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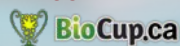
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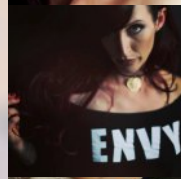
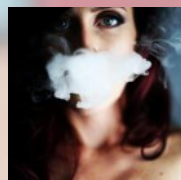
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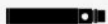
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**NEXT ISSUE: ITS ALL ABOUT ALBERTA
AS HEMP FEST HITS CALGARY ON SEPT 30**

**HIGH!
CANADA**



Marijuana enhances our mind in a way that enables us to take a different perspective from 'high up', to see and evaluate our own lives and the lives of others in a privileged way. Maybe this euphoric and elevating feeling of the ability to step outside the box and to look at life's patterns from this high perspective is the inspiration behind the slang term "high" itself.

Sebastian Marincolo

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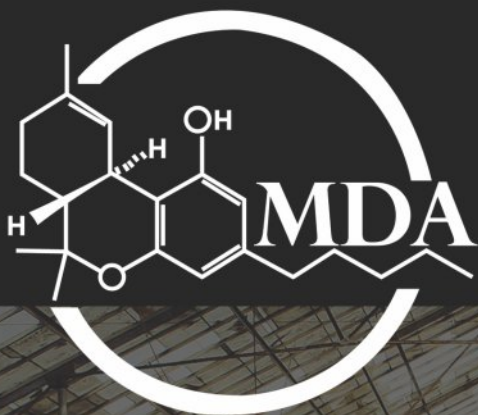
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*“Life is not about waiting
for the storm to pass guys,
it’s about learning to dance
in the fucking rain”.*
Greg Plitt

Find out what all the buzz is about...

The thing I love most about summer in Canada is that we get to put our magazine out at the end of the month and not the middle - which allows us to provide special coverage of events we support and love such as **Cannafest** in Grand Forks BC on August 10th- 12th featuring Loverboy, Randy Bachman, Trooper, Platinum Blonde and more... and there is the **Legends Valley Music Festival** and **Bio Cup** Canada in the Cowichan Valley in Victoria, BC - featuring Body Count, House of Pain, Sloan, The Forgotten Rebels and more... Awesome lineups and awesome places to have a canna-friendly concert experience.

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Recently, while in Vancouver for the very successful Cannabis Life Conference held there - the High! Canada Team had the opportunity to meet with the organizers of **High Hopes** - which is an amazing Downtown Vancouver pilot project that helps some of Vancouver's most vulnerable and lost with their addiction management using cannabis as a treatment option. The project works with the Overdose Prevention Society which focuses on exploring other alternatives to hard drug use, cannabis being one of them. We have a story on them in this issue as well as an interview with one of the founders of the High Hopes project - Miss Envy. For more info visit www.VanCityOverdosePrevention.com.

The group also acts to distribute Cannabis and tested Cannabis products to members of this marginalized community to help with pain, sleep and withdrawal symptoms. Research done recently by the BC Centre on Substance Abuse in Vancouver seems to indicate that “using cannabis may enable people to consume less hard drugs - leading researchers to speculate if cannabis could become to all hard drugs what methadone had become to heroin - a legal and safe substitute drug that reduces cravings and other negative impacts of problematic drug use”

Stay lifted!

~ Editor ~

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LANDRACE, HEIRLOOMS & RUDERALIS

There are an estimated 800 known cannabis strains in the world, with new ones created each day through hybridization. With all of this variation, it may be hard to believe that every strain can be traced back to pure “landrace” strains. Landrace is a pure cannabis strain cultivated in its natural environment and has never been crossbred with another variety.

Cannabis originally evolved in central Asia and has co-existed alongside humans for thousands of years. The plant was used for a variety of purposes including food, building material and medicine. It spread across the world as one of the oldest known agricultural crops.

Without human influence, it is likely that the marijuana plant would have been confined to Central Asia, as it has

virtually no dispersal mechanisms.

Outside of this region, all landrace strains were selectively cultivated by humans and eventually adapted to their environments. The earliest strains are thought to have grown in the Hindu Kush mountainous region of Pakistan. These landraces eventually spread to Asia, Africa, Jamaica, South America and Russia. Indica strains are commonly found in latitudes of 30 to 50 degrees, while Sativas can be found around 30 degrees.

Landrace strains are often named after their native region. Examples are Congolese, Thai, and Afghani. These are the forefathers of every strain you can find at your local dispensary. It is actually extremely rare to come across these pure landrace strains in today’s cannabis market. Most Sativas and Indicas you find are

not pure but are actually Sativa/Indica-dominant hybrids. These original genotypes are not completely lost and can be found at some upscale boutiques and delivery services.

Landrace strains have seen resurgence in popularity in recent years. This may seem to run against the habit of consumers to seek out the latest and greatest products. Many consumers seek to return to the roots of cannabis and experience the effects of a pure Sativa or pure Indica. Connoisseurs that favor landraces report that the flavours and effects are unique, consistent and distinct. Many older cannabis users will also find nostalgia in purchasing strains with names they recognize from their earlier years. Since landraces are the original genotypes, they are widely known and sought after.

Landrace strains evolved to survive in their natural environment. The demand has encouraged growers to cultivate these strains in North America and other continents. During the 1960's and 70's, breeders began collecting landrace strains to grow in their own gardens. Because these strains naturally changed and adapted to their new environments, they were labeled "Heirlooms" in distinction to landrace. Environment can dictate the production of cannabinoids and terpenes. Climate, weather, soil, fertilization and time of harvest can all influence the end product.

Heirlooms now grow in environments like California and Hawaii. Some growers known as "strainhunters" prioritize preserving these landrace and heirlooms. Connoisseurs find it fascinating to grow and consume the original building blocks of the entire marijuana family tree. Heirloom strains come from original genetics and have not been crossed or messed with. They are basically landrace strains that have adapted to new environments.

Although it is rare, landrace varieties still naturally grow across the world. I think this is a good time to quickly address the third (sub)species of cannabis – Ruderalis. Ruderalis is a strain of cannabis that still grows wild and feral in Central Asia and Russia. C. ruderalis is commonly believed to be a hybrid of Indica and Sativa that escaped cultivation and managed to adapt to the colder, harsher Northern climate.

The plants are shorter and have fewer leaves than other cannabis. Ruderalis plants are autoflowering. This means that they flower naturally when they reach maturity, going into flower 21-30 days into their growth cycle. They can also continue flowering for the whole season until they are killed by frost. Ruderalis has low

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THC but can contain high amounts of CBD and other cannabinoids. Some growers will cross Ruderalis with other strains to create autoflowering variants with high CBD.

Some botanists think that ruderalis is actually a wild ancestor of modern cannabis varieties. A 2005 study found that the genetic makeup actually lies somewhere between hemp and psychoactive marijuana. Ruderalis is related to landrace strains because they both grow wild and adapt to their natural environments.

I hope that you learned something about cannabis strains and history through this article. If you have any questions or additional information you would like to add, please don't hesitate to reach out to me. I am here to help and to learn!



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Inevitable Tsunami...

A massive wave is poised to wash over the cannabis landscape a few short months from now. The Perfect Storm. Billions are at stake, the existing industry players are digging in and the capital investors are circling like sharks. Chatting with one investor last week was quite fascinating. He sees only the top, public layer and wants to invest in a Canopy/Tweed company: in spite of the fact that the fundamentals are way out of whack. Dude stands to lose a lot of money. A few years from now we will call it the pot.com boom after the dotcom disasters. A bit like that moment just after a serious earth tremor ...the water rushes out to seaand then returns to shore with an avenging force sweeping away the existing landscape. Those on higher ground are safe. Those on shore are washed out to sea. It is indeed inevitable as the coming dawn tomorrow.

Federal legalization of cannabis across Canada in 2018, the first G-7 nation to do so, will send shock waves throughout the UN and every country that has gone along with the cannabis prohibition hysteria agenda for decades. I predict a wholesale retreat from global prohibition to follow. A bill has just been introduced in the US Congress that targets the racist, discriminatory and economic warfare that IS prohibition at it's core base roots. Punishes the States (via federal funding) that continue to arrest cannabis consumers. Using cannabis

arrests to extort, assault, demonize and then incarcerate minorities, human rights & 'counter-culture' activists has run rampant since the 1960's. Time to end the entire charade and bring the Fruits of Prohibition home to those who create & maintain this abject social disaster. Inevitable as karma. Existing cannabis cultivators in the industry are not simply going away, like magic, under the Liberals legalization scheme. I recall an estimate published in the Star that the Toronto/GTA was home to an estimated 25,000 grow rooms ~ large & small. Far too many for the police forces to even begin to "deal" with the problem, much less find and shut them all down. How will this change under legalization? Given the fact that home-grown costs between 10 cents - 30 cents per gram... there is no incentive to buy retail from expensive, over-regulated licensed producers. I predict a steady decline in wholesale prices, just like Colorado. Lots of cultivation facilities are for sale there. I can get ya one for \$10 million USD. (seriously!). Industry consolidation they call it. (I might have a few more choice words for the scenario. ;)) I've seen folks growing twenty foot tall cannabis TREES in their backyard for personal use. Only four plants yielding pounds and pounds of ganja. In some areas of Colorado, according to my close sources, the "underground" continues to flourish because some towns won't allow retail sales. Dumb as a brick. Twice as thick.

It is just as inevitable that farmers across North America will grow cannabis in massive quantities. Fields and endless fields. The genie is out of the bottle. You can get

seeds from around the planet: medical, recreational, industrial. Long before the advent of modern lighting systems, greenhouses or indoor growing, all cannabis was grown outdoors. All of it. Some of the best I have ever smoked Ever. Some of those strains would grow easily to 14+ ft tall – plenty of stalk left over for industrial uses. In fact, hundreds of kilos of stalk we have sourced recently for our current industrial machine testing project was grown for its THC levels. This stalk is no different than the European, low THC strains forced on farmers in Canada. Everything we have today, including everything from modern strain breeding, is a direct result of the 32 million of years of evolution of Cannabis Sativa (L) around the planet. From the highest Sativa to the most Industrial strains out there, it is the astonishing array of cannabis genetics, courtesy of Mother Nature, doing the real work. The artificial divisions and draconian governmental regulations simply impede the inevitable.

Moving toward that elusive goal of 214 million acres I mentioned last month, every little bit helps. We estimate (generously) that humanity might



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have achieved about 1% of that shining objective. China is responsible for a large portion of that number. They grow 70% of the global supply ~ primarily for textiles in-house. Here, we currently grow 31 million acres of wheat. Reaching 22 million acres of cannabis crops in Canada would be a good start: about 10% of the global goal. Today, we have perhaps a mere 150 thousand acres growing from coast to coast. Yes, cannabis seed is more profitable than growing corn or canola, but the markets are restricted. Yes, the draconian rules & regulations have kept most farmers out of the sector for two decades. Yes, those that do grow cannabis are producing seed grain ~ not for fibre or core materials. Yes, that factor would double their farm income. The markets have been crippled for two decades. There is far too much red tape and nonsense for a simple agricultural crop. Recently more farmers are starting to look closely at the sector as legalization moves forward. These folks feed the world and do not take kindly to police & politicians with an agenda. Talking with a farm group with 4,000 acres later today - moving it up to the inevitable.

