



In these strangely polarized times, it seems more and more of us are discovering that our main purpose in life is to bring the light of consciousness into this world, to be a vehicle for consciousness, to *wake up*.

It's time for the feminine spirit -- in *all* of us -- to shine. The Goddess is calling, urging us to to truly take care of each other, nurture our local and global community, and bring grace, beauty and love to Mother Earth.

For this second edition of *Haight Street Voice*, we pay homage to the SmokeOut on 4.20, and Earth Day on 4.22. Both events are sure to be adorned with the vibes and music of the Summer of Love, which is celebrating its 50th anniversary this year (in case you hadn't heard!).

Ganja could well be considered the Goddess plant of Mother Earth. When smoking a joint, nibbling on an edible, or spraying a topical on our skin,

Goddesses & Ganja

Mother Earth, Marijuana & Music



it is the magic of the female flowers of the marijuana plant that can open our minds and calm our bodies -- and she seems to be springing eternal these days. Her healing qualities are finally being embraced and, while some of us may not be cannabis connoisseurs, the advances this revered plant has made in California, now legal and widely accepted both recreationally and medicinally, are undeniable.

Whether or not we're pot smokers, or female or male, or young or old, or any of those other potentially divided sectors, we must accept one another, work together, be kind and take care of Mother Earth -- *now*.

Whatever your leaf may be, anyone who wholeheartedly welcomes this female-male shift, this passing of the paradigm torch, this rumbling and rising of the feminine spirit, is sure to be, well, a happy camper as we continue to adapt and evolve on this blessed planet we live on.

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Amal! Feeding the ‘Hood with Love & Food

Better known in the neighborhood as “Mom”, Amal came from Lebanon in 2001 when she was 42 to finish her kids’ education, and eventually started running the family business. “I think I am blessed to be here,” she said recently. “I’m really happy. I’ve never left the U.S. since.”

Haight Street Voice: Did you come straight to San Francisco?

Amal: Yes. I had family here. I didn’t know anybody but my family, they were there for me. And then I started on my own. I started working, I went to adult school to improve my English because I wanted to be part of this country, I have to communicate. Now, I am well trained! The opportunity here is bigger, the education, open-mindedness and opportunities.

I love my neighborhood. I love the community, the people, they respect me, I love them, they are caring. We always stick together when we have to, and we help each other. I never judge anybody because I respect all people’s beliefs. If someone is disrespectful, I just say, “Away from me.” I don’t punish anybody, I just keep a distance between me and them.

HSV: You’re catering for Taking It To The Streets?

I love those kids. They feel comfortable shar-

ing their problems with me. I approach them: “You’re from where? How did you get here?” They ask me, “You’re from where?” So we share. Sometimes they come to me and cry on my shoulder, I cheer them up, and tell them, as a mother, that life isn’t always fun. There are ups and downs. “Just be YOU. Don’t let anybody affect you. If you grew up in a family with messed up parents, that is not your fault. You’re here. Just find your way in a good way.”

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Booze versus Buds

Cynthia Johnston shares her personal story of how marijuana saved her from the ravages of alcohol. At 72, she celebrated being alcohol-free for 40 years on April 1 – with cannabis her constant companion and a cure-all. Ever grateful, Johnston is a staunch supporter of all-things weed: she runs the Sports Desk at Making You Better Brands, Community Leader for NORML Women's Alliance of L.A. She also has a blog, "Weed Wars: United States v Marijuana".

CJ: Alcohol is absolutely the gateway drug. You can bet your bottom dollar that alcohol is at the bottom of most of those homeless kids' stories, and some kind of childhood trauma. I think those kids smoking marijuana are medicating instead of intoxicating, and that's key to bringing them out of whatever tailspin put them on the street.

HSV: Pot is so mainstream now, whereas 50 years ago it was a revolutionary thing. Now it's everywhere.

CJ: People don't realize it, but one summer in San Francisco changed the world. Miraculously, it's still happen-

ing! And we need it now as much as we did then. I have to say that marijuana becoming legal is a rush. I mean, suddenly you're part of "society," suddenly you're not an outlaw. But on the other hand, identifying with the outlaw is the American zeitgeist, the lone cowboy, you know? It's not that hard to identify with the outlaw but it's a big surprise to suddenly feel a burden lifted from your shoulders simply because you no longer have to. It's amazing. It's an emotional thing. It's an elation I didn't expect

because I'd been an outlaw since the '60s. I was used to it. Now legal is the new normal. The outlaw zeitgeist is gone, or rather, it's on hold now. We don't know what the current regime has in store for us. In the meantime, I'm just trying to achieve homeostasis – total system balance – by keeping my cannabinoid levels up. Of course I'm still rebelling, but these days it's against Big Pharma and the ravages of old age!



