



Heart to Art of the Heartbreaker

CHAK DE SA

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A brighter year is upon us with those resolutions we made that seem to evade our every advance. Sometimes making us believe that the universe is against our every step towards change. Although many may have had a triumphant start to the year, few of us deal with deeper issues that needs greater introspect. Especially when that EQ, is applied in growing your own perfect cannabis crop this year. Whether it be the traditional outdoor, ever popular indoor or all year-round green house, give it some 'love'. If the lows after the holiday break have been taking a toll on you, then we hope by the end of this you find your 'High', because we are going take you on a roller coaster of emotions and will be bringing you back to your center, achieved with none other than with the 'miracle plant'.

With Covid rules and Level 1 restrictions still around, everyone is praying for a covid free year. We can only hope that the recent development using the 'Cannabis plant' will get the approval and become available in the market. We will keep you informed as it unfolds.

'Love' is in the air, another mystery that seems to get everyone in a frenzy for a bit, especially on special

occasions such as anniversaries, birthdays, or the unavoidable self-proclaimed love days like 'Valentine's Day'. A day planted perfectly in the middle of the month that is if it's not a leap year. Everyone is always awaiting in anticipation for a little 'luv' in some form, either expressed with a bouquet of colourful romantic plant species, decadent chocolates or just a bit of old fashion romance that appeals to you beyond anything money could buy. In recent times edibles and drinkables have also featured in showing your elevated affection which can live up to a night to remember.

It's also a painful time for some that may not have a significant other or maybe in between or already had a break up. The type that seems to cause more harm than any good since you never really understand or get over it. Usually just left with unanswered and mind boggling questions. Emotionally we all open ourselves up and it leaves us vulnerable in the most awkward of times. Heartbreaks can be very painful emotionally and physically draining. So we found just the article with strains that can help you get over your crushing moment and leave you feeling on 'top' of things.

Dabbing, a term that's become very popular in the weed circle for those searching for a cleaner, quicker high. We spew up some insights about this

a fad for some that is trending at the moment. Whichever direction, theres already a range of product accessories available in different sizes, shapes and colours to suit your budget and style.

If ever you in search for a "green friendly" place to chill and travelling towards Broederstroom or Harties direction in the North-west, we've found the perfect scenery and harmonious mother nature's getaway. Yes, a '420' friendly venue that offers delicious wood fired pizzas for starters, a blended coffee shop and budding area overlooking the famous Harties dam.

Just as Harties has its unique story, we too have travelled into unknown territory but through your loyal support and followers that we acquired along the way we have managed to stay afloat in the midst of a global pandemic and snail-paced policy reforms. Thank you for being our motivating factor as well as the driving force behind our journey. We hope to deliver more value-added information in this labyrinth of an industry which is an exuberating one too. To share our happiness; we are giving away 10 x R200 voucher redeemable in-store. 😊

Drop us a mail, WhatsApp or FB messenger to tell us how CBD has changed your life and we could be sending you that gift voucher...

Dab: "A honeycomb extract of which are concentrated versions of butane hash oil (BHO) which contains highly-concentrated levels of THC. This concentrated substance is produced through a chemical process using butane oil to extract the oils from the cannabis." Source: <https://www.verywellmind.com/marijuana-dabbing-4797506#toc-what-are-dabs>





Mend Your Heart: 6 Tips for Surviving a Breakup by Ashley Manta, March 12, 2016

British musician Sam Palladio once said, "If you break up with a [partner], you're in this vulnerable state where you're still kind of half in the relationship with them, but you're single, and it takes a while to feel solid in yourself again."

People choose to end relationships for a multitude of reasons. Regardless of the rationale, there is pain. You've experienced a loss, and you have to re-create your place in a world that puts a great deal of emphasis on relationships. It doesn't matter if you were the initiator, the receiver, or the decision was mutual—it's difficult. Here are my top tips for surviving a breakup, so grab a pint of Ben & Jerry's and pack a bowl as you learn these six ways to cope and bounce back stronger than before.

