

**CANADIAN CANNABIS INDUSTRY INFORMATION & EDUCATION**

**HIGH! CANADA  
MAGAZINE**

**THE NEW FACE  
OF ADVOCACY**

**ELIAS**

**THEODOROU**

**ON FIGHTING AGAINST  
THE STIGMA OF  
MEDICAL CANNABIS  
IN PROFESSIONAL SPORTS**

**CANADIAN CANNABIS  
INDUSTRY INFORMATION  
EDUCATION & ENTERTAINMENT**

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### DECEMBER 2018 - ISSUE 38

Contributing Artists/Writers: The usual gang of stoners. The names and characters used in High! Canada are fictitious except when identified as real in interviews, stories and other types of interesting and factual articles. Any similarity without satirical purpose to a living person is completely coincidental unless permission was given.

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**HIGH! CANADA  
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# EDITORIAL



It's been almost 2 months since Canada legalized recreational cannabis, and in Hamilton we have not seen much change since that ever anticipated October 17th date.

We have seen some of the more "mainstream" dispensaries lock their doors permanently on that day, only to reopen with weeks. We have also seen an incredible number of NEW dispensaries that continue to open in several major parts of the city, with little to no dramatics. It would appear now more than ever, there is more competition between the current dispensary players and this has only made it THAT much more rewarding and affordable for their customers.

For instance, just this week I had been told by someone that one of the new dispensaries on the Hamilton East Mountain had a supply of Blueberry Kush that was unlike anything I've had in years, so I went to check it out. Not only was it the MOST delicious that I have seen and smelled, but it was also only \$4/gram. I was very surprised and optimistic so thought I would grab a small amount to test out and low and behold...it was the MOST amazing Blueberry cannabis to date. Told a few blueberry loving friends, and we went back the next day to pick up some OZs. Did I mention that this dispensary was one of 3 in a row... literally 2 beside each other and one just around the corner. Now that is how the craft cannabis market should be. Perhaps not directly beside each other but I like the idea of having a couple of different options within walking distance. I'd like to also add that they had some \$3/gram strains that were also pretty damn good and they are only one of dozens of dispensaries in Hamilton with the same pricing strategy the last 7 weeks.

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I have been seeing much more professional storefronts with a much larger selection of cannabis products, as well as social initiatives like at Ganjahnistas, a 19+ Culture Lounge in downtown Hamilton who started a program called H.O.P.E. (Hamilton Opioid Prevention Experiment). It is their hope that in providing support and access to FREE cannabis to those struggling with opioid addiction, it will help reduce and eliminate their dependency on opioids and prevent opioid overdoses. In Canada alone we know that more than 11 Canadians are dying every day on average because of opioids, according to new data from the federal government. Deaths to date from cannabis?? 0 Check out ganjahnistas.com for information on how to donate or get involved!

Overall (unless unreported) with the exception of a couple tickets to drivers who had cannabis within reach, a questionable dispensary or 2 with official police arrests, all else seems to be moving forward in a positive way within the "Grey" market in Hamilton. We also have a number of major corporations including cannabis infused beer & wine as well as LPs building in and around town with job openings on all sides of the city, and I see a very cohesive corporate and craft market playing field. Oh how I wish it would always be like this.

How the coming weeks will unfold into the 2019 year when the edibles market will be within "legal" reach is as good of a guess as anyone at this point. We haven't even figured out the flower and extracts so I suspect it will be sometime before the edibles become standardized. I am just happy to be alive during the ever changing and ever so evolving industry as a cannabis entrepreneur as well as a connoisseur of sorts. It's very exciting to see new and emerging craft companies with amazingly original products and quality strains that are not comparable to anything being grown commercially. (in my opinion and I've ordered ALOT of OCS cannabis)

Here's to forward thinking Hamilton, and Hamiltonians who are already an example for the rest of the country on how we CAN have both commercial and craft cannabis at our disposal. 2019 will be a most interesting year for Canada and the cannabis market, and as always going forward #cannabiseducationiskey

*Guest Editorial by Tammi Stanhope  
High! Canada Magazine*

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# ELIAS

# THEODOROU

ON FIGHTING AGAINST  
THE STIGMA OF  
MEDICAL CANNABIS  
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**H**igh Canada had the pleasure of sitting down and interviewing Elias Theodorou, UFC fighter, at the Mississauga UFC training facility to talk about cannabis.

**I understand you are a huge advocate when it comes to cannabis can you fill our readers in?**

Well I'm looking to do my part. Obviously as Canada has cemented itself in the forefront in regards to legalization and prior to that a medical aspect that has been around for years. I am looking to no longer hide in the shadows of prohibition and exercise my fundamental Canadian right in regards to health care and be able to medicate as an athlete and patient in my sport.

**Can you tell us about medicating with Cannabis as an athlete?**

It is a very personal matter that I encourage people looking to do so talk with their doctor first, which is what I have been doing for the last 2-3 years. I am an athlete who competes at the highest level of my sport and there is a lot of pain and pain management that needs to happen in regards to my own personal condition, which is bilateral neuropathic pain. So the best way to describe bilateral neuropathic pain is – you know when you hit your elbow and get that stinging

sensation? Well I get that all over my body and more so in the upper extremities due to previous my life as a skateboarder. I fell and broke my hand, 2 breaks and 4 fractures I needed a new wrist with a bone graph and that magnified the arthritis that soon followed in my life as a martial artist and has degenerated into nerve damage essentially. It is something I deal with all the time, not only is it [medical cannabis] my pursuit for a therapeutic medical exemption that will help not only in regards to what I do as an athlete but also my day to day living. A lot of this is affecting my quality of life after I leave the gym and medical cannabis is the only medicine that works for me personally as prescribed by my doctor and medical cannabis health care provider Solace Health Network.