Imagine the cannabis sector with over 214 million acres under cultivation.
I know a farmer with 7,000 acres who is thinking the same thing.



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By Cy Williams

TALKING TO MISS ENVY ABOUT CANNABIS EAST HASTINGS TREATING PAIN & 3 THINGS YOU ABSOLUTELY NEED FOR A HEALTHIER LIFE

High! Canada Magazine got the opportunity to sit down with the one and only Miss Envy recently. Having become somewhat of an icon with the Canadian Cannabis industry, it's a real honor to sit down and talk to the incredible woman behind the Miss Envy brand and its incredible line of products. Many of which are considered to be by many to be some of the best in the industry - quickly transforming the Miss Envy brand into a staple for the concerning and educated Canadian cannabis consumer.

So Miss Envy - Thank you so much for sitting down with us. Can you tell us a little bit about the woman behind the Miss Envy persona? What is Miss Envy really like?

I'm Vancouver born & bred. I'm ultra silly if you can't laugh at yourself as they say. I can find the silver lining in just about everything. Some say I'm sickeningly cheerful (*cough* Mr Envy). I'm someone who has blind faith; I followed the yellow brick road so to speak. I keep getting that sense of Deja Vu in everything I do, so I know I'm on the right path. I spend my time hiking (of course, I live in beautiful BC!), doing yoga, traveling, cooking and working. Although, when you love what you do, as much as I do, it's not really work. I'm a dreamer, & I dream big.

How did you get involved in the cannabis industry? What is your particular cannabis industry entry point origin story?

That's a pretty long story, but I'll tell you how I became Miss Envy. I was already working for a dispensary that the founder of Miss Envy Botanicals supplied. We had become fast friends. I was dealing with some pretty heavy personal issues at the time & he was really there for me. After a little convincing, he sent me backpacking in Costa Rica for 4 months, where I spent time in a meditation centre then went on to eat plant medicine with a shaman. I woke up the next morning, called him, demanded the job & the rest is history.

WOMAN IN WEED





What is some advice you could give to other women wanting to break into the industry?

There are a plethora of opportunities for strong, motivated, intelligent women - I work with them all the time. Being a woman has been an advantage; marketing to women requires a woman's touch after all. If cannabis is your passion, go for it. Trust your gut and always follow your instincts. Never let anyone tell you that "you can't". You can & you will. Prove them wrong; that word is not a part of your vocabulary. If at first, you don't succeed; smoke a doob, pick yourself up, dust yourself off, put your big girl panties on & f*** s*** up. Manifest destiny.

Can you run us through an average day for you?

I almost always wake up giggling, to the smell of freshly brewed coffee that I add some of our THC infused coconut oil too. Perfect pick me up for my morning sun salutations. I head to the Overdose Prevention Site with edibles for meetings. I'm currently aiding with structuring the High Hopes Foundation program in the downtown eastside. After that, I head to the shop & help with production. Then, it's on to emails, deliveries, meetings, "safety meetings" with my favourite clients (you know who you are), some baked baking, a snuggle & a snooze. FIN!

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By Cy Williams

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What was it like to work on building a brand like Miss Envy within an emerging and 'not-quite legal' business setting? Are there any tips that you would like to share with readers on building a better brand in today's shifting marketplace?

It's been exhilarating! We're on the forefront of a revolution. While we work in what's considered a grey area market, I believe what sets us apart is our focus on raising the standard of quality patient care. At Miss Envy the patient is our number one priority. I suppose we've "toed the line" as far as "not-quite legal" goes, but the industry is taking turns because of people who have pushed boundaries. Sometimes it takes a few to stand up & challenge the ways of the past, to enact change for the future.

Plans for the future - personally and with the Miss Envy brand?

My 8-year plan consists of this:

- 1) Take over the world Envy style.
- 2) Retire to a bubble home in a tree on a beach.

I'll elaborate further on number one. I'd like to see Miss Envy be the first international cannabis wellness brand, reaching those in need worldwide. In doing so I'd also like to see the expansion of the High Hopes project.

I understand Miss Envy has been spearheading a growing



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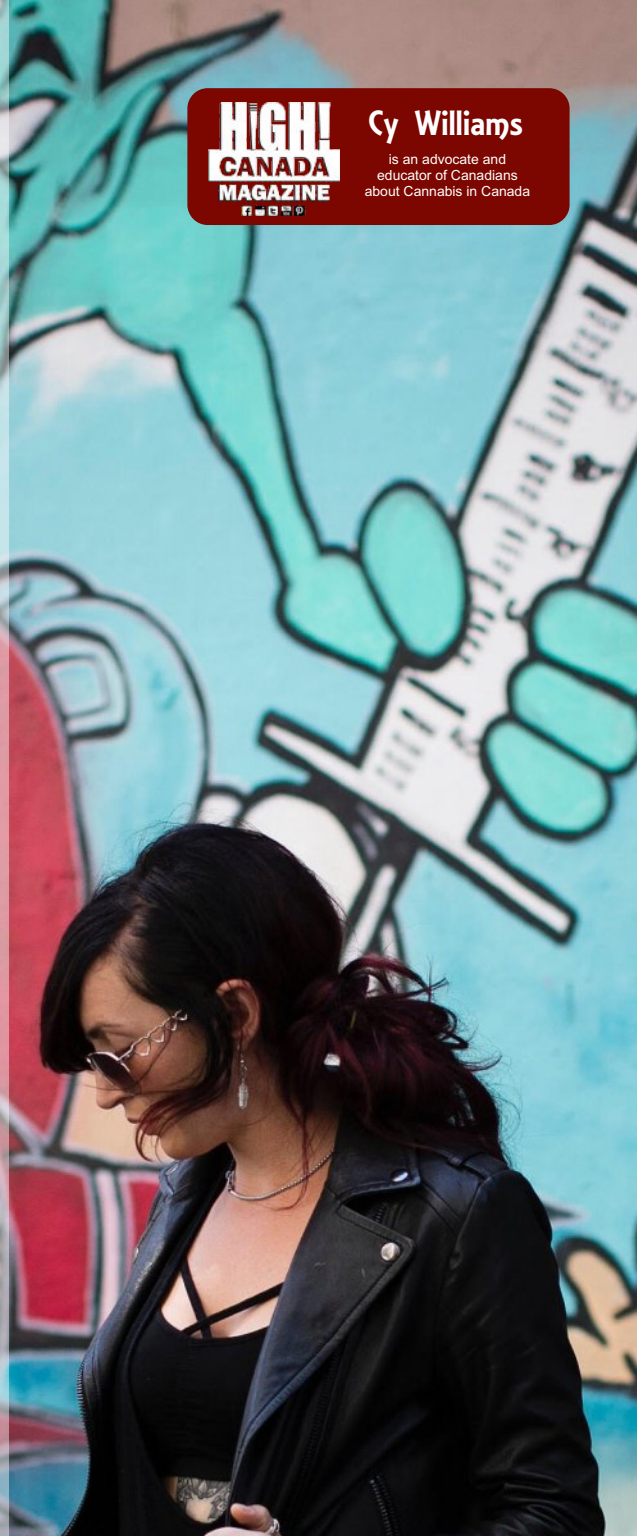


fundraising initiative within the Canadian cannabis industry for the new High Hopes pilot project currently going on in East Hastings in Vancouver. From our perspective, it is really great and very refreshing to see different elements within the industry uniting for such a good cause. Can you tell us a little more about what's going on there?

The High Hopes Foundation is the entire reason I got into this industry. I'm very grateful to work for a company that's supported and joined my pursuance of this goal. When Sarah Blythe, the founder of the Overdose Prevention Site's partner approached our CEO, we jumped at the opportunity to join their cause. Together, with the support of others within the community, we've begun implementing an opioid substitution program. We offer holistic alternatives, like cannabis & kratom, to help people in the downtown eastside struggling with addiction. Many of those partaking in the program also suffer from a plethora of afflictions that can be treated by cannabis. We distribute in the form of joints, capsules & edibles at an affordable cost, while creating a job for someone in the community.

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

A soft bed, a partner in crime & our Canna Sutra line.



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FORMER AIR FARCE COMEDIAN ALAN PARK LAUNCHES “GREEN CRUSH” PODCAST

*PARK MIRACULOUSLY SURVIVED STAGE 4 CANCER USING CANNABIS OIL
AND NOW HE'S READY TO TALK ABOUT IT...*



Comedian Alan Park was a staple in Canadian homes as one of the iconic Air Farce cast members for over 5 years. His job in the spotlight came to a halt when he was diagnosed with Stage 4 Prostate Cancer. Illness had taken over Alan's body and there were no options for conventional treatment. Seeing Cannabis in the news and media, Park decided to investigate any and every alternative therapy that might save his life. Enter Rick Simpson CBD Oil (Phoenix Tears). Within days Alan was off pain relieving opioids and within months his PSA Scores were down from 700 to 1.5!

4 years later, after coming back from two guaranteed death prognosis, Alan Park is alive and well thanks to the sweet Cannabis Oil that saved him. His story, somewhat underground until now, is incredible and inspiring. Through his journey to health, Park has become somewhat of an activist, speaking out against government propaganda and bringing forward facts to whomever will lend an ear. It isn't hard to get people to listen to his story, his work on tv and radio and his comedic skills make it both interesting and entertaining.

Look for Alan's new podcast Green Crush, just launched in Toronto Canada under Eggplant Digital Network. Although we are only 3 episodes in, response has been overwhelming. Not just a show about getting high and living the stoner life, Green Crush addresses real issues that are affecting the world as it relates to Cannabis culture, use, growing, legalizing and medicating.

www.itunes.apple.com/ca/podcast/green-crush-with-alan-park

GREEN CRUSH

The Podcast is called Green Crush and it is a LIVE STREAMING truth blast on the grassy parameters of cannabis. Showcasing in-studio and call-in experts from both sides of the fence, Alan's personal experience with the Health Care system in Canada - his triumphs, losses and tips will prove valuable to anyone who has interest in cannabis culture. Unraveling the truth, both spoken and speculative, with a powerful journey through tales of fighting cancer by way of irreverent, funny and empowering dialogue.

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A WIFE'S PERSPECTIVE

Living with a Licenced Medical Marijuana Patient

Cannabis is legally available for medical patients with a license. But are cannabis consumers ready to come out of the closet and become licensed patients? How many people are going to continue to live in the shadows and treat themselves like criminals? A system needs to be organized and followed through with that can educate people on the benefits of medical cannabis. One that will help doctors feel comfortable prescribing cannabis as a medication option. A system that will support and guide a person through the process of becoming a licensed cannabis patient. My point is people need help coming out of the shadows. If family, friends, and community members could be supportive and positive toward medical cannabis. Then, patients would be able to trust the system and not judge themselves as criminals. Cannabis consumers could be comfortable to step into the light. Maybe then the cannabis world might not be so grey anymore. I know many great people who consume cannabis; some are licensed patients and some are still too unsure and untrusting to admit they need a license. My husband, who I've lived with for 18 years, is a licensed medical cannabis patient. He uses it for anxiety. I have personally witnessed the journey he traveled through to get to this point. So, I sat down with him in his man-cave and asked him a few questions on the subject.

