

FREE - NOVEMBER 2019 - ISSUE #49

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# HIGH! CANADA MAGAZINE

CANNABIS INDUSTRY & COMMUNITY  
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High! Canada is distributed to age verified shops and services and by subscription.

High! Canada is intended to educate and inform adults over 21 about the complexities of cannabis consumption and reflects the multifaceted nature of this new industry.



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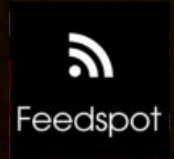
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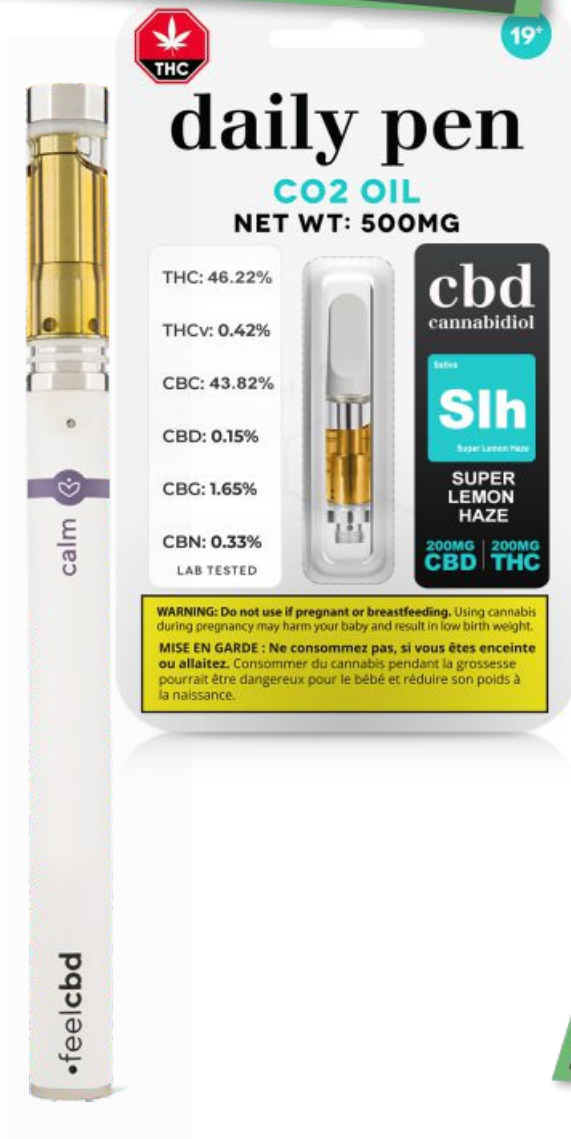




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## EDITORIAL

Cannabis Substitution has been on my mind quite a bit over the course of 2019. Since January 2019, I have been touring around central BC and speaking to marginalized groups across the Fraser Valley. As a result of these talks, in May of 2019 I wound up starting my own Cannabis Substitution programs in some of these cities and with the help of some amazing sponsors who have donated unregulated but tested, quality product for me to distribute, we were able to make some real differences in the lives of some of the people who signed up to participate. In these two cities, I was able to sign up people in these areas who were interested in trying cannabis and CBD products to help out with withdrawal symptoms associated with street level opiate addiction.

Between June and mid November we gave out sample bags twice a month containing CBD and THC based tinctures, topicals, teas and seeds (for people to try and grow their hands at growing their own four plants). Out of the people who participated in this program, some have gone on to stop using and/or enter a rehab program designed to help them get clean. More out of our groups report decreased use and craving while the remainder across the board found it extremely helpful with withdrawal symptoms. As a bonus certain individuals found some moderate success trying their hands at growing their own.

I did not start this program for data but instead I started it because I saw an opportunity to do the right thing and I strongly urge anyone and everyone



who is actively involved in cannabis to find a way to give back in a similar way. Cannabis has the power to change lives and give lives back. I believe it is important to remember this. The entire country is in the grips of massive homelessness, obscene inequality and an opioid epidemic of epic proportions. People are dying out there and I know that cannabis can stem the tide and save lives now. How can we as a community possibly turn away. I would like to note that our substitution program has met with nothing but community, municipal, local and social support over the last six months and I couldn't be happier with the results so far.

In terms of upcoming events we are super excited to attend Lift on Vancouver in January 2020 to celebrate our fantastic 50th issue and we are equally excited about the cannabis space and industry exploding in Europe and the Berlin ICBC event is the one Cannabis event in Germany that we most excited for next and that happens in early April 2020. Look for the display ad in this issue and stay tuned for more details on the next issue of sister publication High! Europe Magazine.

Cy Williams  
Publisher/Editor  
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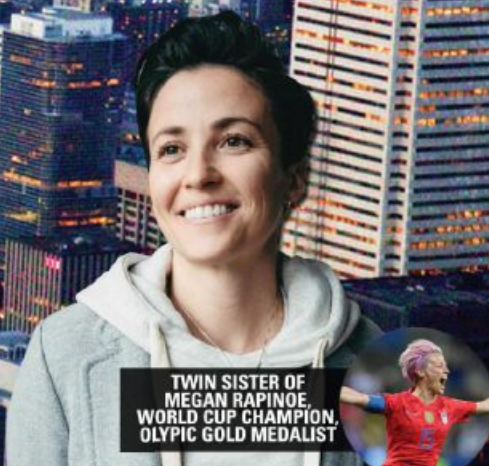
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## CANNABIS NEWS

### NOVEMBER 2019

#### CANNABIS AND HARM REDUCTION: WHAT WE KNOW AND WHAT WE NEED TO LEARN

The BC Centre on Substance Use hosted a Cannabis Science Symposium on Cannabis and harm reduction: What we know and what we need to learn in Vancouver at Monday, November 25th, 2019 at UBC Robson Square. The entire event was broadcasted online.

Dr. M-J Milloy, the Canopy Growth Professor of Cannabis Science at the University of British Columbia ("UBC") was proud to bring together patients and other people with lived and living experience with researchers, clinicians, and policymakers for the inaugural Cannabis Science Symposium with the goal of establishing a research agenda for cannabis and harm reduction during the overdose crisis. The one-day public research symposium is organized by the BC Centre on Substance Use ("BCCSU") and UBC with support from Spectrum Therapeutics, the medical division of Canopy Growth Corporation (TSX: WEED), (NYSE: CGC).


In the midst of an ongoing overdose crisis impacting communities across Canada and

the United States, new measures are needed to prevent overdose-related morbidity and mortality, especially among people living with substance use disorders and common comorbidities, such as chronic pain. A growing wealth of preliminary evidence suggests cannabis might be a beneficial harm reduction-based intervention. This research symposium will gather expertise to discuss the latest evidence, reflect on the current responses to the overdose crisis, and establish next steps to advance knowledge, policy and practice around cannabis for harm reduction.

**"The therapeutic benefits of cannabis are only just beginning to be understood. Early research has shown that it could have a stabilizing impact for people with opioid use disorder, improving their quality of life and offering a pathway to long-term treatment solutions,"** says Dr. Milloy, who is also a research scientist at BCCSU.

**"We have a scientific imperative to build upon this research and ensure that research is guided by the experiences of those living and responding to the overdose crisis. This first Cannabis Science Symposium provides an important forum for researchers, healthcare professionals, community stakeholders and those with lived experience to exchange knowledge, ideas and first-hand experience on the potential of cannabis in addressing the overdose crisis,"** commented Dr. Mark Ware, Chief Medical Officer, Canopy Growth.

**"Solutions are still desperately needed and we're committed to doing our part to help affected individuals, families and communities."** he went on to say.



# HIGH! CANADA MAGAZINE

The Canopy Growth Professorship of Cannabis Science was established via a \$2.5 million donation from Canopy Growth to UBC and the BCCSU to fund clinical research aimed at defining the potential benefits of cannabis as a legitimate therapeutic treatment for opioid use disorder.

Upon the announcement of Dr. Milloy as the first Canopy Growth Professor of Cannabis Science, he along with his team performed a comprehensive review of existing studies examining the role of cannabis in addressing opioid use disorder to help inform the direction of the clinical trials to be conducted as part of the Professorship.

In their most recent study, where researchers from the BCCSU and UBC interviewed more than 1,100 people at highest risk of opioid overdose in Vancouver between 2014 and 2017, it was found that people who used cannabis at least daily had nearly 50 per cent lower odds of using illicit opioids at least daily compared to cannabis non-users.<sup>1</sup>

Through their research to date, the BCCSU has demonstrated that the evidence, which continues to accumulate, supports further evaluation of the therapeutic benefits of cannabis for opioid use disorder.

For further information:  
British Columbia Centre on  
Substance Use,  
Kevin Hollett,  
[kevin.hollett@bccsu.ubc.ca](mailto:kevin.hollett@bccsu.ubc.ca)

## N2 PACKAGING TAKING A GLOBAL LEAD IN CANNABIS PACKAGING AND SUSTAINABILITY



After a year of legal purchases, one of the big complaints we hear about legal cannabis is how incredibly over packaged

everything is. Over the last few years N2 Packaging Systems LLC has become one of the most innovative yet familiar packaging companies currently serving the cannabis industry with their Nitrogen Cannabis Packaging (or just N2 Packaging for short). Where others focus on what was, and what is currently the norm, N2 Packaging is focusing on cutting edge, patented solutions for the future.