**Was it Solace Health Network who got you set up with a licence?**

The whole process took about 17-18 months. It involved a lot of paperwork a lot of medical tests, results, reviewing of the results. It started with my family doctor, who I have known essentially my whole life; he saw the progression of my symptoms and was trying to help me find relief for my ailments. What we have done in regards to trying to manage my pain is exhaust all other options and cannabis is the only one that works for me specifically in regards to my condition. Solace Health Network worked 17 months on the application and resubmitting process



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.Solace Health Network had all the specialists able to look it over. They have empowered me both as a patient and as an athlete.

**You mentioned having to exhaust all other options, what was that like?**

It was exhausting. It's one of those things, the organization that I'm working to get my therapeutic use exemption is the United States anti doping agency (USADA). It is an American company that is overseen by the world anti doping agency (WADA). The UFC is partnered specifically with USADA to implement anti doping drug testing which I am 100% for. I definitely believe in a clean sport and I have nothing to hide. More so, I have nothing but the utmost respect for the anti doping agencies and the UFC for partnering with them. Alternatively, it is my belief that cannabis should not be on the prohibited list and by doing so it is putting cannabis with a list of enhancing drugs for example steroids or other banned substances that have merit. I don't think that cannabis deserves to be on the prohibited list, but it is. So I have been going through the process.

I am an athlete and a patient and I play by the rules and that's what I have been doing in the process of getting my therapeutic use exemption. I am currently at a competitive disadvantage compared to my opponents who are able to opt out to more traditional front line medicines, those are the ones I have had to use pharmaceuticals but they do not work for me. Those included Lyrica, gabapentin, ssri, antidepressants, it even includes other types of opioids and painkillers, It was necessarily for the condition that ailed me at that point. With Lyrica - I was bloated, I gained about 12 pounds in the course of a week. Anyone that competes in my sport knows you are not just competing to fight but also to weigh in at a certain weight.

I walk around between 210 and 215 pounds and I fight at 185 so I need to lose 25-35 pounds for fights adding an extra 10 pounds to that is a barrier physically and mentally.

**Let's talk about the stigma associated with cannabis in the UFC and what you're doing to kind of break-up that stigma?**

First and foremost I think the UFC has been quite helpful and supportive of my decision to pursue a therapeutic use exemption and go public. They are in many ways very progressive in their own right, they only look in the in competition faze which is a course of 2-3 weeks maybe 4 depending on your body type and they are different from other organizations that have paired up with USADA which look 365 which is out of competition as well. They have hired a third party tester, which is USADA, they don't make the rules they just work with the anti doping agency that will enforce it and they enforce the rules in terms of any penalties that come with it.

With that being said, one of the things in regard to the stigma is the current mindset on the anti doping agency and also other sports as well. Not every professional athlete is in an organization that will support them in this process. I think there are other examples of athletes that have had to cut their own career short because of the fact that the organization that they work for would penalize them or create a punitive issue in regards to them being vocal about it. I only sleep clear because of the shoulders of the giants before me, people who have put their blood, sweat and tears into fighting the stigma before it was on the timeline. It is in world history. I think the change and thought process around cannabis is completely changing worldwide.

Going back to the 80's and 90's and beyond talking about reefer madness and the bit of hysteria that has come from the past. I think using my platform in my role as a professional Canadian competing athlete is to fight for not only myself but those who have fought before me and those after me. My next fight is in December against a very tough individual who I am looking forward to beat mentally and



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physically but my biggest fight is not just against one man it is against the stigma of medical cannabis.

**Talk to us about cannabis use on a day-to-day basis how do you consume?**

Most of my medication comes in the recovery aspect. I try to put myself on a schedule, I have dosed everything out in regards to all the types of strains or application (topical creams, ingesting, vaporizing) personally I use a vaporizer because I want to be as clean as possible in regards to my medical use. I think if I want to be someone who advocates for cannabis it is a responsibility on my part to advocate the healthiest form of medicating. Again to each their own I am not one to tell anyone how they should medicate, I personally do medicate occasionally through smoking a joint as well when I am trying to do a more specific type of recovery but on the majority, it is vaporizing for me.

I have two training sessions a day and after each session, as well as the evenings after the day is done and my body is firing on so many cylinders (pain, inflammation) and at night to have a better rest I medicate. A lot of my medicating is geared towards recovery because pain management and recovery of anti-inflammatory is what I am trying to do. I am just one medical cannabis user but each person requiring medical cannabis has to see their doctor and find out what works best for them.

**How do you find public response from your fans, family and friends since you picked up the cannabis banner?**

I think it has been very positive. There is a very close link with cannabis and mixed martial arts, I think in many ways they have been considered on the fringe when you look at the early stages of mixed martial arts before the current UFC and the owners were able to make UFC mainstream. Cannabis in many ways is the same aspect, the counterculture that kind of built were the framework where cannabis is in pop culture and public opinion from people who don't necessarily medicate or recreationally use cannabis but realize that putting someone in jail for a plant is pretty archaic.



