



OCTOBER 2017
ISSUE #24

INSIDE
CANNABIS IN
COMMUNITY
WITH



HIGH! CANADA MAGAZINE



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For general inquiries regarding content:

editor@highcanada.net

For inquiries to our graphic design department:

creative@highcanada.net

or for display advertising rates and co-ordination:

advertising@highcanada.net



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Photo/edit: Shaun Smith of Ryt Photography.

IG: @RytPhotography @420Series

www.facebook.com/RytPhotography

Cy Williams
Publisher/Editor

Evanghelia K
Contributor

H.K. Abell
Contributor

Danielle Hogan
Contributor

Phil Wong
Contributor

Colin Bambury
Contributor

Janine Morra
Contributor

Sarah Samedi
Contributor

James Longshore
Contributor

Dick Phillips
Advertising Inquiries
email: advertising@highcanada.net

Kelly Gibson
Contributor

Bruce Ryan
Contributor



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Published by Cy Williams Design
@cyriljwilliams on Twitter
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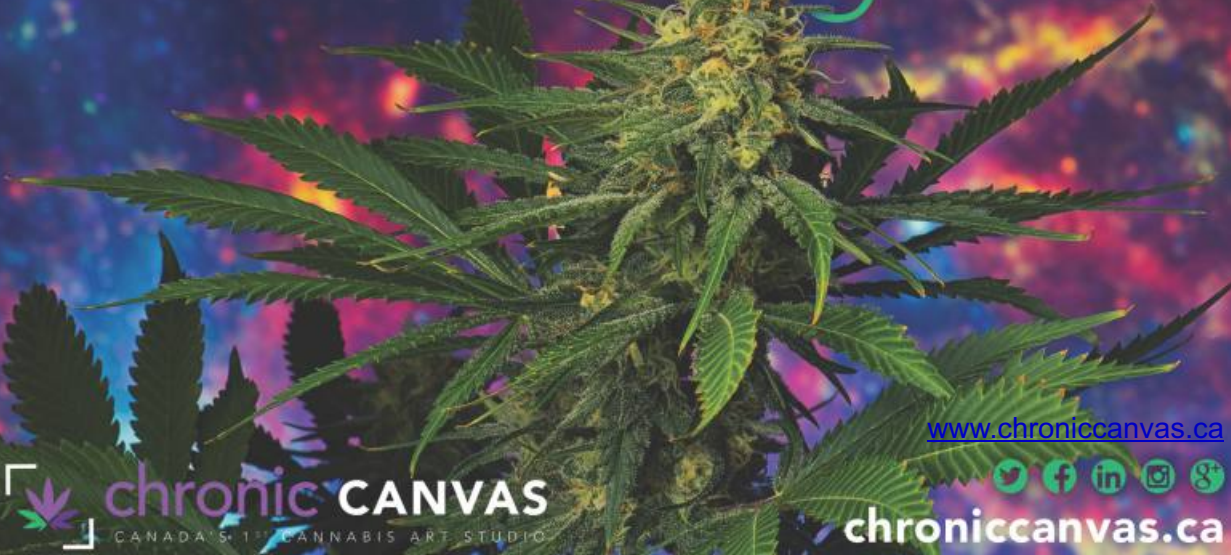
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I had mentioned this last month but I will again - Fall is about getting out there, getting active and getting involved. For us this means Cannabis related trade shows and we have already had some of the best in the Canada over the last few months. From Toronto's **the Karma Cup** in September to **the very excellent Hempfest** in Calgary in late September to the very VERY successful **Grow Up Conference and Expo** that was held in Niagara Falls at the beginning of October

Next up Cannabis takes to the nation's capital when the Lift Cannabis and Hemp Expo hits Ottawa on Oct 28th - 29th and Winnipeg's first ever **Hempfest** takes place on November 4th and 5th. Not to mention **Connect with Cannabis Conference** in Halifax the same weekend

There are literally a slew of informative and educational events across Canada this fall so make sure you get out there and check them out.

Want to see your event featured in High! Canada Magazine? email editor@highcanada.net for details

Stay lifted!

~ Editor ~

CANADIAN CANNABIS INDUSTRY INFORMATION EDUCATION & ENTERTAINMENT



"The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open.

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By Colin Bambury



Cannabis & Appetite

We've all heard of the "Munchies" - the stoner stereotype that puts every cannabis consumer on the couch, scarfing down a box of cookies because of an uncontrollable and insatiable hunger. Well, there may be some truth to that. In this article I explore the science behind cannabis and appetite. I also explain the medical and practical applications of this information for patients, athletes and top-level performers.

The Science

Cannabis undoubtedly affects the appetite in most users at some point after consuming. Before understanding this, we first need to understand the endocannabinoid system, and more specifically, the CB1 receptor.

The "endocannabinoid system" is found within mammals and allows our body to naturally produce and receive cannabinoids. The system is involved in a variety of physiological processes including pain-sensation,

mood, memory and appetite. It is also involved in voluntary exercise and may be related to the evolution of "runner's high" in humans.

The CB1 receptor helps maintain homeostasis in a healthy body. Recent studies have shown that CB1 can also stimulate and suppress appetite. When activated by cannabinoids such as THC, CB1 prompts the release of hunger-promoting hormones. These receptors mingle with specific neurons in the brain known as POMC (pro-opiomelanocortin) that are located in the hypothalamus. These neurons ultimately control appetite stimulation, as well as other instincts like sexual arousal and alertness. When marijuana is consumed it actually flips the "appetite switch" in the brain.

Physical and mental illnesses, medication, emotions and pregnancy can all result in decreased appetite. Lack of appetite is a common symptom associated with cancer and chemotherapy. Some patients are turning to

medical marijuana for relief. THC is known to stimulate the appetite most effectively and abundantly.

CBD is also proven to be beneficial. It is a neuroprotectant and antioxidant that calms the body's nervous system. This aids those suffering from loss of appetite by slowing down firing signals and calming the digestive tract. CBD has also found to be anti-nausea. Nausea and vomiting can lead to decreased appetite and weight loss. These symptoms can be treated and prevented with high-CBD cannabis strains or extracts.

THCV, or tetrahydrocannabivarin, is a special cannabinoid that has unique effects on the human appetite. It is similar to THC in molecular structure and psychoactive properties, but offers a variety of different effects. It actually acts as an appetite suppressant. In contrast to THC, THCV seems to dull hunger. This may be good for users focused on weight loss, but should be avoided by those treating anorexia or appetite loss. It may also help with diabetes by regulating blood sugar levels and reducing insulin resistance. This cannabinoid is often only found in trace amounts. THCV offers a unique opportunity for cannabis companies to create "weight loss" products in the future.

The terpene Humulene (also found in hops, sage and ginseng) acts as an appetite suppressant according to some studies. It is also a powerful anti-inflammatory agent and an analgesic. This terpene can commonly be found in strains like Girl Scout Cookies, Headband and White Widow.

Applications for Athletes

Athletes are often under pressure to be at a certain weight for some sports. Mixed martial artists and wrestlers usually have to cut weight for competitions. Other sports like gymnastics, diving, or figure skating have similar weight restrictions. This can be painful and unhealthy in extreme cases. Athletes should ideally not attempt to lose more than 2 pounds per week. Cannabis strains and extracts high in THCV and Humulene can help suppress appetite, which makes it less of a struggle to lose weight. Aesthetic bodybuilders and those trying to lose weight for health reasons may also find benefits in cannabinoids and terpenes.

Competitive contact sports including football, hockey, lacrosse and rugby require athletes to gain weight and muscle. Bigger players will usually have the advantage.

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This is especially evident in positions like the linebacker and defensive tackle in football.

In the off-season, athletes are usually at the gym several days a week trying to build muscle. This intense training requires a lot of protein, fat and carbohydrates to recover. Athletes must be able to eat large quantities of food several times a day to stay healthy and reach their physical goals. THC and other cannabinoids can help stimulate their appetites and make food more appealing. Cannabis can also assist those that have a suppressed appetite in the morning or immediately after a workout.