1. Allow Yourself to Grieve

Dr. Emily Nagoski, a sex educator and author, explains why breakups hurt so much from a science perspective. "Grief is proof that we love, and love is both the most abundant and the rarest of elements in the universe. Grief is the effect of broken attachment. And attachment is the biological foundation of love and thus, as literally as can be, the blood and guts of human relationships. So if it feels like you're bleeding...that's why."

Acknowledge your grief, allow yourself to feel it fully, and honor it. Dismissing your emotions, pushing through your feelings, or denying them entirely only serves to delay the pain. It cannot prevent it. Sometimes you need to wallow, and that's okay. Don't listen to people who tell you to "get over it." We all know it's not that easy.

2. Reach Out for Support

Talk to someone. It could be one close friend or relative, members of your community, or a mental health professional. Processing difficult

emotions helps us integrate them into our narrative. At the same time, be aware of over-processing to the point where all you talk about is your breakup, which can lead to feeling "stuck" in your emotions. It's a balancing act.



3. Consider Cannabis for Some Emotional First Aid

Sometimes in the midst of sadness, we can forget what it feels like to feel good. I've had breakups where I cannot remember the last time I laughed or smiled. Imbibing a sativa or hybrid can help remind you that you can feel happiness again. When I go through a breakup, I utilize some of my favorite euphoric strains, including Laughing Buddha and The Sauce.

For those who lay awake at night painfully recounting memories of happier times, I suggest a heavy indica to help you sleep. LA Confidential, one of my all-time favorite indica strains, has been instrumental in allowing me to turn off my brain and get some sleep. For daytime stress, try a CBD-rich strain like Harlequin. I've been keeping my W Vapes pen in my purse so I can take a quick pull if I feel anxiety creeping in.

4. Detox from social media

In the age of Facebook and Twitter, reminders of your ex can litter the ground like cigarette butts on the sidewalk. At the end of 2015, Facebook announced that they were rolling out breakup-friendly tools: "When people change their relationship status to indicate they are no longer in a relationship, they will be prompted to try these tools." Some options include seeing less of a partner's name or image on your news feed without having to unfriend or block them, as well

as removing your tags from any posts or photos that you and your ex are tagged in together.

If your go-to social media platform doesn't have any of those tools built-in, try taking a break from them altogether, at least for a while. You may not be in the best shape to be glimpsing at all your friends' highlight reels while you're feeling down, so take a step back and devote some time to yourself.

5. Get Your Body Involved

Go outside in the sunshine and feel the rays warming your skin. Hang out in a place where there are trees and flowers. Go to a body of water. Dance it out. Sing loudly to your favorite songs. Take a yoga class. Do something to embody the emotions you're feeling, and express them. Paint a picture, create a sculpture, build a model airplane. Go to the spa and treat yourself. Whatever you decide, get your body moving and check in with nature to jump-start some positivity in your life.

6. Rest and Hydrate

Get plenty of sleep and drink lots of water. Stress is incredibly hard on the body, and prolonged stress can have all sorts of physical side effects. Gastrointestinal distress, headaches, fatigue, and anxiety are only a few. You can find more information about the way stress impacts the body on the American Psychological Association's website. Your job is to take care of yourself. People will understand.

For this full article and more follow:

<https://www.leafly.com/news/lifestyle/mend-your-heart-6-tips-for-surviving-a-breakup>

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Source:
<https://www.prismhealthadvocates.com/wp-content/uploads/2020/03/Coronavirus-prevention/n.jpg>





If you live in Tshwane, previously known as Pretoria, then we are sure that you would be very familiar with the controversial yet ever popular Hartbeespoort (Harties) dam. Where from time to time, the water is like a bed on a 'green planet' that has 'weed like' attributes of another kind. The invasive hyacinths have disrupted the eco-system, but the community at large have not let it ruin their perfect water world view. They have rallied together in recent times to clean up the place in general which includes the dam area.

For the few that have not yet had the opportunity to discover this part of South Africa that is often underrated, why not make your next green beret outing with your mates over to the rapidly expanding and rustic world, "Die Joint" coffee shop and nursery.