*By Cy Williams*



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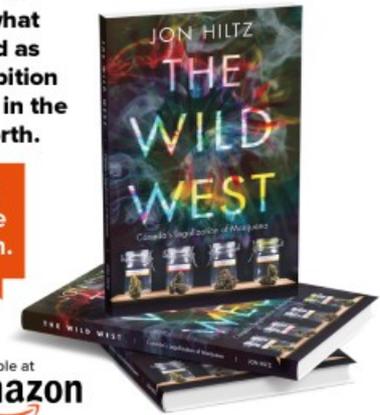
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## JONATHAN HILTZ FINALIST FOR WRITER OF THE YEAR AT CANADIAN CANNABIS AWARDS

Jonathan Hiltz, Director of Business Development at Indiva, was a finalist for Writer of the Year at the Canadian Cannabis Awards, which took place at a gala at the Carlu in Toronto on November 29, 2018. In their fifth year, the CCAs bring together the very best in the industry, recognizing the top people, companies and products of 2018.

Having previously worked in the television and film industry, Hiltz was discovered by Indiva's Chief Operations Officer, Koby Smutylo, who read the content Hiltz had been producing for Marijuana.com and hired him to work on Indiva's blog. In his current role with Indiva, Hiltz develops video content, finds influencers, creates product descriptions and acts as the voice of the company, in addition to handling expansion opportunities, sales, and partnerships. Passionate about the cannabis industry, Hiltz writes about it to educate people about the benefits of cannabis and break the stigma surrounding it. He recently published his first book, "The Wild West: Canada's Legalization of Marijuana."

Hiltz was thrilled to be nominated for the award and to attend the gala. "The Canadian Cannabis Awards has swiftly become the premiere event in our industry, and I'm honoured to be included in such a vast and diverse pool of nominees and winners," he says. "The fact that I made it to the finals was awesome. It is a testament to the incredible support I receive from my talented family at Indiva, who provide me with inspiration and a platform for my work."

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INDIVA's mission is to offer cannabis products that have a positive impact, improving lives and communities.



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## Classic Empire Cookies

**Yield 12 cookies**

### For the cookies

- 1/2 cup unsalted canna butter, softened
- 1/2 cup white sugar
- 1 egg
- 1 tsp vanilla
- 2 cups cake and pastry flour, sifted
- 1 tsp baking powder
- 1/4 tsp salt
- 1/3 cup raspberry jam
- Candied cherries

### For the icing topping

- 1 cup sifted icing sugar
- 1/4 tsp almond extract
- 1 tbsp hot water, approximate
- Instructions
- In large bowl, beat canna butter with sugar until fluffy.
- Beat in egg and vanilla.
- In separate bowl, whisk together flour, baking powder and salt.
- Stir into butter mixture in 3 additions.
- Shape the dough into a disc (it will be very soft).
- Wrap in plastic and chill in the fridge until firm, about 2 hours.
- On a lightly floured work surface, gently knead the dough just to soften it slightly.
- Roll out the dough to approximately 1/4-inch thick and cut out cookies using a 2-inch cookie cutter.
- Place the cookies on the baking trays, leaving 1/2-inch between them.
- Bake in a 350°F oven until edges are light golden, about 10 minutes. Let cool completely on racks.

While your cookies are baking and cooling, you can now make the icing topping. In small bowl, stir icing sugar with almond extract; drizzle in enough of the water to make spreadable icing.

Once your cookies are cooled, stir the raspberry jam to soften and spread a little on a cookie bottom.

- Sandwich a second cookie on top, pressing gently to secure. Repeat with the remaining cookies.
- Spread your icing on top of each cookie sandwich.
- Top with a dot of red icing, or a candied cherry (totally optional).
- Let cookies stand until set, about 1 hour

## Thumbprint Cookies



**Yields 25 cookies**

### Ingredients

- 200 g (1 and 3/4 sticks) softened, unsalted canna butter,
- 1 cup (115 g/4 oz.) powdered sugar
- 2 egg yolks (or 1 large egg)
- 1½ teaspoons vanilla extract
- 2 cups (280 g/10 oz.) all-purpose flour
- 1/2 cup jam raspberry, strawberry or your favourite flavour

### Instructions

Using a handheld or stand mixer with a paddle attachment, beat butter and sugar on medium speed for 3-4 minutes until fluffy. Add egg yolks and vanilla extract and beat until combined. Reduce speed to low. Add flour and beat just until combined. Do not overmix. The dough will be soft at this point so cover the bowl with plastic wrap and place in the fridge for about 1 hour or until firm enough to easily roll into balls. Preheat oven to 350°F/180°C. Line 2 baking sheets with parchment paper.

Take dough out of the fridge. Roll dough into 3cm balls, the size of 1 tablespoon. Place onto prepared baking sheet, spacing them about 5cm apart. Use your thumb or the back of a wooden spoon to make an indentation into the center of each cookie, and fill with about 1/2 teaspoon jam.

Bake cookies for 13-15 minutes, or until cookies appear golden brown at the edges. Transfer to a wire rack and allow to cool completely.

Store cookies in an airtight container at room temperature for 3 days or in the refrigerator for a week.

# Gingersnaps

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Yields 48 cookies

## Ingredients

- 1 cup packed brown sugar
- 3/4 cup canna butter
- 1/4 cup molasses
- 1 egg
- 2 1/4 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/4 teaspoon salt
- Granulated sugar

## Instructions

**1** . Heat oven to 375°F. Lightly grease cookie sheets with cooking spray, or line with cooking parchment paper or silicone baking mat.

**2** . In large bowl, beat brown sugar, canna butter, molasses and egg with electric mixer on medium speed, or mix with spoon. Until well blended. Stir in remaining ingredients except granulated sugar.

**3** . Shape dough by rounded teaspoonfuls into balls. Dip tops into granulated sugar. On cookie sheets, place balls, sugared sides up, about 3 inches apart.

