

CANNABIS INDUSTRY INFORMATION & EDUCATION

HIGH! CANADA MAGAZINE



**A LOOK BACK AT
5 YEARS OF
CANNAFEST**

PLUS!

**FALL 2019 CANNABIS EVENTS
THAT ARE TOO GOOD TO MISS**

**HIGH! CANADA TALKS
TO CANADIAN MEDICAL PATIENTS
ON HOW DISPENSARY CLOSURES
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SPEAKER:

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SPEAKER:

Olanzo Jarrett, Grey Cup Champion
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HIGH! CANADA MAGAZINE

EDITORIAL 08

STOCK WATCH 12

FALL 2019 EVENTS 15

FIVE YEARS OF
CANNAFEST 19

HIGH! CANADA
TALKS TO
PATIENTS 24

THE NIGHT I STOPPED
TAKING PILLS 35

MIRANDA REPORT 38

HIGH! CANADA
TALKS TO
PATIENTS 39

CILANTRO LIME CANNA
COMPOUND BUTTER 44

INFUSED CAMPFIRE
S'MORES 45

WOMEN IN WEED
THE CANNA CANUCK 48

SUMMER
MANGO CAKE 51

WOMEN IN WEED
GINA HERMAN 53

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EDITORIAL

It has been a wild summer for High! Canada Magazine. We have been actively at work gathering some really unique and equally amazing new content for our fall issues leading up to our big 50th issue celebration in December. We have been meeting some great people, visiting some really fun cannabis-themed events and even more interesting cannabis based businesses.

There is a lot of turmoil in the Canadian cannabis industry right now as we move towards the next wave of legalization. Raids are still occurring across Canada - now picking off the last of the unregulated shops and moving on to tracking and enforcement of online shops operating in Canada, where as in indigenous areas across Canada, cannabis shops are thriving and rejuvenating entire communities.

With the exception of a select few (*yes I am talking about you Aphria - with your sudden 38% surge earlier this month*), most large corporate Licenced Producers are seeing problems producing profit and a number are teetering or already neck deep in scandal or basic PR nightmare kingdoms. Consider what is going on with WeedMD as they deal with fallout over the decision to team up with Ignite? Then there are the allegations about a particular Senior VP of Operations at a well

known Licenced Producer currently involved in a scandal that appears to have taken advantage of a certain cannabis buyers club in Victoria and then there are also the very public issues that have been going on over at Cantrust. Don't even get me started on the shenanigans that were the recent Ontario lottery.

I am happy to hear that Jack Lloyd's Charter Challenge case in Nova Scotia is going to be making some waves. Across the country I am seeing more and more people becoming interested in cannabis, cannabis in general, in how CBD and THC work in particular, cannabis as medicine, cannabis as a substitution for pharmaceuticals, cannabis as a way in, a way up and a way to live a heathier better life.

Remember, no one promised it would be easy but it sure has been interesting.

Cy Williams

Publisher/Editor

High! Canada Magazine - High! Europe Magazine

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**CANADIAN CANNABIS
INDUSTRY INFORMATION
EDUCATION & ENTERTAINMENT**



**HIGH! CANADA
MAGAZINE**

HIGH! CANADA MAGAZINE

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AUGUST 2019 - ISSUE 46

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High! Canada is distributed to age verified shops and services and by subscription. High! Canada is intended to educate and inform adults over 18 about the complexities of cannabis consumption and reflects the multifaceted nature of this new industry.



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HIGH! CANADA MAGAZINE STOCK WATCH

	SYMBOL	EXCHANGE	VOLUME	MARKET CAP		CURRENT TRADING PRICE
1	CANOPY GROWTH CORP	WEED	TSX	2.156 MILLION	\$19.593 BILLION	 \$35.75 LAST MONTH \$46.63
2	INNER SPIRIT HOLDINGS LTD	ISH	TSX	42,3K	\$36,72 MILLION	 \$0.17 LAST MONTH \$0.19
3	HEXO CORP	HEXO:CA	CNSX	\$42,300K	\$1.91 BILLION	 \$5.78 LAST MONTH \$5.93
4	CANNATRUST HOLDINGS INC	TRST	TSX	\$1,54 MILLION	\$511.,15 BILLION	  \$2.67 LAST MONTH \$3.43
5	THE GREEN ORGANIC DUTCHMAN HOLDINGS	TGOD:CA	TSX	\$1.35 MILLION	\$1.036 BILLION	 \$3.16 LAST MONTH \$3.02

The following information is provided as 'opinion' only and you should always do your own research before making any sort of stock purchase.

HEADY GROWTH or DECLINE

SLIGHT GROWTH or DECLINE

WATCHLIST COMPANY

This list is based on High! Canada Magazine office discussion and current as of the month published.

	SYMBOL	EXCHANGE	VOLUME	MARKET CAP		CURRENT TRADING PRICE
6	EMERALD HEALTH THERAPUTICS INC	EMH:CA	TSXV	\$379.83K	\$547.47 MILLION	▲ \$2.02 LAST MONTH \$1.95
7	EXPERION HOLDINGS LTD	EXP	TSXV	\$185K	\$25.67 MILLION	▼ \$0.24 LAST MONTH \$0.26
8	MYM NUTRACEUTICALS INC	MYM:CC	CSE	\$504.76K	\$51.54 MILLION	▼ \$0.28 LAST MONTH \$0.39
9	SUPREME CANNABIS COMPPANY	FIRE	TSX	\$394,134K	\$471,23 MILLION	▲ \$1.56 LAST MONTH \$1.45
10	INDIVA LIMITED	NDVA	TSXV	\$92.31K	\$37.36 MILLION	▲ \$0.45 LAST MONTH \$0.37



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Faai Steuer of Cova Software said that *“Building a business in one of the fastest growing industries in North America can be as volatile as it is exciting. Things are moving so quickly that trying to keep up with everything from industry news and market trends, to evolving regulations and the cannabis industry’s top movers and shakers may feel overwhelming. So how does one keep up? Cannabis tradeshow and events are accessible, interactive and fun ways for new and seasoned cannabis retail owners to stay informed on what’s happening in the industry. Attending just one conference per year can present various opportunities to hear the latest news and trends from experts and cannabis industry influencers directly, network with other entrepreneurs, and pursue investment, partnership or collaboration.”*

High! Canada Magazine has been on the Canadian cannabis trade show circuit for a number of years now and they continue to represent some of the best B2B and consumer interaction any company could ever hope for.

As we approach the fall season we have a number of events of note that we want to let you know about.

First out of the gate is the incredibly well-received and highly anticipated Grow Up Conference. Now a yearly staple for everything ‘grow’ in Canada, the Grow Up Conference is held in Niagara Falls, Ontario and is considered ‘the’ keystone event to attend for the traditional grower’s perspective. Canada is growing up and Grow Up keeps producing top notch expos to accommodate that growth.

This year, 3 Sixty Secure Corp has sponsored the first annual 2019 Grow Up Awards Gala to be held Thursday, September 12th, 2019 at the Greg Frewin Theatre, in Niagara Falls, Ontario. The gala celebrates the best in cultivation, science, and manufacturing, as well as highlighting efforts made to further the cannabis industry.

“It’s time we celebrated the talented individuals working behind the scenes to ensure the flower (and its by-products) are all above standard,” said Randy Rowe, president of Grow Up. “The Grow Up Awards Gala aims to shine a light on the great work happening locally and abroad for our industry.”