Read the full article: <https://www.facebook.com/HaightStreetVoice/>



love

Women & Weed: Being a Woman in the Biz of Bud



Megan O'Grady-Green is a Bay Area native, theologian, social scientist, wellness practitioner, artist, entrepreneur, and a damn good cacao creator -- amongst other things. Here's

what High Times had to say about her environmentally-friendly edibles:

“Embodying conscious values, The Green Cacao Company uses the most eco-friendly packaging in the industry, made with post-consumer, biodegradable materials and plant-based cellulose, not plastic.”

Here, Megan shares with us a taste of her experience in the cannabis industry, and her feelings about the changing landscape of the marijuana market.

I have a diverse background, yet several threads have remained consistent throughout: a love of nature and our environment, a passion for “food medicine”, and faith in the ability of individuals and communities to heal, grow, and thrive when the right conditions are met. Each of these is woven into The Green Cacao Company.

As I entered the world of edibles,

the prospect of being a part of an industry birthing a new expression was very exciting.

There is a tremendous amount of goodwill, ethical intention and commitment to sustainability in this “post prohibition” industry.

Yet, sadly, there is also greed, misogyny, and old-school “business as usual”. We have an opportunity to influence the change in the world, every single day, with the dollars we spend. Within the cannabis industry, when choosing whom to obtain products from, take the time to ask lots of questions, read the ingredients and all fine print, and learn about who you are buying from.

Conscious consumerism is one of the most accessible day-to-day ways we can engage with a practice of sacred activism, and show a little respect to the earth, to others, and to our own self.



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Surprise! I Became a Mom in the Haight

Rachel Leavitt is a true bundle of joy, as is her brand-new little baby girl, Ava. Not only is she a rad premie nurse working at UCSF for ten years, she's an angel living in the Haight-Ashbury. Though she will ever-so-wildly missed, we're delighted to see this Goddess and her wee little one set off on their next adventure together -- way up North.

Six years ago, after meditating on the fact that I had apparently decided to stay in San Francisco, I asked the Universe to confirm my decision with a new, larger apartment, with a yard, and an awesome new neighborhood. The Universe responded in even more magical ways than I could have ever imagined at the time. I was planting flowers in the sweet little backyard way before the boxes were unpacked inside. The garden subsequently became a place of solitude -- weeding, watering, plant-scene of a damn fine party on recently, a place where my takes afternoon naps while I

If you had told me that I'd become a mom in the it's unlikely. Who would want the vagabonds about? For the live music shows, dancing, and with verve and a wonderful no other.



ing that garden, also the many occasions, and most 4-month-old daughter tend the garden yet again. five or six years ago Haight, I'd have told you to have a baby with all next five years, I pursued happy wraps (hugs!) neighborhood family like

When I discovered I was indeed going to have a baby, I started noticing all kinds of new parents, and a sudden spike in babies and toddlers at the Panhandle playground. I've since befriended three other families just on my block of Page Street alone. Not to mention the numerous new faces I see at Gus's Market (whose incredible food and sweet staff I'll miss tremendously) or in GGPark.

My Haight neighborhood prediction is that it'll continue look more like Noe Valley (read: way more kids), but with more tie-dye, more black, and much much friendlier neighbors!

I shall miss you, all my weird and wonderful Page Street neighbors, when I return to my native Canada in June -- where the healthcare and my childcare both are free, and the dream of owning a home becomes possible again. Please stay weird though, so that when I return with my sweet baby girl in the future, she will recognize the place she was born.

Earth Day with KatDelic: Let the Groove Take Over! by Loose Lane

Super-funky Katdelic will be headlining this year's Earth Day on April 22 at the SF Civic Center Plaza. Led by Grammy-winning songwriter RonKat Spearman, former guitarist of George Clinton & Parliament Funkadelic, Katdelic's groove is infectious, futuristic and sophisticated. Our friend, Loose Lane, recently pulled RonKat from his songwriting craft and asked him about his music, his process, his motivations -- and Katdelic.

LL: Your songs reflect statements about current events regarding topics like climate change, racism, war, and all the various, horrific daily news items we read and watch.

RK: I'm am just one human being and for some reason I have been blessed to express my feelings thoughts and ideas through music. It is very painful at times when you are watching humanity hurt one another, and at other times it lifts you up when people stand and show there is still compassion in the world. We are all just sparks within a flame, and being good to ourselves and each other and to the Earth is very powerful. Spreading love is the best thing you can do. It sounds so cliché but it's true.

How will your music at the Earth Day event reflect this urgent situation and still manage to make people feel uplifted?

I'm honored to get the opportunity to play for Earth Day. It makes you feel good and has a lot of truth and love and fun in it. Stand for Love! It is the way! Respect for the Earth, Love and Mankind is peace! Anything else is un-funky!

LL: Thanks RonKat for taking the time to contribute to Haight Street Voice.