**4** . Bake 10 to 12 minutes or just until set. Immediately remove from cookie sheets to cooling rack.





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# HOW CANNABIS IS CHANGING THE WORLD ONE INITIATIVE AT A TIME!

## THE RAVEDA On Giving Back *By Cy Williams*

Today, we are chatting with Sapha Habibi, owner of THE RAVEDA, a craft cannabis company based in BC that believes in community and the importance of giving back.

**Sapha thanks for joining us today, how did THE RAVEDA come about?**

When I started THE RAVEDA the aim was to create awareness surrounding the many social problems we are faced with in Canadian society, the 3 biggest being addiction, mental illness, and homelessness. These are all public health issues that must be handled professionally; with proper resources and funding that could help provide equity and resources to those who suffer.

**And how did your personal experience help others?**

I experienced these problems first hand and through my recovery, I found a passion for helping others find freedom from these difficult problems. Many people seem to view homelessness or drug addiction as a moral failing while volunteering at tent city during the first month it started - a group of peers helped orchestrate the tent city as a protest to the housing crisis. Raising awareness to the community, to those who are street entrenched and allow for them to have a place in Nanaimo. That could be visible to the public but also protected, so we could actually show everyone how many people are without housing. At one point there were 300 tents, with many of the tents being occupied by 2 to 3 people.

**What other problems did you encounter?**

We had many problems with racist groups, the RCMP, hecklers and bigots who would even throw rocks and bottles at me while standing at the gate - keeping track of who is coming in and out. "Get a job you f-cking crack head bum", this is what people would yell at me!

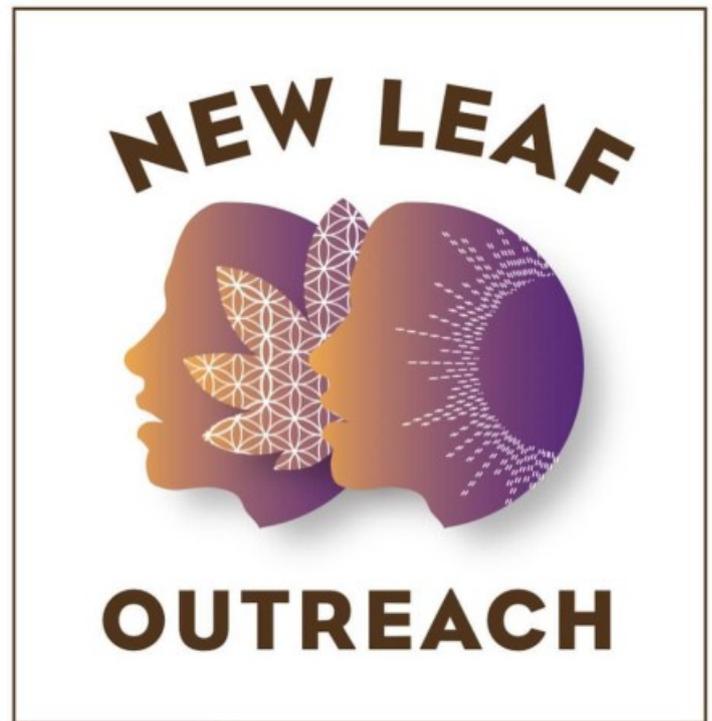
We have been working every day to build and create an advanced outreach program, and an agency that could take over the "solid outreach program" that I was helping fund in Nanaimo. When "solid Victoria" cut their funding, there were internal politics and controversy between some members of this group, which led to severance of funding for the Nanaimo branch.

My friend Kevin and I were so dedicated to having this service available - our dream had always been to use the cannabis industry to fund, develop, and create a new program that is now called New Leaf Outreach.

### And what's next for New Leaf Outreach (@newleafoutreach)?

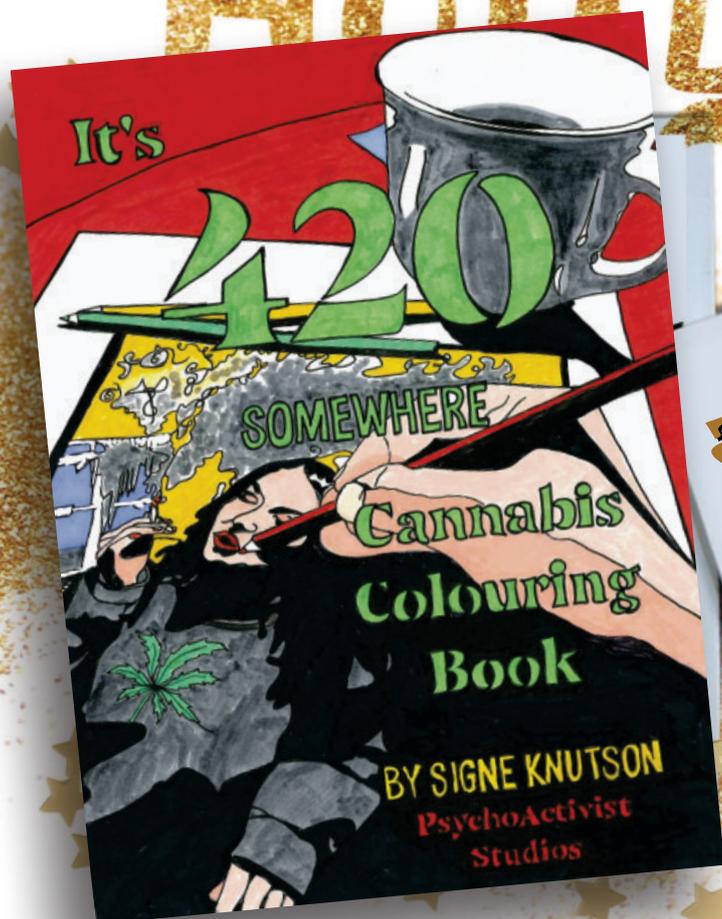
We are very ahead of the curve, we have an amazing team that is growing more and more every day, and we are being funded by Pasha Brands, THE REVADA, and many corporations, as well as government agencies, who believe in who we are and what we are looking to achieve.