Their most recognizable product is an aluminum metal tin that is sealed and opened just like a can of sardines with a metal pull top.

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# CANNABIS NEWS!



## **THE LEGAL CANNABIS VS BLACK MARKET ECOMMERCE ARMS RACE BEGINS AS NAMASTE CTO EXPLAINS HOW TECHNOLOGY CAN HELP LEGAL PRODUCERS COME ON TOP**

In a statement released by Namaste in November - Namaste states that there have been 1,604 cases of lung injuries reportedly caused by black market cannabis products, yet a majority of consumers are still buying black-market THC vapes. This is partially due to

heavy regulations put on licensed cannabis producers that make it harder to promote products and compete with black market players.

Namaste Technologies—one of the world's largest online cannabis retailers—has prepared for this reality by developing e-commerce technology designed to help licensed cannabis producers compete with black market rivals.

For example, Namaste's AI technology gives cannabis consumers personalized recommendations, so they know exactly what type of strain to purchase—something the black market doesn't offer.

Namaste's CTO Chad Agate has spoke in detail to how Namaste's online marketplace CannMart is designed to help consumers easily find products from licensed cannabis producers—and how this technology provides consumers with a level of convenience and safety that he feels the black market can never offer.



# INFORMATION!

Namaste Technologies also made headline in November by giving a wink to Canadian cannabis consumers recently when it teamed up with TREC Brands to bring the brand's WINK cannabis products to Canadian consumers. The firm's online marketplace CannMart is bringing TREC's WINK line of cannabis products to Saskatchewan and Ontario residents. The Toronto-based company's online cannabis marketplace CannMart is joining forces with TREC, which offers dried flower, pre-rolls, oils and vape pens through brands like WINK, Blissed and ThumbsUp.

The agreement fits well within CannMart's

wheelhouse as the online retailer carries some of the largest selections of legal, high-quality cannabis products from producers in Canada and globally. WINK's dried flower products are currently available online in Saskatchewan, with more products and markets expected in the future, according to a statement Wednesday. "We have developed expertise in the distribution of a highly regulated product which we will combine with TREC's unique brand in order to ensure high quality products are distributed into protected brick and mortar marketplaces like Saskatchewan and Ontario," said Meni Morim, Namaste's CEO.

"TREC is known for its superior brands and the great work it does supporting initiatives in Canada and around the world. We look forward to embracing our common goal of creating a culture of consciousness around the cannabis sector and driving sales into the adult-use marketplace."

Earlier this month, CannMart signed new supply agreements with the provincial governments in Ontario and Saskatchewan, enabling the firm to offer its products within the cannabis value chain in the Canadian provinces.

Namaste said it is pursuing similar agreements with other provincial agencies in Canada.

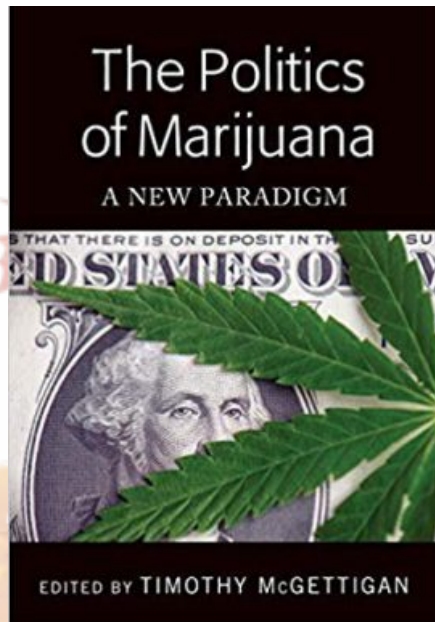


## **The Politics of Marijuana - A New Paradigm By Timothy McGettigan, PhD Comes Highly Recommended!**

The phenomenon of "legal cannabis" is instigating a great deal of new research, political intrigue, and social change.

The Politics of Marijuana: A New Paradigm explores the socio-political dimensions of cannabis as the world transitions from Harry Anslinger's Reefer Madness prohibition to an as-yet-to-be-defined future.

This book brings together a wide variety of expert perspectives on the past, present, and fast-changing future of cannabis.



For more information visit [www.peterlang.com/view/title/68257](http://www.peterlang.com/view/title/68257)

## **O' CANNABIZ 2020 ANNOUNCES SPEAKERS LIST**

Keynote Speaker will be Tech titan Michele Romanow who is both an engineer and a serial entrepreneur. She started five companies before her 33rd birthday. A "Dragon" on CBC's hit show Dragons' Den, Romanow is the co-founder of Clearbanc, which will invest \$1 billion in startups in 2019.

She brings her incredible entrepreneurial savvy to every stage. She has been awarded Angel Investor of the Year by the Canadian Innovation Awards.

Michele Romanow is a prolific angel investor through Dragons' Den. She co-founded the Canadian Entrepreneurship

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Shaun O'Neale has also been announced as a Keynote Speaker. Shaun is a world-recognized chef currently residing in Las Vegas, NV. A former DJ, Shaun was crowned Season 7 Champion of MasterChef on FOX in 2016 and completed his first cookbook in 2017 titled "My Modern American Table". He is a self-taught chef who developed his upscale, modern American style of cooking by reading cookbooks and traveling the world. For more on Shaun visit [www.djshaunoneale.com](http://www.djshaunoneale.com)



Last but far from least, Pro Soccer Player Rachael Rapinoe has also been announced as a Keynote Speaker at O'Cannabiz 2020. Rachael won a NCAA national championship with the University of Portland in 2005, played pro soccer in Europe in 2010, and eventually retired to pursue her passion in the health and fitness industry. With her network of influential athletes and passion for competing, Rachael shapes Mendi's products to meet the relevant demand in sports, along with Mendi's athlete ambassador - Rachael's twin, US Soccer star sister, Megan Rapinoe. For more on Mendi visit [www.themendico.com](http://www.themendico.com)



## HOW APHRIA INTERIM CEO IRWIN D. SIMON MAINTAINS HIS ROOTS TO CANADA'S EAST COAST

Mr. Simon is the interim CEO of Aphria Inc., a leading global cannabis company. His career has taken him from the East Coast of Canada to NYC to work for Häagen-Dazs and then founding and running Hain Celestial, a leading organic and natural products company, for 25 years, to his current position in Toronto. Mr. Simon was born and raised in Glace Bay, Cape Breton Island, where he played competitive hockey. He has always maintained his local roots, giving back to his community, and is the majority owner of the Cape Breton Screaming Eagles.

As part of his commitment to supporting his hometown roots, Mr. Irwin celebrated a milestone for the Cape Breton Hospital Foundation's Cancer Care Centre on November 20th, 2019. In Addition to Mr. Simon, the event featured the Honourable Cecil Clarke, Mayor, Cape Breton Regional Municipality, Minister of Business for Nova Scotia The Honourable Geoff MacLellan, and CEO of the Cape Breton Regional Hospital Foundation Brad Jacobs - all on site to raise awareness for the Cape Breton Hospital Foundation's Cancer Care Centre.

## CANADIAN CANNABIS PRODUCER - FREEDOM CANNABIS UNVEILS COUNTRY'S BIGGEST SOLAR ROOFTOP PANELS

Freedom Cannabis Inc. has unveiled a new state-of-the-art solar array at its facility in Acheson, Alberta. The 1,830 kW solar array, supplied by ENMAX, is Canada's largest rooftop solar system and will offset more than 1,000 tonnes of greenhouse gas emissions annually. Cannabis is one of the most energy-intensive industries in the world. The



# MAKING THE HEADLINES



cannabis intel firm New Frontier Group noted that in 2017, cannabis growers in the US used enough electricity to power 1.7 million homes, amounting to about 1 per cent of the entire energy consumption of the United States. While no national statistics exist in Canada, the Independent Electricity System Operator (IESO) predicts electricity consumption related to cannabis is projected to increase 1,250 per cent over the next five years in Ontario.

“Being responsible is at the heart of everything we do,” says Troy Dezwart, Executive Director and Co-Founder of Freedom Cannabis. “It is our responsibility to recognize our industry’s impact on the environment and work to do everything we can to minimize it, and lead positive change for all industries” he adds.

The solar array consists of 4,574 solar modules with a maximum capacity of 1,830 kW.

The system will offset about 1,041 tonnes of greenhouse gas emissions annually, supplying about 8 per cent of the building’s annual power consumption. Based on current demands, the

installation is expected to reduce electricity costs by approximately \$200,000 - \$300,000 annually.

The solar installation is located at Freedom’s 126,000 square foot facility in Acheson, 20 kilometres west of Edmonton. It’s part of the company’s larger commitment to reducing its impact on the environment. The company incorporates water remediation programs in its growing process, with the intention of minimizing waste. “It’s more important than ever for businesses to manage their energy footprint, and solar is an important part of that solution,” said Jason Atkinson, Director of Energy Solutions, ENMAX. “This solar installation will help reduce operating costs and offset a significant portion of GHG emissions for decades to come.” Freedom is currently focused on growing its first premium crops, which are expected to go to market next month. For more information about Freedom Cannabis visit [www.freedomcannabis.ca](http://www.freedomcannabis.ca)

Freedom Cannabis is a private, seed to sale cannabis company Licenced by Health Canada under the Cannabis Act. Established in 2017 and based in the province of Alberta, we have assembled a team of experts and experienced professionals who are working to build one of the world’s leading cannabis companies.