During the sports season, athletes are usually working out at the gym, practicing several days a week and playing at a competitive level. This amount of physical exertion requires an appropriate amount of recovery. Cannabis can help athletes eat more during their busy schedules, manage pain and sleep better.

Former NFL player and current Growwise Health ambassador spoke about his experience at a Sports and Cannabis panel by saying “[cannabis] stimulates the appetite, which is another important aspect of recovery and can put you at that mental state where you are at rest”. Athletes are starting to open up

about their cannabis use as a performance enhancer and recovery tool. Hopefully national sports leagues will accept it as both a medicine and a supplement in the future.



Colin Bambury



Instagram: @colinbam
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Summary

- Cannabis can both stimulate and suppress appetite.
- When THC and other cannabinoids reach the CB1 receptor it releases hunger-promoting hormones that causes an increase in appetite.
- THCV is an appetite suppressant that dulls hunger. Only found in trace amounts.
- The terpene Humulene can also suppress appetite and is anti-inflammatory.
- Athletes that need to gain or lose weight can use cannabis to reach their goals more effectively.



By Colin Bambury

Cannabis Research A to Z

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ONTARIO BEWARE! WYNNE(R) IS COMING

by hk abell

**Mark it on your
calendars, dear readers
– September 8, 2017:
the day the Ontario
government
completely dropped
the ball**

(or selfishly picked it up and ran with it, depending on your point of view) in the legalization of cannabis.

In a press conference, it was announced that starting next year, they plan to launch 40 new cannabis outlets, run by the LCBO (Liquor Control Board of Ontario), with a goal of 150 locations by 2020. Independent dispensaries, operating in a legal gray area right now, have been “put on notice”, says Ontario Attorney-General Yasir Naqvi, and “will be shut down.”

The facts: Marijuana will be sold legally only at these locations, separate from alcohol, and only to those 19 years old and higher. Minors caught in possession of marijuana will not be charged criminally. You’ll only be able to smoke in private – so the pipe dream of being able to enjoy a coffee and a blunt in a café has gone in up smoke.



Well, at least it will be legal, now, you say, and yeah, I suppose. But wait, there’s more!

These new stores (nameless as of yet) plan to use the Beer Store model of sales – there will be no product on display, no buds to smell, no knowledgeable staff making recommendations based on experience, no edibles. In fact, it’s not clear exactly what these shops will be selling, but there’s no way that the current legal licensed producers will be able to supply them with the quantity of product they will need, never mind the variety that is currently available under the dispensary culture. The Ontario government plans to treat marijuana like a guilty little secret, kept locked behind closed doors. You’ll walk into an empty storefront, just like the Beer Store, and order a pack of MJ Lights or whatever they decide to call their Labatt Blue-Coors Light-Budweiser-Pabst Blue Ribbon of a watered-down brand of marijuana.

Jodie Emery of Cannabis Culture was at the press conference, and she shares my opinion that all this is going to do is drive people back to the black market, a system that has kept the police chasing their tails for years. “Legalization was supposed to be the end of criminalization,” she said, “the end of spending millions (sic) on law enforcement and courts.”

There is another aspect of this decision that troubles me as well, and that is the medicinal angle. Millions of cannabis users have legitimate medical needs, and some mass-produced, fit-for-public-consumption-as-determined-by-some-officious-provincial-bureaucrat weed is not going to cut it. People seek out new strains and find their favourites – whether it be for pain relief or anxiety, or for seizure control. Marijuana is not one plant, but only one phenotype, with millions of variations. The fact that the Ontario government is treating it like tobacco and alcohol suggests to me that they are dismissive of the plant’s medicinal value. This sets a dangerous precedent, and cannot help but influence our culture’s already skeptical view of marijuana as medicine.

Still, I suppose it opens up wonderful opportunities not only for the black market, but for First Nations communities, who, in response to the province’s decision, have already begun discussion on how to proceed, according to Grand Chief Abram Benedict of the Mohawk Council of Akwesasne near Cornwall.

"We want to be able to determine what is the best economic model of cannabis," Benedict said. "Two-thirds of our community is landlocked by the United States which poses some pretty unique challenges, [as] there's no talk in the U.S. to decriminalize it. The product itself is strictly prohibited for two-thirds of our community."

However, Akwesasne is one of two First Nations in Ontario that participates in the tobacco pilot project that allows it to collect the revenue of all tobacco manufacturing and sales on their land. The tobacco pilot project could be a model to regulate the marijuana industry too, he said. Ontario Regional Chief Isadore Day sees this as an 'unprecedented opportunity for First Nations, but also warns of 'considerable risks'.

Me, I'd love to see the return of the speak-easy model. If I had the capital, I'd open a coffee shop myself with a big back room. Suffice it to say, I will not be buying my marijuana from the LCBO. No, dear readers, I've decided to grow my own. As the legendary musician and marijuana activist Willie Nelson said, marijuana is not a drug – it's a plant and a flower.

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A LOOK AT CANADA'S 'OTHER' GROWTH INDUSTRY

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High Canada Magazine has had the opportunity to travel across Canada these past few years and really get a feel for the Canadian cannabis using community. We have met every very type of person you could possibly imagine. Academics, medical professional, engineers, lawyers, social advocates, musicians, comedians, athletes - both professional and amateur as well as all possible types of entrepreneurs and business people.

What we have learned is that no matter where people are located in the country - from Sault Saint Marie to Saskatoon and from Stellarton to Gatineau - when people consume cannabis they will find a way no matter what to get good quality cannabis and cannabis based products.

If fact up until recently, finding a good cannabis connection and fostering a personal relationship with

your cannabis provider to ensure consistent supply was how most people purchased their green. Over the last few years in the big cities across Canada, we saw a huge jump in the number of storefront dispensaries open for business in a number of Canadian Cities - allowing unprecedented access to cannabis - for both medicinal and recreation purposes. This was all well and good if you lived in or even near one of the large urban centres like Vancouver or Toronto. If you lived in British Columbia - we have found that most residents are connected to top quality BC bud through generations of growers and communities built around the growing industry.

Then there are the rest of Canadians - living in rural Canada. A number of these people have gone and will go and set up accounts and order from any one of a number of Licensed Producers scattered sparingly across the

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There is also a sizable portion of our population comprised of people who have been buying black market cannabis all along and they will always support their favorite Canadian Craft Growers.

These are usually fiercely proud Canadians who are legitimately exercising their right to choose what they consume and who produces what they consume. This is a group keenly interested in organically grown cannabis, very aware and concerned about issues like pesticides and light recipes and terpenes and CBD to THC ratio and they feel that the Licenced Producers are not serving their best interest.

An enormous number of these individuals in rural centres have already turned to reputable cannabis based mail order to efficiently and effectively take care of their own cannabis related needs. Over the last few years a few companies have really caught our eye.

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Buddies Canada has been growing at lightning speed over the last year and has quickly become one of the biggest 'go to' online shops around. They have an excellent selection and contests and their overall marketing and customer service is excellent. Check out www.buddiescanada.ca for more details.

Top Leaf Canada is at the top of its game and continually setting the bar higher and higher with both quality and superior product. Recent 1st place winners of the recent High Times Cannabis Cup for Sativa Flower for their Sweet Jesus strain. Look them up at www.TopLeaf.ca

With companies like these three offering, great customer service and a opportunity to access some of the best Canadian Craft cannabis and cannabis based products around - its not hard to see why people are turning to reputable and professional online resources more often. Ease of use, selection, consistency and discretion are the keywords in this new digital landscape and it should be interesting to see how it evolves.

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TALKS TO JAY ANTHONY

Co-Founder
TOP LEAF
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How did you guys start in the industry?