RK: Ha! It was my pleasure.

Ready to funk up your world? Check out www.katdelic.band



Read the full funky article: <https://www.facebook.com/HaightStreetVoice/>



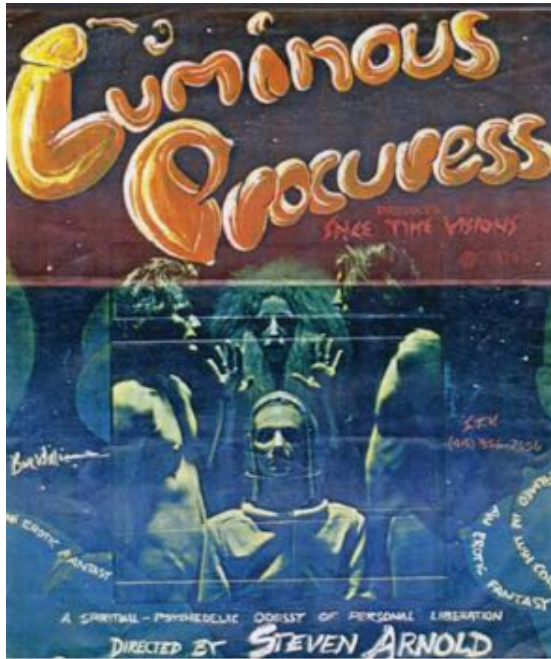
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“Shaman” by Jose Antonio Pineda, Beat Poet



He stands on the cliff above the promontory
 the hills above the sea, wolves stand
 watch mushrooms and funghi grow in the cemetery
 as cats copulate under trees, birds eggs hatch

His head is wreathed in fiery thunderbolts
 Shaman, progeny of rainclouds and sun
 one day your soul will pass on to stars
 that diamond the onyx night time skies

Drink of loves philtre of divine funghi
 emerge shining one from subterranean
 cave onto winged chariot of the sun
 and fly above lands Mediterranean

Jose Antonio Pineda is a Salvadoran poet, actor and author. He was a co-founder of the Straight Theatre in Haight-Ashbury in San Francisco in the '60s. We're honored to feature his poem in the Goddesses & Ganja issue, which pays homage to Mother Earth -- and all her plant medicines.

“Please dedicate this poem to my dear friend and literary inspiration, Beat poet Michael McClure.

Love and peace, Antonio”

You escaped prisons of bars and barbed wire
 free to wander the road to heaven or hell
 you roam city streets searching for love
 you await the holy one, bringer of dawn

Serpentine hair adorns her leonine profile
 as she harvests funghi and mushrooms
 to trespass treasure troves of dreams
 and sail past the pyramids by the Nile

Shaman, your road is blue and near done
 half devil half angel you followed the sun
 down times dusty highway traveled far
 to worship the dawn of the morning star

If You're a Boy or a Girl: Jane Wiedlin & Pietro Straccia

Elettrodomestico, composed of songwriters Jane Wiedlin and Pietro Straccia, will release their first album, *If You're a Boy or a Girl*, this summer.

Jane is best known as guitarist/songwriter of the '80s all-female band, *The Go-Go's*. Pietro is a multi-instrumentalist/songwriter who grew up in Detroit and Italy. Their *elettro/psychopop* sound has been compared to *Metric*, *The Mamas & The Papas*, *Abba*, and *The Flaming Lips*.

Jane and Pietro were kind enough to explore and share some ideas relating to our *Goddesses & Ganja* issue. Enjoy!



HSV: Your album title -- seems you're feeling the paradigm shift between male-female too?

JANE: Our whole project was born out of our mutual love of creating and the immediate connection Pietro and I made together when we started writing with each other. We both have always felt rather non-gender-binary. I've always felt part boyish, and Pietro has always embraced the feminine within himself, so we melded very easily together. I love that the

world is becoming less binary gender obsessed. There is so much room for a rainbow of colors between black and white/ male and female!

PIETRO: In nature, the feminine and masculine energies seem to be elevated when they interplay and counterbalance each other equally. One without the other creates disharmony. Yin-Yang, duh!

HSV: Do you still feel hope in spite of all the mess we're in on this planet?

JW: I've felt very strongly for a very long time that real change and hope occur on a local

level. We must all rise above our depression and battle the Darkness with Light. Start in your neighborhood! Do something to help the Earth! We just cannot succumb to the madness surrounding us all! Create! Love! Live! Don't Litter!

PS: Nature will always prevail, so I'm not too worried. I try to avoid politics, division and conflict and instead dedicate time to music, friendship and art to counteract whatever madness is happening around us.

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HSV: Ganja ... what's your relationship with the magic herb?

JW: Pot is a gift from the Universe and gets me out of my Monkey Mind. It's soul-healing. As Yoda said, "Luminous beings are we, not this crude matter".