Placed along the mountain range of Broederstroom on route 512, it boasts a scenic view overlooking the dam. This looks like a simple stone throw away and is "420 Friendly". Perhaps it's the first Billboard you would recognize which is always an open invitation for fellow Greenies.

With ample parking and a carwash close by, it seems like the perfect pit stop on any given day of the week except Mondays, their rest day. 😊

The traditional architecture transports you to a farm style living with its rustic furniture to compliment this chill joint. Regularly hosting seminars, business workshops and cannabis education for

members and general interested parties. They are not just a coffee shop although you will get mouthwatering herbal drinks both heated and chilled. Edibles and drinkables with various strains and strengths to measure up to your requirements. With a full-on spectrum of grow products, smoking accessories and the rapidly growing lifestyle products from 'Tubby's' cbd range of cooking condiments, oils, pastes as well as teas. It's not your average nursery either.

For those in need for some quality strains, the members only zone will address all your 'high expectations'. "Budtender", a popular new career choice that opens your mind to the cannabis world is like your very own air steward for your next flight. This is exactly the type of service you receive when scouting for a mood setting or enhancing 'golden green' rush. The all-knowing "Oracle" will match a bud or three, tailor made for your recreational or medicinal pleasure and relief respectively.

Indoor has plenty to offer but the outdoor experience can't be discounted since it's a vibe on its own, with plenty of seating for a private affair or group get together.

A staging area is often used for changing the chilled atmosphere into a beat thumping, foot tapping, groovy place. Each day of the week offers a new flavour, either by a DJ driven party or live artist

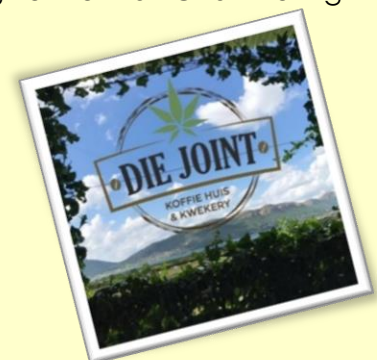


arrangement.

Sub Rosa Cosina, the in-house kitchen that serves up traditional wood fired pizza, which will have you drooling at the corner of the lips as the strong scent and aroma of pizza being prepared gets into your nostrils. The tease is worth the wait, as their menu offers plenty of delicious alternative meals for both veg and non-veg patrons. Alcohol-free tropical paradise juices topped up with some 'nitros', courtesy of the beautiful plant to wet your pallets is also available. They also have pairing evenings to play on those woke taste buds of yours, providing happy alternatives with complimenting CBD and hints of THC mouthwatering dishes.

Golfers are treated to golf days through the year and is highly recommended for anyone just wanting to have a laid-back game with lots of fun. The day usually starts off with a welcome pack that is every cannabis enthusiast dream pack. You are bound to find pre-rolled joints and edibles to get you going. Rounding off the day with prizes that you can add to your weed collection.

It's a place with a good vibe, friendly staffers, delectable meals, variety of herbal products and more. Be sure to visit and give them a "Chak De High" 😊





Q. High Ms C, I had my heart broken a few times and got over it, this time however, I fell beyond head over heels. Now I am tripping all the way to my grave. I have tried many things to clear my thoughts from the person that I want to but can't be with. My friend suggested that I get on a high all the way to sky! Please advise if this is a solution or will it become an addiction?

Mr HB

A. 'Higher' back at you Mr Heart Broken, all breakups rip's you apart but there's always that one that leaves you scarred for life. No matter what you try to do, there is no cure except time which either drags on or flies by so quickly that you don't have an opportunity to digest. With this being the case, addiction is when you cannot do without a substance for a long period. Studies have shown that although cannabis is not an addictive drug, it must still be consumed responsibly. No harm in trying a few strains to ease the pain. Locally, you can try some Durban poison for daytime blues, OG Kush for the afternoon pick-me-up option and wedding cake to cure you from that stress and anxiety, the name says it all. They are sure to elevate your emotions as well as alleviate the indescribable internal pain you feel. On the upside, as Lord Alfred Tennyson is famously quoted: *"tis better to have loved and lost than not to have loved at all"* is probably the best way to view it.