## NEW RESEARCH IN CANNABINOIDS

Dr/Professor Alvin Berger has

been studying nutrition, biochemistry, lipids, and cannabinoids for many years. He was fortunate enough to have published some pioneering research papers on endocannabinoids during his time working in Switzerland for Nestle.

Dr/Professor Alvin Berger has published his findings with luminaries such as Raphael Mechoulam of Hebrew University (Discoverer of THC and endocannabinoids) and Vincenzo Di Marzo of Naples. More recently, he has been developing patented mixtures of a novel anti-inflammatory lipid called Sciadonic acid with cannabinoids.

He and his team have recently developed a very clean C8 Medium Chain Triglyceride (MCT) oil. As a result of their technical, scientific, and industrial expertise in MCT oils, they have rapidly become a global, go-to, leading brand of MCT oils to increase solubilization and bioavailability of CBDs and other phytocannabinoids.

With newer work on the mixture with sciadonic or how they use their C8 MCT oil to solubilize CBDs in humans and pets. Dr/Professor Alvin Berger and his team are also open to other forms of collaboration or the sale of their MCT oils and MCT powders and Delta-5 oils from SciaEssentials for topical use.

**Dr. Alvin Berger’s research on cannabinoids includes:**

Hemp oils and CBD oils (with

# NEW RESEARCH ON CANNABINOID

minimal amounts of THC) are all the rage... with purported benefits for reducing inflammation, for weight management, and for a slew of other benefits, some proven, some aspired for.

Exogenous cannabinoids are molecules contained in hemp oils and CBD oils that upon digestion, or application to the skin, bind to receptors (known as CB receptors), and then exert the above biological actions. Endogenous cannabinoids, or endocannabinoids (ECs) are the molecules our own bodies manufacture, which then bind to these same receptors exerting

biological action.

Dr. Berger's interest in cannabinoids started in 1996, when he read a Nature paper describing how chocolate contained endocannabinoids that accounted for chocolate and cocoas' rewarding properties.

In that Nature paper (di Tomaso et al, Nature 382: 677, 1996), upsetting to Dr. Berger was the contention that a molecule known as anandamide (The Sanskrit word "Ananda" means joy, bliss, and delight.) was specifically responsible for the aforementioned rewarding properties.

Anandamide is technically known as N-arachidonyl ethanolamine, meaning it contains the molecule arachidonic acid as a constituent. But since arachidonic is not found in modern plants like cocoa (only in ferns), short of contamination (a stretch), the Nature paper had it wrong.

During this time, Dr. Berger worked for Nestle in Lausanne Switzerland, and Nestle was keen to understand more about the molecular mechanisms responsible for chocolate's addictive properties as you can imagine.

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So, Dr. Berger, along with famous cannabinoid researchers Vincenzo Di Marzo (of Naples Italy), and Raphael Mechoulam (Hebrew University and discoverer of THC and endocannabinoids) showed that chocolate logically did not contain anandamide (Di Marzo et al., Nature 396: 636. 1998). Dr. Berger then went on to published how high levels of orally administered endocannabinoids, could actually make an animal “high”; and his group reported on the levels of cannabinoids in many foods including breast milk.

Dr. Berger then had the idea that since fatty acids are precursors of endocannabinoids, it could be that feeding arachidonic acid, EPA, and DHA (and other fatty acids) to mammals would result in higher levels of the corresponding endocannabinoids; and this in turn, could explain some of the biological properties of the fatty acids. This pioneering work was published in the prestigious National Academy of Sciences (Berger et al., Proc Natl Acad Sci USA 98: 6402, 2001), and this landmark work has since opened up an entire new area of scientific discovery and inquiry. As a follow up, Dr. Berger showed using receptor antagonists, that indeed some of the biological actions of fatty acids are due to binding to cannabinoid receptors. This work is not only important for enhancing our basic understanding, but has implications for the development of individualized nutrition and pharmaceutical approaches. With the resurgence of interest in cannabinoids and hemp, Dr. Berger is keen to insert himself back in the foray of cannabinoid



research and product development. He holds patents related to the use of his Delta-5 anti-inflammatory fatty acids with endocannabinoids and phytocannabinoids (SciaEssentials business); and will leverage his background to develop cannabinoid products with the scientific rigor he is accustomed to.

## **CANADIAN MEDICAL CANNABIS FIRM PARTNERS WITH ISRAELI CORPORATION TO TREAT PTSD AND OTHER MENTAL HEALTH CONDITIONS**

Medical cannabis is now the latest frontier in Israel-Canada business ties, as the British Columbia-based international cannabis company Allied Corp. has entered into an agreement with the University of Haifa's

commercialization and business arm that will target the treatment of Post-Traumatic Stress Disorder (PTSD) and related mental health conditions.

Under the newly signed Master Services Agreement, the University's wholly owned subsidiary Carmel - University of Haifa Economic Corporation Ltd. has provided British Columbia-based Allied Corp. with a proprietary pre-clinical animal model that enables Allied to pursue specialized pharmaceutical cannabinoid research and pharmaceutical product development.

With its new access to the Carmel-owned animal model as well as University of Haifa's world-class laboratory facilities and scientific faculty, Allied will be able to conduct the pre-clinical phase of the development of AC001, the pharmaceutical product it is developing for the treatment of mental health conditions. After completing both the pre-clinical research phase



and human clinical trials for AC001, Allied will seek to market and license the product globally.

**“By partnering with Allied to pioneer the treatment of PTSD and other mental health conditions through medical cannabis, Carmel and University of Haifa are once again proudly leveraging the greatest potential in Israeli ingenuity and technology for the**

**purpose of addressing the world’s most pressing challenges,”**

said Elka Nir, CEO of Carmel Ltd. and Carmel Innovations. Carmel - University of Haifa Economic Corporation Ltd. serves as the commercialization and business arm of the University of Haifa. Carmel-Haifa collaborates with various partners and establishes ventures, companies and funds with the goal of maximizing the business potential of commercializing research and knowledge developed at the University.

David Weinkauff, VP of Pharma

Development for Allied, added, **“This is the first important step towards Allied bringing an academically validated pharmaceutical product to those who need it most: those people around the globe who have given of themselves to serve their country and are now suffering with PTSD.”**

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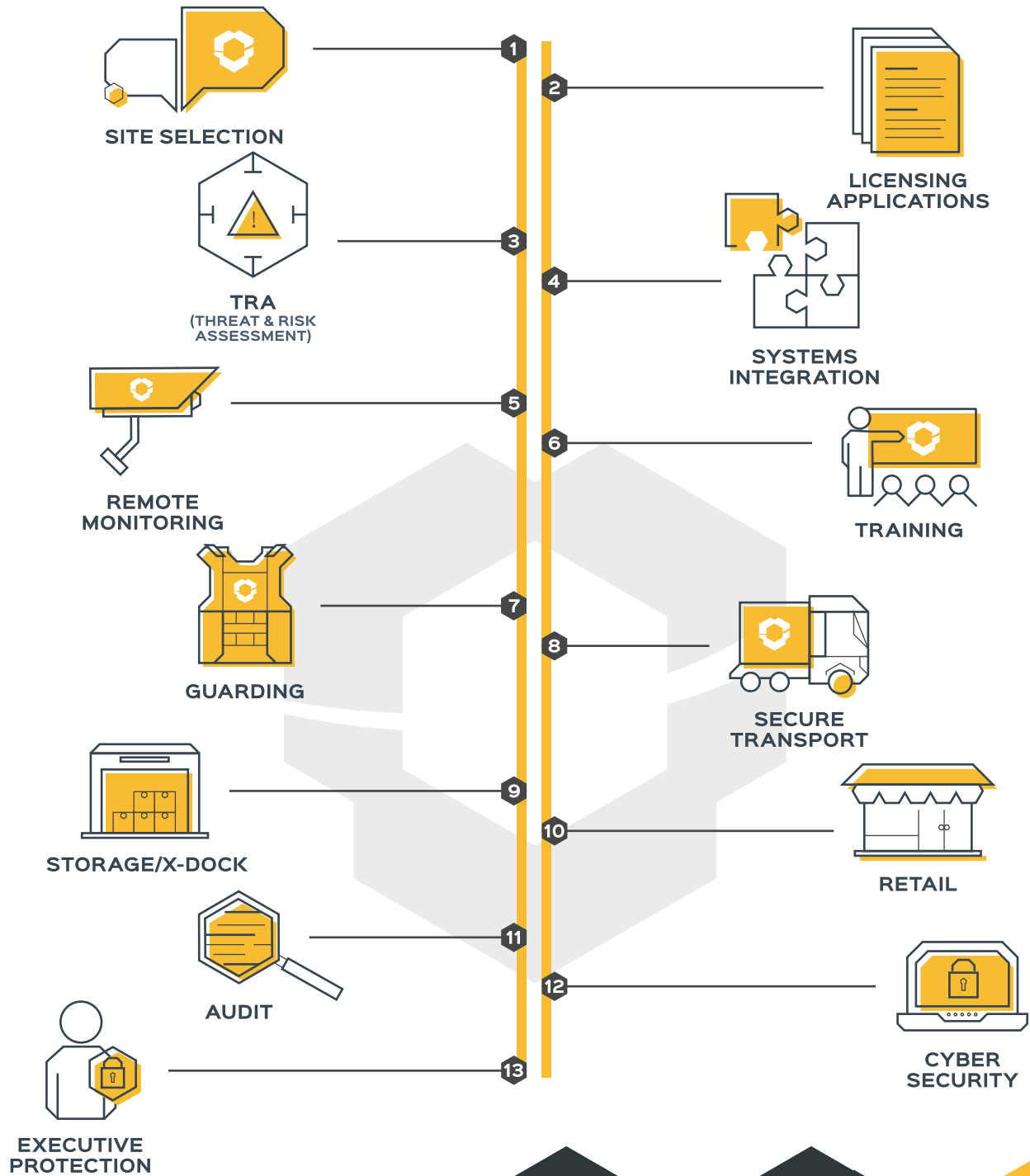


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# PURE SUNFARMS TAKES NO. 1 SPOT IN CANADA'S CANNABIS MARKET IN NOVEMBER

High! Canada Magazine had the privilege of attending the official media launch of the Pure Sunfarms facility in Delta, BC in November and was so incredibly proud of long time associate of the magazine Devin Melnyk, a long-time cannabis grower and a consultant with Pure Sunfarm.