Me: "On average, how much cannabis do you consume a day and what do you use to smoke it?"

Ryan: "About 10 grams a day. First I grind it (cannabis) then I add tobacco. Cut it with scissors and remove impurities. Then, I smoke from a ½ gram bowl in a metal slide shaft glass bong. A classic nowadays. I occasionally vape oil and eat the odd edible."

Me: "How does it make you feel when you smoke cannabis?"

Ryan: "Depends on the strain of cannabis. The time of day or the people I talk to. Sometimes I could be too burnt. Sometimes I'm balanced. Sometimes I have too much anxiety. I'm waiting for it (cannabis) to be tested and regulated so I know which strain make me balanced. When I'm balanced, I function normal."

Me: "How did your friends and family react when they learnt of your cannabis use?"

Ryan: "Negative. Very unsupportive. They outcaste me. My friends don't like the smell or they have kids they want to hide it from. So, I distance myself from them."

Me: "How have you overcome your family's reluctance to understand your cannabis use?"

Ryan: "I get over it because in the end I know I have to deal with myself. Worry about myself. I end up missing important family events that mean a lot to me because I'm afraid of their judgement and ridicule. You're either with it (cannabis) or against it. I can't change the way people think."

Me: "Have you been arrested for cannabis? How has that changed things in your life?"

Ryan: "Yes, I've lost jobs. I've lost family. I've lost time and opportunities. No United States for me. I miss out on travel. I'm labeled a criminal and I'm not a bad guy."

Me: "Have you tried to quit in the past?"

Ryan: "Yes, I've switched to prescription medication a few times but I wasn't able to feel like myself and function through everyday life. I was different or slept too much or was too silly. I felt too drugged."

Me: "Did you have any help or support while you were trying to quit?"

Ryan: "Nope. I'm a husband and father. I must take care of my family. I believe I would've been more successful if I had help caring for my family while I was trying to figure things out. I had to commute my wife from Burlington to Toronto with our 3-year-old son; I crashed with him in the car while on prescription medication because I fell asleep. I was guaranteed the meds wouldn't make me drowsy because I had responsibilities. I've never fallen asleep driving while high on cannabis."

Me: "How did you first react when you learned about medical cannabis being allowed in Canada?"

Ryan: "I signed up! I made an appointment with my doctor. I told her that I needed her permission to consume cannabis. I gave her the papers to sign and mailed them. I was happy, this might change things. I've already tried different prescriptions and therapies. I knew I could work with medical cannabis. I just needed it to be legalized."

Me: "Do you feel comfortable using cannabis in public now that you are a registered patient? Why?"

Ryan: "Depends on the place. If children or people who dislike the smell are around then, I've no intentions of bothering them. Has to be accepted; then I'm comfortable."



By  JOSHUA TREE

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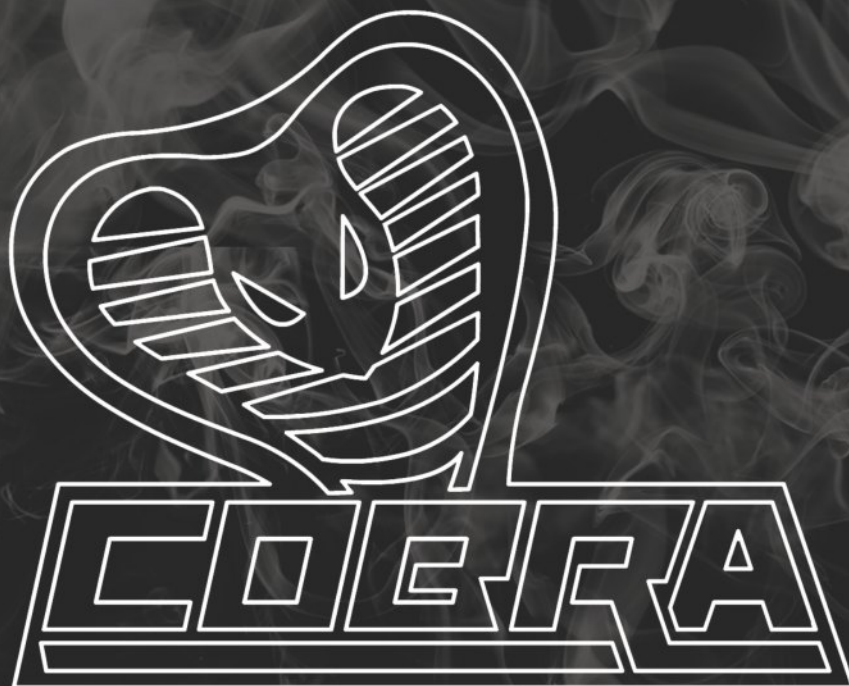
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Me: "You're married with children - do your kids know about you being a medical cannabis patient? How does that make you feel?"

Ryan: "No. I don't want them to judge me. I don't want them to think I'm a bad guy. I don't know if they'll accept it or understand it. I need society to accept it (cannabis) first. I need society to teach not just my children but all children not to judge medical patients. Would you judge someone taking insulin for diabetes?"

Me: "How do you think you will react if one of your children start using cannabis?"

Ryan: "Negative but supportive. I've no intentions of letting them use cannabis in a recreational matter but would be supportive if it was for medical use. I believe in the medical properties of the cannabis plant."

Me: "Would you quit smoking if cannabis was available in other forms? If so, how do you see yourself taking it?"

Ryan: "Yes, I see myself with an inhaler. We don't smoke the Tylenol plant, do we? I'm waiting for an inhaler to be made."

Me: "Do you believe you cause a threat while driving high? What about other people?"

Ryan: "Are you smoking while driving? Any physical smoking while driving is a distraction. Everyone should be focused on just driving. But medicated beforehand, I believe I'm not a threat because I'm focused and calm. As for other people; you're only as strong as your weakness link."

Me: "What's your option on the effects cannabis has on people? Do you believe people can function through everyday life medicated on cannabis?"

Ryan: "If people had the proper strains for their conditions; I believe they could function with no problem. It's when people smoke or consume a strain or dose that's not for them it becomes a negative effect."

I will admit, as a wife, I haven't always been supportive or understanding towards my husband. His prescription trails were not easy. Some pills made him sleep all the time. He would skip meals and have mood swings. One pill he tried made him too goofy and gleeful; which isn't part of his personality. A big part of my life depends on his support; our family needs him to be focused. When Ryan is medicated on cannabis he seems to be normal. If you didn't know him, you wouldn't be able to tell he was medicated. But when he has long periods of not using it his mood changes drastically. He experiences high levels of anxiety. He's quick to anger and distract. He has too many thoughts and can't talk quick



enough to get them all out. Very hyper, which makes it hard to focus. Medicating with cannabis calms my husband down without the side effects pills have had on him. People should know they don't have to consume pills for; chronic pain, arthritis, anxiety, eating disorders, or sleeping disorders to name a few.

Now that cannabis is an option I hope we can learn as a society to not judge cannabis for its past. But see a positive future for growth in an industry that has so much to offer. There is potential for new health discoveries and job creation. There are promising new product ideas containing cannabis. Exciting cannabis events to organize. I believe the time has come to end being afraid and feeling judged. Cannabis is not a good reason for any of these feelings or thoughts. There is so many more harmful products to be worried about that are already part of your life. Alcohol, granulated sugar, household cleaning products, processed foods, etc. Cannabis is not the bad guy and neither are its consumers. Whether you inhale it or ingest it. Or maybe use cannabis bi-products for cloth, rope, or arts and crafts. No one should be judge negatively. We need more research and programs dedicated to changing the stigma associated with cannabis.

Let's move forward and grow.



Danielle Hogan

is a mother, wife and
constant observer on
all things cannabis in Canada.

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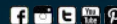
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IN

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HIGH!
CANADA
MAGAZINE



By Simone Castleman

*"One of the best causes we have run across yet.
A true example of the Canadian Cannabis
community coming together for a common goal
- one that isn't about profits but only people
- people who need cannabis to help
change their lives..."*

The High! Canada team has traveled coast to coast this summer exploring cannabis communities in multiple regions. We constantly strive to stay up to date on current events and engagements within the cannabis community as well being able to experience movements going on in our industry in a way that is "as hands-on" as possible.

This past month High! Canada traveled to Vancouver for the Cannabis Life Expo, which was a wonderful event, filled with exceptional networking opportunities. Along our journey we met up with Miss Envy, who took us to meet with Sarah Blyth, the founder of the Overdose Prevention Society for grassroots, peer-led harm reduction in Vancouver.

Sarah told us about the ongoing High Hopes Foundation work that they were doing in that diverse and marginalized community and it was inspiring beyond

belief. From that powerful visit - we knew we had to spread the word and help this very important cause any way we could.

We walked the streets of East Hastings in Vancouver to see first hand how the opioid epidemic was impacting Vancouver. Sarah has been running an ongoing investigation trying to find possible alternatives to opioids and reduce the overdose rate, which is exceedingly high at 935 overdoses deaths in 2016 expecting to double for 2017 province wide. Sarah had discovered cannabis to be an effective method for substitution of opioids during her intensive research.

Sarah alongside Miss Envy teamed up and formed the non-profit organization -High Hopes, where cannabis edibles are used to help reduce the use of opioids within this particular community in Vancouver. Although edibles are

There were 129 suspected drug overdose deaths in May 2017. This is a 158% increase over the number of death occurring in May 2016 (50). • The number of illicit drug overdose deaths in May 2017 (129) equates to about 4.2 deaths per day for the month.

Individuals aged 30-59 have accounted for the largest percentage of illicit drug overdose deaths (73.1%). Males accounted for 82.3% of these suspected illicit drug overdose deaths. • The top three townships where fatal illicit drug overdoses occurred were Vancouver, Surrey, and Victoria. • Vancouver Coastal and Fraser Health Authority had the highest number (212 deaths each) of illicit drug overdose deaths, making up 66.3% of all illicit drug overdose deaths during this period. • Vancouver Coastal Health Authority had the highest rate of illicit drug overdose deaths (43.1 deaths per 100,000 individuals) and the largest increase in rate from 2016 (85.0% increase) among all the health authorities. Overall, the rate of illicit drug overdose deaths in BC increased 56.9% to 32 deaths per 100,000 individuals from the 2016 rate. • Okanagan, Fraser East, Richmond, Vancouver, North Shore/Coast Garibaldi, and Central Vancouver Island health services delivery areas saw greater than 50% increase in illicit drug overdose death rates compared to 2016. • The number of illicit drug overdose deaths in Fraser (52) in May 2017 surpassed the highest number of overdose deaths ever recorded in the health authority in a month. • 88.1% of illicit drug overdose deaths occurred inside (55.6% private residences, 32.5% other inside locations) and 10% occurred outside in vehicles, sidewalks, streets, parks, etc. • There were no deaths at supervised consumption or drug overdose prevention sites



R e f e r e n c i n g
<http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/death-investigation/statistical/illicit-drug.pdf>

not allowed to be sold in Vancouver right now, Sarah is working closely with her community and the City of Vancouver to continue to work towards establishing a regulated way to use edibles, as it is an overall benefit to the population.