Q. Wassup Ms C, I heard about dabbing, I have not tried it but would like to know what its all about?

Mr WDM

A. Dear Mr Wannabe Dabmaster, dabbing is definitely rocket launching fun once you get into it. There is however a technique involved to enjoy. We suggest you read our article on dabs to follow in this edition. Check out the feature on different types of dab equipment to peek your interest further.

Q. Hey Ms C, I have been suffering with severe back pain and I've tried every

medication prescribed with limited success. My doctor has recommended me trying the CBD range of products. I have read about it and am quiet keen on trying it. What do you suggest?

Ms PB

A. Dearest Pain in the Back, we are sorry to hear that you experience such pains but glad that your doctor recognises the health benefits and alternative use of market available products. There are a vast range of cbd products out there and everyone's body reacts differently to it. So, its best is to go into your closest CBD stockist and view the range. CBD balms have healing and pain-relieving properties which is likely to ease the pain you feel. Drops can also be used for pain management as well. We recommend highly you visit a store soon. 😊

Q. Yo Ms C, I've used your how to roll steps from your last newsletter and think I've become fast. Fast enough to take on fellow rollers, lol. Are there such comps in the industry?

Speedy

A. Yoyo Mr Gonzales, 😊 yes there are a few competitions that is around. Be on the lookout for the expo's like the one in da 'Mother City' this year for starters. You will find your speed will come in handy, some of the guys do it under 10 secs easily. Our very own 'Green' room has a roll-off area for you to take on your buddies if you like or just get your practice on. We do however find that rolling a *Jay* quickly can be top shelf but believe there's more to it. Be on the lookout this year for our very own competition where your size, grammage and presentation of your magical wand will count too. Polish up those skills in the meantime.

Dabbing

equipment has come a long way since the popular but redundant modified bong type dab rig and one does not have to

Source: <https://wcp2018.org/wp-content/uploads/2020/04/best-dab-rig.jpg>



carry a fragile rig every time. There are plenty of smaller, durable, more convenient dab equipment available, fancy ones you for your viewing & functional pleasure.



If you looking to be suave, then the dab pen (Fig 1) is for you. It offers a smart way to dab in public. Handheld with a glass chamber (Fig 2) for a simple yet effective way to easily dab or even a straightforward apparatus like the one above (Fig 5) will do the trick. And for the Rambo fans, the grenade type (Fig 3) will blow your mind. 😊 although with current tensions in the upper continent, we would advise serious caution. Your stash will be safe in the "doshes" above. (Fig 4)

Dab extractor is now available on the market for those experimenters that wants to learn and master the process of dab extraction.



One manufacturer has claimed:

"Unlike Plastic extractors 304 Stainless Steel is Food Grade, Dishwasher safe and Solvent resistant which makes it perfect for oil extraction. Glass extractors can crack or chip, This Stainless Steel extractor will last a lifetime. With a filter screen that fits inside the filter cap there is no need to use a hose clamp. Both the top and filter cap thread on making the unit easy to assemble, use and easy to clean. Protect your hand from the cold with a fitted Silicone grip."

Source: www.honeypufforiginal.com

"Just dabbing pieces of my heart into things that make me shine, my little young simple life" — International Author Nikki Rowe





HOW TO DAB CANNABIS CONCENTRATES blogged on 17 December 2020

Doing dabs can seem daunting to some people at first, but once you get used to it you'll likely find that it's one of the best ways to enjoy cannabis concentrates.

Dabbing is a great way to experience the mouthwatering flavors and intense effects that cannabis concentrates are capable of producing. Learning how to dab cannabis concentrates and getting into the groove of dabbing can take a little bit of time, but we promise that it is well worth it!

What Is Dabbing?

Dabbing is essentially the process of flash vaporizing cannabis concentrates so that you can inhale them. Dabbing concentrates through a dab rig is very similar to hitting a bong but instead of burning cannabis and inhaling smoke, you are vaping concentrates and inhaling vapor.

Why dab cannabis concentrates?