The gala will be hosted by Comedian & Cash Cab host, Adam Growe, and will feature a performance by the International Grand Champion of Magic, Greg Frewin, followed by an induction ceremony into the Grower Hall of Fame for the "Guru of Ganja" Ed Rosenthal. Inaugural categories and nominees include:

Master Grower of the Year (Person)

Agnes Kwasniewaska
Darcy Pittman
Derek Pedro
Leo Benne
Mark Stettler
Pat Scanlon
Randy Flemming
Remo Colasanti
Rick Redekop
Shlomo Booklin

Craft Grower of the Year

7ACRES
Forest Farms Growth Corp. (dba Forest Farms)
Gage Cannabis Co. / Radicle Medical Marijuana Inc.
Remo Colasanti
Thaddeus Conrad
Whistler Medical Marijuana

Cultivation Education Award

AAPS College
Bill MacDonald
Canna Reps
David Remillard
Ed Rosenthal
NACPT Pharma College
University of Guelph

Outstanding Research

Dr. Dedi Meiri
Dr. Ira Price
Dr. Mike Dixon
Dr. Natasha Ryz
Dr. Zeid Mohamedali
Steve Naraine

International Cultivator

Arjan Roskam
Ed Rosenthal
Kevin Jodrey
The Grow Sisters

Innovative Product of the Year

Artemis
California LightWorks - GH340 PRO
CCELL Dart
GrowerIQ
Hill Street Beverage Company

Medextractor Corp.
Pineapple Express Delivery
Rapid Dose Therapeutics Corp.
Rosin Tech Go
SHYIELD Disinfectants
SIIVVA™
SLO Rolls
Synergy

Hemp Product Company of the Year

GrowthCell Global Corp.
HighOnLove
Inplanta Biotechnology
SIIVVA™
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Environmental Impact Award

Aqualitas
Blade Filters
Green Relief
Namaste.com Recycle Program by Zenabis
ShYield
Terracycle by Tweed

Packaging Equipment

Cannamation Corp
CPM Innovation
LeKAC Sourcing Ltd.
MD Cannabis Automation
Paxiom Group
Sterling Marking Products
WG Pro Manufacturing Inc.

Hydroponic System

AquaGrow Farms
Hawthorne Gardening Co.
Hydroponics Inc.
James E. Wagner Cultivation
RotoGro
The Growcer

Lighting System

Agnetix
AUVL
BC Northern Lights
California LightWorks
Fluence Bio Engineering
Gavita
Heliospectra
Illumenedge / Chris Bishop
P.L. Light Systems
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Best Growing Media

Americoco/Fibre dust
Berger
BlueSky Organics
Fafard
Gaia Green Glacial Rock Dust
Grodan
Kryptonite Soil
Milleniumsoils Coir, Vgrove Inc.
PRO-MIX
Riococo

HVAC System

Agronomic IQ
Conviron



Enertec
Naylor Building Partnerships
SolutionAir
Timfog Engineering Co

Filtration System

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Dafo Filtration Group
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Hawthorne Gardening Co
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Sanuvox Technologies
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and Equipment Ltd

Extraction Equipment

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Precision Extraction
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Westleaf

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UltraTrimmer

Grow-At-Home Package

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UCANN
WeeGro

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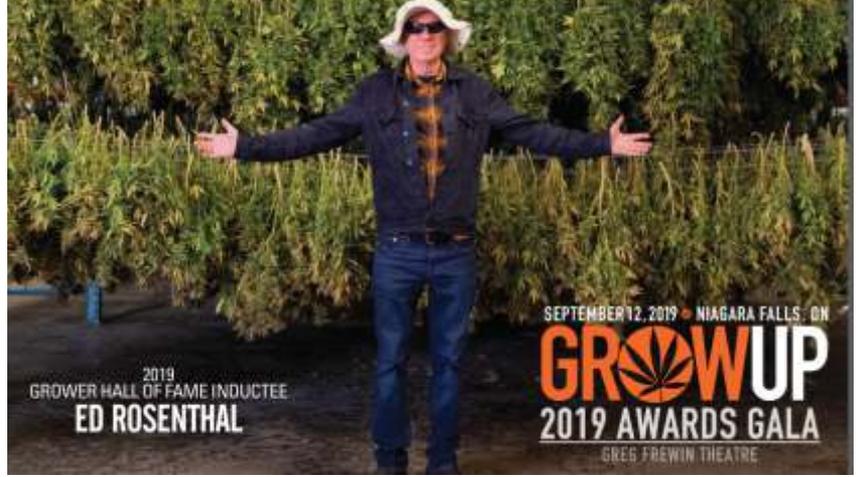
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Besides the Awards Gala, the Grow Up Conference also showcases literally dozens of top notch speakers on a multitude of impressive topics related to growing and to the cannabis industry as a whole. Of special note are newly appointed Auxley CEO **Hugo Alves**, **Ed Rosenthal** - The Guru of Ganja, **Dr. Av Singh** - Commercial Science Specialist from Greenstar Plant Products, **Brianna Martyn** - Co-Founder, Director of Operations, Starbuds Co., **Caryma S'ad** - Lawyer & Notary Public, **Corey Herscu** - Founder & CEO, RNMKR Agency, the inspirational **Danyka Dunseith** - Founder and Lead Farmer of the Canna Collective Inc. and so many more that we just don't have the space to list them all. Check out www.growupconference.com/conference/all-speakers/ for more details on all speakers.



In addition to the amazing list of over 120 world class speakers, The Grow Up Conference will once again presents a two day vendor exhibition featuring a literal 'who's who' in Canadian cannabis. Network with LPs, head growers, extractors, purchasing agents, distributors, suppliers, manufacturers and more. The VIP Industry Conference includes access to all keynotes, panels and sessions, exhibition area, exhibition networking café, Meet the Exhibitors Networking Party and VIP Networking Party by the Falls

Add in some very informative Grow at Home Workshops, the second Annual Grower's Luncheon, the Friday Investor's Breakfast and the Saturday Leader's Breakfast - the Grow Up Conference is going to be off the charts.

For more information visit www.growupconference.com

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So long to another summer filled with #PerfectClouds



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FALL 2019 CANNABIS EVENTS THAT ARE TOO GOOD TO MISS



One of the hottest international cannabis business conferences in the world returns to Vancouver on September 15th and 16th and this event signifies such solidity for Canada as a member of the international cannabis community. After years of hosting prominent ICBC events in San Francisco, Berlin and Barcelona, we can honestly say that the International Cannabis Business Conference is the only conference of it's kind. It is a unique international perspective on cannabis that continues to lead by example.

Green Entrepreneur, the cannabis-focused division of Entrepreneur Magazine, recently named the International Cannabis Business Conference as one of the "Top One Hundred Cannabis Companies" of 2019. According to Green Entrepreneur website, this list showcases businesses that "offer the industry's most innovative, influential, and impactful products and services." According to the site, when informed that the ICBC was one of only seven event companies that made the list, founder Alex Rogers had this to say: "This is an honor. We work very hard to create opportunities for cannabis-business and expanded legalization all over the world. Knowing that other ganjapreneuers hold our event in such high esteem is a really good feeling". Rogers also stated that he is looking forward to the next conference in Vancouver, and is especially excited about the conference planned for Berlin in 2020, which he says will be the biggest ICBC event so far.

The ICBC hits the Western Bayshore Hotel in September and with it comes a plethora of international vendors, speakers and presenters including our top panel picks:

Local Vancouver, and British Columbia Regulations. Highlights to include the Local Vancouver, and British Columbia Regulations Panel with cannabis superstar Jamie Shaw moderating and John Conroy on panel - this should be great!



