout. The napkin must stay moist, but not soaking wet. Get ready your next growing medium as soon as you see the seed opening.



3. When the seed opens and show tap root, plant it in a small cup, jiffy or plug
When the seed opens up and starts showing the first white tap root, it's time to put it in its next growing medium (soil, coco, peat) in a small cup, jiffy or plug.

TIPS before starting to germinate Cannabis seeds:

Store your seeds in a sealed plastic bag in the fridge and take them out when you decide to plant them. This mimics the season change from Winter to Spring when cannabis plants usually sprout and promote germination.

Soak your seeds in a glass of clean water, at room temperature for 12 hours. Keep in a warm place and signal it to prevent accidents (like drinking the water or throwing them out).

Soaking your seeds in a glass of water for more than 24 hours will deprive them of oxygen and they are likely to drown and may not sprout. A seed that sinks after 12 hours it's likely to be viable and good for germination. If it floats, touch it, and it will probably sink. On the other hand, seeds that float after 12 hours are not likely to sprout soon.

Get a water sprayer and set reminders to spray your germinating seeds. A dry napkin may also damage a recently sprouted tap root and kill off your plants before starting.

It is very important to track germination dates and stage changes during your grow. Do not forget about your germinating seeds! If you leave them for too long in the container and do not plant them, they'll grow a long taproot but they'll end up dying without proper growing conditions. Set reminders and schedule your tasks.



The best temperature to germinate Cannabis seeds is
25° C / 77°F

**The best relative Humidity to germinate Cannabis seeds is
70 / 90%**

Do I need growing lights for Cannabis germination?

YOU CAN START THE GERMINATION PROCESS WITHOUT THE NEED FOR LIGHTS, BUT IT'S RECOMMENDED NOT TO WAIT TOO LONG TO GET THEM BECAUSE YOU WILL NEED THEM SOON!

The Cannabis plant needs light as soon as it pops out from the soil. In the first weeks, young plants are not yet able to process high-intensity light. Led lights or lower wattage lights as CFL are better for this stage. A cold (blue) spectrum light is better for this stage, as they promote vegetative growth.

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.

Autoflower seeds grow from seed to harvest in around 75 days under 20 hours of daily light. Many people find them the easiest, fastest and most convenient way to grow cannabis indoors. Less experienced growers often find that autoflower seeds are one of the easiest and most straightforward ways to start growing cannabis.

Autoflower seeds grow under any light schedule indoors or outdoors. They tend to reach around a metre tall for most indoor growers and produce heavy harvests of strong cannabis.

In general, cannabis seeds with indica genetics tend to produce shorter plants, and sativa varieties tend to be slightly taller and can stretch more during bloom. Sativa dominant varieties also have a longer life cycle than Indica dominant strains, both for photoperiod and autoflowering plants.



CBD rich cannabis seeds can produce cannabis that contains 4% CBD (or less or more) in the dry buds. These are popular with medical growers, the high may not be quite as intense as a typical THC rich variety. You can get CBD rich cannabis seeds as both autoflowering and feminized photoperiod options.

REGULAR SEEDS.

These give rise to female and male plants in roughly equal quantities. They are often used by old-school growers or those looking to select parent plants for subsequent crossing. New growers tend to avoid using regular seeds. For less experienced growers, feminized seeds are a more convenient and simpler option.





ADVANCED TIPS

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 is 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.

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.

LST - LOW STRESS TRAINING

Low Stress Training involves bending the branches slowly so that they grow in a certain direction. This is similar to putting braces on your teeth.

You might be wondering if it's okay to stress plants, but the truth is plants are



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able to undergo stress, just like our teeth! The reason we stress plants is to bend our stems into a shape that best fits the available space and makes sure it's growing in the right direction.

This can help increase yields, and make the most out of your growing space.



MONSTER CROPPING

This technique has the name Monster Cropping because it results in so many flowers, so it has almost a monster result.

Monster Cropping is where you take clones of a plant during the flowering phase, replant them, and revert them back to the vegetative growth stage.

This allows you to save on seeds AND have have continous harvests. In order to switch the plant back to vegetative growth, you simply need to give the plants more light than you would in the flowering stage.

One of the cool things about Monster Cropping is that you don't have to keep the mother plant in order to let the clones grow.

Many times the mother plant becomes big and spreads out. You can take several cuttings to save space, harvest the mother and still have several plants that will be ready for harvest much sooner than if you were to start again from seed.

SUPER CROPPING

One of the toughest things to manage in any indoor garden is height. Sometimes you come across a strain or plant that wants to become a tree (yes we are looking at you sativa dominant strains!). In this case we can utilize several methods to keep the plant away from burning on the grow light.



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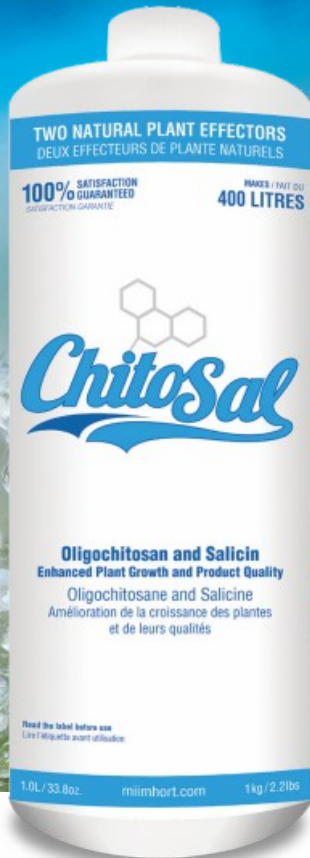
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