It all started as a dream in our younger days, and then came the idea, and what followed next was action and execution. We knew we wanted to be a major part of the industry and we knew we wanted to do it right. Our group all shares one common trait that we are all healers who want to help. We all share a passion for helping others whether that's health, wealth, or, just some real advice; we genuinely care about people and their well-being. Once the decision was made, we knew we had to all uproot our lives and move out west to the mecca of the cannabis industry.

What's going on out West in the craft industry?

Lots! Everywhere you look in this industry people are moving forward. What we are seeing now is the branding of products, quality dispensary models, new regulations; some people are holding their breath and some are fighting for the craft community's stake in what the government is calling "legalization". We are seeing the craft community starting to stabilize and realize this is a real business and certain things must be done to guarantee public safety and quality control. We are also seeing the creation of many new products hitting the market, which is great! If you have a good cannabis idea now is the time to be putting in the work to get it off the ground and to start creating a brand name and a product value.

What's new? We have been hearing wonderful things about the StellerJ's pre rolls.

Everyday is a new day for us here at TopLeaf and we're always looking for more ways to create a solid online community that people can trust. For us it has always been about quality, consistency, and safe products offered at a fair price. We are always trying to raise the bar with new products and our online member experience. We have won 5 cannabis cups this year alone, including the High Times magazine cannabis cup for best sativa. We are looking forward to our new blog coming soon and the new products lined up for our members this holiday season. We are super pumped about a new line called StellerJ's. They're an awesome company that has proudly produced Canada's first pre-rolled joints in a cool looking pack with either 3 or 6 in a box. StellerJ's also offers a vape pen that has been tested and retested until they found the best un-cut honey oil that is perfect for vaping. The vape is perfect daytime or nighttime as it has a pleasant smell that is inconspicuous and smells subtly like pine. It's also a great option for patients who like to control the level they are consuming. They are coming out with additional flavors and CBD options soon.

Look out for the rolling papers StellerJ's has coming out too!

How are you guys prepping for July 2018?

All we can do for now is prepare for what is to come. We support our cannabis advocates and trust in them to be the voice we need; filling out necessary forms when needed and building companies that are transparent with their motives. Show the government through example what legalization can and should look like. We are set up just like any other company you see out there doing business. We strongly believe that the craft community needs to come together and put forth a proper system on paper to show the government just how we want this to work and how it will work best for everyone in the industry. The government fails to realize this industry has a culture

attached to it; it cannot be looked at as a simple model to be replaced. With decisions being made, they must communicate with the community that has built it in the first place and proceed accordingly.

What do you think the market will look like after that, and how do you think it will impact the future of craft cannabis?

What we would like to see is a fair playing field for the industry. We want the government to regulate fairly, tax fairly and simply move out of the way and let the industry flourish. Looking at the numbers legalization can't happen without the craft community. The government LP's are unable to supply all of Canada's cannabis demand. They're asking for something they cannot even manage, not to mention, their



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quality of products that are below standard compared to craft standards. Ontario has already come forward hastily to claim a market and be in complete control of selling and who can grow, in a very greedy, conflict of interest fashion. This is a spit in the face to the cannabis community out East. All Canadian's deserve to have people who know, love, and understand cannabis running some form of business in Ontario.

We hope to see, one day soon, dispensaries with fun and creative storefronts on popular streets, in community shopping centers, and, being accepted just as any other business in Canada. There is no reason that this healing medicinal plant should be ripped out of the hands of patient caring growers, then blown out in huge facilities, irradiated, and sold back to us by the government, giving consumers and patients no choice. As with any industry we are going to

see a flood of brands and businesses at first, mostly people trying to cash in not realizing the amount of hard work and dedication it takes to stay a float. There is so much involved in running a good quality dispensary or website. We must keep in mind that this is an industry made by the people, for the people. At the end of the day we want to see happy customers that have access to safe, quality products that help them heal and having the freedom to live their lives as they see fit.





Locations

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160 Baldwin Street unit 108c
Toronto Ontario
M5T 3K7

Cafe66
66 Fort York Blvd
ON M5V 4A6

5 Bruyeres Mews
Toronto Ontario
M5V 0G8

inquiries contact info.cobraCanada@gmail.com



CANNABIS
AT WORK



WOMAN IN WEED

Talking to Alison McMahon, CPHR, BHRLR Founder & CEO of Cannabis At Work

What led you into a career within the Canadian cannabis industry?

About two years ago I started seeing news about cannabis legalization, mostly in the US, and rumours that it could happen in Canada. I was intrigued and started to read as much as I could and watched every documentary I could get my hands on. The more I learned, the more I was fascinated. The medical potential of this plant is inspiring and the business opportunity is massive. I wanted to participate in the industry. I realized that I could use my background in HR and business to address workplace impairment and other HR issues in the sector. In the fall of 2015, I was winding down a technology company that I had run for two years prior. I was looking for my next project, so the timing was perfect and I began to direct my energy towards cannabis. I had started two businesses prior to Cannabis At Work, so I had the skill set to put an idea out into the world and the experience to gauge if anyone cared enough to buy our products or services. We had momentum from day one and the continued traction allowed us to launch our staffing services in the spring of 2017. It's been a wild ride!

Did you encounter any challenges or adversity to adopting a full time role in the expanding Canadian cannabis market and if so what did you do to overcome them and successfully move forward?

I think I experienced the same adversity that every entrepreneur goes through, male or female. Starting a business from the ground up is hard work. You have to be willing to follow your intuition and step into unknown territory. When we opened ticket sales for our first workplace impairment conference in 2016 I was sick to my stomach. I was worried no one would care about the conference and no one would come. I knew it wasn't rational but I was still scared. Then ticket sales started rolling in, as I expected they would, and in the end it was a sold out event. It's not always easy but I've learnt to push past the fear.

What projects are you working on now. Can you run us through an average day for you?

Oh my gosh. Projects. They feel endless. The staffing side of our business has been growing since we launched this service in spring 2017. On a daily basis I am managing