Last April, at the National Cannabis Conference, I said that we would execute this model and plan down the road. There were a couple articles in the New Agora that touched on my beginnings. This is how I got to be what built THE RAVEDA today, my



struggles and journey to a better life that is still very much a daily work in progress.

Right now, when we operate the safe consumption tent we have over 100+ users access this resource. Which says that there is clearly a demand for this to be offered. By us doing so, it is directly reducing the impact this issue would have on the healthcare system. By reducing the number of overdoses and



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reducing the spread of communicable disease and this is just the beginning.

### What about your long-term plans?

We will be building a treatment centre in the coming 2 years all funded by the cannabis industry, it will be free for addicts to attend, many of them we suspect will be coming through our services to access what they need and we believe that through this the rules of "attraction rather than promotion" will help spark the desire for people to want to work towards a better life. IT IS peer to peer drug users doing much of the work, many of them will get clean and go back into service work, much like the way we are now.

Many of the people on the New Leaf Outreach crew have lifetimes of addiction and are now clean, hold degrees, are nurses, have families, ex-cons, you name it we all came out of the darkness and are here to love and serve those in need.

We want to connect with others who share this vision and goal, we want to help people who use

drugs gain agency over their own lives and show the public how important services like this are.

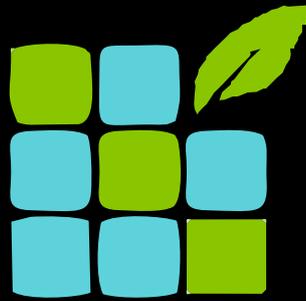
These days, everyone knows someone who has had or has someone with substance abuse problems, we live in a society with the highest depression and substance abuse rate per capita in the world - there is a dire need for more resources to be available and what we are offering now is only the start!

**Good luck with your future New Leaf Outreach program!**



**HIGH! CANADA  
MAGAZINE**

*By Cy Williams*



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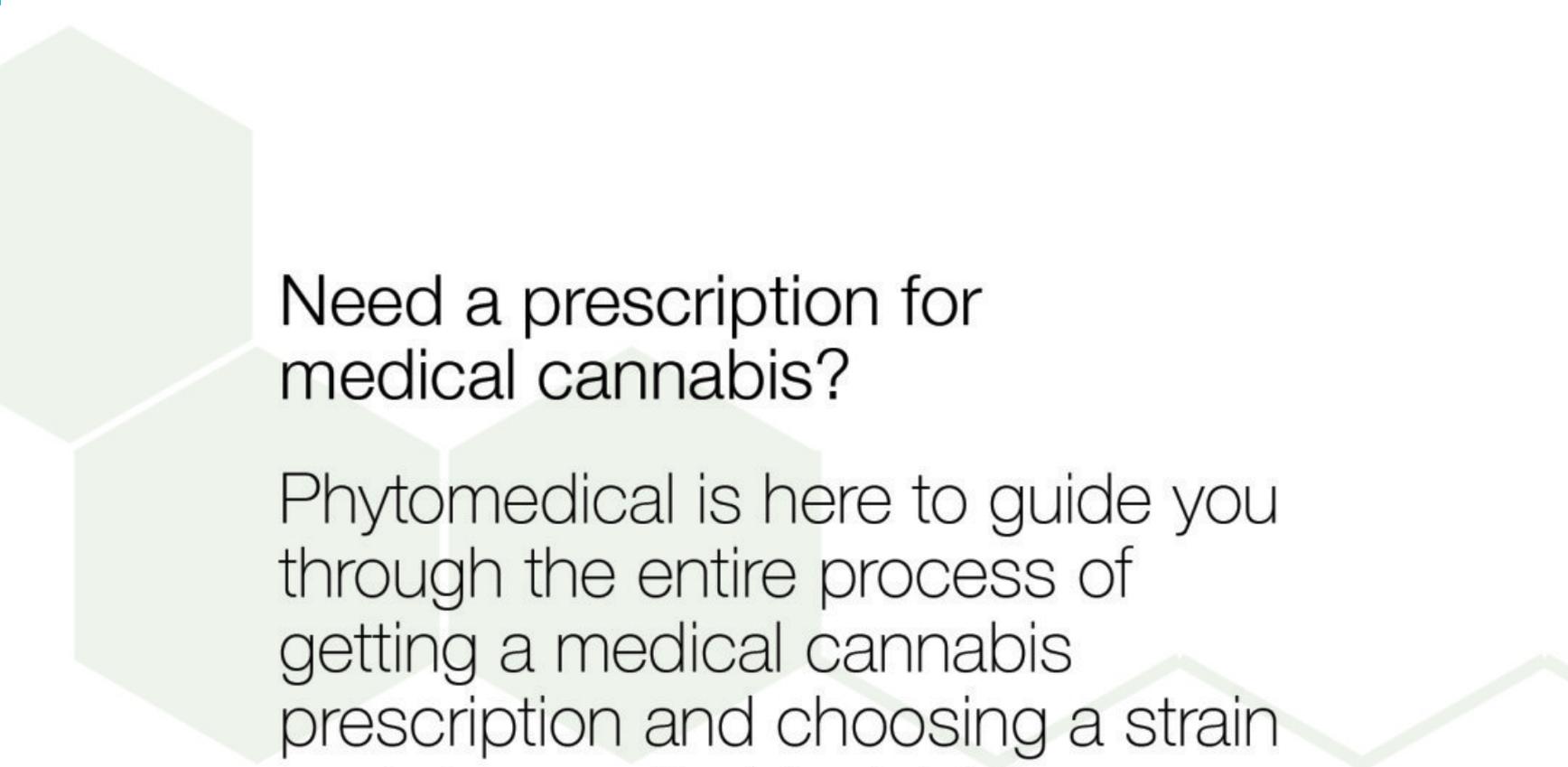
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## **Toronto's Rotman School of Management Chooses Strainprint™ Technologies for its 2018 Capstone Course Study**