“We were the model for the overdose-prevention sites”, Sarah says, “but I think we also have the leeway, respect, and relationships with people that are using drugs, that people know we know what we’re doing,”

Miss Envy contributes by donating her line of THC infused coconut and olive oil to bake healthy edibles - giving addicts a source of nutrition along side cannabis to help with pain, detox and nourishing their bodies. Miss Envy has also been working actively at raising awareness for the High Hopes Foundation’s work with cannabis representatives across Canada. The response from the community has been overwhelmingly positive and it is heartening to once again see the national cannabis community coming together to support and help one another.

Visiting the East Hasting Market and seeing this vibrant marketplace first hand and hearing stories from patients who were in attendance was incredible. The amount of gratitude the community illustrates towards Sarah and Miss Envy really shines the light on what a difference this foundation is making within the community and within a number of individual lives. Sarah works very hard, every day, seven days a week ensuring that everything runs as smoothly as possible with this amazing program but in order to expand the services they offer they need help and contributions are put to excellent use.

To donate to the High Hopes Foundation, visit www.gofundme.com/hi-hopes-foundation/.



Simone Castleman

is a student and advocate.
Longtime contributor to
High! Canada Magazine

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WOMAN IN WEED

Kristin Lamont

High! Canada Magazine got the opportunity to sit down with Kristin Lamont recently. Kristin is a passionate cannabis advocate and founder of the very successful Koko & Kai line of cannabis-themed custom jewelry line.

High Kristin - Thank you so much for sitting down with us. You are so well loved and we see your THC molecule pendants all over Canada. What led you into a career in the Canadian cannabis industry? Tell us about how you got involved in the cannabis industry? What is your particular cannabis industry entry point origin story?

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APRIL WINE

I began my journey with Cannabis after a serious car accident in 2006 as I realized that pills for pain were not going to be the answer and lead to an abundant life like I was living prior to this. I got my medicinal marijuana card 9 years ago and started to study the benefits. After another accident 4 years ago my passion and desire grew deeper, with information coming out to the public and people starting to come together with similar experiences and stories. I noticed that there wasn't any jewellery I would wear in any dispensaries or head-shops, so I decided to begin doing myself. While I was recovering I started to think about how incredible the Cannabis Community has been to me so I thought it would be cool to make a necklace that our community would recognize with each other and show their pride discreetly so the THC Molecule came to life, along with other creative designs that I just wanted people to feel happy in. It became a win, win situation that I continue to enjoy everyday with the photos and stories that I receive from people around the globe from www.KokoandKai.com

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 am a firm believer in Cannabis as natural medicine and enjoy this community so much, it truly is unlike any other. I have found that the stigma is still there but for me I am living proof that this is in fact medicine. The only adversity to me is to people who have not been educated and that's part of my role. To educate, inspire and give back. I come from working in action sports for the last 15 years so I feel that both genders have an equal platform in this industry. For the small business's like mine it can be hard coming up against big money players but people's responses have been so incredible with Koko and Kai. Staying involved active and support each other as a community is key and having a strong brand. I am so grateful to have made it into over 25 shops now across the country and growing. So I continue to stay focused, passionate and dedicated to making jewellery that is high quality, fun, unique and affordable for everyone!

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

An average day is pretty awesome, I wake up early with my puppy Cedric, get inspired and make whatever



necklaces I am feeling that day, THC molecules, Gems, Crystals, Cannabis leafs with all types of themes and charms in Silver, Bronze, Gold, I let it flow. Hit social media and emails, for a bit say hello to friends and check in with the best crew at TopLeaf Canada. They are some really awesome people doing incredible work in the Craft Industry and community. Then I hit the beach and chill until the sunsets with a Steller J and mediate to sleep :)

Plans for the future - personally and professionally?

I always love to get my travel on, The sunshine, ocean and experiencing different cultures is in my blood for sure. Continuing to reduce pain with CBD's and THC and just really enjoy life and continue to build my business and the

collective I am in with at TopLeaf Canada! Koko and Kai really took off over the last year so right now I'm just enjoying the moment, looking at new trends and continuing with the success of Koko and Kai.com!

Thank-you to High Canada and everyone who has supported Koko and Kai this year! I have new designs coming out soon, smaller, feminine THC molecule necklaces for woman, a new cannabis necklace collection series and great wholesale pricing so stay tuned it's going to be exciting!! Keep on rocking your THC Mole or favorite Koko and Kai piece

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

Keep in touch with the market and how it's growing daily to be on top of your brand and get involved. I think that testing, proper branding and information is imperative. I feel the more, love, compassion, understanding and support for everyone the better we all are!



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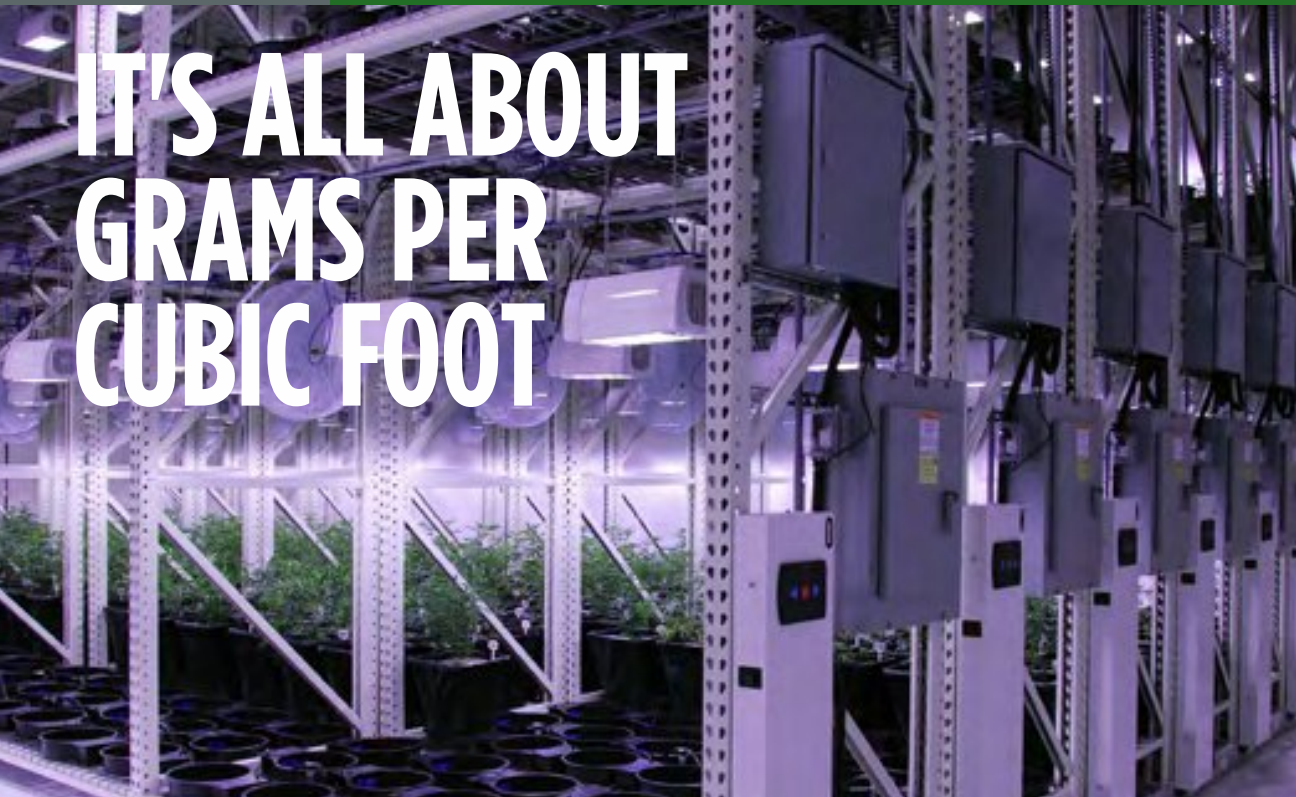
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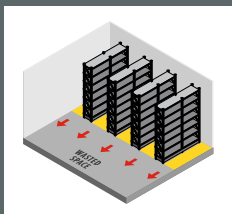
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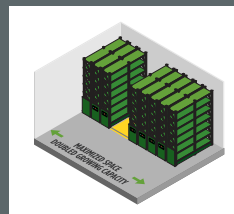
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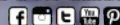
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LUNA TALKS

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By Luna Xtreme

Im a sucker for the spotlight. My whole life I've been trying to impress my friends, and make people laugh.

I was with a group of friends one day and decided to look cool and hop a fence instead of walking around it with the rest. I ended up ripping my pants pretty badly in the worst spot possible-yes you can already guess. My friends all got a good laugh, but saw i was obviously upset and refused to continue walking.

to be continued on page 43



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HIGH! CANADA MAGAZINE

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A moment later without me saying a thing they all took their pants and ripped a hole in the crotch. We were all laughing and walking down the street with crotchless pants.

I like to think we started a trend haha! If you've got a good group around you-Anything is possible and you'll never feel out of place.

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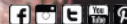
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Photo by Jamie Edgar

@imjamieedgar on Instagram

HIGH! CANADA MAGAZINE



By Teniel Messado

Skylines and Sativas set the scene for sparks to fly. But when you need more than Nuken and Chill in your level of Intimacy - it's time to elevate your romantic reefer rituals.

It wasn't all that long ago, your young 20-something self may have gathered at the local vapor lounge to try and implement the bar formula, smoking out a potential budding babe to plant connections in a 420-friendly environment. Even with the appealing one-click accessibility of modern developments, your younger self would have marveled in skipping the small-bill cover charge and consignment couches and going straight to canna cuddles: conversation optional. This time, though, something is different. The 20-something you has grown and become more mature and developed. Your ideas of engaging are changing to showcase a higher standard than you once had. Generic décor and loud music are no longer part of the setting for the conversations you want to have with your potential person, and re watching the Pineapple Express pop culture claim, while reenacting your dorm life's greatest second- base hits, brings a buzz weaker than your college plug's "best bomb Kush". Where do you take your matured views on connection when you need to translate them into the modern dating daze? It's time to infuse your look on love with the little things and think outside the hotbox, for a full spectrum experience, no matter the time.