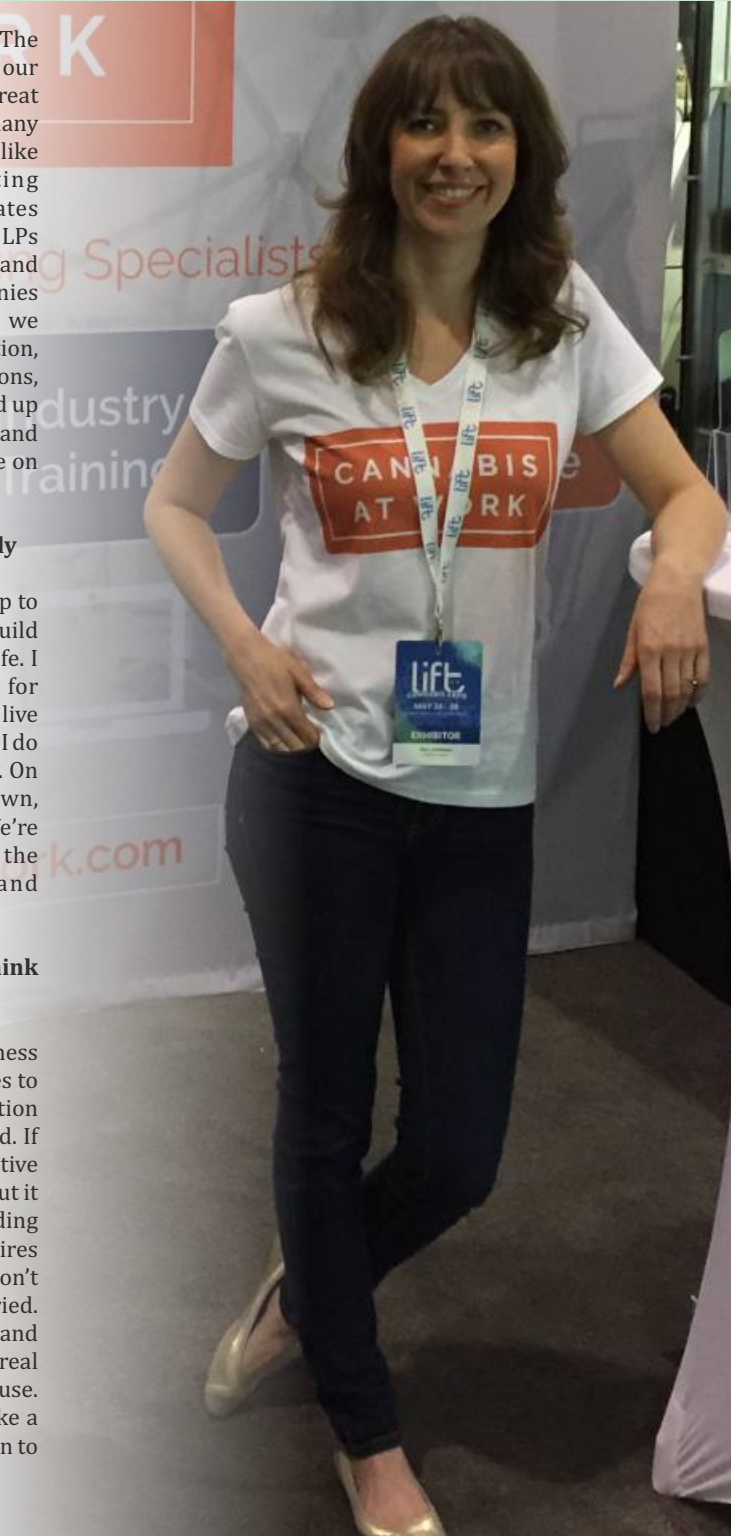
recruiters in Edmonton, Toronto and Vancouver. The recruiting is really fun because we learn a lot about our client's operations and are tasked with finding great people to help them grow. We get to meet so many interesting and smart people. In a way we are like matchmakers. We take our role of facilitating relationships between our clients and candidates seriously. In addition to staffing, we are also helping LPs and LP applicants build out their HR programs and policies. It's an amazing experience to help companies build their business from the ground up. Lastly, we continue to educate employers on cannabis legalization, how to manage employees with cannabis prescriptions, and Drug & Alcohol Policy advising. We just wrapped up a conference in Calgary and we will be in Winnipeg and Mississauga in Nov 2017. Edmonton and Regina are on the books for early 2018.

Plans for the future - personally and professionally

I am personally looking forward to an upcoming trip to Nicaragua. Life is short and for me it's important to build in travel and not wait until I'm 'retired' to live my life. I lost my Mom recently and I watched her wait for retirement only to be too sick to enjoy it. I refuse to live life that way. Also, I'm lucky because I truly love what I do and I'm pumped to work on my business every day. On the business side we are putting our heads down, focusing on what we do best, and riding the wave. We're excited about the regulated retail market and the opportunities it will bring for businesses and consumers.

Last question - what are three things that you think everyone should be doing?

There are three things I think all women in business should be doing. However, I'm quite sure this applies to men too. Stop listening to fear. Listen to your intuition and put your idea, product or service into the world. If you get constructive feedback - use it. If you get negative feedback - listen and pivot. Fear can hold you back but it can't kill you. Hustle. I know it sounds cliché but building a business is a tremendous amount of work. It requires long hours, weekends, travel and a bit of craziness. Don't complain you haven't made it until you've really tried. Lastly, stop playing the woman card. I know women and other minorities face barriers in business - it's a real thing. But I see a lot of women using gender as an excuse. If I'm the only lady in a room of men, I don't feel like a victim. I own it - because I know ALL the work I put in to get there. If I can do it, so can you.





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Starts Saturday October 28, 2017 at 10:00 AM EDT

Ends Sunday October 29, 2017 at 5:00 PM EDT

Ottawa Shaw Centre – Ottawa



Ottawa
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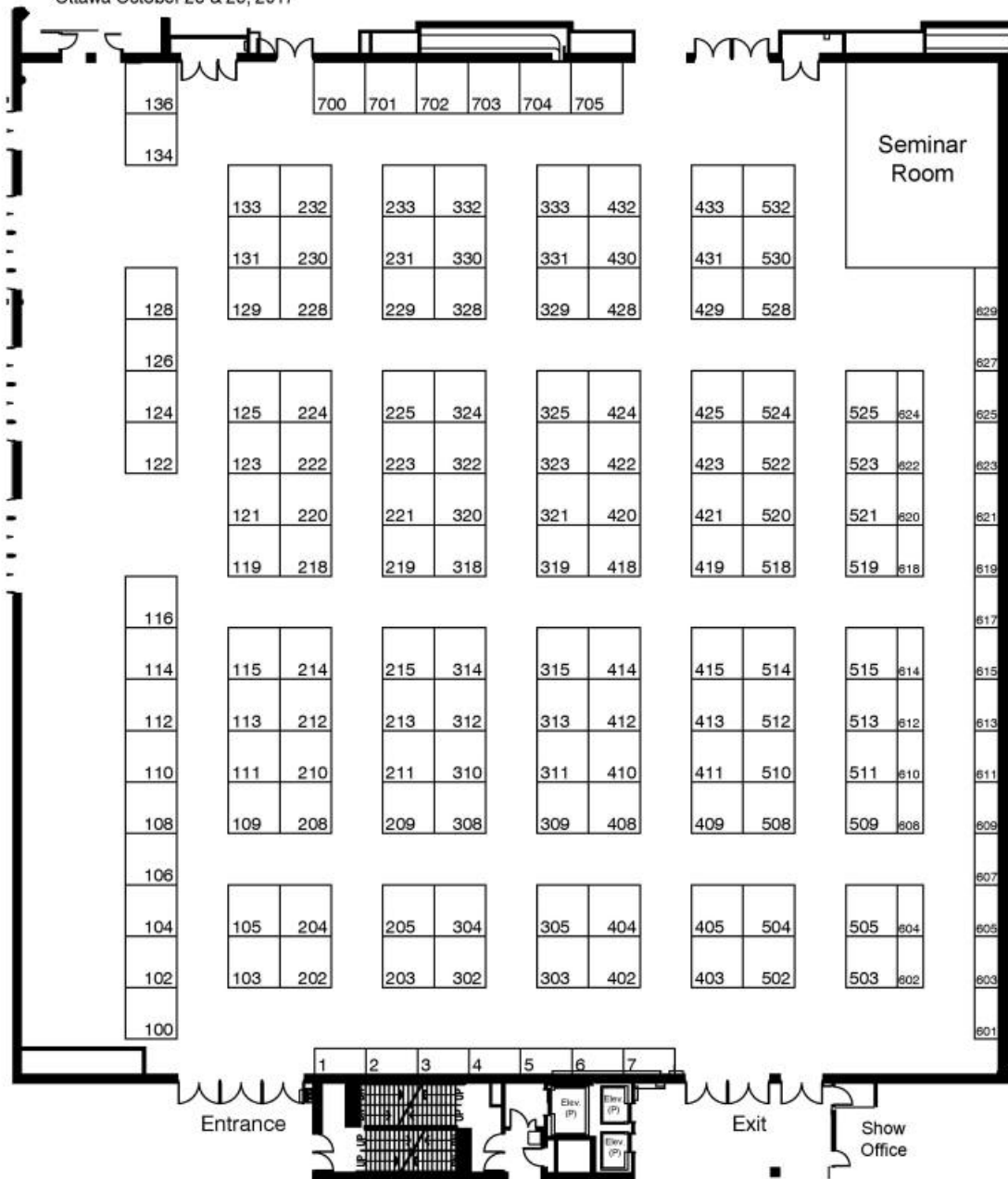


Ottawa October 28 & 29, 2017

Saturday October 28th, 2017 @ 10:00 AM EDT

Ottawa Cannabis & Hemp Expo

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OTTAWA CANNABIS & HEMP EXPO 2017

Company

Booth #

Abcann Medicinals Inc	209
Aurora Cannabis Inc.	219
Canadian Cannabis Clinics	607
Canadian Medical Cannabis Council	105 Block
Cannabis Compliance Inc.	305 Block
Cannascribe	213/215
CBD Strategy Group	Seminar
CDN GRN	211
Friday Night Inc.	617
Green Crush Podcast - Alan Park	Seminar
HempMed Canada	214
Lift	205 Block
Maricann	525
MedReleaf	312
Medtainer Canada/Green Planet Store Ltd.	419
Millennium Soils Coir	308
O2 Insurance Services	102
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Quebud Inc.	414
Redfern Ent.	403/502
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Vertafort Organic Nutrients	106



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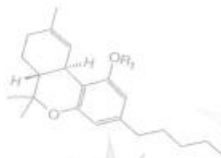
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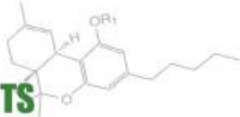


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HIGH! CANADA MAGAZINE



THE 2017 KARMA CUP... HEAVEN AND THE NORML CANADA CONFERENCE... REALITY

By Janine Morra

HOW MUCH FUN CAN YOU HAVE IN A WEEKEND?