Strainprint™ Technologies Ltd, the leader in cannabis data and analytics is pleased to announce that the University of Toronto's Rotman School of Management has chosen Strainprint as one of the subjects of its 2018 Capstone case study. The Rotman Capstone Case study is a requirement for all full-time graduate MBA students. It is a case-based problem solving course where students work in teams to address real problems that real companies are currently facing.

In a world that increasingly relies on "Big Data", today's business leaders must be able to analyze and understand data. The 2018 Capstone students were tasked this year with analyzing Strainprint's industry-leading patient outcomes data and product positioning in order to identify North American market expansion strategies, amongst other things. Over 94 students were divided into 16 teams that dissected Strainprint's data and business model over 6 weeks and presented their

findings to the Strainprint executive team on Friday Nov 30th in front of their professors and their peers.

In another first, the students were also the very first group to leverage the newly launched Strainprint Community, a secure online discussion platform that provides education and support for the cannabis community. Previous Capstone studies have focused on corporate leaders like Labatt, Bank of Montreal, Proctor & Gamble, Coca Cola and Cineplex.

"This is a pivotal and historical moment for our institution as it's the first time our students have worked with a cannabis organization in any capacity," said Tabitha Fritz, Capstone Course Manager of the Rotman School of Business. "We're proud to join the growing number of respected post-secondary institutions across the country providing additional research for the industry, thus improving cannabis business intelligence throughout Canada and beyond."

Built by patients for patients, Strainprint launched in 2017 with a free medical cannabis journaling app for patients. Today, the app powers Strainprint Analytics, which provides anonymized, crowd-sourced business support and treatment guidance to licensed producers, clinics & physicians, pharmacies, researchers, government, and the entire cannabis industry. With more than 950,000 anonymous patient interactions and over 40 million data points, Strainprint Analytics is the leading source of scientifically-gathered observational medical cannabis data in the world.

"We are so incredibly honoured to be one of the subjects of the 2018 Rotman Capstone case study and we don't take lightly that we are the first cannabis company to be chosen. Working with such a renowned institution solidifies not only the importance of our leading medical cannabis research, but also the legitimization of our business and industry objectives," said Strainprint President & CTO, David Berg.



## About Strainprint™

Founded in Toronto in 2016, Strainprint™ Technologies Ltd. is the leading demand-side cannabis data and analytics company. With the world's largest longitudinal, observational data-set of its kind and a mission to advance the scientific understanding of cannabis and its legitimization as a mainstream therapy, Strainprint helps medical cannabis patients and doctors to use cannabis in the most effective and responsible way possible. The Strainprint™ data platform supports global cannabis research and provides advanced business intelligence and treatment guidance to producers, retailers, medical practitioners, pharmacies, government and industry. Strainprint is HIPAA, PIPEDA and PHIPA privacy compliant, military-grade encrypted and all patient data is completely anonymized and at rest in Canada. Strainprint can be seamlessly embedded or integrated with most electronic medical records (EMR), point of sale (POS) and seed2sale software systems. Strainprint Analytics is accessed by customer subscription. The Strainprint App is free to patients and can be downloaded from both the iOS App Store and



**Rotman School of Management**  
**UNIVERSITY OF TORONTO**

GooglePlay Store. Strainprint was created by patients for patients, to learn more of the genesis of the app have a look at Steph's Story or visit us at [www.strainprint.ca](http://www.strainprint.ca), facebook, twitter, or linkedin.

## About The Rotman School of Management

The Rotman School of Management is part of the University of Toronto, a global centre of research and academic excellence at the heart of Canada's multicultural commercial capital. Rotman is a catalyst for transformative learning, insights and public engagement, bringing together diverse views and initiatives around a defining purpose: to create value for business and society. For more information, visit [www.rotman.utoronto.ca](http://www.rotman.utoronto.ca).

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meets  
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maple.**

What's the best way  
to finish to a meal?  
With a Panaforte  
and a glass of  
Coureur des Bois  
with good company  
and a fire.