The New Reefer Ritual | | Silver Haze in the City

The early bud might not be best for all, but the early bird has options. Bringing someone close into your morning ritual, or finding a new weekend flow while you're feeling out connections is a great way to engage, outside of the way you both usually work. This also provides a way to feel out each other's comforts casually, in every day routines. Wanting to find a cozy connecting point, away from crowd and conversational censors? Clean up the kitchen, set a fresh cut bouquet on the dining table, and turn to your favorite canna cookbook to whip up your best bud-filled breakfast dish best shared. A little more casual of an encounter needed for the morning? Bring your favorite soluble tincture or coconut oil on your next coffee date and add a little kick to your caffeine, before taking a walk in the surrounding city or nature. If you're a more active person, make your move more kinesthetic and find a local drop-in Ganja Yoga class that you can enjoy together. The morning may still be young, so feel free to take the chance to ignite conversation and nurture connections, as you see fit, following your morning plans.

Looking for an afternoon of fun that says mellow more than mingle? Get creative and think of ways to make relaxing pre-dinner plans more plant-based. The afternoons can be an off time to plan traditional outings, so this is the perfect time to highlight creativity in your planning. Drawing inspiration from late summer traditions, such as wine vineyards visits, is a great start to spark ideas. Set up your own private "terp tour" for two - sampling low-temp concentrates, searching for flavor profiles in the extractions the same as you would with the best regional Pinot Noir. It will provide a fun and engaging opportunity to converse about the finer notes of cannabis selection while having light conversation about mutual interests that can blossom in many directions. Feel free to step it up by infusing ideas from your morning date plans, and pair strains with appropriate bite-sized treats to their flavors.

Wanting something a little more hands-off, on your part, during your time together? Book a massage for two at your favorite relaxation spot - and call ahead to see if they have policy about using oils and creams not provided by them. Once you're good to go, pack up your special someone and your favorite infused pain management product for the perfect afternoon pairing for mellow moods and memorable moments. Let your afternoon together be the perfectly stitched siesta you both need, during your busy lives.

Settling down into the night, the city never sleeps with solutions for socialization. Modern cannabis communities are finding many ways to responsibly integrate the plant into your nightlife expectations, so taking advantage of innovative and exclusive events in your city is a great new game plan to feel a little bit of your local High Society, in a way that's built to impress.

Trichomes and Tapas are continuing to be a trending pairing in small-scale nighttime events, especially in larger 420-friendly metropolitan cities, like Toronto and Vancouver. Many of these events feature coursed meals, or small plate selections, to sample multiple infusions in a tasty form, with more options than the usual "novel" view of high dosed pre-packed sweets. Terpene infused mocktails are also a continued favorite at these gatherings, so if you are looking for more ways to put a smoke-free spin on traditional dating engagements, order a Dank and Stormy and cheers to a night you're guaranteed to remember. Keep an eye out on high-end social accounts, and your community cannabis networks to find out when and where exclusive cannabis culinary events are happening in your city, for a new highlight for your date night.

It's always good to utilize new and innovative ways to mingle with others, especially in your romantic life. Finding engaging ideas for romantic connection at any time of day is key to keeping things fun and exciting, as well as getting the chance to explore new sides of others in different lights. Take the opportunity to upgrade your dating language to match where you are in life and infuse your fun and creativity into your looks on love in a refined way.



Teniel Messado

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cannabis advocate and
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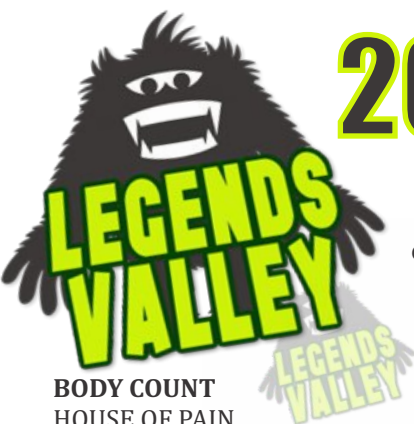


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2017 LINEUP

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EVERHAWK



Kytami



Delinquent Habits

LEGENDS VALLEY

MUSIC FESTIVAL

Kytami

violinistextremist



Photo by Cassie O'Neil

Performing at the Legends Valley Music Festival this year. If a line exists between classical and electronic, between ancient and new, synthetic and organic, Kytami has sliced them all using only a violin bow... but what more does she need?

Apparently nothing at all, as Kytami has already been dubbed a 'music revolutionary' by Whats Up Magazine USA, a 'violinistextremist' here at home, and has been summoned to bring her violin thunder to audiences as far reaching as Taiwan, Dubai and Berlin.

Through an alchemy of classical, fiddle styles fused with the heavy bass elements of DnB, Dubstep and Hip Hop, Kytami has managed to soar above not only the constraints of musical genre and labeling, but has forged a path so bold and unique that it won her awards such as "Live Act of The Year" at the 2013 Vancouver Island Music Awards and "Electronic/Dance Recording of the Year" at the 2013 Western Canadian Music Awards. **This girl doesn't just play shows, she detonates dance floors.** Kytami is internationally renowned for one thing: she rocks the

fiddle like a woman possessed... and the audience dances to match.

From Germany to Hong Kong and Joshua Tree Festival to Shambhala, one thing is affirmed at Kytami concerts time and again: If you dare witness this violin diva take the stage, be prepared to wear through not only the soles of your dancing shoes, but perhaps the version of reality you brought to the door.

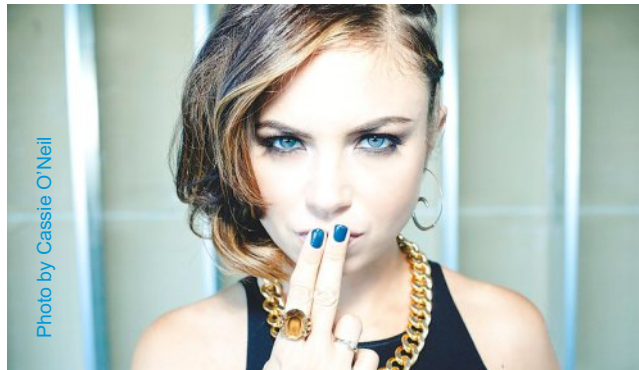


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★ LAKETOWN RANCH

Did you know that the Laketown Ranch hosting the Bio Cup and Legends Valley Music Festival is also a not-for-profit organization called the **Laketown Ranch Benevolent Society?**

Giving back to our community is part of our mandate, and will always be a key measure of our success!

The Laketown Ranch Benevolent Society is all about giving back to the community as part of their mandate, and will continue to be a measure of their success. They have raised over \$550,000, benefitting vital organizations in their community including: the Cowichan District Hospital Foundation, MS Society, Canadian Diabetes Association, Cops for Cancer Tour de Rock, Big Brothers Big Sisters, Rotary Club of Duncan, Duncan Chamber of Commerce and nearly twenty elementary, middle and high schools in the area. From health care to education to athletics, They place a profound importance on their benevolence program, and they hope that you do too.

This legacy of community alliance spans over a decade, supporting and leveraging tangible benefits to nearly 50 charities, non-profits, schools, community partners and causes. Additionally, the annual event contributes to the economic, social, cultural and agricultural growth of the Cowichan Valley, having infused over 4 million dollars into local business through direct and indirect investment and employment opportunities since their inception.

The Cowichan Exhibition Grounds, who graciously played host to Sunfest for many years, have received annual monetary donations totaling more than \$125,000. The Laketown Ranch Benevolent Society believe strongly in improving the agricultural capacity of Cow Ex for many years to come.

Together, they are positively shaping the community of the Cowichan Valley, and that's something we can all stand behind.



By HK Abell

INTERNATIONALLY ACCLAIMED HIGH TIMES IS TAKING THE BIO CUP CANADA TO A NEW LEVEL THIS FESTIVAL SEASON

It's nearly the end of summer, which means it's festival time in Canada. From coast to coast, millions of people will be getting their fill of ribs, peach pie, or if you're in the Maritimes, maybe it's lobster that you're overindulging on. There will be music – so much music – and dancing, drinking and celebration. We may not all have the same connection to the earth that we once had when we all lived in the country and depended on the harvest for our livelihood, but festivals still have their roots in that tradition: a celebration of the harvest.

Now there's a new harvest, and for five days in lovely Lake Cowichan, British Columbia at the end of August thousands of people will be celebrating the great marijuana harvest of 2017 at the second annual Legends Valley Music Festival.

The second part of the weekend was expected to be the Bio Cup Canada Expo and competition. Bio Cup Canada is an organization that brings together cannabis connoisseurs and activists from all around the world to exchange knowledge about the use, cultivation and production of cannabis, and to share the many varied experiences on the legalization of cannabis that is taking place.

This year something big and unexpected happened when High Times reached out to Bio Cup and expressed interest in collaborating with them to create the largest cannabis festival in Canadian history. High Times has taken over the show and is turning it into a High Times Cannabis Cup event. The High Times Cannabis Cup is the world's leading marijuana trade show, celebrating the world of ganja



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through competitions, instructional seminars, expositions, celebrity appearances, concerts and product showcases. Going strong for nearly three decades, High Times Cannabis Cups are the most established and trusted in the marijuana industry, continually fighting for the political legitimacy of the plant.

Both the Legends Valley Music Festival and the Bio Cup people are very excited about this joint partnership, as the sponsorship and prestige of High Times elevates the festival to a world class event. Essentially it is like Olympic judges coming to your national track and field competition. For growers and producers looking to enter the competition, the Bio Cup rules and standards remain the same, but the winners will be able to claim the coveted title of High Times Cannabis Cup champion, and be recognized as one of the best growers worldwide.

Awards will be given for a variety of categories, both for flowers as well as extracts, edibles and topicals. There will be High Times judges, celebrity judges, as



well as People's Choice Awards, which means that you, too, could be a judge (visit www.biocup.ca to learn more)

What can I expect at this year's festival?

Well, what would you expect if this were Rib Fest? There will be vendors from all over, including growers, chefs, glass blowers and other artisans selling their wares, as well as vaping clinics, dab rig expositions, and topical massage spas. So much more than just a trade show with pot, Cannabis Cups are a place to learn from the pros, pick up new tips, and make new connections as you network with some of the biggest names in the industry.



If you are thinking of camping, but don't like the idea of lining up for a Port-a-potty for three or four days? Well, then, you're in luck! The beautiful Laketown Ranch is not only Canada's best new outdoor concert venue, but has fully landscaped camping sites, complete with permanent washroom facilities, including hot showers. So don't worry, this isn't Burning Man. Yeah, but will I be allowed to smoke?

Yes. Yes, you will, but I totally understand your concern. First off, this is a 19+ event, and traditionally, Cannabis Cup events have been BYOB – bring your own bud. You can bring your own stash, whether that be flower, concentrate or budder, and you can bring your own pipe

or bong. Or, you can browse the vendors just as you would at any other festival, and pick up some new strains, glassware, papers, and just about any cannabis-related paraphernalia you need. There were some concerns at last year's festival due to the RCMP presence – people were nervous. It was the first year and nobody really knew what to do. There were stories of people being searched and having their medicine confiscated, but the organizers had nothing to do with that. But several RCMP officers have stated that they were very pleased at how things went, and that there was little need for corrective action.