JOHN CONROY
PRINCIPAL, CONROY & WARDEN



ANDREW GORDON
SUMNER UP
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JAMIE SHAW
MODERATOR
DIRECTOR OF CANNABIS
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Upcoming Regulatory Models: Edibles, Topicals, and Extracts with Indiva CEO Niel Marotta, Emma Andrews, Brandon Wright and moderated by the Kirk Tousaw. This one sounds very exciting!



NEIL MAROTTA
PRESIDENT & CEO, INDIVA INC,
FOUNDER, INDIA



EMMA ANDREWS
CHIEF CANNABIS REGULATION OFFICER
REV CANADA ENTERPRISES INC.



BRANDON WRIGHT
CEO, CANMED



KIRK TOUSAW
MODERATOR
TOUSAW PAIN CORPORATION

Exporting is a hot topic and with Robert Laurie moderating this panel should be smoking hot.



ROBERT LAURIE
MODERATOR
ACHILLES LAW GROUP



NICOLAS STOLYS
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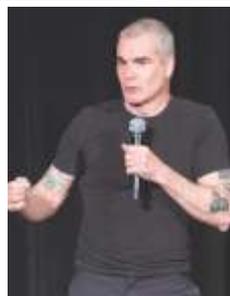
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Guest Speaker John Salley!

Visionary entrepreneur and political activist, Alex Rogers kicks off the 2019 Vancouver International Cannabis Business Conference and in many ways this man is the Bill Gates of our industry. When he speaks people listen. He is a futurist and his perspective on the global cannabis economy is not only unique but fascinating to listen to.



JOHN SALLEY
DUECES22 PREMIUM BRANDS

ICBC 's special Guest Speaker this year in Vancouver is John Salley. An NBA champion, athlete, actor, entrepreneur, talk show host, philanthropist, wellness advocate and vegan, John Salley will be taking to the stage to give his perspectives on international cannabis.

The Strategic Partnership panel also looks particularly promising as specialization is a major factor attracting capital and helping grow the Cannabis sector at hyper-speed. As businesses scale, focused models will be a necessity from both economic and regulatory perspectives, allowing



companies to position and embed into the Industry value chain alongside other 'specialists'.

This panel of industry experts will discuss strategy in identifying synergies in prospective strategic partners and offer their insights related to making these significant decisions which can be a determining factor in the survival and ultimate success of your business.

For more information go to www.internationalcbc.com

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FALL 2019 CANNABIS EVENTS THAT ARE TOO GOOD TO MISS

EDUCATION IS KEY!

Now into it's second year, the Cannabis Living Expo comes back to the International Centre in Toronto on September 28th and 29th to bring the best of cannabis living directly to consumers. With more of a focus on information and education for consumers about all aspects of cannabis this is an amazing show to attend to learn more about cannabis and all it can offer you and yours.

This expo will be showcasing the medicinal properties of cannabis with information and presentations by leading producers and advocates of natural cannabis remedies.

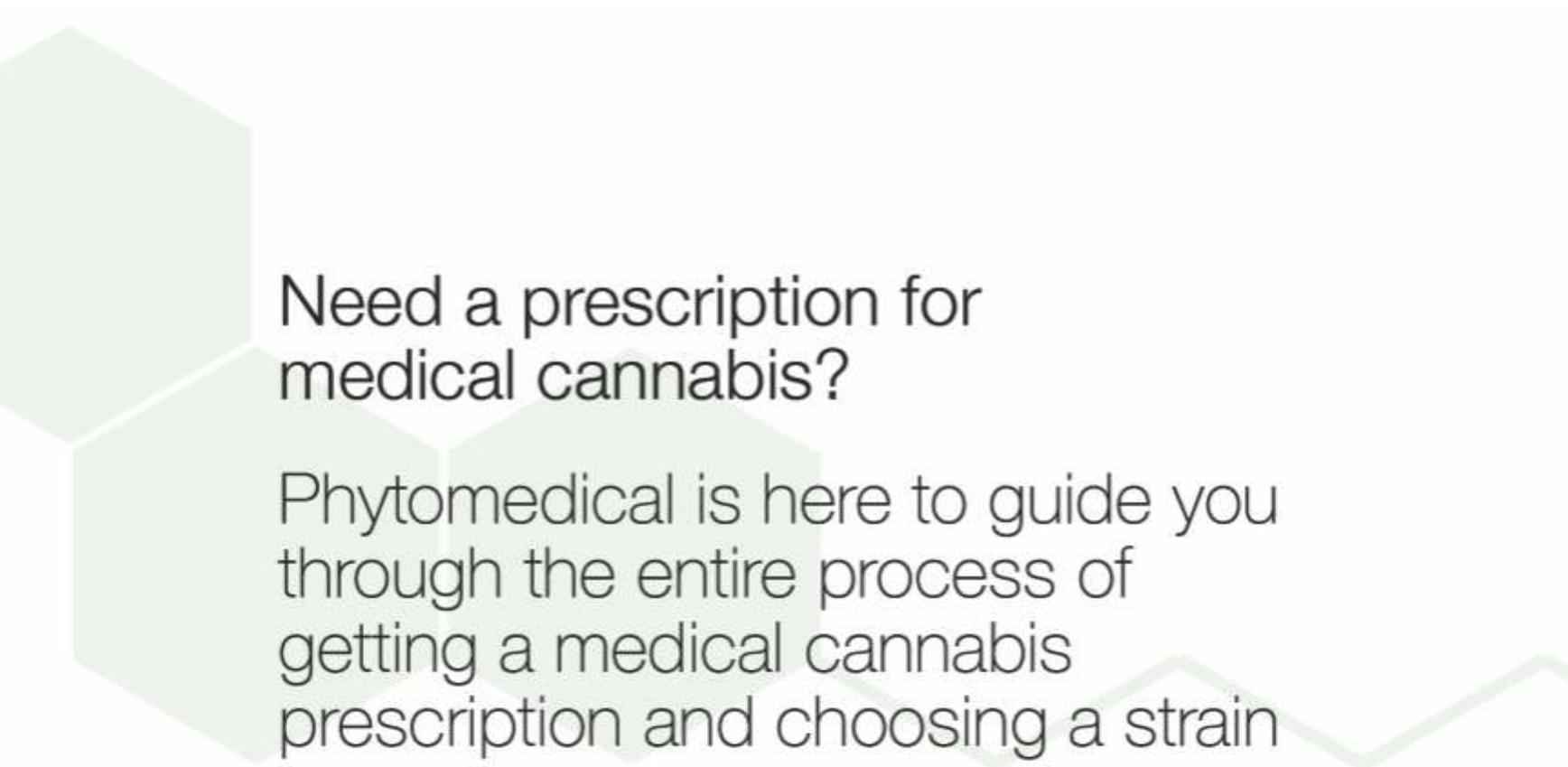
People who are new consumers, or are considering consumption for healing purposes will be able to get valuable information on available products and services.

The main stage is sponsored by Sun Parlour Cannabis Grower Supply and features 2 days of back to back educational seminars. CBD Educational panels both days as well as Growing for the beginner/Growing your own medicine with Home Grown Hydroponics. An Advanced Growing panel with Sun Parlour and a Cooking



We always look forward to hearing Caryma Sa'd speak and she will also have a booth. Caryma will be speaking from the Sun Parlour Stage at the Canna Living Expo about cannabis and your rights!

with Cannabis feature each day as well. According to organizers we can expect to see a Canndora Panel, a Cannabis Wellness and Inspirational panel, a Cannabis 101 primer, joint rolling classes and a Sesh Garden outside... Plus you can win tickets for two to Amsterdam (see website for details) with a draw taking place at the expo on Sept 29th. Apollo Walk in Clinic Services will be there as well. You can as pre-book through Apollo clinics on line.