The Karma Cup was started in 2013 by Sarah Sunday, aimed to create a Cannabis-Positive space for growers, producers, business owners, industry experts and their fans to congregate and judge the country's best cannabis and cannabis products on an even playing field. It's amazing to think in 4 years it has grown from a small and not open to the public event. To 2017, this huge weekend, a massive amount of products and the largest ticketed Cannabis event in Canada.

The Karma Cup is a three part event. It starts off as a judging competition. The judging competition is open to medical cannabis patients and is 3 weeks long. A tally book was provided for the judges to score the entries. This year the entries included: 15 Indica Flower, 8 Hybrid Flower, 5 Sativa Flower, 7 Indica Shatter, 13 Hybrid Shatter, 7 Sativa Shatter, 8 Budder & Live Res, 11 Solventless, 4 CBD Concentrates, 3 Terp Enhanced Concentrates, 32 Medibles, 13 Topicals, and 7 Concentrate Vape Pens. So people need the time and ability to be able to judge. But really there could be a lot worse ways to spend three weeks. Thanks go to the people that assembled the judging packs. That must have been quite a job packing them all. At the end of the weekend is the Awards ceremony where the winners were announced. Every time a winner was called the joy of the person(s) winning was in the air. You could literally breathe in the happiness.

The second part of the event is a vendor village. Wow what a good use for a parking lot. Instead of cars, hundreds of Cannabis lovers of all ADULT ages were able to enjoy a wonderful cannabis filled two days. The passion that was packed on Church Street was not just love of the plant but love for the community also. What kind of cannabis products

could you
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Anything
you can think
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food/edibles
everything from
freshly made cotton
candy, tons of yummy baked
goods, candies, sauces, jams, teas and different drinks.
Vegan and gluten free options were also available. Lots of
vendors had samples and you could nibble your way through
the village. Amazing Canadian cannabis, so many different
strains from all over the country. At price points that made it
easy to buy a few new ones to try out and/ or to find a
favorite and stock up. Many vendors had dabs for donations.
What a great concept a person can try a new product and feel
like they are doing something worthwhile also. Of course
there were lots of extract products to buy.....can you say
budder. There was glass pipe making right on site
showcasing this amazing art. It wasn't just tasty options
there were cannabis themed books, jewelry, tinctures,
topical products, all sorts of paraphernalia and accessories
for cannabis users.

I just wish all the politicians in this great country of ours could
have seen how hard the vendors were working that day and
to see that people can enjoy and /or medicate with cannabis
and still function perfectly fine. The problem is I think they
believe that cannabis affects people like alcohol or like
pharmaceutical opiates and we all in the cannabis industry
know that these products are not alike at all. Yes... there are
newbies who can, when faced with such an array of cannabis
products partake too much. But this is easily solved with a





seat, water, some non-edible food and in a little bit of time everything is good again. Overdo it with alcohol and your day/night is done.

The third part of the event is the NORML Canada Conference and KARMA CUP speaker series. There was a vast array of topics and panels over the two days. Some of the topics included entrepreneurship, women in business, activism, growing and producing the best cannabis. It was interesting, informative, inspiring and enlightening. OK lots of people over the weekend made reference to Ontario's new scheme at cannabis distribution and how disappointed we were. One of the best quotes I heard all weekend was, "They tried to bury us, they didn't know we were seeds". I want to thank the President of NORML Canada, John Conroy for all he has done for the cannabis community. Thankfully there are people working to eliminate civil and criminal penalties for private cannabis use and growing. A lot of talk about Project Gator and Claudia and how disproportionate these events were. The police were so heavy handed to a non-violent community that really has helped this city. The amount of people with addictions and medical problems that cannabis can aid in this city must be in thousands. Dispensaries can only help us as we fight the massive opioid crisis. Added to

that fact is the basic math that the provincial governments won't be able to supply any of the markets when legalization happens next July. There are all of the cases in the pipeline of the courts. Cannabis crusaders are fighting the absurdity of different laws, lots of talk surrounding the proposed new driving limits. Luckily it was hard to stay upset long with the amount of cannabis products being consumed, smoked, dabbled and/or vaped.

Lest you not think this is all that was going on. Of course there was a Pre-Party on the Friday night with Expert Joints broadcasting live from Vapor Central. Both nights of course the enjoyment continued with other parties going on and the continuation in the lounge at Vapor Central.. The entire weekend there were people from all over Canada having as much fun as could be had. It was hard not to think that I was right in the middle of the best city in the world. Thanks go to the amazing organizers, the incredible sponsors, enlightening speakers from the conference, and our amazing cannabis producers and sellers and of course all the people who bought tickets from all over.

The Karma Cup weekend was an event not to be missed.... It was for sure one of the highlights of the cannabis calendar this year.