There are still rules, and one of them is that there is a designated smoking area, for cigarettes or cannabis. Like Samuel L. Jackson tells John Travolta in *Pulp Fiction*, it's not like you can just walk down the street

smoking a joint. There are designated smoking areas where they want you to smoke, and that's not just the policy of the organizers – that's provincial law. The festival is a workplace for anyone working a booth, and just as you can't light up at the office, you can't light up in any workplace. So be respectful of others, and gather with friends in the smoking area when you want to enjoy a social smoke.

What about the music? Is there going to be anyone I like?

I don't know – do you like to jump around? Because House of Pain is going to be there. All three original

members will be performing their trademark drunken, bar brawlin', beer swindlin' music, including one of Hip Hop history's most infectious and easily identifiable songs, Jump Around. After a successful solo career for Everlast, the futuristic hip hop stylings of the XSupermodels for Dannyboy and DJ Lethal's stint as DJ for Limp Bizkit, the boys are back together performing as House of Pain, and are also working on a new project with some very cool collaborators.

If you like your hip hop old school and mixed with metal, nobody is more old school metal-rap fusion than the original gansta himself, Ice-T and his band Body Count, who will also be one of the headliners at the festival.

Body Count was infamous for their controversial hit Cop Killer, which launched their careers, even if it brought excessive amounts of negative attention. Body Count continue to write politically charged music, saying things that need to be heard, even if they are difficult to hear. They are activists, prophets and poets. And, they fucking rock.

But if you're looking for something less angry and more light-hearted, check out Magic! The Canadian born, LA based quartet's #1 hit debut single Rude – a bouncy, reggae-pop tune – took the world by surprise in 2014, selling more than 10 million copies, and being viewed nearly a billion times on VEVO. Their Top 10 debut album, Don't Kill the Magic, introduced the world to Magic!'s breezy sound — a catchy fusion of reggae, pop, and R&B. Their new album, Primary Colours, dropped in July, and you can hear more of their reggae-tinged pop music at the festival. But the real gem for lovers of Canadian pop rock has to be the Juno Award winning Sloan, the much-beloved Maritimes quartet, whose eleven albums have made them one of the greatest bands in Canadian music. Their album Twice Removed is considered by some to be the greatest Canadian album ever released (though some argue that Joni Mitchell's Blue or Neil Young's Harvest hold that honour). Sloan has been playing festivals all over Canada for the last few years, bringing their quirky brand of power-pop to long-time fans and new listeners alike.

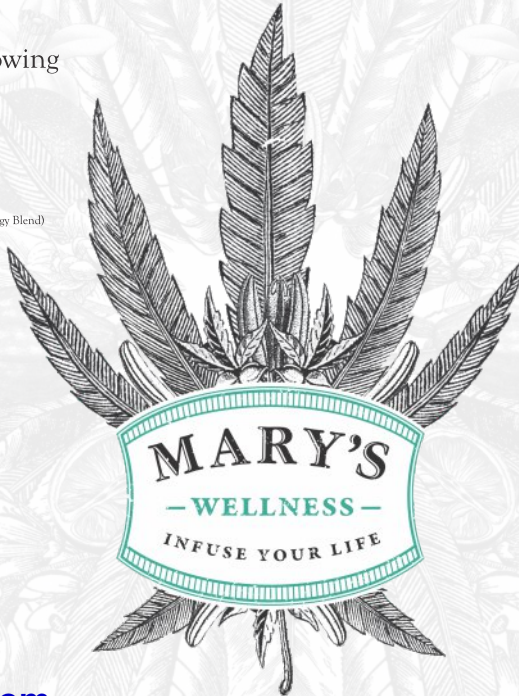
In addition to these headliners, there will be many other bands from near and far, like Delhi 2 Dublin, Five Alarm Funk, Daniel Wesley, The Harpoonist & The Axe Murderer, Delinquent Habits, The Forgotten Rebels, Funkdoobiest, Mat The Alien, Kytami, Bend Sinister, Dayglo Abortions, The Gaff, Illvis Freshly, Caleb Hart And The Royal Youths, Powerclown, Antipolitic, Cocaine Moustache, The Getaway Sticks, Ganjo Bassman, Dances With Whiskey, Tomorrow's Midnight, Taryn Laronge & The Revolvers, Everhawk, and more. There are always surprise arrivals and secret celebrity appearances as well, so be sure to keep your eyes open and your ear to the ground.

The organizers expect that there will be between 25-30,000 people attending the festival this year, invading Cowichan Valley and turning it into an idyllic cannabis culture village, bringing together people from all over the world for a common love. With world class growers' booths to visit, hundreds of strains to sample, great food, great music, and great friends, the **Legends Valley Music Festival** and newly branded **High Times Cannabis Cup** promises to be a monumental event that people will be talking about all year until next time.



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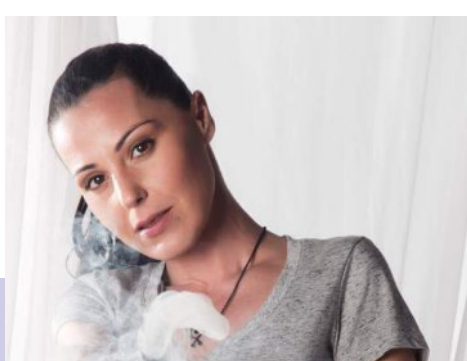


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CANNALIFE

by Evangelhia K



Hello & Happy August all you gorgeous Souls!

Hope the summers been treating you well & you've all made some everlasting memories. It's been a busy summer for this girl. Wish I could say it was full of travel to Exotic Islands, but that would be a lie. It has however been a summer full of creating, work & the odd travel to cannabis festivals & Conferences, which I really do love. Seeing familiar faces, meeting new ones, listening to speakers & always learning something new every few minutes, it's always such uplifting weekends to whiteness & be a part of.

Last month was the Cannabis Life Conference in Vancouver & I decided to take my little 8 pound fur baby (Araura) with me. All dolled up in one of her summer dresses, prancing around like she owned the place. I don't think I have to tell you, but she was stealing ALL the attention wherever she pranced off to. I kept getting asked how old my "Puppy" was. My response? "16 and a half"

The look of astonishment I got from everybody who asked, wasn't anything new to me. Nobody can seem to grasp how a 16 year old dog has the spunk & vitality that she does. Then I let them in on a little secret.... She's been on CBD the last 12 months. Then the questions start flowing in.

So this month I wanted to share Araura's story with you, why I got her on CBD, what its done for her & Us & why you too should have your older pets, Pets with injuries or pet that have occasional seizures on CBD.

Last Summer Araura had stopped eating. Day 1 I wasn't too concerned, as it was summer & figured she just didn't feel the greatest. By Day 2 I was getting a little worried, but she ate her beef pepperoni links, so I gave her a few of those so she'd at least have some substance in her tummy. By Day 3 I would cook her steak, liver, & chicken, in hopes she'd pick 1 to eat & She would. Day 4 I cooked steak, chicken heart, liver, veal, chicken & eggs in hopes she'd eat anything & she ate a little bit of the liver & Chicken. By day 5 we were in the vet getting urine samples & blood work done as I could feel her lose some dramatic weight.

The next day they called me with her results. Her red blood cell count was high but they weren't sure why as her organs seemed normal. They wanted to run ultrasounds and x-rays on her, but since this was a new vet that I had never been too before this, I asked them to send her results to my veterinary clinic she's been going to the last 15 years. The next morning my regular veterinary calls me and tells me he has a package of proboscis, liquid vitamin & some high fibre food waiting for me.

My mom picked it up for me as I wouldn't make it in time before they closed. I remember when my mom saw Araura & how skinny she was, she looked at me with tears in her eyes. "Don't say it" I told her. (Im a strong believer that when you say something, you're putting it out into the universe & I don't like putting negative thoughts out there.) "She's going to be fine... She's got another 5 years... we already agreed on this" I bark at her, holding back tears.

The next morning my mom was heading off to Greece. I hugged her & said my "safe travels & I love you's" but as she picked up Araura and the way she was holding &

Photographer: Neil J Perlman
Hair & makeup: yours truly Evangelhia K

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hugging her, I knew my mom was saying what she thought were her final goodbyes to her as the tears welled up in my moms eyes, which then of course in turn made me cry.

I got Araura on her meds from the Vet but it hadn't seemed like it was making a difference. The following day after my mom left for Greece, I was giving Araura a massage when I noticed a lump by one of her nipples. That's when I put it all together. You see a few years prior we had gotten a lump removed from the same spot on Araura that ended up being benign cancer. That must be why her red blood cells are high, I thought to myself. However she was 15 years old & I was too scared to put her under the knife again to get it removed.

So the wheels started turning... CBD I thought, if its that amazing for us, it has to be just as good for anything with an endocannabinoid system. So the research for dosing started. Since she is so tiny I started her on 2mgs of CBD a day. Within 2 days her appetite was back, by day 4 her energy & spunk was back & by day 10, the lump had almost vanished and Arauras vitality was that of a puppy again. She started playing with other dogs, which I haven't seen in years & her fur even started growing softer & faster. It was incredible to see a change so fast in her, even the Veterinary clinics I took her to when she was sick, couldn't believe how amazing she was doing.

My mom got back from Greece 6 weeks later in disbelief that Araura was still with us, let alone how healthy & well she looked.

Its been a year since that scare & although Arauras still doing great at 16.5 years of age I still give her CBD every couple days to keep her healthy, appetite up & spunky. I know deep in my heart if it wasn't for the knowledge I had about CBD Araura probably wouldn't be here today. So if you have a fur baby who suffers from arthritis, lack of appetite, injury or just old age, you may want to get them on CBD as soon as you can. Animals immune system is 10x faster then that of a human, which means they get sick 10x faster then we do as well as heal 10x faster then we do. So if your fur babies suffering, or you just want to make sure they're as healthy as can be, I highly recommend a good CBD product for your little one.



Thanks for taking the time to read Arauras story, and hope all you gorgeous souls have an amazing month! If you're headed out to the Legends Valley Music festival at the end of the August come on by the High! Canada booth and come say High!

XXXX

Evanghelia K



Evanghelia Katsiris

Evanghelia is a model and actress as well as a passionate patient advocate and a bit of a cultural visionary, priding herself on producing tested, quality products and leading by example wherever she can.

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Lets be Blunt...

I'm a Marijuana advocate who comes from a very conservative family. My grandparents are the typical couple from the 50's, even sleeping in twin beds like they did in old movies. My mom is a conventional lady also, after being raised by my grandparents. She unwilling lives an unconventional life, after becoming a single mom. They do not approve of Marijuana, legal or otherwise.

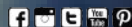
Only my mom knows I use Marijuana for medical purposes and that I write several 'Weed' Blog's on-line. I only intend to tell my grandparent if necessary, I'm pretty certain they wouldn't understand or listen. In addition to the obvious emotional conflicts, this causes me, my heart is broken for another reason.