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Brett Micheael's show stopping end of festival performance in the rain was absolutely amazing and his heartfelt words about losing his father only a week before ensured there was not a dry eye in the house.



“Cannafest seems to bring out the best in all people - from law enforcement to the festival attendees to the vendors to the performers on stage at the event”



“Cannafest is my favorite part of the summer” says Cannafest alumni - Roy - who has worked Security for the event for the last five years. “Love the Cannabis smokers - they just like to have a good time”



What started as a cannabis themed rock and roll dream for music lover Chuck Varabioff has evolved into ‘THE’ Classic Canadian Rock Festival of the summer hosting big names and great musicians from across the North American musical landscape and mixing it in with some down home BC Mountain air.

2016 – Bigger and Better

CannaFest 2016 was such a success it brought over two million dollars into the BC and Grand Forks economy. Sass Jordan, Chilliwack, Toronto, Mad Dog, Honeymoon Suite, Headpins, Helix, Doug and the Slugs and Vision rocked so hard and tickets sold out!

Now firmly established as Western Canada's premiere Rock 'n' Roll Festival, CannaFest 2017 promised to be even bigger with Loverboy, Randy Bachman, Darby Mills, April Wine, Trooper, Platinum Blonde, Harlequin and SAGA, who played their final tour ever at CannaFest 2017. Creedence Clearwater Revisited was the headliner for CannaFest 2017.

2018 brought Burton Cummings and Tom Cochrane to the stage and this was the year Cannafest really skyrocketed seeing Gene Simons joined the lineup. This year during the fifth 2019 Cannafest we saw Bret Michaels, the Beach Boys, Cheap Trick, the Steve Augeri Band and other phenomenal musicians bring the music home though some really amazing performances.. As far as outdoor music festival go - Cannafest is pretty darn good and has always been very inclusive of cannabis. Treating it as being a norm rather than something that needed to be ignored or forbidden. This Cannafest also showcased the superb airbrushed artwork of Paul Archer whose work could be seen around the well attended event.

Since its inception, the CannaFest Music Festival has believed there should be more to a music festival than what is happening on the stage. While it is first and foremost one of Canada's premier classic rock festivals, we would like to point out that CannaFest has also done a tremendous job of supporting many causes in Grand Forks and beyond.

For instance, the CannaFest Music Society was created to help ensure that non-profit organizations also benefit from the generosity of music lovers that attend Cannafest each August. Sophie's Place Child & Youth Advocacy Centre and the Bret Michaels Life Rocks Foundation have both benefitted from the Cannafest Music Society as well as the Grand Forks Flood Relief efforts and several other local organizations that were in need of funding.

The City of Grand Forks has proven to be an extremely generous and welcoming host community for CannaFest. "We've been happy to financially support many local organizations such as the Grand Forks Border Bruins Junior Hockey team by providing necessary funding to obtain a new and safe team bus, the Regional Champion Junior Boys Basketball team, and the Perley Elementary School PAC in their efforts to build a handicapped

accessible play park to name a few," says Chuck Varabioff, CannaFest's owner and founder.

The CannaFest Music Festival has been proud to raise tens of thousands of dollars via the CannaFest Music Society. "We are looking forward to continuing to make a very substantial difference in many lives this August."

Over the years we have gotten to know some of the wonderful people behind the scenes at Cannafest. Such as site organizer supreme Donna Semenov and our cannabis Security Guru Roy and we have always found Grand Forks as a whole to be an incredibly accepting town when it came to both Cannafest and cannabis itself.

It was announced this year that Gene Simons and Chuck Varabioff will be partnering up on a new venture called Titans of Rock and that Cannafest will be back next year under this new name. Farewell Cannafest - we had fun together. We will always remember you fondly. We now look forward to seeing what the future will bring Grand Forks, BC. At least we know we can dance to it.

By Cy Williams

**HIGH! CANADA
MAGAZINE**

For More information on Cannafest visit www.cannafest.ca



"Cannafest always hires from within its local community - Chuck has a no volunteer stance and feels if you work - you get paid. Period. This makes for a top notch crew that seems more family than event team." (Wheels)

Cannafest Photography by Rainbow Smithe



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**HIGH! CANADA TALKS
TO CANADIAN MEDICAL PATIENTS
ON HOW DISPENSARY CLOSURES
HAVE LIMITED THEIR ACCESS**



IAN

My wife Margie is the best example I have. She has had Rheumatoid Arthritis most of her life. She has been on every Arthritis drug there was up to almost two years ago. The Methotrexate was injected into her by a lab technician who was completely covered from head to toe. Mask over the face and safety glasses. This drug injected into her veins. We take marijuana oil now and CBD. Not any problems since taking the natural medicine.

GINA

My story I got injured and was pilled up with 6 highly addictive drugs. I was on 280mg of Oxy. I missed a decade of my hubby and sons. The VCBC worked with me it was a lot of work. Till this day I will never forget that my hubby, Gayle Quinn, Karli Thiessen, Ted Smith, Christina Caroline. For they truly saved my life. I was asked to tell my story to the courts in the Owen Smith cookie trial which he won. I use oils, salves, bath bombs, edibles, flower, tea. I will go to court again if asked. I stand. Proud and tall with the VCBC. Life changer meds caring, safe place for any medical patients to be also very calming.

KIM

I am using cannabis to treat the symptoms of Lyme. I use both CBD and THC products in all their forms (Bud; FECO; edibles; bath bombs; salves, etc.) The goal is to fill the endocannabinoid system and reactivate those receptors. It helps with muscle and joint pain from Lyme; anxiety; body tremors and other neurological twitches; as well as sleep. Sativa during the day, Indica in the evening works for me too. After 18 months on LTD (long term disability), I've recently returned to work.

CAM

I was in a bad car accident when I was 15, it went untreated til I was 20. Due to the accident my neck was compacted, due to the length of time being given prescription after prescription for migraines rather than finding the problem my neck always relapses. I went to the chiropractor to fix it, he checked my range of movement before my X Ray and when he did I had full range of motion, but he couldn't believe looking at my X Ray I could even move my neck. He told me I somehow learned to deal with it and he tried to fix it. It worked wonders for about 10 years until I developed arthritis in my neck. Since then I have used migraine rollers. I got in BC cannabis infused, topical lotions for pain and skin conditions, I smoke which sometimes helps with my migraines but not always. My favorite is edibles! I have also started using cannabis infused tampons for menstrual pain as my doctor feels I may be getting endometriosis after having my tubestied.

SHARON

For pain, if it wasn't for the amazing pain cream, all my joints would be hurting all the time unless I took big pharma poison. Nope! The cannabis pain cream is amazing and my son who is a butcher swears by it and many more in my family use it. Thank you Karli!

JASON

A few years ago. I was a vegetable. Could barely do anything. After suffering 6 concussions in 4 years. Being diagnosed with brain damage. I was told to pretty much go on pills for the rest of my life and not be able to work. I had already been a cannabis user but after talking to a few people. I started looking at different strains to take for my headaches and what not. Got put on God's Green Crack and haven't looked back. Met Karli and got into using CBD oil. Year and a half later and I feel like 20 years old. CBD helped minimize the post concussion syndrome and minimize the damage done to the brain. CBD oil also helped basically rid my ulcer I've had since I was 17. Without cannabis and CBD oil. I would honestly be dead!