To see a complete list of who won an award
at the 2016 Karma Cup go to

www.dankr.ca/2016/10/23/karma-cup-catagory-winners/



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10am to 6pm

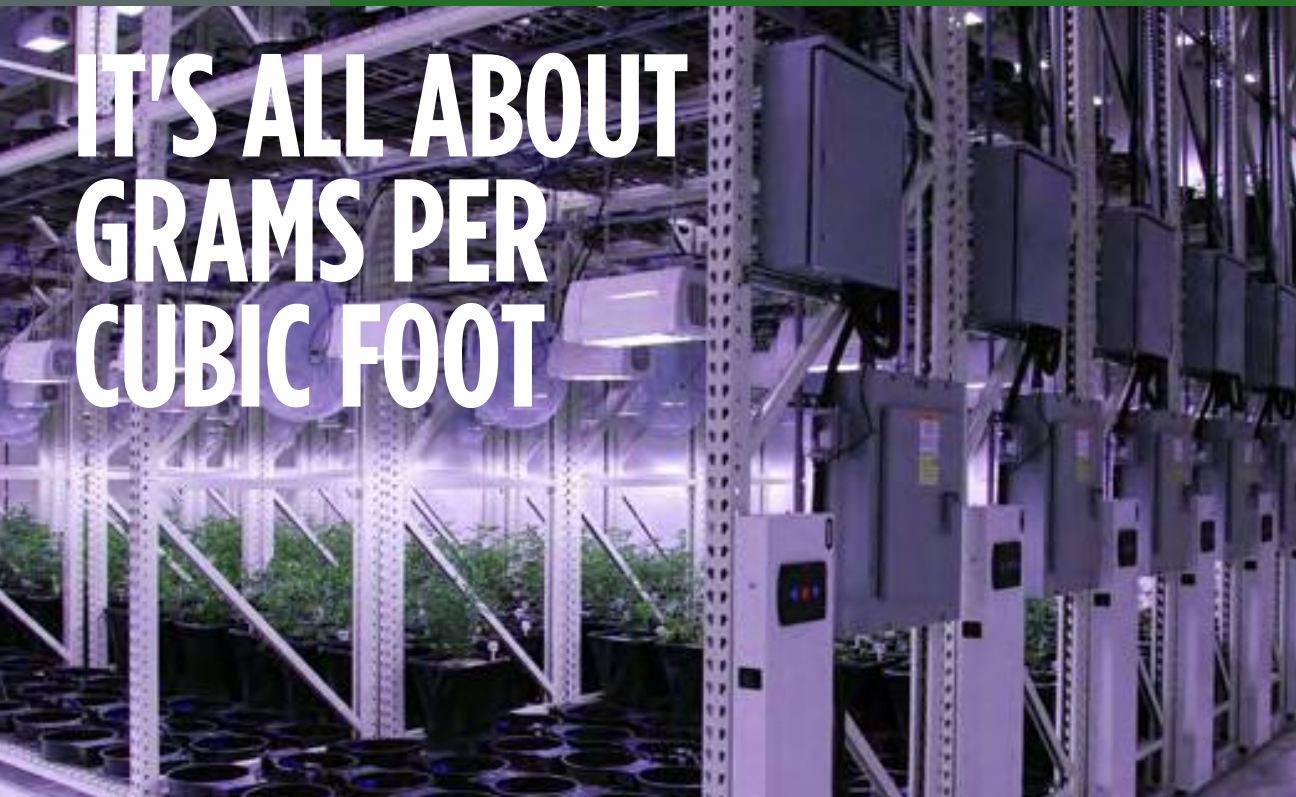
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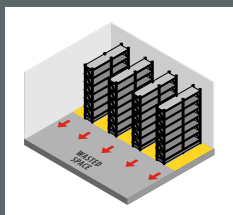
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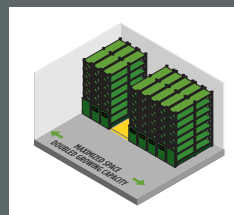
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At first glance, the Toko is slightly longer and more noticeable with the gold tip. That maybe okay for indoor use, but when you are strolling around in public, you may not want that attention. The Toko also has this 5 tap system that can be a pain sometimes, as you may not want to fidget with this on the go. Flavour and potency are excellent!

The Stellar J's are more of a standard vape pen size and with its dark finish, it is extremely stealthy, unfortunately the vape is a little bit noticeable! It has a simple inhale for 7 seconds to turn on. It has excellent flavor and potency as well! For \$25 less the Toko, I think it has more bang for the buck! It comes in a great Honey Oil flavor!

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POTENCY	5	5
FLAVOUR	5	5
OVERALL SCORE	5	3





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The first, and currently only, oil strain in the StellerJ's pen is a tasty Pink Kush that resembles the old school Honey Oil from BC. This oil is uncut, meaning that they have left in its full terpene and cannabinoid profile with the help of not using any glycerin fillers that alter the taste or chemistry, leaving the oil in its pure form. As per flavors, we've been told that we can expect to see 1-3 new strains and flavors this coming holiday season, along with their brand new rolling papers. For more information on TopLeaf visit them online at www.topleaf.ca

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HIGH! CANADA PRESENTS:

HOME GARDENING FOR THE NON-GARDENER

By Sarah Samedi With HK Abell

Welcome, friends! This is the first of a series of articles about how to homegrow. My partner HK Abell and I have embarked on our first attempt at growing our own marijuana under the advice and careful watch of experienced growers (thank goodness).

I say I've been smoking marijuana since 1995, but I've never grown it. Not even tried. The reasons were many: I have a black thumb when it comes to caring for plants. Marijuana plants (I'd heard) were fussy and needed lots of care. The smell; I didn't want to get caught. But the time has finally come around to make the attempt, since the government is cracking down on dispensaries.

I'm a stage four cancer survivor and live with well-managed type 1 bipolar disorder. When it isn't well-managed, I'm unapproachably anxious, depressed to the blackest depths, and have cycling thoughts that are incredibly unhealthy. I medicate not only for my physical health, but for my mental health. When I was diagnosed with cancer in May of 2016, I did one run of prescription anti-this and anti-that, that I was supposed to take every time I'd have chemotherapy, then decided I wanted to medicate my poisoned body with cannabis. I started paying attention to the strains and products I was putting in my body, taking CBD supplements and smoking high-THC strains to deal with pain and inflammation. I used topicals to give relief to my sore joints, and still do. I use medicated bath bombs. Cannabis is very much a part of my wellness routine.

HK and I met on an online dating app, and when we met in person, it was very obvious to both of us that our first encounter was going to lead to something serious. Over our first coffee, he asked me if I smoked marijuana, and when I answered yes, it was like meeting a kindred spirit; a soulmate. Six weeks later, we moved in together, finding out we shared plenty of interests, habits, likes and dislikes. Love, quickly and easily.

As we got to know each other, I found that HK lives with deep bouts of depression paired with crippling anxiety, and he medicates to feel better, looser, more at ease with the world. I worry when he isn't doing well, but we make sure to pick proper strains for both of us to medicate with.

When the idea came up to grow our own cannabis to maintain our wellness, HK and I were both very excited to make the attempt. We did our research: seeds, pods, an incubator, a sun light, fans, a grow tent, LED lights, fertilizer and grow food. So many things. We approached Homegrown Hydroponics to assist us, and we've come across a good relationship with lots of advice. We were sold all the materials we needed to start up. We were also preparing for a web series that will accompany the serial articles.

Seeds from Elite Kings Genetics and Royal Queen Seeds, Peat pads for when our seeds began to germinate. An incubator/barn with a 24/7 T5 sun lamp to make our

little babies grow. From here, it was time to begin. Our seeds sat for three or four days in damp, warm paper towel before germinating. We had the oven set to roughly 200f and sat the plate on the stove to keep it warm from underneath, giving heat without needing a heating pad. It was so interesting to watch these seeds darken, then watch a white line along the kernel, and then they split open to reveal a tiny little root! I'm such a proud mother. Once the roots were approximately a centimeter long, they were transplanted into peat pads that had been soaked in warm water until moist and plump.

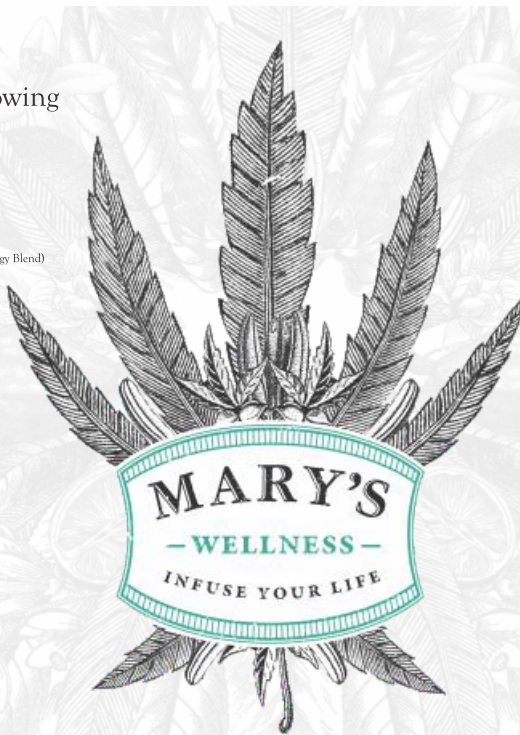


Over the next few days, we watched the seeds anxiously, waiting for a sprout or a leaf, or something. Overnight, our little ones emerged from the peat, empty kernel still clinging to baby leaves. Tending to them was easy, make sure the peat is wet but not soaking, and leave them with lots of air. Homegrown

Hydroponics gave us great advice on signs to look for as our sprouts grew. I've loved documenting their growth, too! Lots of photos and videos, as proud parents to a number of cannabis plants, our first little green family. I have to admit I've loved talking to them (plants love CO₂, which we exhale), encouraging them as best I can. In a matter of a couple of weeks, we've seen them go from seeds to seedlings, sprouts to baby plants. The serrated leaves are starting to present, giving them the look of baby marijuana.