Pure Sunfarms is one of Canada's largest producers of greenhouse-grown cannabis, reported strong dried flower sales performance in key provincial markets for the month of October.

In the second month after its formal launch, Pure Sunfarms is already the top-selling brand by kilograms sold and dollar sales at the Ontario Cannabis Store (OCS), Ontario's only online retailer and wholesaler of legal recreational cannabis. This represents a 16 per cent market share for the brand by kilograms sold in October 2019. Pure Sunfarms' dried flower products outsold the second ranked brand's products two to one by kilograms sold, with three of the seven best-selling strains in the province including cultivars such as White Rhino, Island Honey and the top-selling Afghan Kush.

In B.C., Pure Sunfarms sold out its first order to the BC Liquor Distribution Branch (BCLDB) in under three weeks to quickly rank among the top ten brands by sales for all product categories combined



in the province last month. These results, in provinces representing more than half of Canada's population, reveal strong consumer demand for a wide range of Pure Sunfarms' high-quality strains that feature potency, flavour and consistency.

*"We are energized by our recent results, achieved over such a short time frame. They reinforce our position as a disruptor in this ever-evolving market," said Mandesh Dosanjh, President and CEO, Pure Sunfarms. "Our fast growth in the key Ontario and B.C. markets supports our belief that today's consumers are looking for exactly what our team carefully cultivates –*

*great-quality cannabis at an approachable price."*

With more than 25 years of growing experience in B.C., Pure Sunfarms is built around the philosophy of 'plants and people first.' This philosophy expresses a long-standing relationship and deep appreciation for cannabis across Canada's West Coast, and reflects the team's unique and diverse agricultural experience with cannabis and other crops such as tomatoes and peppers.

"Our successful start in Canada's recreational market would not be possible without the hard work, knowledge and passion of our team," added



Dosanjh. "Our diverse heritage and desire to share experience and expertise has helped us carefully craft a product that resonates with our customers and is a point of pride for our employees."

Pure Sunfarms continues to build on its strong performance to date. The company is focused on expanding its high-quality dried flower product across Canada and continues to advance discussions with additional provincial distributors regarding potential future supply agreements. Pure Sunfarms will also offer pre-rolls to the Canadian recreational market in the coming months with other derivative products such as oils and vapes to follow.

For more information, visit [www.puresunfarms.com](http://www.puresunfarms.com)

### About Pure Sunfarms

Pure Sunfarms is one of Canada's largest, single site, licensed producers of greenhouse-grown cannabis. Located in Delta, British Columbia, Pure Sunfarms is a vertically integrated supplier of large-scale, high-quality cannabis to the Canadian market. With more than 25 years of growing experience and 1.1 million square feet of best-in-class greenhouse operations, the company produces 75,000 kilograms of dried flower annually.

Current supply agreements in place include the Ontario Cannabis Retail Corporation (OCRC) (operating as the Ontario Cannabis Store (OCS)) and the BC Liquor Distribution Branch (BCLDB).

Pure Sunfarms also provides cannabis to other Licensed Producers in Canada.

Pure Sunfarms is in the process of converting a second 1.1 million square foot greenhouse for cannabis production (anticipated to come online in 2020), which is expected to double annual output at full production to 150,000 kilograms. The company also holds an option on an additional greenhouse facility, currently owned and operated by Village Farms, which could further increase total production area by approximately 2.6 million square feet. As legalization in Canada unfolds, Pure Sunfarms looks to develop onsite cannabis extraction capabilities in order to expand into cannabis oils and derivative products.

# PLUS!

## VILLAGE FARMS INTERNATIONAL ANNOUNCES PURE SUNFARMS' CANNABIS SUPPLY AGREEMENT FOR ALBERTA

A third Provincial Supply Agreement extends Pure Sunfarms' presence into the third largest cannabis market in Canada and expands access to nearly 2/3 of the Canadian Population. Village Farms International, Inc. announced that its majority-owned joint venture for large-scale, low-cost, high-quality cannabis production, Pure Sunfarms, has entered into a supply

agreement with the Alberta Gaming, Liquor & Cannabis Commission ("AGLC") to supply recreational adult-use cannabis products to Alberta's licensed private retailers, including Alberta's only legal online source for recreational cannabis, [AlbertaCannabis.org](http://AlbertaCannabis.org). The AGLC is the wholesaler to private retailers and the only authorized online retailer in Alberta. Pure Sunfarms expects to begin shipping its branded packaged dried flower, inclusive of pre-rolls, which are anticipated to enter Pure Sunfarms' product lineup, to the AGLC in the coming weeks and months.

Alberta represents approximately 12% of Canada's population, however with a network of more than 330 retail stores (by far the largest retail store network of any Canadian province) represented 21% of total retail trade cannabis sales in Canada for the nine-month period from January to September 2019<sup>1</sup>. As a result, Alberta has by far the highest per capita sales of legal recreational cannabis amongst the four largest Canadian provinces during that same period<sup>1</sup>. Alberta saw month over month sales growth for September 2019 of 4%<sup>1</sup>.

"Today's supply agreement with Alberta presents a strong opportunity for Pure Sunfarms to expand our reach across Canada," said Mandesh Dosanjh, President and CEO, Pure Sunfarms. "The province has led the way since legalization, and we believe that Albertans will welcome our product with the same





enthusiasm we've seen to date in Ontario and B.C. Our high-quality cannabis – hand selected for flavour, potency and consistency – at an affordable price has been in high demand since our branded retail launch in September."

***"Alberta has done an outstanding job of rapidly establishing a large retail cannabis store network – more than 330 locations strong – and this new Supply Agreement for Alberta allows Pure Sunfarms, already a leading brand in Ontario and BC, to expand into another of the top three Canadian cannabis markets,"*** said Michael DeGiglio, CEO, Village Farms International. "We are confident that the Pure Sunfarms value proposition – high quality, safe products that consumers want, at an attractive price – which has resonated so well out of the gate in Ontario and BC, will be similarly embraced by the Alberta market. We look forward to watching the performance of the Pure Sunfarms brand in Alberta, as well as in BC, and especially in Ontario, where Pure Sunfarms is already the top-selling dried flower brand, as that province moves in the near term to aggressively expand its retail store network, which should propel sales growth there."

Pure Sunfarms' supply

agreement with Alberta is its third provincial supply agreement. Combined with its previously announced supply agreements for Ontario and British Columbia, Pure Sunfarms now has access to approximately 64% of the Canadian population.

Pure Sunfarms also continues to advance discussions with other provincial distributors for potential supply agreements.

### **Pure Sunfarms Brand and Product Performance**

As previously reported, Pure Sunfarms was the top performing brand of dried flower by both kilograms sold and dollar sales with the Ontario Cannabis Store ("OCS") in October 2019, achieving 16% market share (by kilograms sold). Pure Sunfarms' dried flower products outsold the second ranked dried flower brand's products two to one (by kilograms sold). In addition, Pure Sunfarms' Afghan Kush was the top selling dried flower product with the OCS in October and three of the seven top selling dried flower products with the OCS in October were Pure Sunfarms products. In B.C., Pure Sunfarms sold out its first order to the BC Liquor Distribution Branch ("BCLDB") (which has since re-ordered multiple times) in under three weeks to rank among the top ten brands by sales for all product categories in October.

### **About Village Farms International, Inc.**

Village Farms is one of the largest and longest-operating vertically integrated

greenhouse growers in North America and the only publicly traded greenhouse produce company in Canada. Village Farms produces and distributes fresh, premium-quality produce with consistency 365 days a year to national grocers in the U.S. and Canada from more than nine million square feet of Controlled Environment Agriculture (CEA) greenhouses in British Columbia and Texas, as well as from its partner greenhouses in British Columbia, Ontario and Mexico.

The Company is now leveraging its 30 years of experience as a vertically integrated grower for the rapidly emerging global cannabis opportunity through its majority ownership position in British Columbia-based Pure Sunfarms Corp., one of the single largest cannabis growing operations in the world.