DAVE

I would probably be dead if it were not for cannabis. I have lived most of my life suffering from epileptic seizures. Cannabis eliminated them completely. Twenty years ago I also found out that I suffered from MS and Celiac disease. Cannabis has let me let me keep working without pain .

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The night I stopped taking pills.

It was 2016. I was going through a divorce as well as emancipation from my parents. Needless to say it was a tough time in my life. I was getting therapy, going to yoga, running, eating well but I needed help to reduce my anxiety and help me sleep. I hadn't slept a full night in 3 months. So I went to my doctor.

My doctor is awesome. I explained how I have put a whole wellness regime into place but it wasn't cutting it. I was full of anxiety and stress but my priority has always been my children first, then my job. I couldn't do it on my own anymore. So I got a prescription for anti-anxiety pills and sleeping pills.

I started with the anti-anxiety pills. I was told it could take 3 to 4 weeks to take effect. So that sucked. I had to wait to feel better but I understood. So 3 weeks into my new prescription and I was super tired, still anxious but kind of numb to my feelings which was a welcomed distraction.

As a school teacher, I found I was exhausted. When the kids would go out for recess, I would have to drink massive amounts of coffee to stay awake. Oddly enough, come evening the exhaustion wasn't enough to keep me asleep for the night. So I bit the bullet and took the sleeping pills hesitantly. I knew they were addictive, but I was desperate for sleep.

I tried them. They worked sort of. I would fall asleep but would wake up in the morning exhausted and my mouth tasted like metal. I thought I would give them a shot for a week or so and see how I felt.

My kids came back from their dad's for their week with me. It was a stormy night. So I got the kids to bed, snacks and books and cuddles. Kissed them goodnight and then got myself ready for bed.

The lights were flickering and the thunder was intense. I would normally love a good storm and the beauty of it's violence. But not this night. I crawled into bed, popped the sleeping pill and read myself to sleep.

I woke up the next morning to my two kids in bed with me. Stuffed toys and blankets in bed with us. I got up to get a coffee. A couple of minutes later my daughter came up to me and said "Mom, the storm was scary and we tried to wake you up but you were too much asleep and you wouldn't wake up and it was scary" ...My jaw dropped. Tears filled my eyes. I was ashamed, felt so guilty and upset. I was devastated. I immediately thought "What if there had been a fire? An emergency? I can't believe I wasn't there to soothe their fears.."

I went to the toilet and flushed the pills. All of them.

Fuck pills.

Later that night, I did a lot of research on alternatives to sleeping and anti-anxiety pills. Cannabis research from Israel kept popping up. So I read it. And read more. I knew this was an option that was healthy, natural and backed with research.

I called my family doctor and asked to see him ASAP. I explained that I can't take the pills. They're fucking



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with my head, my sleep, my family and my lifestyle and I needed something better. I wanted cannabis. He understood that I had done the research and wrote me a prescription.

A week later, I received a box from my LP. I opened it up and I had THC oil, CBD oil, a vape and some dried flower. I took the CBD immediately. Then tried the products as instructed – Start low, go slow.

Within 2 weeks I had figured out my dosing for daytime anxiety/stress as well as my night time routine.

I FINALLY SLEPT!!!! Not only was I sleeping but I was energetic and positive, running and doing Crossfit, but I was more involved with my kids and a better teacher.

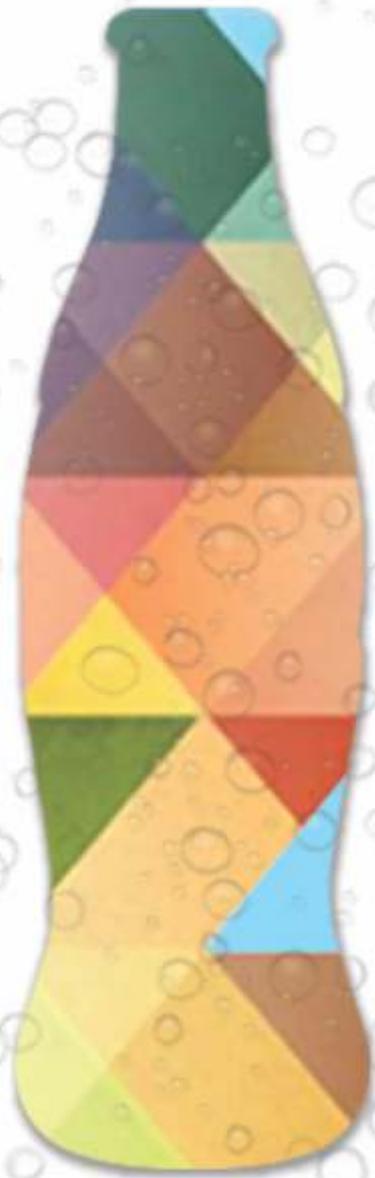
Dosing is key. I would take oil before bed and if I happened to wake up for some reason in the middle of the night I could usually go right back to sleep but if I was having trouble, I had a fully charged and loaded vape next to my bed. Because of cannabis, I can wake up if my kids need me, or if there was an emergency.

So, now there are no pills. Just plants and I'm a better mother, teacher and human because of it. It saved my life.

Stephanie James
HIGH! CANADA
MAGAZINE

Qandy

Poptastic



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*** NEW FLAVOUR ***

With the legalization of Cannabis came “The Cannabis Control and Licensing Act.” As we know, with acts, comes law and order. The task force responsible for enforcing these laws are “The Cannabis Safety Units.”

Prohibition has made sure that there are people still out there that believe the traditional market is filled with organized crime and cannabis that is simply not safe for the public. I am learning as I speak more with new curious cannabis enthusiasts that this is a common notion- if they had never used the traditional market, they really know nothing about how it operated, other than what they hear or see in mainstream media.

We can all agree that when you see BIG BOLD lettering, police and their cars, bars and chains, concrete blocks (yes, that happened) and yellow tape- dispensary raids seem pretty dang scary. I mean really, they are scary. There are many of us who continue to share what the friendly cannabis exchange looked like prior to legalization and while I think back and daze ahead- I see cannabis patients in need of medicinal cannabis guidance. It saddens me to imagine new medicinal users who may never get to experience the magic that dispensaries/clubs are... or were. What I would like to draw attention to is that the pre-existing market served the medicinal patient. Pioneers, trailblazers and advocates believed in cannabis, as well as experienced and witnessed the healing power. Despite how prohibitionists portray them, cannabis shops were providing care and healing.

Sadly, too many are not aware that people walk into a cannabis shop desperate and in crisis. Too often, they are praying that this last approach to a better quality of life will work. That finally, they try cannabis, and feel better. They have chosen to go into an “unlicensed” and “unregulated storefront” because the healthcare system and big pharma had failed them or a family member. Because of the shattered sharp glass circumstance that is: breaking the rules, people develop strong relationships built on that trust and openness. Members become friends. Some become family. A community is born. Elaborate settings and sales pitches are long flown out the door. It is the plant that counts. It is the people that count.

Yes but, medicinal cannabis isn't legal. Its recreational cannabis that was legalized.

I get it. There have not been enough clinical trials to generate hard evidence that would allow professionals to comfortably claim that cannabis, for example: cures and treats rheumatoid arthritis. With the demand for cannabis related information, comes a flood of resources that present the medicinal benefits of cannabis. The recreational market was legalized, but the consumer is interested in cannabis from a health and wellness perspective.

Current day reefer madness displays are proof that our government believes “getting high” is a serious concern.



The Miranda Report

(One that I am trying to understand. I am. I fully understand the importance and appreciate that there are many individuals that use cannabis who do not want to promote the feeling of being high. All levels of elevation are worth exploring to me (in the right setting) and I have never found any person level of consumption offensive, but still I think it is important that we discuss responsible use, just not right now, because I will run off course.)