My family saw me suffer when I initially became sick and had been diagnosed with Crohn's disease. I suffered from both the illness itself and from the pharmaceuticals it was given. I got smart and switched to Marijuana, use it regularly and I feel significant relief from my symptoms. Why can't they see the difference?

Even still I hear negative and stereotypical comments from them about Marijuana. How it is wrong, what I'm doing is wrong, how lazy those people are and so on. The problem is that most of what they say is misinformed, which's the best example of the average opinion. Even now Marijuana has not been accepted in society the way I think it should be.

I don't expect my family to agree or support my use of Marijuana and my work in the industry. But I do hope they will educate themselves more before judging me for what I'm doing and for sharing this information with others. Not having the full support of those closest to you is a challenge, I chose to see it as a reflection of their issues and not my own.

HIGH!
CANADA
MAGAZINE



By Kelly Gibson

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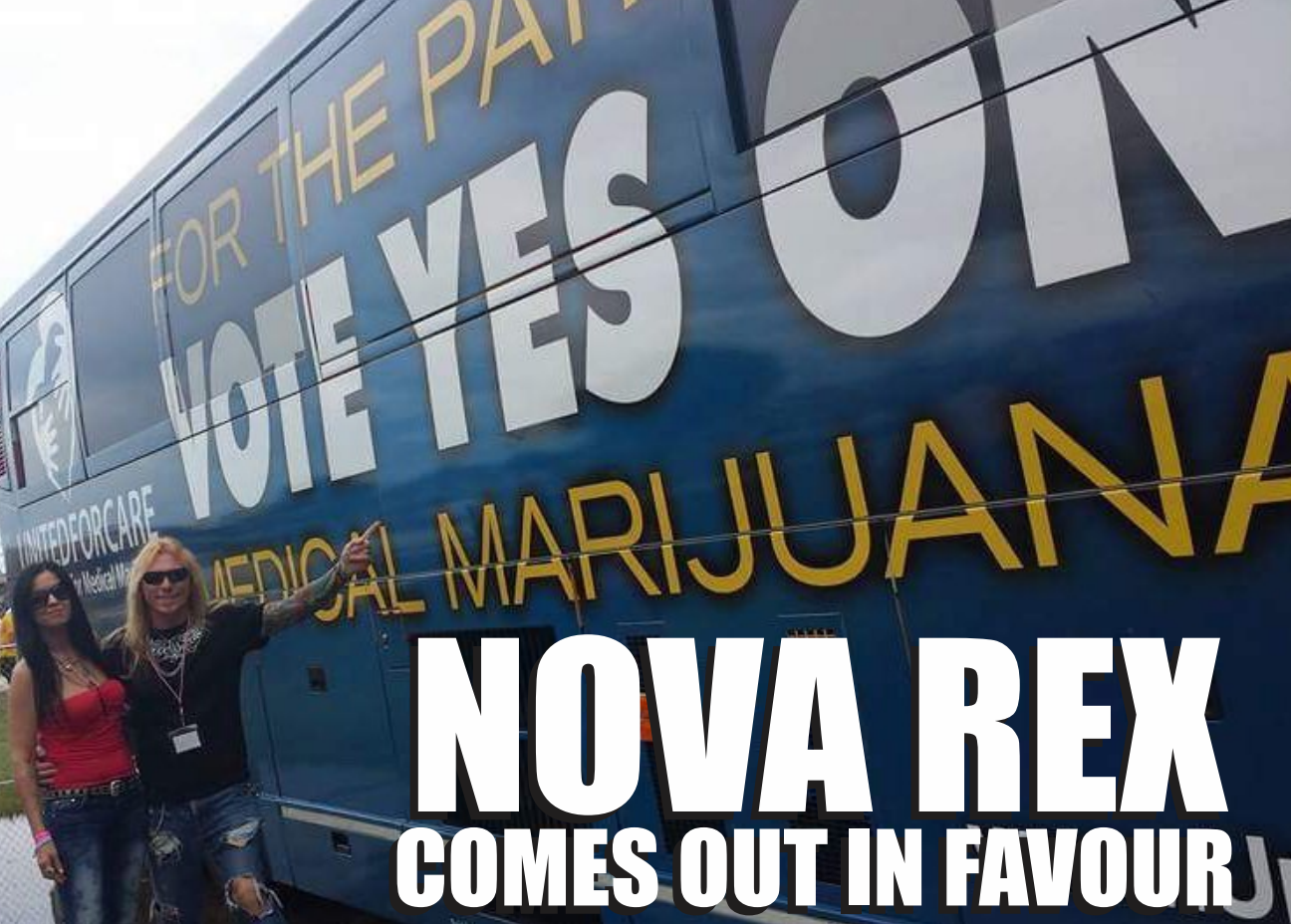
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NOVA REX COMES OUT IN FAVOUR

With roots having been formed in Canada in 1985, Nova Rex has just celebrated their 32nd year. They are currently on the road full-time playing such events as Rocklahoma, Rockin' the Rivers, 80s in the Park, Sturgis, Daytona BikeWeek and will be headlining Fall Jam 6 in St. Andrews, Manitoba kicking off their Canadian tour with their original Canadian guitarist, JP Cervoni.

We got in touch with their drummer, Eddie Cruise, who is a big advocate of cannabis. Above is a picture of Eddie and his wife, Lea in front of their tour bus. As you can see, it promotes cannabis all over it. Eddie is well educated on cannabis and shared with us a few facts such as medical marijuana and CBD oils help stress, some forms of cancer, and even conditions of pain and inflammation in some cases. It also helps protect the brain from concussions (football/boxers) and it is a natural medicine from our Creator...plus it smells great. Nothing like the taste of a good frosty bud.

To let you know a little about the history of Nova Rex, they released a documentary a few years back called "Nova Rex: Ain't Easy Being Cheesy" that received multiple plays on the Documentary Channel and had a short run on Netflix and has been seen by millions of people.

The last couple of years have been very productive for Nova Rex. They have a national sponsorship with Anheuser-Busch and they played over 100 shows last year - every rock festival, bike week event in the states and the band is currently on the road full-time.

In recent news, Nova Rex is featured in a new film, "Hair I Go Again", which is premiering in theaters. It features members of Warrant, Quiet Riot, Tesla, Motley Crue, etc plus one of their songs is in the film and they also made the DVD cover. Also, VH-1 ranked Nova Rex #48 out of 100 Greatest Hair Metal Bands of the 80's.



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Nova Rex has made their stamp in history in many ways, but one of the most unique is having been immortalized in the Smithsonian representing the 80's metal music genre as well as the Hard Rock Collection.

After seven albums and countless compilations, Nova Rex has just released a new music video as well as a brand new album, "Nova Rex: Rock Star Roadshow". We are thrilled that they are back in Canada promoting their album and we hope everyone can catch at least one of their shows near you.

www.facebook.com/NovaRexRocks/

Order their CD online or pick up a copy at their shows. To order online, visit Nova Rex at www.quareup.com/store/nova-rex

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NOVA REX has been featured in the
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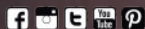
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HIGH! CANADA MAGAZINE



By Sarah Samedì

My Life with Marijuana A Cancer Survivor's Tale

To be perfectly honest, I've smoked marijuana since July 31st of 1995. We sat on the edge of the escarpment, looking over the downtown of my city, and passed a joint back and forth. It was my girlfriend's birthday and we were celebrating in our own way. We were too young to drink legally, and my friend's sister had gotten her the joint as a gift. It was my first experience and it was so positive, so affirming, that I have smoked regularly ever since. It helped my moods – I suffer from depression and severe anxiety – stimulated my appetite, and gave me the concentration to study at school. Even then, I was using medicinally. I just didn't know it.

Fast-forward to 2015. I was in my 30's, and I wasn't feeling well. Every time I would get my period, it would cause me to cramp until I'd vomit. Marijuana was the only painkiller that would work appropriately for me, specifically Indica strains, known for their painkilling properties.

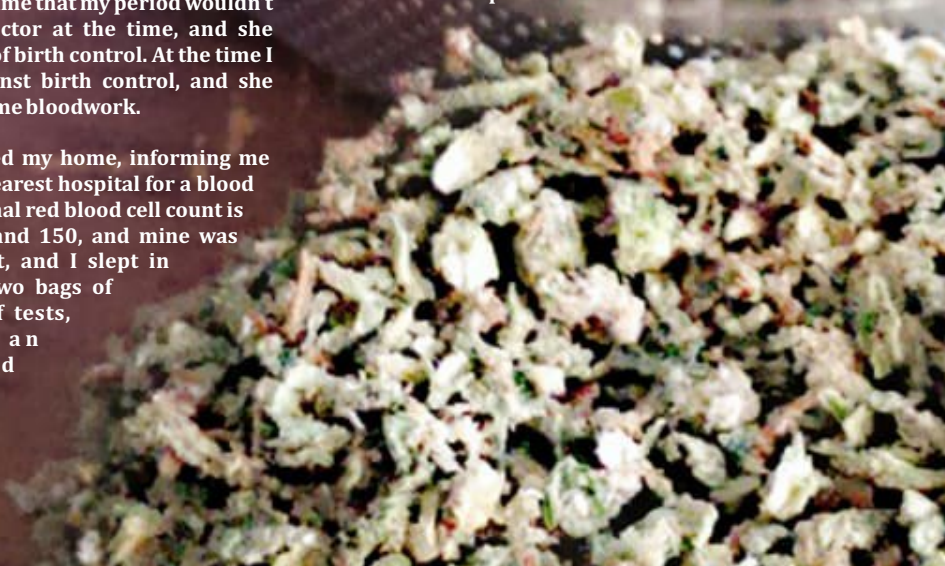
In early 2016, the issue became that my period wouldn't stop. I approached my doctor at the time, and she offered me different kinds of birth control. At the time I smoked, so I insisted against birth control, and she finally acquiesced to giving me bloodwork.

At midnight, the lab phoned my home, informing me that I needed to go to the nearest hospital for a blood transfusion. You see, a normal red blood cell count is somewhere between 100 and 150, and mine was around 52. Away we went, and I slept in emergency while I took two bags of blood. After a barrage of tests, MRIs, CT scans and an ultrasound for good measure, it was decided I needed surgery. My ovaries were approximately the size of footballs and needed to be removed.

Turns out, it was cancer, and it was everywhere. My ovaries, uterus, fallopian tubes and cervix, my appendix and a protective layer of fat all had cancer. When I was told it was Stage Four and that I would require chemotherapy, I approached my oncologist about using marijuana during treatment, and if I could get my license. She was enthusiastic, to say the least!