**HIGH! CANADA  
MAGAZINE**

*By Miss Linotte*

**MISS LINOTTE'S**

**HOLIDAY DELIGHTS**

## PANFORTE WITH MAPLE FLAKE

### INGREDIENTS:

- 100g dark chocolate 70% chopped coarsely
- 125 ml maple syrup
- 60 ml *de Coureur des bois* (or any maple cream liquor)
- One lemon zest finely grated
- 250 ml mixed nuts roasted roughly chopped
- 500 ml almond flour
- 30 ml cacao powder
- 5 ml grounded nutmeg
- 5 ml grounded cinnamon
- 125 ml maple flake
- 300 mg distillate
- Preheat oven at 160C (325F)
- Grease a spring form pan of 20cm (8po) of diameter

### INSTRUCTIONS:

- Melt the chocolate in a bain-marie
- In a pot bring to a boil the maple syrup, *le Coureur des bois* and the lemon zest
- Let it boil 1 minute, add the distillate
- In a big bowl, mix nuts, almond flour, cacao powder and spices
- Pour the hot syrup and mix until homogeneous consistency
- Incorporate the melted chocolate
- Pour the dough in the pan
- Sprinkle the maple flake
- Bake 35 minute at 325F
- Let it cool down before serving

# LifeStylish

#perfectclouds



# FROSTED BALLS LOLLINUT

## INGREDIENTS:

- 250 ml almond flour
- 60 ml quick cook oatmeal
- 30 ml grounded flaxseed
- 15 ml maca powder
- 30 ml natural almond butter
- 30 ml maple syrup
- 300 mg distillate
- 15 ml water
- 125 ml white chocolate
- 125 ml unsweet shredded coconut
- 12 lollipop sticks

## INSTRUCTIONS:

- In a bowl mix all ingredients except the chocolate and the coconut
- Shape 12 balls
- Insert the stick firmly
- Let it sit 15 minutes in the cooler
- Melt the chocolate in a bain-marie
- Dip each ball in chocolate, than roll it in the coconut



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# TURTLENUTS COOKIES

## INGREDIENTS:

- 125 ml sugar
- 125 ml milk
- 60 ml coconut thc oil
- 1 egg
- 5 ml vanilla pure extract
- 250 ml dark chocolate in pieces
- 375 ml spelt flour
- 125 ml cacao powder
- 5 ml magic powder
- 250 ml pecans nuts chopped
- 20 soft caramel rectangles cuts in half or 40 square soft caramel

## INSTRUCTIONS:

- Heat oven at 350F
- In a bowl, whip sugar, milk, oil, egg and vanilla with a fork
- Melt chocolate in a bain-marie
- Incorporate the melted chocolate in the preparation
- In another bowl mix flour, cacao and the magic powder
- Integrate the dry mix with the humid ingredients to obtain a homogenous dough
- Make 40 small balls and roll them in the nuts (around)
- Insert one caramel in the middle of each ball
- Bake 15 minutest



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MAGAZINE

*By Miss Linotte*

Miss Linotte is an autodidact cook with backgrounds in the catering business. Combining her 2 passions, food and THC, she makes fun and tasty edibles using her 2 fetish ingredients maple syrup and nuts.



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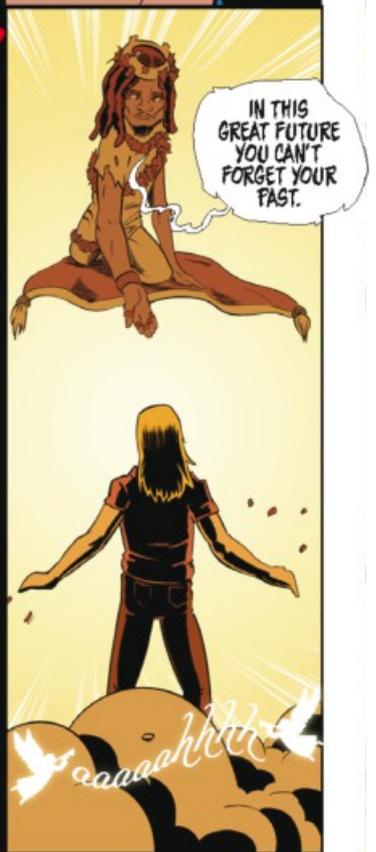
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# MOTHER MARY COME TO ME! DEBUNKING THE MYTH OF THE LAZY STONER

**M**others Mary is excited to announce their #Cannabismyths campaign. They've asked some amazing influencers to address common stereotypes that surround cannabis. Together with @microdosingmama, @thecannahousewife, @TheMommyJane, @CannaWrite, @CannabisinfusedMotherhood, and @MeloMomentz, they truly believe that their voices are stronger and louder together. We agree wholeheartedly! Let's change the conversations and break these stigmas.

Submissions from all influencers can be found at [www.mothersmary.com](http://www.mothersmary.com) and [www.facebook.com/MothersMaryHQ](http://www.facebook.com/MothersMaryHQ)

Here is my own submission - debunking the lazy stoner stereotype. In the past, having a then-undiagnosed chronic illness, I have often had bad days, days where I didn't feel well, days where I didn't do much of anything at all. It was very easy for almost everyone in my life to blame my 'cannabis addiction'. If I needed a nap, 'it was the pot'. If my stomach was upset, 'it was the pot'.

***Everyone wanted to blame "the pot."***

One cold night in March of 2015 I suffered 3 major seizures in my sleep and suddenly I had a medical condition people couldn't deny, yet they still blamed 'my pot addiction' one Dr had even tried to

# HIGH! CANADA MAGAZINE

*Women  
in Weed*



convince me that cannabis use caused seizures. Then, on my third trial of anti-convulsant medications and 2 full yrs later I noticed I was feeling worse day by day. My symptoms had increased and were now lasting longer than in previous years. I was determined to not be labelled disabled. I started to work with **High! Canada Magazine** and when I could, I pushed through the best way I knew how. I turned to cannabis and art to self-heal my mind and body.