Regardless, the new recreational market is learning quickly that new and veteran cannabis users have gotten to the point in their life where they have had to advocate for their own health and well being. This realization promotes educating themselves. The veteran cannabis user knows very well what works for them and what doesn't. They have spent time learning how their bodies interact with cannabis and have educated themselves on the healing potential. If they had not studied cannabis, the community support and the dispensary were there for guidance. I suppose this was also a result of prohibited use. Though we see all the damage that was caused by prohibition, self exploration and examining truths through experience could be considered a gift. Since recreational cannabis has been legalized, the demand for confirmation that cannabis has medicinal benefits has heightened.

We see more and more research coming to surface and more education initiatives developing. This is great! The new consumer is curious and is also beginning to explore the plants potential. It is the cannabis way.

However, anecdotal evidence and reports are not enough. Again, we need clinical science. I was reminded once by a well-respected woman in cannabis that feelings are not facts. This is a tough one to roll up and smoke on for someone who is deeply feeling, but she is right- even, and perhaps especially when discussing the medicinal properties of cannabis. This is something that we are constantly reminded of when working in this industry and something that medicinal patient hears when consulted. We can all agree that the lack of medical based evidence has been another result of a lengthy and ongoing prohibition. While prohibition rings as an echo, I feel it is important we continue to acknowledge and then grasp it.

I would like to take the time to thank Barb, Charlene, Greg, Genevieve and Chris for taking the time to share their testimonials in this special High! Canada Magazine Patient Stories series.

Miranda Hawryliw
**HIGH! CANADA
MAGAZINE**



GREG

"I had access issues when the MMAR became the MMAP, because the Montreal dispensary I was getting bubble hash from stopped shipping to Ontario. More recently, I appeared as a patient witness on behalf of dispensaries (for Jack Lloyd), and told the crown that I had more access issues and delays with LPs, once finding a compassionate doctor.. my closing statement was "Health Canada is the worst dealer I've ever had"

"My access issues began when Family and Children's Services demanded that I obtain a federal exemption for my medical use of cannabis. For years, I had difficulty finding a compassionate physician. Once I got a specialist's referral, I found dispensaries were more approachable than Licensed Producers, and there was no 6-8 month wait to order product that wasn't available. Driving to the Toronto Compassion Club, or mail ordering from Montreal Cannabis Access Services got me better product than I ever received from any LP. After I lost my vehicle, I relied on mail order. Unfortunately MCAS wouldn't mail order after the transition from MMAR to MMAP. I designated a grower under the ACMPR, and am learning to grow my own."

CHARLENE



I am a 69 year old women who is a wife, sister, mother and grandmother. My friend Barb mentioned this cannabis store in Abbotsford called The Bud Remedy. I was impressed just entering the store which had nice eye appeal, we were then ushered through a locked door which was their supply room. The staff were informative and helpful in showing me the products. I was so disappointed to see that store shut down as I felt confident in the safety of the products that they carried.

I did go through applying for medical cannabis and was approved, I was given a list of 7 companies selling medical cannabis, I did purchase a product online but the product was not only expensive but I didn't get the results that I was use to from the "Bud Remedy" products and I did not receive near the information that I was use to getting from "Bud Remedy"

I am happy to say that cannabis has kept my glaucoma at bay as the pressure in my eyes has stayed stationary for the past few years and I finally get a good nights rest. I only wish I was more informed about cannabis when I had cancer years ago.

One of my favourite things about being involved in a dispensary setting was the chance it gave me to connect with people. Days were filled with long and intimate conversations. You share in tears, fears, and cheers. The amount of people you visit and come to know becomes unimaginable for someone who has never experienced it. In our dispensary, we had 2 areas that members could privately speak with us. If the walls could talk, they would share the most beautiful and tragic stories. What is equally as magical as the private areas, is that in the dispensary room- where you would find the product, people of all walks would begin sharing their experiences and new knowledge openly! We would spend hours sitting with members and members sitting with each other. I thank compassion and belief.



BARB

One of the ladies that visited us regularly came over to have coffee last week, and I had shared with her that High! was gathering testimonials. She immediately offered to share her story and quickly rang her dear friend Charlene- letting her know it was time to get vocal! The support from these lovely women has been unconditional. I am forever grateful for them. They, and many others are what keep me advocating for the medicinal patient.

Barb is an 83-year-old woman who is actively involved in the community. Barb lives in Mission, where she cares for the Hospice Garden and sits on multiple committees. Looking at her you would never guess she is 83!

She radiates beauty, self care, and grace; a truly lovely woman. Barb has had her fair share of medical concerns over the years. She was diagnosed with Glaucoma years ago, but what really led her to cannabis was her battle with H. Pylori. She has suffered insomnia and restless legs, leaving her distraught and unable to function at times. Being, that she is a vibrant and busy woman- being unable to function really began taking its toll on her mental health. What I most admire about Barb is that she takes her health very seriously. She has spent years learning and trusting her body- she has sought out a wide variety of natural remedies, has looked to other countries for wellness support, and after her 70 yr friend shared her successes with cannabis with her- she began searching for the dispensary that could navigate her

through cannabis as medicine. She has also spent much time in hospitals and doctors' clinics. As we discuss clinic visits she is both thankful and reluctant. She is thankful for her Doctor, and her Doctors support - but is extremely nervous about being on strong pharmaceuticals. She shares with me that the difference between cannabis and pharmaceuticals for her is that she feels "doped up and disfunctioning" when she takes her medications. One of her fears is that at point, the only other option would be being institutionalized. We laughed. It is a sad thought. She really puts an emphasis on how "time is precious and the thought of something not working is terrifying." Barb is also deeply fearful about her access to the cannabis products she has come to rely on. She has come to find that there is information out there, but no advice.

Luckily, for Barb she found The Bud Remedy where she felt she was receiving the information and products that met her expectations. When The Bud Remedy closed down in April, Barb bought a few months worth of her medication. She uses edibles, oils and has even tried vaping! Although, vaping wasn't keeping her restless legs settled for long enough. That is Barbs focus in medicating- being able to relax her legs so that she can sleep and FUNCTION. Cannabis has proved to work for her. She uses THC every day (except when she gives her body a couple of days break) and CBD often.

She has been in a state of panic thinking of how her trusted store is closed and how she no longer has access to her medicine. She thinks of how countless other people across the country are suffering the same as she. Barb has done what every nervous patient has done. She has registered with 2 LP's. One being Organigram, who she is deeply disappointed in because she was led to believe that they were organic- when in fact they are not. The other being Emerald. She is disheartened, while also feeling bad for the professionals who worked at one clinic because she could see how tired they were. Barb continues to share with me that Legalization of Cannabis has been really sad to watch.

She discusses how the system is novice in comparison and that the government really is not making it easy for small business owners. Barb misses the one on one conversations and her access. Barb also wants to share that she uses cannabis as her medicine and that feeling of "being high" is not something she wants to achieve or would even promote. For her it is about a herbal remedy.



GENEVIEVE

I guess I come from a different angle. I have been working in the Cannabis industry since 2014. I have witnessed raids and the aftermath of how fearful these people are when the only safe place they can go for their medicine is now shut down by police or provincial government. Right now, in these government stores, customers either have to pay more money for lesser product, or not be able to access what they were already getting at all.