The Company also intends to pursue opportunities to become a vertically integrated leader in the U.S. hemp-derived CBD market, subject to compliance with all applicable U.S. federal and state laws, Village Farms has established two joint ventures, Village Fields Hemp USA, LLC, and Arkansas Valley Green and Gold Hemp LLC, for multi-state outdoor hemp cultivation and CBD extraction and plans to pursue controlled environment hemp production at its Texas greenhouse operations, which total 5.7 million square feet of production area, subject to legalization of hemp in Texas.

***SOURCE Village Farms International, Inc.***



## Miranda Hawryliw



## THE MIRANDA REPORT

In October's issue of High! Canada, I introduced you to self-healing medicine maker and author of *Tribeless*; Cannabis, Rock n' Roll and Kicking a Rare Cancers's Ass, Rennie Smith. Rennie was able to shrink her tumor down to an operable size as a result of her lengthy mission to heal. Her co-created water-based cannabis resin is what would give her the gift of living tumour free! (If you missed The Miranda Report in issue #48, go now to learn more about Rennie and how she manages and treats her cancer condition with cannabis.)

Up until last month, cannabis extracts and concentrates like Rennie's were still considered illegal in Canada. Now that we have entered the second phase of legalization, not only can we expect to see extracts, but edibles and topicals will also become accessible to legal cannabis consumers! Because federal license holders need to provide 60 to 90 days notice to Health Canada of their intent to sell new products, cannabis users will need to wait until mid-December at best, to get their hands on the goods. Alberta will likely not see these products on

the shelves until the New Year, and Quebec gives a hard no to edibles.

While Mary Jane in her various forms is finding her way into new homes, garages, porches, balconies and parking lots (imagine seeing it planted in planters in parks or down main street!); new consumers are curious and seem to be either super nervous while exploring cannabis or super excited. The introduction of edibles and topicals seems to entice new users. Concentrates and extracts appear to be a little more

# HIGH! CANADA MAGAZINE

## THE MIRANDA REPORT

### Miranda Hawryliw

intimidating to beginners; and from what I have gathered from my own experiences- much of that has to do with simply not knowing much about them or being overwhelmed by the scientific nature of them. While at The Bud Remedy, I was able to share information and explore cannabis with new users everyday- all day. I miss that!

In this month's issue I would like to share information, as I would have at The Bud Remedy- with you dear reader. Studying cannabis and sharing what I had learnt, or experienced was one of the most important and rewarding parts of working in the dispensary. Even greater, was when members shared with

me. Speaking of sharing- don't forget that Rennie shares her cannabis recipe (with instructions!) in her tale Tribeless; Cannabis, Rock n' Roll and Kicking a Rare Cancers's Ass.

One really great thing about the legalization of cannabis is that it gives the opportunity to grow your own which makes DIY recipes come in handy. Fun AND holistic!

First let us begin with what is now considered legal under The Cannabis Act in Canada- besides dry flower and regulated seeds. Edible cannabis, which includes baked goods, gummies and beverages; cannabis extracts, which includes tinctures, hash,

wax, and cannabis oils; cannabis topicals, including creams and balms etc. How much can you legally possess? Well, the equivalent to dry flower. How can we calculate that? Don't worry, the lame (I laugh. It really is comical, isn't it?) packaging will include those new details to make it easier for you. While familiarizing myself with what can be expected from the new wave of cannabis products, I see a lot of emphasis and excitement on edibles, so let's start there.

If you are an experienced cannabis user, you are most likely used to purchasing edibles in all shapes/sizes, flavours and milligram dosages. In the pre regulated market you could go



into a dispensary and choose anything from breakfast bars to late night chocolate bars. Gummies have always been a favourite, and even better- gluten and sugar free options were available! Freezies in the hot summer, and hot chocolate and coffee in the chilly winter. Experienced cannabis enthusiasts have probably become accustomed to packaging that represents and defines the goodies inside, as well as the company creating them. Because of the high standards being set by the cannabis community in both the US and in Canada, many Canadian medicine makers have been practicing producing quality edibles with quality cannabis. You can see why the market is so excited! Hold on though, new consumers are finding out quickly, that what they may be looking forward to (as they learn more about the unregulated market) is not necessarily what will be offered in the legal market. Companies like Aurora and Canopy are already beginning to showcase their new product lines- with a large focus on vapes and beverages. Baked goods and gummies (not in any shape or form that is appealing to the youth) will follow with a THC limit of 10mg per package. Health Canada does point out on their website that it will take “some time” to see a wide range of variety in the products that are offered. Makes sense! These strict regulations sure make it tough.

What about topicals? I will admit, this is what I am really looking forward to! Not because I use them often- although I am no stranger to them, but because this seems to be the safest and easiest starting point for people who are still on the fence about cannabis. At The Bud Remedy, I noticed seniors were especially keen to try topicals. I actually just used a THC infused bath bomb yesterday, and wow- I was not expecting it to work SO well on my achy shoulders and back. Neat! Did you know that both CB1 and CB2 receptors are also found on our skin? Cannabis binds to these receptors making topicals an effective remedy indeed! The legal market will eventually stock retail shops with skin creams, salves, balms, sprays, lubricants, patches, suppositories, bath bombs, and hair and nail care products. I was happy to see that although vitamins and minerals are not to be added into edibles and extracts- essential oils are able to be used in topicals. Legal cannabis consumers will be able to purchase topicals with a 1000mg THC limit which is not too shabby at all.





Concentrates (solvent less extracts) and extracts. The terp of the crop, am I right? As mentioned earlier, Ren uses a water-based cannabis resin. This would be classified as a concentrate. Concentrates, or what some call “solvent less extracts,” are created using mechanical processes like water, temperature, and pressure to separate resin glands containing plant components (cannabinoids like THC, terpenes like linalool, flavonoids and other compounds) from the plant material. Imagine a little bud stripped of its trichomes. For do it yourself’ers note that it is usually not only the bud that is being stripped. This is a great way to use extra trimmings and stalk- like Rennie did. Kief, Hash, bubble hash and rosin are all considered concentrates!

Concentrates maintain the full spectrum of the cannabis plant’s make up, which means they are not isolating and extracting only targeted compounds. For example: only THC. The flavor, aroma and medicinal properties of the plant stay intact to deliver fast acting effects that can be achieved with very little amounts, due to higher potency. My favourite. Not to mention, super cost effective for high tolerant users!

If you did have the chance to read Rennie’s book, you will also learn that these can be applied topically.

Solvent-based extracts use chemical solvents like butane, propane, carbon dioxide (CO2) and alcohol to separate the plant from the chemical components.

Once the cannabinoids, terpenes, flavonoids and on and on they go are separated, the process continues in order to isolate (say) THC or CBD. Extractors can then continue to dissect plant chemical components creating endless blends! So cool. Once extracted, purging is then required to rid these components of any residual solvent. Purging needs to happen if it is a butane based extract. That is a lot of information if you are just learning.

To keep it simple- extracts use solvents and are fine tuned. They usually contain a very high THC content and are rich in terpenes. A cannassuiers dream! Shatter, butter, wax and crumble, live resin, sauce, diamonds, caviar, distillates, and oils are all considered extracts. You can



vape, dab and ingest them. Cannabis 2.0 allows for 1000mg of THC per package. If you are ingesting extracts (capsules or syringe) then regulations allow for 10mg per dose.

I hope you learned something new!

Until next month, Puff, puff, pass





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## Prohibition Farms

A few months ago, I stumbled upon a New (to me) cannabis company called Prohibition Farms. Their tasty looking Ice Cream Cake strain pulled me in and do a little checking around. Wasn't too long after that I decided I had to test out some of this flower, as they were gaining some popularity amongst some cannabis connoisseurs, I just had to find out for myself.

Their philosophy is simple: No pesticides or sprays of any sort!!! They keep it simple and let the Pheno's selected do the growing. Their flowers are grown in Rockwool with PH up, PH down and nutrients perfectly dosed with dosatron controls.

My ½ oz arrived in only 2 days from the West Coast and my Ice Cream Cake was AMAZING!!!

Ice Cream Cake is an Indica-dominant



**TAMMI STANHOPE**  
High! Canada Magazine Ontario Editor



By Tammi Stanhope

**HIGH! CANADA  
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cross of Wedding Cake and Gelato #33. Completely flushed with icy trichomes, the buds express light green coloration with dark purple hues throughout. Ice Cream Cake maintains a creamy flavour profile with sweet hints of vanilla and sugary dough. Effects come on heavily, leaving you completely relaxed with a good night's sleep!

If you haven't had the chance to try yet head over to [Prohibition-Farms.com](https://prohibition-farms.com) or on [www.instagram.com/prohibition\\_farms](https://www.instagram.com/prohibition_farms) (2 underscores) you really should.

## Herb Angels

In a market that is still relatively new, we have companies like Herb Angels who have already established themselves as industry leaders with an impressive brand portfolio that includes, Wesley Tea, Purlic Pet CBD, Quantum CBD, Balance Everyday and Ritual Spa. With the rapid growth of their company, Herb Angels is continually working to strengthen corporate social responsibility and Canadian stewardship programs. With a focus on educating consumers about alternative health and wellness products, they are making their mark as innovators in the nutraceutical realm. With collections ranging from

CBD vape pens and tinctures to oral capsules, Herb Angels is setting the bar high when it comes to industry standards.

I thoroughly enjoyed the Soothing Blend CBD tea which is a comforting blend with notes of apple curated to ease joint and muscle pain using organic herbs such as valerian root, peppermint, lemon balm, and more.