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I've also been nervous being around them. I'm the sort of girl who can kill a cactus, so a brand-new, delicate green sprout is terrifying. I'm making sure not to overwater them, to take four or five stop-motion pictures a day as well as getting plenty of close-ups. I've done plenty of research on each strain as well, to make sure we know what we're looking for in growth habits and signs of an unhealthy plant. I've had tonnes of advice from friends who are also experienced growers, and it's very consistent: how close the lights should be to the plants so they're not using all their growing energy reaching for the light. How much water. When to transplant.

I'm looking forward to seeing how the rest of this grow plays out, and seeing the quality of the flowers we harvest. Plenty of pictures, plenty of agriculture and plenty of enthusiasm. HK and I make a good team.



Sarah Samedi

is a stage four cancer survivor, living on the grind. Advocating and educating people about the medicinal benefits of cannabis.



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SMOKE SHAMING



by Kelly Gibson

HIGH!
CANADA
MAGAZINE



By Kelly Gibson



@growgirlyyc

I use Medical Cannabis and have smoked joints predominately for the last 20 years, with very few negative side effects. I'm an advocate and have strong feelings about my rights to medicate. For the last two years, I have worked for a local Cannabis Recourse Centre and I write content for several online blogs. An executive I work with, who has little experience with Cannabis 'smoke shamed' me at a recent meeting.

There was no mention of the supposed 'health risks' during this conversation, the comments were more about how seeing women smoking joint's is not 'classy'. Like smoking Cannabis is dirty or wrong somehow. Even after considering the source, I'm still very angry. Personally, I admire anyone who takes control of their own health and is brave enough to share what they are doing with the public.

There are plenty of social media profiles that I admire and I feel the images of the ladies puffing on a blunt to be inspiring. Clearly, the average person still see's smoking as a negative behavior, the stigma in society is still very prevalent. Even within the Cannabis industry, which is where I should be safe to be myself.

It's easy for healthy people to judge and to be self-right-eous of those who use unconventional methods to control their own suffering. I could easily say that a drunk woman holding a beer is not 'classy' either and I guarantee there's no medical benefit from alcohol. Let's make this clear, there is nothing wrong with smoking Cannabis!

It is important to bring attention to the issue of 'smoke shaming' if it is going to change. Even if it means alienating myself at work for something I believe in. No one has the right to judge someone else for how they choose to medicate. I'm not doing anything wrong, it is my choice under The Canadian Charter of Rights and Freedoms.


What now? I'm standing up for myself and the other ladies on my team. We should not be made to feel bad by our own management.

I will be sharing this story and I encourage you to get online and smoke your Cannabis!

Let's start an online campaign, #SmokeShamingIsWrong. Who's with me?



By Kelly Gibson

 @growgirlyyc

#SmokeShamingIsWrong.



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SHARING RECIPIES of LIGHT

As High! Canada is always seeking out new innovations in the cannabis industry, I came across EmersonGrow. They specialize in INTELLIGENT LED lighting solutions for agriculture of food, flowers and cannabis. A premier lighting brand in Canada, EmersonGrow is the leader in digital Agri-Grow Lighting Technologies. EmersonGrow's product development team exclusively designs market-driven SMART-PAR LED Agri-Grow lights. Patent protected products are one of the company's greatest assets. EmersonGrow values innovation as a competitive advantage in the marketplace. Today, we are talking with the EmersonGrow TEAM. Nixon interesting name for a company, were you guys influenced by Robert Emerson?

Yes, we were actually! Our whole team has been inspired by the Emerson effect and his innovations he made in the field photobiology. We are continuing in his path, as we are conducting our ongoing research and development using various light spectra and associated tools to produce a 'True Emerson Effect'. We are able to determine the best suited integrated technologies and platform applications to advance chloroplast production and photosynthesis. With a strong combined knowledgebase our team quickly adopted digital and technological topologies which bring together advanced tools in a cloud environment.

So how did a lighting company get into the cannabis space?

We have been in the lighting industry for over 20 years, designing premium quality LED agri-grow lighting that specializes in working with urban farming, vertical farming, and commercial facilities. We are a high tech company and have always been actively involved with research and development for institutions and government projects, so it was only a matter of time before we became involved with Licensed Producers. This led us to developing newer technologies in the cannabis industry, such as our latest product the Prism EGX7.

And is Prism EGX7 meant for businesses or for the In-Home grower?

Prism EGX7 is for both the In-home growers and Commercial operations. In home marketplace is running 120v however, we are able to manufacture and delivery upon commercial, government and institutional environments as well. EGX7's App works seamlessly for 'unlimited' number of fixtures upon one device. Alternatively, one can run multiple routines upon one device for multiple environments. Some users will run various spectral routines, especially the In-Home market. Grow tents are commonly used in the home to increase yield by making the environment more efficient for various stages, germination, clone, vegetation, pre-flowering and flowering; resulting in the ability to produce for themselves by growing cycles in preparation for self-sufficiency.

Can you explain the advantages of your Prism EGX7 Grow Light?

The Prism EGX7 is the first community based system of its kind that enables you to be social and share! No matter what plant type you cater to – ‘Your Recipes of Light’ are fully under your fingertips and control. PRISM X7 emits no ambient noise as it is “fanless” with a large heat sink which provides longevity and a sustainable product and it is IP44 making it waterproof!

Prism EGX7 comes as a complete package controlled by the way of Android/iOS enabling the user with timer settings, spectral & intensity controls in the creation of a Recipe of light. A recipe of light is advancement for producers and growers who wish for anytime, anywhere live control for all stages of plant production! It is the most advanced digital Agri-Grow light which feature never seen before Laser Integration, UVB and top bin, State of the Art - Emerson Chips allowing all users to create, grow and share. Connecting through horticulture in a community has never been easier now that EmersonGrow technology has been unveiled. Users are enabled with total control for local network or remote operations which is an innovation for ‘Designate Growers’ who wish to run remote production facilities. Clients are able to advance themselves no matter the skillset by visiting “The World’s First Built in Light Recipe Store” where exchanges of knowledge and experiences from the horticultural community unfold for all growers who want to create, grow and share. Prism EGX7’s digital connectivity works seamlessly with an ‘unlimited’ number of fixtures upon one device for single or multiple environments, providing crop management for multiple growth cycles simultaneously.

And how did it do during the testing?

We compared multiple plant species with results showing vigorous health in growth of roots, stems, trichome growth

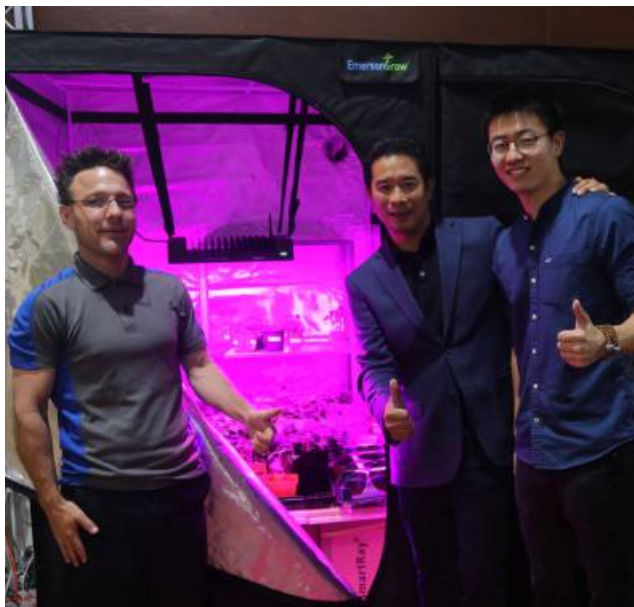


Photo Credit: Phil Wong

as well as rich dark green foliage. We are getting amazing results with yield when compared with competitors. Prism EGX7 is high PAR and runs 150w = 1000w HID where competitors are run their LED lighting at 300-400w = 1000w. We partnered with an Ontario College to test our technology scientifically in applied sciences. The research is result based and ongoing. Throughout testing phases Prism EGX7 produced food, flower and cannabis. Individual plant species have unique photoreceptor responses, each category unveiled, increase yield and trichome production, unrivaled aroma and flavorful produce.