It was when I began to make connections within the **Tyendinaga Mohawk Territory** cannabis community that my life really changed. The more I worked in the community the more products and THC I consumed. The more I consumed the better I felt. My symptoms decreased I slowly began to wean off of my prescriptions and my quality of life increased three fold. Its been a full year now and I have helped to organize a cup, been to 7 Cannabis Conventions and have travelled from Montreal to Calgary representing the passion behind the cannabis industry, I have written several published articles and I have even created my own line of cannabis jewellery that I have showcased at 2 of the conventions.

The people that looked down on me and blamed 'my pot addiction' comment often that they are

proud of the success I have made and a lot of them now come to me for advice and education. I am even told I look great now and people want to know my secrets..... They aren't my secrets. It's cannabis.

**The facts are that cannabis improves my life.**

It allows me to heal while functioning.

I know first hand that the world can suck. That Doesn't mean we can't make the best out of it.

**Smile share and educate today.**

Be Melo live your best life.

You never know whose life you're going to change.....



HIGH! CANADA  
MAGAZINE

*By Mel Wilhelm*



# THE CANNADIAN LIFE.

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Having a deep passion for growing top-notch craft cannabis it felt natural to fall in love with solvent free, small batch extractions. **RosinStar** has a straight forward mission and that is to represent cannabis extracts in raw natural forms that celebrate their true natural flavors.

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Attention to detail is important to **RosinStar** as they source the best cannabis followed by their chemical-free extraction process has consistently and reliably produced the quality expected by connoisseurs.

Placing 1st in the solventless category at Karma Cup 2018 must have been a great validation of the dedication, passion and love for the art of creating the finest cannabis extracts for The **RosinStar** team.

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HIGH! CANADA  
MAGAZINE

By *Cy Williams*

5 / 5 ★★★★★  
REVIEW

HIGH CANADA  
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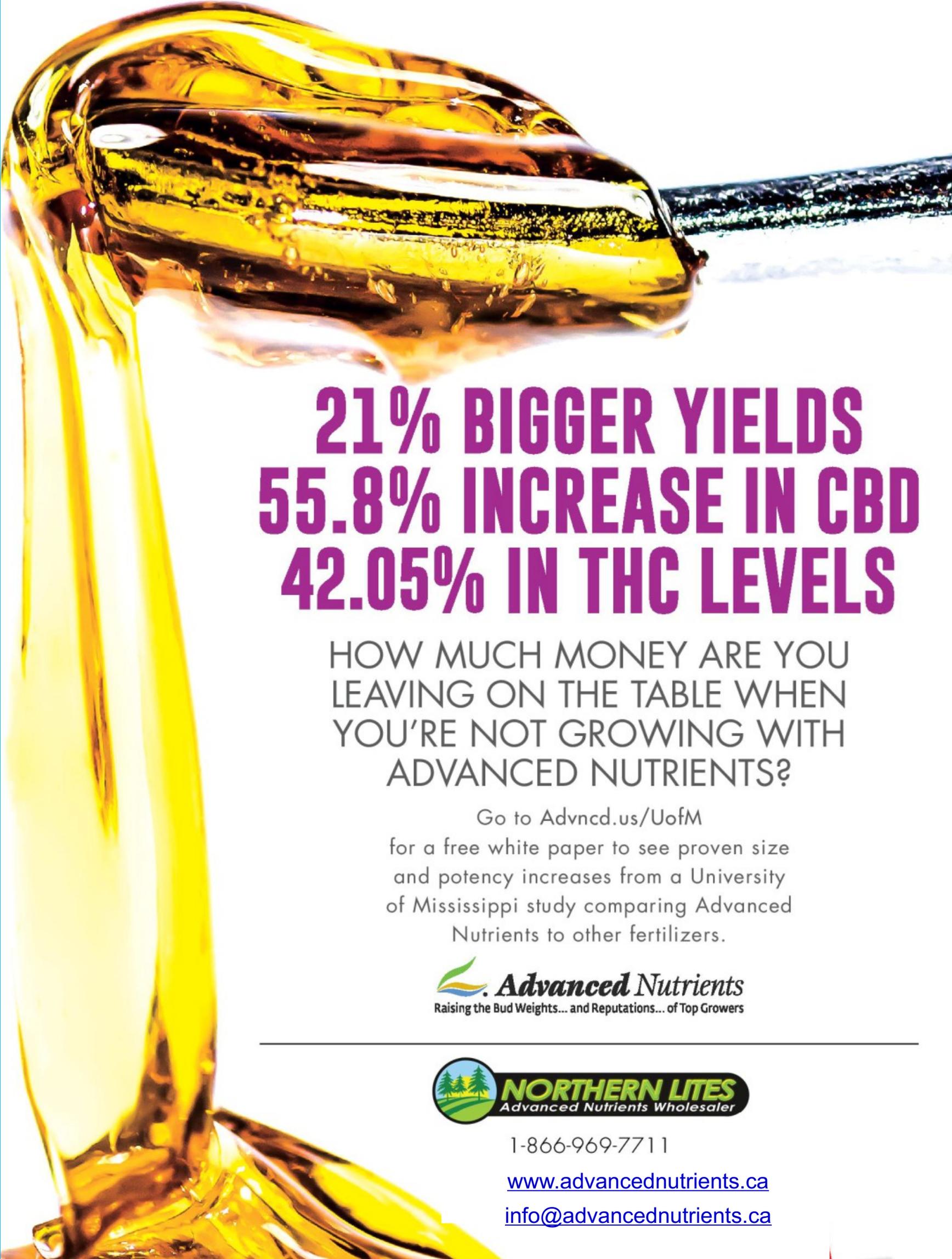
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