Another favourite was the Herb Angels 1:1 THC/CBD disposable vape pen. Really easy to use and very smooth. Worked almost instantly for my anxiety and holiday stresses!

Herb Angels understands that quality is more than creating great products – it is about providing customers with resources to educate and empower themselves. With clear labeling processes as well as comprehensive product guides, they aim to create transparent relationships with their customers. Customers can easily access product information such as full ingredient lists, lab reports, terpene profiles, and can be comforted that each batch undergoes laboratory testing for purity, potency, consistency, and accuracy. They can be found at [www.HerbAngels.ca](https://www.HerbAngels.ca) and on Instagram @herbangels



# The Cure Parlour

Five years ago, when the cannabis scene was really starting to emerge, I came across The Cure Parlour. I was hesitant to order at first, because I was scared my package would be found out and I would be in trouble for ordering cannabis products through the mail. When I received my first package, I was beside myself! I was over the moon with the products and it wasn't long before I decided to take the next steps with my own edibles company and join the ranks! 5 years later and still The Cure Parlour is sending out the MOST amazing edibles out there.

## Here's some of the awesomeness I received for my November package!

The Cure Parlour provides you with fun, exciting, and delicious ways of medicating with cannabis. Our edibles are prepared and packaged in Vancouver, BC by our specially trained pastry chef along with a hard-working team of cannabis experts and enthusiasts dedicated to perfecting each product that makes it into our catalogue. Each product is created and packaged by hand, individually inspected for quality and lab tested to ensure accurate dosing and exceptional standards.

At The Cure Parlour, we use primarily organic and locally sourced ingredients in each item that we sell. Our focus on sustainability and freshness when selecting ingredients ensures the best quality product for our



customers, in terms of flavour, nutrition and texture, and helps us protect the environmental systems that provide us with food and medicine.

Our concept for each product we develop is to create a sense of childlike nostalgia for our customers by using ingredients, flavours and colours that evoke memories of childhood. Whether you're taking a chunk out of one of our cannabis-infused cereal bars, gooey marshmallow-covered cookies or scrumptious pot tarts, each product reflects the joyful experience of youth and offers a genuine thrill along with the great

benefits of medical cannabis.

Our highest ideal is to design and create products that relieve pain and improve quality of life for our loyal customers. We love receiving emails from our satisfied fans telling us that our high-quality edible cannabis products are making a real difference in their daily enjoyment of life. For this reason, we've made our products available everywhere in Canada for anyone over the age of 19. Cannabinoids like THC and CBD are highly potent and effective at treating a variety of conditions, but buying marijuana on the street is dangerous and





**AMAZING!**

uncertain, especially for those with serious medical needs.

Patients can be sure of the quality and dosage accuracy of products at the Cure Parlour. We ensure that both recreational pot users and those who use THC for its medicinal properties have access to safe, accurately dosed, responsibly source and delicious edible cannabis products.

Apple Pie Macarons are one of the most unique cannabis edibles on earth, and they taste amazing. Each crispy, slightly chewy biscuit is dusted with cinnamon, and sandwiched with salted caramel

butter cream icing and filled with caramel and apples. There is nothing more comforting than apple pie, except for this apple pie macaron. 2 come in each package and each one has 125mg of THC.

We've done it this time. The Cure Parlour Bento Box.

You love sushi. You love edibles. You love candy. We may have smoked enough yesterday to bring them all to you.

Each Cure Parlour Bento Box has 2 Rainbow Rolls, 2 Caviar Rolls, and 4 Nigiris for a total of 300mg of THC, it also comes with a pair of chopsticks in case you're fancy like that.

two marshmallows dipped in chocolate and graham crackers  
100mg of thc per marshmallow  
200mg per pack

Wonderland Bark turns your mouth into an amusement park where nothing but fun is on the menu. We pulled every bit of



birthday cake icing, lucky charms cereal, fruity pebbles and more from the cupboards and combined them all into one treat that gives you a little bit of everything in a single package, then infused each 75g serving with 200mg of THC, making WB one of our most potent products on a "per-mass" basis. 200mg/thc.

Made with graham cracker, chocolate chips, butterscotch chips, pretzels and potato chips.

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MAGAZINE**

**BY TAMMI STANHOPE**





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**HIGH! CANADA  
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# KNOW YOUR CANNABINOIDS

**TYLER HARRISON**



Musical artist and Model Miss Lydia. [www.instagram.com/Misslydiasworld](https://www.instagram.com/Misslydiasworld)  
Photographer: [www.instagram.com/RyitPhotography](https://www.instagram.com/RyitPhotography)



# CANNABINOIDS ON THE MARKET

## PART ONE

TYLER HARRISON

### TOP 10 CANNABINOIDS

#### 1. THCA

Delta 9 THC is arguably the most widely known cannabinoid. When people refer to “getting high” they are referring to the experience of the psychoactive effects of THC. THC begins as THCA, tetrahydrocannabinolic acid, which is one of the most abundant cannabinoids found in cannabis. When THCA is heated and turned into THC, it binds to CB1 receptors in the brain producing psychoactive effects. THC is the only known cannabinoid to produce a psychoactive response, a high, and possibly, a therapeutic benefit.

#### 2. CBDA

CBDA, cannabidiolic acid, is very abundant in the cannabis plant and turns into CBD when heated. Preclinical studies demonstrate that CBDA is a strong antiemetic. An antiemetic is used to treat vomiting and nausea and is often used to mitigate the side effects of opioid use or chemotherapy.

#### 3. CBD

CBD has exploded in popularity in recent years.

CBD has been the subject of much scientific interest after it hit the mainstream in 2014, following a CNN documentary in which a non-psychoactive, CBD rich cannabis strain, helped a five-year-old girl with severe epilepsy drastically reduce her daily seizure count. The FDA recently approved the first ever CBD-based drug for seizures. CBD is making waves in its ability to treat pain, nausea, anxiety, sleep disorders, and more.

#### 4. CBGA

This is a big one. Cannabigerolic acid is a precursor to one of the three main cannabinoid lines: THCA, CBDA, and CBCA. CBGA is the chemical parent to THC and CBD. Do you follow?

Enzymes direct it down one of these lines before heat can change it into different forms. CBGA can help reduce inflammation and relieves pain. Inflammation is a defense mechanism; the body's response to damage or irritants. It's important because inflammation is the body actively trying to heal itself from a perceived danger, like a bacterial infection, injury, or food allergy.

#### 5. CBG

Cannabigerolic is considered a minor cannabinoid because it is present in very low levels. It's also powerful in treating glaucoma because it is a strong vasodilator meaning that it widens blood vessels. This helps increase blood flow

and provide oxygen to the tissues that need it. CBG is showing promise as an effective antibacterial, anticancer, and neuroprotectant.

#### 6. CBCA

Cannabichromenic acid is one of the three main cannabinoid lines. It is used to treat fungal infections. Fungal infections like athlete's foot, ringworm, and jock itch are commonly found on the skin.

#### 7. CBC

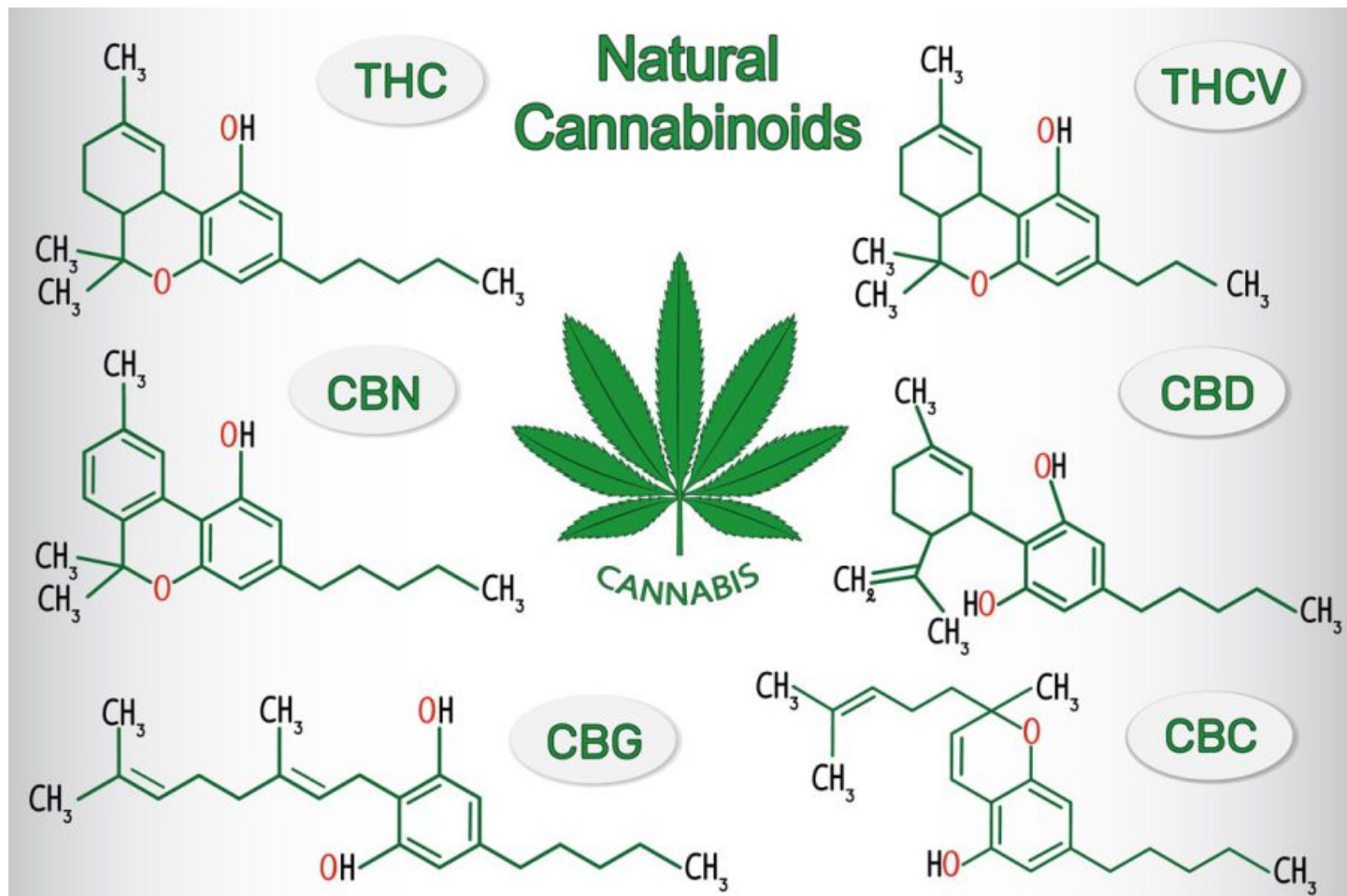
CBC, cannabichromenic, binds poorly to CB1 receptors in the brain, but it binds well with other pain-related receptors, helping to increase the body's levels of natural endocannabinoids. CBC may be impactful against cancer because of this. CBC has also been shown to be an inhibitor of acne. In conjunction with the THC and CBD, CBD also appears to have antidepressant effects.