PS: In recent years, ganja and I have been very close companions. I view introspection and self reflection as a very positive side effect of its widespread use. I can't believe it took so long to be decriminalized!

www.elettrodomesticoband.com

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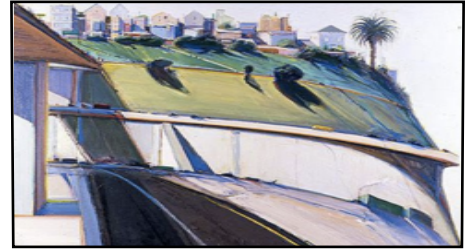
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The Skyline is Changing, and So Am I

Lori Mikuls has lived in SF since '95, having once moved out of the country to teach English in Japan and bopping around Berlin. She landed in SF by way of Ventura, CA. A Californian through and through.

I'm sitting at 18th and Rhode Island in Potrero Hill in the neighborhood community garden with my dog Charlie, as I do on a daily basis. Up here, we call it "The Hill". The garden gives me quiet time in a picturesque cityscape that really does fill the soul from all angles. The variances of light, clouds, no clouds, color, darkness and the Jetsons-like feel, while surrounded by a curated garden. It's beautiful. It has a duck pond, mud and straw built pizza oven, benches, a bridge and lots of natural items used as something ... like this table.



It's a small piece of the San Francisco puzzle as I think about my commute down into the middle of the new chaotic downtown, but mighty it is. Goat Hill folk take pride in their gardens, their community spaces and I love taking advantage of these little pieces of Mother Earth to breathe in.

Potrero is a 'small town' unlike any 'small town' of San Francisco, because it's somewhat isolated. While I miss the easy access of the nature-esque Golden Gate Park, my heart sings with the many birds at eye level, the trees blowin' in the wind and the sanctuary gardens. So also thought the likes of Robert Bechtel and Wayne Thiebaud, who both painted Potrero Hill, and also lived here.

Here I am on top of the world in the community garden: ThanksWayne!

To read more of this story, scan this QR code with your Smart Phone.



—love—

Making Out With Molly

questionable sex & dating advice



Molly Barata is a Midwesterner living in California with some serious wanderlust. She loves to create and get her hands dirty. She's inspired by nature and animals, oddities, rocks and gems, colorful people and other cultures. Follow her here: <https://instagram.com/wild.blues>

Dear Molly,

I've been hooking up with a new dude for a couple weeks. The other day I started my period. When I told him I was bleeding he freaked out and couldn't even kiss me anymore. WTF? Is this a normal reaction?

This is a very normal reaction ... if you're dating a 17-year-old boy. By refusing to even touch you, he's sending you the message that he's grossed out by your natural body function. Unless he has a legitimate fear of blood, there's no reason period sex needs to be a big deal. Put down a towel, do it in the shower, or put up plastic everywhere and play "Dexter". If you can deal with semen, he can handle a little blood.

Dear Molly,

My boyfriend is great in bed, BUT he can't ever get "rock hard" and I think it's because he smokes soo much weed. I've heard this can be a contributing factor. How can I address this?

When marijuana (or any substance) starts negatively affecting your life, it may be time to reevaluate your intake. Weed is meant to enhance our experiences, not inhibit them. Next time you're about to have sex, ask him to refrain from smoking to see if it cures his stoner boner. Then share a celebratory joint! OR just start putting Viagra in his bong.



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Street Person Spotlight: Cori Williams

It's always uplifting running into Cori in the neighborhood, with her brilliant blue eyes and sweet Boxer Rocky. Her wisdom seems far beyond her 22 years. We had the pleasure of sitting down with this girl from Iowa and exploring the realities of being a "home-free" woman in the Haight-Ashbury.

Haight Street Voice: What inspired you to come here?

Cori: My brother Carter traveled out here four years ago, and ended up on Haight Street. We were always really close, attached at the hip, best friends. When he was gone, it was like a piece of me was missing. He came back and bought this van and turned it into a house, and convinced me one night to quit my job, hop in the van. I didn't have anything anymore, I just had a shitty job at a bar that didn't care about its employees.

HSV: What's the most beautiful thing about your lifestyle now?

CW: I haven't suffered much. I haven't gone without.

HSV: What would you like to say to the community? What should people be doing to help?

CW: We hang out in front of a couple of stores and they always take care of us, they always bring us food because they know

we take care of them. I think that's really important for the kids to have that relationship with the business owners and the employees. And I think it would help with the police, too.

HSV: The 50th Anniversary of the Summer of Love ...

CW: As a kid, they called Carter and me "The Flower Children" at school because we walked around in bell-bottoms and tie-dye. In Iowa. We stood out. We were the weird kids.

To read more of this story, scan this QR code with your Smart Phone.