They used to be able to access 75mg capsules at like \$3/capsule, now you get what looks like a tylenol bottle with 25-30 capsules in them, all with maximum amount of 10mg/capsule. Retail value of the bottle? About \$50-\$60 and that is only 4 days worth. This

is so sad. People need reasonable access to their medicine and at a reasonable price. The government has no idea on what they are doing, they are looking at this as a cash grab and it is ruining peoples lives. People depend on this medicine, and its "legal" now... apparently?" I managed Trees for a year and the Canna Clinic for 3.5 years in Nanaimo

Today, I am living in a country where the thing that is giving me solace as a therapy is legal, yet entangled with horrendous new legislation that is attempting to make victims of anyone who doesn't agree with it. Since my diagnosis and dealing with breast cancer, I have learned about Rick Simpson Oil, which kills tumours, suppositories that eliminate body pain, salves that kill topical pain and what works best, hempwise for anxiety, lack of sleep, cramping, depleted appetite.

I take NO BIG PHARMA

What they don't see is that we survive because the culture of generosity is our middle name. Kindness and sharing and community are OUR ways of cannafam support and lifestyle.

The one dispensary facility that is still open for the patients is the VCBC. Trust is synonymous with the healing hemp contributes to the human race. The existing market they like the call the 'black market' exists because of the unseen alliances built with years of kindness and established loyalties. The traitors moving in can't quantify kindness tho and they sure don't have trust... and that's the ball we Old Skoolers are going to run with.

Let them fight OUR smoke and mirrors from here, people #Cannamazon



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CILANTRO LIME CANNA COMPOUND BUTTER

Canna Compound butter is a simple way to add flavor, elegance and a little bit of elevation to a dish quickly. The name, compound butter, refers to butter mixed with different herbs, spices, and aromatics and that can be used to finish off fish, meat, or vegetables with minimal effort and major impact. Great in the summer for topping your steaks, corn on the cob and roasted vegetables!

The better quality the butter, the better the overall results. Tammi from KhronikCreations recommends using European-style butter that has a higher fat content. Combine unsalted, room temperature butter with your choice of aromatics, spices, or fresh herbs. Then, add salt, pepper, and preferably some type of acid such as lemon juice to balance out the flavors.

For the Cilantro-Lime Butter

- 8 tablespoons of canna butter, softened
- 2 tablespoon finely chopped fresh cilantro
- 1 medium serrano chile, seeded and finely minced
- 1 tablespoon lime juice
- Zest of 1 lime

Mix the flavors well by hand or throw everything into a food processor to thoroughly combine. Roll the butter mixture tightly in parchment paper to form a log and tightly sealing the ends before storing in the fridge to firm for at least an hour or up to one week. Compound butter can also be stored in the freezer for up to one month.

Follow @KchronikCreations on Instagram for more information

Tammi Stanhope
**HIGH! CANADA
MAGAZINE**

HIGH! CANADA MAGAZINE

INFUSED CAMPFIRE S'MORES

If you have cannabis infused oil or cannabutter handy, making your own homemade cannabis chocolate is fairly easy.

One thing you have to be very careful about when creating your cannabis chocolate treats is keeping the right consistency. Chocolate actually has a fairly delicate chemical balance called an emulsion. If this balance is broken, the sugar in the chocolate will crystallize and result in an unpleasant consistency. Your chocolate will also melt much faster at room temperature.

For milk chocolate, this ideal temperature is 29 – 30 C, while dark chocolate demands slightly higher temperatures of 31 – 32 C.

In fact, you might want to stick to the darkest chocolate morsels you can find. Milk chocolate is simply dark chocolate with added condensed milk or milk fat and cocoa butter. Adding cannabutter or infused canna oil to this milk chocolate mixture often just throws off the ratio further. But adding infused oil or butter to dark chocolate effectively makes it milk chocolate.

Once your chocolate and cannabis infused oil or butter is evenly mixed, you can then pour the mixture into chocolate block molds or bar molds and allow it to cool. Wrap them in foil for portability and protection.

Since they don't have flour, cannabis chocolate treats can keep for a lot longer than the typical pot brownie. Freezing them prolongs this expiration date even further without causing too much harm to the flavor.

This summer the Infused Canna S'mores were a hit with all campers and a sure fire win at any campfire! Simply use a square or 2 of your infused chocolate and press between a toasted marshmallow and a couple graham crackers for the ultimate summer dessert!

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High! Canada Magazine was pleased to sit down and chat with online cannabis advocate @TheCannaCanuck recently and it was fun to find out more about this up and coming social media maven advocating heavily around cannabis. Tell us how you got involved in the cannabis industry and what led you into career within the Canadian cannabis industry? Essentially, what is your particular cannabis industry entry point origin story?

I became involved out of necessity, rather than choice, after being hit by a dually truck . I was on five different prescription medications at one point; one potentially habit-forming and one was very damaging for the liver. When in my initial recovery, I was in a stupor. Eventually, rather than taking those pills, I was a suffering, struggling, somewhat sedentary and seriously depressed Mama of (now) 5.

My husband had been a rec user in his teens and early 20s; it was at his urging that I looked into medical cannabis as a potential for relief. I hadn't even been a rec user before, due to an admittedly stigmatized viewpoint, but cannabis truly changed things for me at first puff. Thankfully, I am now entirely prescription free! I do understand that



HIGH! CANADA
MAGAZINE

Woman In Weed THE CANNA CANUCK

Photography by @thecannacanuck



some people must rely on medications in order to function and there is nothing wrong with that. I am simply commenting on my own personal experience and finding a safe alternative in my particular situation, although I realize that it's not possible for all.

As a result of cannabis giving me my life back, I have lost a good deal of weight, am more active, have more energy and don't have to deal with the side effects of pHARMacare on my body. Not to mention, I find that I'm more patient, present and positive throughout the day.

Have you encountered any challenges or adversity working in the cannabis space?

Cannabis does many wondrous things but, unfortunately, it doesn't change human nature. I find there to be just as many self-proclamations and self-interest within this industry as there is anywhere else, if I'm entirely honest. When I first entered with rose-colored glasses, I considered it would be somewhat like a commune full of stoners that all loved one another and desired the best for each other. Of course, I was stupid to not consider the evolution of the turf war, or what happens to man when you add money into the mix. I have personally had my social media

attacked, simply for tagging someone else's competition. Things can get petty, combative and sad in our community too.

How did you move past these challenges?

The trick is to remember that your vibe attracts your tribe; I try to put out the positive, take an actual interest in others, remain genuine and attempt to step back from those types of situations. I don't work with individuals or companies known for the negative and I endeavor, as best I can, to keep my energy pure. It's not about what they're doing, only how I react to it. I'm not perfect by any means but I think, if we all strive to not let a lack of respect, attention or reciprocal relationships harden us against others, there could be more hope for humanity.

Advice for other women entering or thinking about the cannabis space?

This is a new industry and now is when women need to be unafraid and unapologetic, not curtailing our visions or ourselves for anyone. We have an opportunity to shape, or even dominate and control a market. We need to remember to spend our money where it makes an impact and



Model: @thecannacanuck
Photographer: @chadxu_



not back down about what we want, what's acceptable and what we will no longer tolerate.

Be prepared for your standard glass ceiling situations; And then be prepared to smash them, tapping into those feminine reserves that enable us to be uniquely, fiercely strong and delicately soft at the same time. Kick ass, shake it off, then go and get your hair done girl.

Last question - What are three things that you think everyone needs?

If you mean cannabis-related, as I review these types of things regularly on my page and all, I would say;

- Bath bombs from @Bellavitabathbombs
- A solid connect, with dank bud and fast hook ups like from @teamcannivore
- That one favourite glass piece, or a solid group of guys to inspire you and teach you how to make one, like from @pangeaglasstudio (they run workshops).