#### 8. CBN

THCA over time breaks down and turns into cannabinol (CBN). CBN has been shown to delay symptom onset of Lou Gehrig's disease in mice indicating that it may help with motor neural diseases. CBN is also known for its anti-asthmatic, anti-inflammatory, and sedative properties.

#### 9. THCV

Short for tetrahydrocannabivarin, THCV



is similar to THC, but with a few less carbon atoms. THCV has been shown to be an anticonvulsant and has neuroprotective properties.

THCV also may be an appetite suppressant, making it an agent for weight loss.

## 10. CBDV

Cannabidivarin is a less potent version of CBD. The CBDV molecule is similar to CBD but has been changed in some ways. CBDV is an anti-nausea and anti-epileptic. CBDV is a powerful anticonvulsant. A 2012 study shows that CBDV stopped seizures in mice and rats.

## CONCLUSION AND OBSERVATIONS REGARDING THE BENEFITS OF CANNABINOIDS

Cannabinoids are the chemical healing compounds made from the cannabis plant that provide a variety of benefits to individuals for many health issues and complications. Cannabinoids are found in the trichomes of the cannabis plant and imitate the endocannabinoids naturally produced by humans. The natural cannabinoids the human body produces, and the cannabinoids provided from cannabis plant can bind to endocannabinoid receptors creating changes in our physiology. The endocannabinoid system was only recently discovered in the 1990's and is found within the human bodies peripheral nervous system and central nervous system and its job is to regulate the body, creating homeostasis or equilibrium in several processes. Homeostasis is the tendency

of organisms to auto-regulate and balances their internal environment.

As mentioned above (10 most common cannabinoids found in cannabis) I have concluded that across the board that there are many similarities. Cannabinoids are broadly known for their anti-seizure, anti-inflammatory, anti-nausea, anti-fungal, and anti-cancer effects and science has just begun to scratch the surface around this. The healing properties and strength of effects expressed is a result of an entourage effect. The entourage effect states that cannabinoids work better in tandem than they do alone. THC and CBD produce stronger healing properties together that are shown differently based on their concentrations and the presence of other cannabinoids.



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# HIGH! CANADA MAGAZINE

## KhronikkReations Christmas

### Infused Turkey Gravy

**C**hristmas spread is not complete without a gravy boat brimming with rich, creamy turkey gravy. Homemade gravy enhances

the flavours of every dish on your Christmas menu, taking a spot right up there with cornbread and mashed potatoes, turkey gravy is a true Christmas staple. And don't be fooled: There's a clear difference between gravy

made from a packet and gravy made from scratch. Nothing beats plain, old-fashioned turkey gravy made from flavourful pan drippings and seasoned with fragrant herbs. This hearty gravy recipe features classic poultry





# KhronikKreations Christmas

seasonings like dried thyme, dried sage, black pepper, and dried fennel seeds. If roasting an entire turkey and preparing the gravy seems daunting, this recipe is for you. Roasting the vegetables for the gravy at the same time you roast the turkey—you'll get the slow, savory flavors without doubling your roasting time. Your guests will rave over this rich gravy recipe—and you'll love how simple it is. The key to making the best turkey gravy is keeping it fresh and simple. Using leftover pan drippings from your roasted turkey give this gravy fresh flavour, and the on-hand ingredients of flour and

chicken broth make it simple. Go ahead; smother your entire plate of Christmas turkey, ham, mashed potatoes, and dressing with this homemade turkey gravy.

## Ingredients

Reserved drippings and vegetables from Roasted Herb Turkey  
3 1/2 cups chicken broth  
1/4 cup all-purpose flour  
1/2 cup chicken broth  
4 tablespoons canna butter

## How to Make It

Transfer drippings and vegetables from roasting pan

to a medium saucepan; add 3 1/2 cups chicken broth. Bring to a boil over high. Reduce heat to medium, and simmer 20 minutes. Pour mixture through a wire-mesh strainer into a bowl, pressing on vegetables to extract juices. Discard vegetables. Return broth mixture to saucepan. Melt the 4 tablespoons of canna butter. Whisk together 1/4 cup all-purpose flour and remaining 1/2 cup chicken broth in a small bowl; whisk into broth mixture. Bring to a boil over high; boil until reduced to about 4 cups, about 20 minutes. Serve turkey with 2 cups gravy, and reserve remaining 2 cups gravy for another use.



# INFUSED CHOCOLATE SPOONS

Great for Hot Chocolate

## Ingredients

chocolate chips for melting (white, dark, milk)  
canna butter  
festive sprinkles  
crushed peppermint  
heavy duty plastic spoons

## Instructions

Melt chocolate according to the package directions, adding 1 teaspoon of canna butter for every 1 cup of chocolate

Then prop spoons up so they are level.

Drizzle a teaspoon of melted chocolate in the spoon. Then gently shake the spoon back and forth until the chocolate smooth's out.

Then use festive sprinkles to decorate, I also used crushed peppermint. Refrigerate spoons until chocolate has hardened.

Stir in a cup of coffee, a mug of hot chocolate, or warm glass of milk.

## Notes

1 cup of melted chocolate yields approximately 15 spoons. When melting white chocolate I added 2 TBSP of coconut oil to ½ cup of white chocolate chips for a smoother consistency.

# Khronikkreations Christmas





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## Topical Trio By Miss Linotte

Change of season, dry skin comes with it. The best way to beat it? Just pamper yourself with some easy fun to make CBD topical. Smell so good, feel so good, almost taste so good!!

### CBD SEED + BEANS EXFOLIATING LOTION BAR

- 1/2 cup cacao butter
- 1/4 cup shea butter
- 1/4 cup almonds
- 1/4 cup dry adzuki beans
- 1/4 cup chia seeds
- 500 mg of CBD isolate

#### Preparation

1. In a bain marie, melt together cacao butter, shea butter.
2. Pulverize the almonds and adzuki together.
3. Add the chia seeds to the cacao shea butter mixture. Followed by the ground almond and adzuki beans. Stir until they're evenly distributed. Add CBD isolate and stir some more.
4. Mist your chosen mold with cooking spray and wipe clean. Then pour in the mixture and let cool. Once hard, pop the soaps out of the mold.
5. To use, rub bar all over your body in the shower to gently exfoliate. Use within 3 months.

### CBD BATH CHOCO-CHILL TRUFFLES

- 85 ml cacao butter
- 10 ml of CBD coconut oil
- 10 ml oatmeal powder
- 20 drops of essential oil to taste
- 100 mg of CBD isolate



# MAKE YOUR OWN CANNABIS INFUSED TOPICALS

## Preparation

1. In a bain marie, melt the cacao butter into oil.
2. Remove from stove. Add oatmeal and let it cool down.
3. Add essential oil and CBD isolate.
4. Pour in silicone mold.
5. Cool off in the fridge for a few hours.

## Use

Add one or two truffles in hot water bath.

Quantity: 10 small truffles. Keep 6 to 12 months in a dry spot away from light.

## CBD SKIN CUPCAKES

- 125 ml bee wax
- 125 ml shea butter
- 125 ml avocado oil
- 20 drops of vitamin E
- 75 drops of mixed essentials oils
- 15 ml of arrow root
- 500 mg CBD isolate

## Preparation

1. In a bain marie, melt together the wax, butter and oil.
2. Out of stove and add vitamin E, essentials oils and arrow root until smooth.
3. Pour in silicone mold to ease unmolding. Let it sit in the fridge at least 3 hours. Unmold only when totally solidified.
4. Store in a air tight container. It keeps from 6 to 12 months in a dry spot without light.