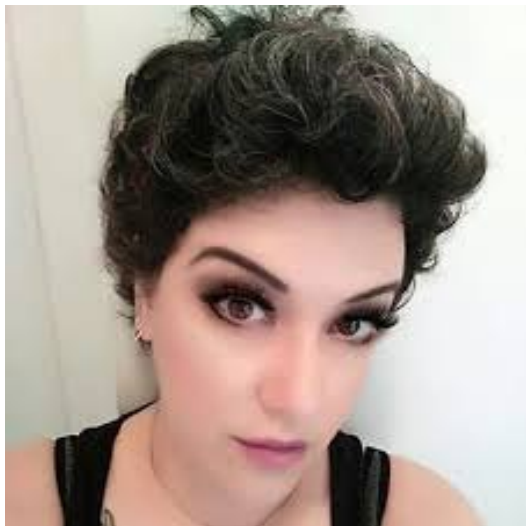
The thing is, with chemotherapy comes side effects: nausea, vomiting, hair and nail loss, chronic joint pain, large muscle aches, etc. There are prescription drugs for these issues, all of which I had except the nail loss. I did exactly one round of these drugs before receiving my license, and switched immediately to bud.

I discovered a couple of Canadian strains: Chemo



and Juicy J Kush, both bred out of British Columbia. I would smoke Chemo when I'd take treatment for its anti-nausea properties, as well as its cancer-fighting CBD content. For joint pain, which I still experience, and likely will for the rest of my life, I smoked the Juicy J Kush.

Chemotherapy wasn't pretty: I was bald, I had no lashes or brows, and was completely hairless, kind of like a sphynx cat! This wasn't entirely bad, being that it was June of 2016 and it was a hot summer. I smoked daily, roughly every three hours, to maintain comfort and mobility, as well as to stimulate my appetite.



I can't imagine my recovery without flower, without concentrates, without the benefit of something that is natural, pure, and simply grows out of the ground. For all the chemicals I've had to take, my natural medicine always seems to work best. I smoke in preference to any other method of delivery, and I think that's a residual effect from quitting smoking cigarettes. It also works the fastest for me, giving me relief in a matter of a few minutes, rather than having to wait for a pill to take effect.

I am not a stoner. I'm not a burnout. I have a life, a family, friends, and a job. I use marijuana to feel good. It heals me. Why judge me for that?



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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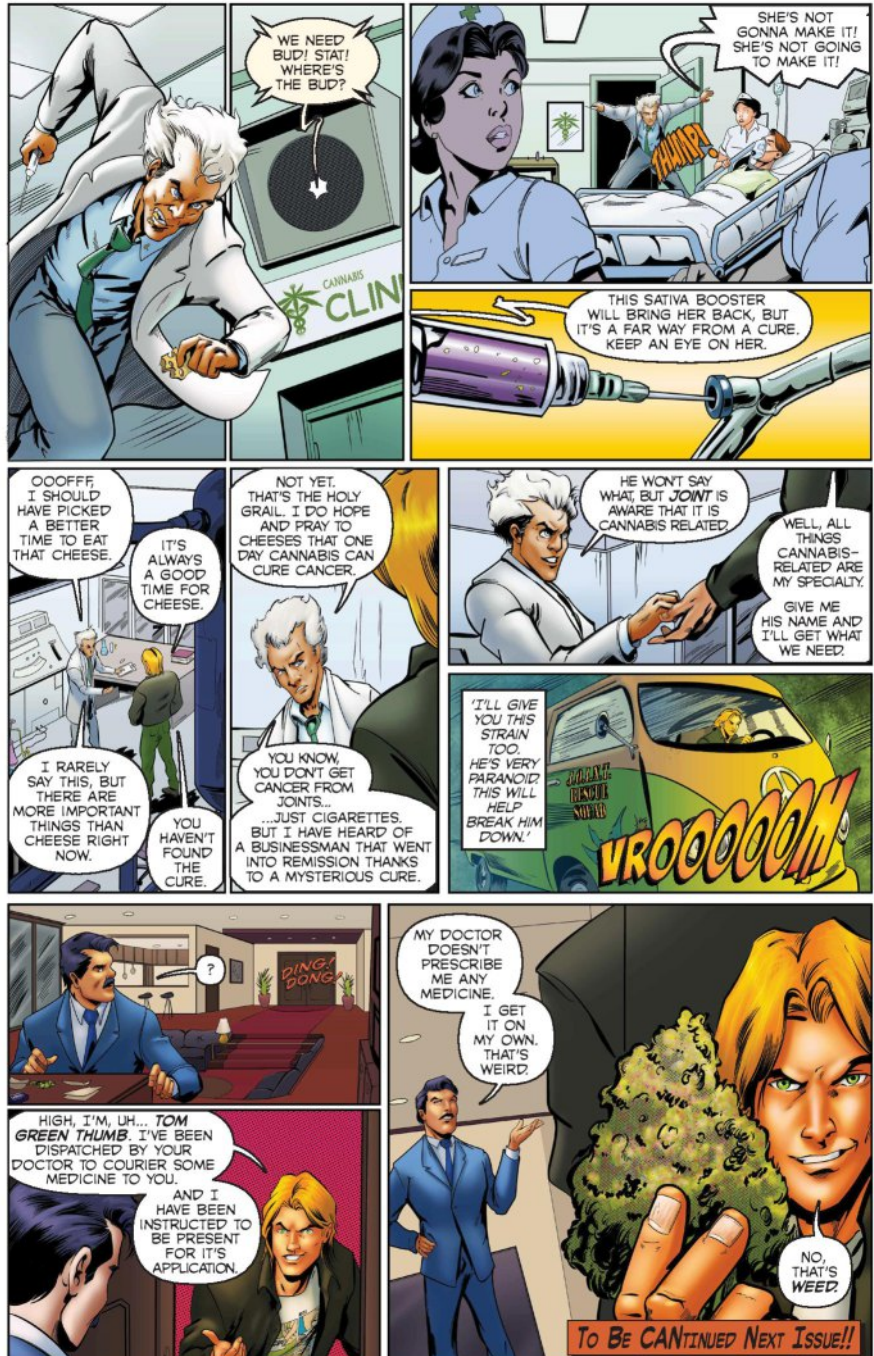
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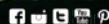
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Help Jayda Live Life To The Fullest!

Craig Ex, Expert Joints, met Jayda outside of the Westin Bayshore on Saturday at the Cannabis Life Conference, where she was selling lemonade to raise money for the treatment of her rare brain disease known as Vanishing White Matter Disease (according to her gofundme page, there are about 200 documented cases worldwide, but no cure and life expectancy is 2-10 years for someone with it). Her brother suggested cannabis might help with her treatment & suggested Jayda and her mom, Linda, check out the Cannabis Life Conference to gather information regarding possible treatment options using cannabis. Shortly after setting up their lemonade stand, word about Jayda's story spread, and conference emcee Craig Ex, Expert Joints, went outside to introduce himself.

After learning more about Jayda's battle, Craig invited Jayda and Linda to speak on stage at the Cannabis Life Conference, in front of a room full of attendees (and to the world via the live stream on @CannaLifeNet) This also gave them the chance to connect with medical experts on-site to answer their questions. Jayda came on stage and shared her story, and while she spoke a donation cup was passed around the audience.

Jayda and Linda connected with multiple medical professionals and industry experts at the conference who have offered consultations and products for

Jayda at no charge (Mara Gordon from Aunt Zelda's, Inc., Green Island Naturals, MediGreen, Top Leaf Canada, Canna Kids & The Medical Cannabis Dispensary).

\$1600 cash was collected on the floor from generous conference attendees, speakers, and exhibitors. Cambridge House International, the conference producers, then matched this amount as did Top Leaf Canada bringing the total to \$6400! The donations will go towards Jayda's treatment and ongoing care, as well as a new car (The air conditioning in their old car doesn't work and Jayda struggles with heat). The Medical Cannabis Society Dispensary are also treating Jayda and her family to a night in a hotel with a pool (a wish of Jayda's), complete with a limo ride. Jayda's mom Linda said "for the first time, I feel there is hope and someone has listened".

Jayda's goal is to raise 2.3 million dollars for research regarding her illness.

Check out the video from Cannabis Life Conference to hear more of Jayda's story.

Donations can be made to Jayda's GoFundMe page, Help Jayda Live Life To The Fullest! www.gofundme.com/help-jayda-live-life-to-the-fullest-2w8ukpw

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All eyes are on you. You've been so wrapped up taking care of others it's time to let people take care of you. Put your feet up and accept the help. Your mind and body will thank you later.



Travel plans are here to end your summer with a bang. Pack your bags and don't look back. Trust in the universe to take you where you need to be.



Communication will be your main focus now, especially the long-distance variety. As intuitive as you are, you probably already know what to expect and when it's coming.



You are on fire this month; don't let the rain put you out. Keep up all the hard work for some unforeseen travel plans at the end of the month.



You've been wondering what's next for you for a while now. Step out of your comfort zone and try something new. Remember to shoot for the stars.





Scorpio

If you haven't been seeing anyone lately, you'll be pleased to know that the situation is about to change -- under most unusual circumstances. Be prepared for a coincidental situation to bring you face to face with someone you were absolutely meant to meet



Sagittarius

Indulge this month. There may not be as many opportunities to get what you want as the summer comes to an end. Appreciate the good times in front of you.



Capricorn

Read between the lines and source out all the information before making any big decisions. You may feel like others are hiding things from you but don't come off too aggressive trying to find the truth.



Aquarius

Work is about to get really busy ensure you are prepared. Don't allow yourself to be under valued.



Pisces

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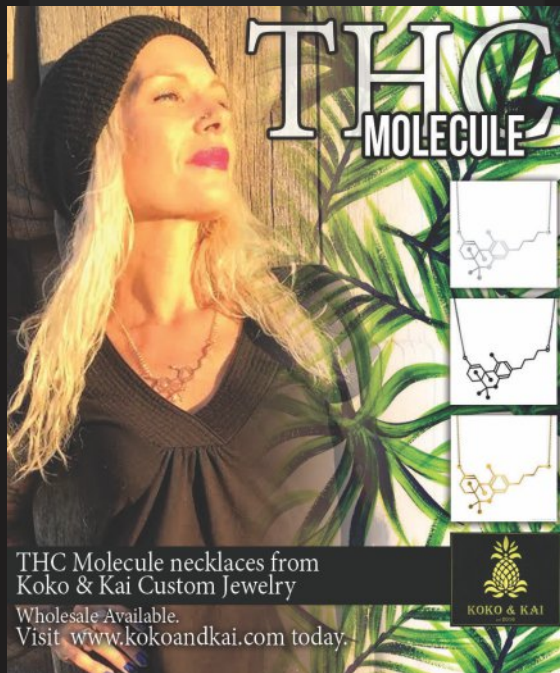
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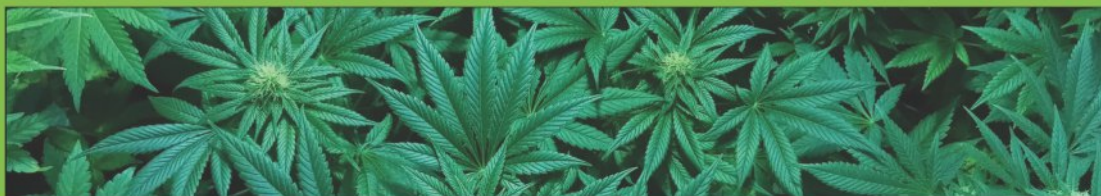
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