Thanks to their high THC content, dabs produce strong and immediate effects. Additionally, dabs preserve more of the terpenes found in the cannabis plant, allowing you to enjoy more of the flavors and effects that each strain has to offer. This makes them great not only for recreational consumers, but also for those seeking potent effects for medical relief.

Equipment for Dabs

There are many different ways to dab cannabis concentrates but the most



popular is by using a dab rig. In order to dab cannabis concentrates from a dab rig, you're going to need a few pieces of equipment.

Dab Rig: A dab rig is the very first thing you'll need. Dab rigs are glass pieces that look and function similarly to bongs except that they are fitted for dab nails, instead of with traditional glass bowls. These water pipes are specially made for dabbing cannabis concentrates.

Dab Nail: A dab nail fits onto a dab rig and is basically the surface where you place your concentrate. They are commonly made from glass, titanium, and quartz, and can be domed or domeless (open air).

Torch: In order to dab cannabis concentrates, you will need a mini torch to heat your nail with. Although, if you have an electronic nail that heats up on its own, you can skip this one.

Dabber: A dabber is a metal or ceramic tool that is used to place your concentrate on the nail once it is heated and ready to go.

Carb Cap: If you are using a domeless nail, then a carb cap will work to trap the vapor inside your dab rig, preventing it from escaping into the air.

How To Dab Cannabis Concentrates Out of A Dab Rig

After you have gathered all of your equipment, you can start doing dabs through your dab rig. Here is how to do a dab:



1. Grab your torch and use it to heat up the nail for about 30–60 seconds.
2. Once the nail is hot, turn off the torch and let the nail cool down for a bit – around 45 seconds for glass and 10 seconds for titanium.
3. Use the dabber to apply the concentrate directly to the nail as you begin to inhale slowly.
4. Cover the dab with a carb cap and finish inhaling.
5. Exhale!

Other Ways To Dab Cannabis Concentrates



There are other ways to dab cannabis concentrates

apart from using a dab rig. One way is by using an electric nail. The process is similar to that of using a dab rig but instead of heating up the nail yourself, the nail heats up on its own electronically.

Another way is by using a dab pen. Dab pens are simply vape pens designed to vape cannabis concentrates. Using a dab pen is by far the best way to do dabs on-the-go when you are away from your dab rig.

For this full article and more follow:

<https://trycannavine.com/blog/how-to-dab-cannabis-concentrates>

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Source: https://njbmagazine.com/wp-content/uploads/2021/06/NJBLA-Attissue-CannabisLaw_89924737-

With the recent state of the nation address, the cannabis community got excited to hear that the president indicated the government's plans to "streamline the regulatory process" and also "130 000 job creation" for the cannabis and hemp industry. This however remains to be seen but we do know that the draft cannabis for private purposes bill is due to be promulgated into law hopefully by this year. That's good and bad news for us, since it contains both guidance as well as punishment for the use of these "fruiting tops". You can be held criminally liable either as a class A, B, C or D offence. Which roughly translates to not more than 15, 6, 4 or 2 years respectively if found guilty. All this for excessive plants or flower in your possession, even for not making the area child proof where your crop is held. The trafficable and commercial quantity of plants have a few tables to compare with in different sections of the bill, which is sure to confused most average indulgers. So bottom line, is like them telling us in a spidy way "with great power comes great responsibility".

More to come... Zzzzz you soon!!!





Tinctures & Isolates



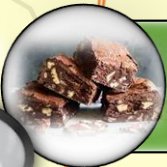
Vape Pens & Juice



Oils & Ointments



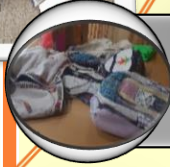
Soaps & Creams



Edibles & Drinkables



Grinders, Pipes, Papers, Filters



Hemp Apparel & More

Events have now started on selected days in-store. If you haven't yet visited the "Green Room" or want to attend events, drop us a mail on chakdesa@gmail.com or whatsapp [0663724362](https://www.whatsapp.com/channel/00299a00000000000000000000000000) to attend the next. "Sharing is Caring" they say, and we agree 😊