Those are probably my top 3 go-tos, ones I truly use in my regular routine, and I promise that none of them pay me to say nice things about their products.

If you meant in life; Learning, love and purpose. We need to always be open to new concepts, ideas and skills. Love is essential, both given and received, and there isn't enough of a genuine connection for either nowadays. And purpose is necessary for any sort of drive, passion, dreams or feeling of success. If you figure out your purpose, you become a powerful weapon for change- use it wisely.

Model: @thecannacanuck
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HIGH! CANADA MAGAZINE

SUMMER MANGO CAKE

Summer is wrapping up, Fall is at the door. With the delicious chocolate mangoes cake, it brings a nice season transition to your palate.

Moist, rich and fresh at the same time, it ends a meal perfectly or an evening. Just devour and let yourself melt away in pleasure.

Miam Miam!!

Dark chocolate and Mango Cake

Cake:

- 3 cups of flour of choice
- 2 tsp of baking powder
- 1 tsp of baking soda
- 1/4 tsp of salt
- 1/2 cup of unsweet coconut shredded
- 3/4 cup of dark chocolate chunks
- 4 cups of fresh mangoes, chopped in pieces
- 1/2 cup of lemon juice
- 1 1/2 cup of cane sugar
- 1/2 cup of THC infused coconut oil



Ganache:

- 2 tbsp of THC honey
- 1/2 cup of coconut cream
- 1 tbsp of THC infused coconut oil
- 1 1/2 cup of dark chocolate chopped
- 3 tsp of fresh mint

The steps:

1. Preheat the oven at 350 degrees
2. In a bowl combine flour, coconut shredded, baking powder, baking soda, salt, chocolate chunks and 1 cup de chopped mangoes and reserve
3. Purée 2 cups of mangoes and reserve
4. Heat up lemon juice in a small pan, add sugar dissolve totally
5. Pour with the purée in a bowl, add coconut oil and flour mix, mix well and pour into a mold
6. Bake 55 to 60 minutes
7. In a small pan, bring coconut cream and mint to a boil. Filter and add the dark chocolate, honey and coconut oil. Mix well to get a shiny smooth texture.
8. Pour the ganache on the cake and decorate freely with pieces of mangoes, mint and pot leaves.
9. Enjoy and fly away and forget the rest of the world.

By Miss Linotte

**HIGH! CANADA
MAGAZINE**

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We were honoured to sit down with Gina Herman to discuss Cannabis and her personal patient story

I was a chronic pain patient using huge amounts of opiates for pain. They were making me horribly sick, so much so that I spent a decade in my room in agony and lost out on valuable time with my family - my sons and loving husband. One day I couldn't take it anymore and my husband took me to the doctor to get a cannabis prescription. I joined the Victoria Cannabis Buyers Club and started using cannabis. I was getting my quality-of-life back.

Have you encountered any challenges or adversity from the cannabis community?

Our use of Edibles and was a member of the VCBC when the baker Owen Smith went to the Supreme Court of Canada to challenge for the rights of patients to use Edibles. I had the honour of being a witness for that case.

Any advice for other women entering or thinking about entering the cannabis space?

My advice for women thinking about entering industry is go for it. It has changed my life. Now I want to change my friends' lives. I was just recently speaking to one of my friends that I've known for years and I can't help but advocate for all my friends and family. It has given me back so much and I wanna scream from the mountains "Try it, it works!"

Last question - What are three things that you think everyone needs?

The three things that I think that everyone needs are our flowers, caps and topicals. I use the Living Leaf pain relief stick every day. Topicals have helped me so much, really giving me comfort and relaxation.



Woman In Weed **GINA HERMAN**

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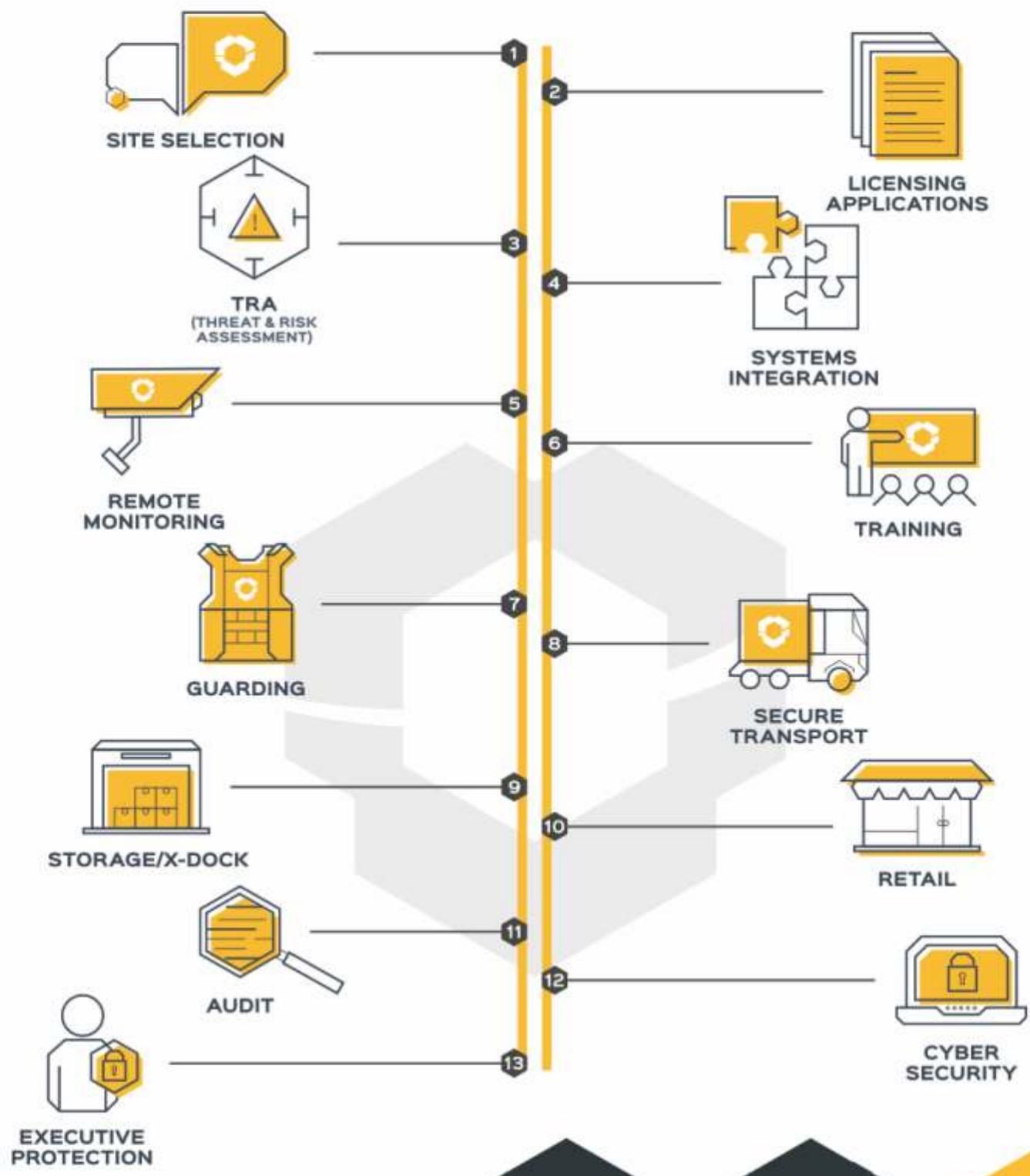
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