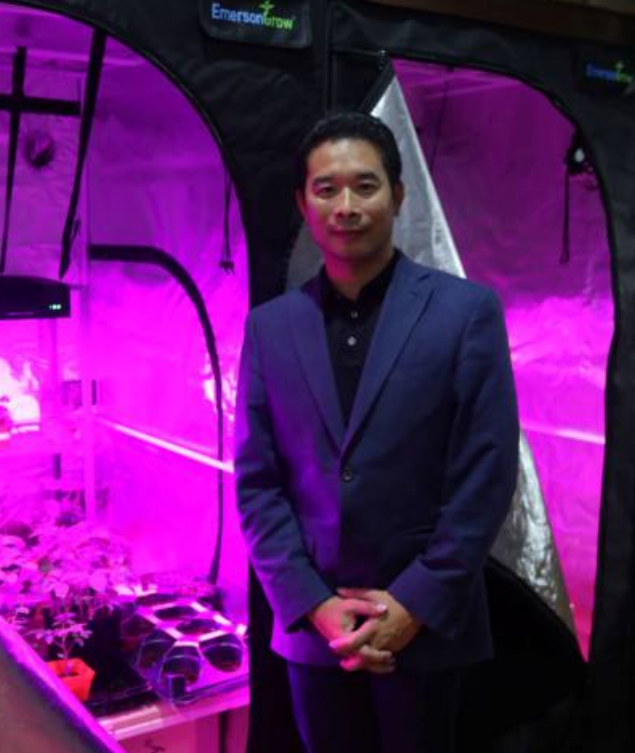
We are currently accepting clients to work with who are spread across the ladder, food culture is important to EmersonGrow. We are here to build the necessary tools to sustain and enhance safe food, flower and cannabis production. In doing so, we increase our ability to leverage

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big data for the benefit of the ladder through biodiversity as community! We are part of a Greenbelt which is essentially a food belt spread throughout Southern and Northern Ontario. We are here to strengthen and advance the food belt by providing high tech solutions fit for production, education, fresh food restaurants, micro-farms and community supported agriculture with our technology.

Thanks for your time Nixon! Keep me posted on how your other research goes!

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She is a Fellow of the American Academy of Family Physicians and a Diplomat Certified in Cannabis Medicine. Dr. Dhanabalan is the Founder/CEO of Global Health & Hygiene Solutions., LLC whose mission is to promote wellness and prevent illness. She currently practices at Uplifting Health and Wellness in Natick, MA. She is dedicated to “Educating, Embracing, and Empowering” her patients while promoting cannabis as a treatment option. Dr. Dhanabalan believes that “Cannabis is not an entrance drug, it is an exit drug from pharmaceuticals and narcotics”. Visit Dr. Uma online at www.totalhealthcarethc.com

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AN INTERVIEW WITH PHILIP MILLAR

Every now and then in this industry I have been caught off guard with pleasant surprises and this was one of those times. I was at a small cannabis conference and bumped into a lawyer, somehow we got into this conversation about the Omar Khadr \$10 million dollar payout situation, and eventually we discussed other cannabis related topics. Turns out this lawyer had some interesting insights and was a former combat officer, former prosecutor and a big advocate for victim's rights.

Today, we are here with Philip Millar! Philip you have definitely had an interesting career, why did you decide to get into law and specifically the cannabis industry space?

I call myself a lawyer 'by accident' which resulted in a unique style to my provision of legal services, perhaps even unorthodox some might say. I lost my eyesight in one eye while serving in the Army and they thankfully sponsored me to go to law school. By the time I was finishing law school, the Army in its wisdom decided it should medically release me, I was disappointed as I still wanted to serve but in the end gladly took a job as an Assistant Crown Attorney feeling this could be an extension of serving the community. Originally this was a satisfying job, but in short order it became clear to me that the system is very punitive to those who have no assets or power and I found myself convicting people who maybe wouldn't have been convicted if they had a good lawyer and what really started offending me was this need of people in the system to send people to jail who were suffering from addictions and mental health issues. I couldn't put my heart and soul into it any longer and decided to go out on my own after a brief stint in a big firm. The big law firm environment was simply something so antithetical to my previous life surrounded by Special Forces soldiers that I could not stay. Law environments can be very dysfunctional and I could not tolerate the fake-ness and posturing so started my own firm. I enjoyed the thrill of starting a business and becoming a fighter for the underdog!

How did you become an advocate for patient's rights for cannabis?

Mostly, through my work advocating for Veterans in the early years. Veterans were coming back from overseas missions with serious PTSD and were being mistreated in my view by a medical system that focused on harmful prescription drugs that ended up hurting the vets and led to suicides and avoidable interactions with the police. Once we started getting vets access to the right strains of Medical Marijuana we saw an end to suicides and a big improvement on their lives. From then on I became passionate about helping those who have served us get the medicine they deserved and needed. This passion quickly extended to others in the community, first responders, injured workers and the sick. In my law firm, we became the pioneers fighting for and securing funding for Car Accident victims getting full coverage from insurance companies and this has become a high-growth area and a success I am very proud of because from this penetration into insurance coverage we have expanded coverage sources to WSIB cases and some benefit packages. This venture spun off into the company that brought us together, Medical Marijuana Consulting. MMC is now at the forefront of fighting for and getting coverage and access to medical cannabis.

As you have stated in our previous conversations, there is a lot of things wrong with the legalization of cannabis, what do you think would be the quickest problem to solve and what would you propose as a solution?

Firstly, one of the biggest problem popping up daily is employee issues where dinosaurs who don't understand cannabis are firing people legitimately using it medically. There's not a day that goes by now where I am not writing a letter to a company threatening them with legal action for discriminating against their employee for use of cannabis. Sometimes this employee has transitioned off of 6 Percocet's a day and use CBD oil and



some hammerhead boss wants to fire them, I love writing those letters and usually follow up with a phone call to the president to inform them of how misguided their policy is! Secondly, how do we distribute Medical Marijuana safely and legally? Right, the dispensary advocates are fighting for survival and the maintenance of a very lucrative cash market. My main concern lies in the medical implications as those who need medicine go to a dispensary and get a product that isn't what it proposes to be or is contaminated. Every restaurant you go into has a safety inspection notice, people with MS are chasing edible that has no oversight as to the conditions they are manufactured in, I see people dispensing every day with no gloves in unhygienic conditions and it concerns me.

What do you think of the current Liberal's plan to dispense cannabis via the LCBO?

I think OPSEU did a good job lobbying to secure these jobs by first coming out in support and getting involved in the process. Whether or not I think a CCBO will be effective is another question, to me it seems as though we know cannabis needs to be legalized but the decision makers are scared so will overregulate it in an abundance of caution. This will lead to inefficiency of delivery and won't deal with the black market in the dispensaries.

Do you see any complications to the recreational legalization that will happen in July 2018?

I see a very heavy crackdown coming on dispensaries purchasing illegal cannabis from people with prescriptions under the ACMPR, there is widespread fraud going on and there are too

many of your readers who think they are out of harm's way. My sources say the heat is coming down hard on these

guys, and in many ways I think it is appropriate, they are making hundreds of thousands of dollars under the table and there is no oversight. To me the number concern is to assure the public that we can do this safely, that might result in some delays, but we should keep a perspective, we are one of the first countries in the world to make this move!

Thanks Philip for your time! And congratulations on being nominated for the 2017 Cannabis Crusader Award! For those of you who don't know, Philip was nominated for his work advocating for First Nations coverage and for securing sources of funding thru insurance companies, as well as fighting employers who discriminate against employees who use Medical Marijuana.



Phil Wong

is an advocate and educator of Canadians about Cannabis in Canada



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