## Use

Apply on humid skin, massage gently with circular movements. Let it penetrate before dressing up and feel the CBD ease and smooth you up.

Quantity: 375 ml of preparation to spread in mold. Size of choice.

By Miss Linotte  
**HIGH! CANADA  
MAGAZINE**

# Woman In Weed

# EBONEE RAVEN

**H**igh! Canada Magazine was pleased to talk to Ebonee Raven - Canadian Cannabis Advocate. Tell us how you got involved with cannabis? Essentially, what is your particular cannabis industry/community entry point origin story?

My upbringing really shaped my entry into the cannabis industry. I grew up homeschooled with a vegetarian Mother and a Vegan Granny. I learned early on, that there was more than one way to live and still be successful. Basically, we were vegetarian before it was trendy. For most of my childhood we were always surrounded by alternative lifestyles and healthy eating practices.

My natural hair, which is referenced in my account OGAfropuff, is a vocal point of my channel because it ties the most important parts of my personality with my love of cannabis. It's my outlet and an opportunity to celebrate women, but especially women of color in cannabis which is still underrepresented positively in media. I started learning about cannabis shortly after my granny was diagnosed with Dementia. My granny was a huge part of my life so this news was heartbreaking. Because she had a memory



diagnosis, insurance denied treatments and provided little hope for us as a family for alternative options. Cannabis was not medically available in Illinois (at the time) or Indiana and CBD was not legally available. When I began to research more about the cannabinoids for PTSD, it really opened my eyes to how cannabis could have improved my Granny's quality of life. It was devastating. The only thing separating her from care were the outdated laws in Indiana excluding any CBD or THC products, even for terminal medical use. Relief was out of her grasp based on public perception rooted in misinformation, pseudo-science, and outdated laws. The grief of losing her and my father back-to-back spiraled me into a negative space especially in a world that expected me to be always on, (yay corporate). It took a few years to transition over into cannabis full-time because I've always worked in forward facing corporate roles.

OGAfropuff on Instagram was my entry into the industry as a way to combat negative stigma surrounding Cannabis. It was my answer to the judgmental attitudes surrounding my medicine. I wanted to highlight how I was able to function more naturally as someone with PTSD on cannabis without it affecting my day-to-day responsibilities. Besides

tackling beauty norms in cannabis marketing and advertisements, OGAfropuff is an outlet for me to be myself. It also encourages my community to rethink outdated attitudes and use this space as a positivity tribe. Whether you are a medical user or just interested in good vibes and cannabis education, we are open to everyone. We want to combat the stereotype that there was only one type of stoner. Honestly, it's been amazing getting to know everyone's stories and personal journeys with cannabis. It really acts as a disruptor to the phrase, "Weed ruins your life." Ok, but my cannabis followers are corporate leaders, business owners, medical patients, hustlers, and go-getters. How has weed prevented them from excelling outside of the societal consequences that, again, were created with un-pure intentions? OGAfropuff seeks to open and highlight the veil to another side of cannabis.

While doing that, I briefly did some social media work with a cannabis website, before I transitioned into Corporate Cannabis as a Recruiter. With 5 years of Talent Acquisition experience, this wasn't my first rodeo, but I continued to see more of the same corporate ideals with a fresh coat of paint on a tired song and dance. Corporate Speak with no love behind the craft or plant. Bringing in patient focused individuals was





not the focus. After getting a taste of the current industry I knew change was needed. After transitioning into Higher Education, I've been able to continue supporting the cannabis community authentically with OGAfropuff and my social media consulting firm. My firm manages cannabis social media accounts and provides marketing strategy for business scaling. For the upcoming cannabis legalization in Illinois for 2020 I've created a YouTube channel, OGAfropuff. It will act as a cannabis education guide for new and existing patients and recreational users. We will be uploading every Thursday in December at 7PM CST, so make sure to check us out! Our first video is on Why I'm Keeping my Medical Card for 2020.

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

Real representation in cannabis corporate and media is still difficult. When I was working in the industry on the corporate side, I was one of the few Black people in the company. Most of the people I worked with were not patients or users so I felt out of place talking about my experience. It also doesn't help that people have preconceived notions on cannabis users, even medical ones. Essentially, the history of representation for Black

Cannabis users has been framed in a negative or stereotypical bad light. Not the best topic, when you're trying to build out your career.

### **How did you move past these challenges?**

Through my journey, I have found true community with other diversity leaders and educators in this space. We love to collaborate and grow from each other and I see big things coming for the new year! OGAfropuff was my answer to women, especially women of color, who were looking for a positive space to enjoy good vibes, deep conversations, and cannabis education. It was my outlet to show another side of cannabis. The user you wouldn't expect to smoke, but can dab with the best of them and go back to corporate life the next day. As a Recruiter, I knew that framing content that portrayed me using my medicine would be risky, but I knew that this was something important to follow through on. In the short time that I've run OGAfropuff, I have met some amazing content creators and local craft startups in preparation for Illinois's new recreational legalization that will begin January 1, 2020.

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

Remember that you are a subject matter expert and hold your ground. Some of the most driven women I know work in the cannabis industry. Remember your super power before cannabis and hone that expertise. As someone who previously recruited in the cannabis industry, it's more than just cannabis. Don't only focus on the retail side of the business. We still need business owners, recruiters, accountants, construction professionals, IT, and professional services to support cultivators, dispensaries, and craft businesses. Cannabis still needs

professionals in a multitude of sectors so make sure you are bringing that experience to the table. For women, we must overcome the imposter syndrome that is prevalent in corporate and startup spaces. Make sure your voices are heard, and know when to leave if you're not being respected or appreciated. Always feel free to reach out if you need support! I love talking to people about their journeys and story.

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

A good ash catcher, figuratively and physically! You need to be able to filter judgmental people from your life and keep it 100. Life is hard enough without letting negativity into your space.

Good support. Without my friends and positivity tribe the grief I went through would have been more impacting. There was a point I slipped and let my mental health become impacted by external factors but the encouragement from my support network, joined by our love of cannabis, really push me to keep going! My friends and husband, Alex, represent a big source of my strength.

Confidence. I was so nervous to upload my first video but I was authentic in my message and I think people recognized that. My focus isn't for likes or brand deals, I was looking to share my story and normalize someone like me enjoying a joint after work without losing my professional future. My internal voice is always hyping me up during my shoots. It's one of my best expressions of self-love. Bomb ass photos, cannabis, and afro puffs. Perfect.

**HIGH CANADA  
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A black and white photograph of Chris Sith, a man with a beard and glasses, wearing a dark beanie and a heavy jacket. He is focused on working with a glass piece using a torch and tools in a workshop setting.

# Chris Sith

@SITH\_GLASS  
PANGEA GLASS STUDIO  
BRANTFORD, ONTARIO

---

## Do you work alone, or as part of a shop?

I am part of the team at Pangea Glass Studio.

## Who's your favourite shopmate and why?

I don't pick favourites in the sense that we're all different but I have to shout out Nick, (@steeltownglass) our shop apprentice here. You're only as strong as your weakest link and he earns the "steel" in his name. It's a trickle up effect from his work every day.

## If you can choose any artist to work with, who would you choose and why?

Shannon Hoon from Blind Melon! I'm a music artist too, you know!

In glass though, I would actually like to work with Titz. Some day, not going to lie, but I would like to do some work with Al Gore again. He's a phenomenal artist.

## Do you have any one style, move or piece that you feel helps define you?

Yup! *\*wide smile\**

## Is there anything in glass you'd like to learn and haven't yet?

Yeah, EVERYTHING! The world of glass is endless. I've got over a thousand years of stuff to learn in, what, twenty or so years left? Let's pack that in!

## Any favourite studio memory, funny story or achievement you would like to share?

Yeah, when Terry tried to burn my dick off! (Terry pipes up, "With a rainbow unicorn!") It's how I got my tie dye, replacement jeans.

## Where can we find your work?

Right now you want to buy it in the Canadian Elevation Subscription Box! NOW! *\*laughs\**

## Open question; is there anything you would like to leave us with?

I love my mom and thank my father.

## What is your alias/handle and how did you come up with it?

My handle is @Sith\_Glass because it's my last name. My shopmate Terry (@tear\_\_e) got jealous once and said, "Man, Chris has a great glass name- Sith Glass". I said, "Yeah, I guess so" and that was that.

## How did you get into this profession?

I did a bunch of acid at a music festival, met a glass blower who asked if I wanted to live with him, quit my job at the time and learn that. I learned to become an artist instead of an arborist.



# TERRY BOAKE

@TEAR\_\_E  
PANGEA GLASS STUDIO  
BRANTFORD, ONTARIO

WHAT IS YOUR ALIAS/HANDLE AND HOW DID YOU COME UP WITH IT?

It's just my name, just spelled wrong. So my brother demanded that I get a persona because... internet. I just agreed with him because he knows karate.

HOW DID YOU GET INTO THIS PROFESSION?

I was at a party and this guy offered me some acid...so I took the acid and, while we were tripping out, this guy asked me if I wanted to learn how to blow glass with him. And I did, so he told me I had to move to London. And I did that too. He also got three other guys I know of, apart from my shopmate Chris (@sith\_glass) to do this. They always get you with the acid! \*laughs\*

DO YOU WORK ALONE OR AS PART OF A SHOP?

I'm the lead hand at Pangea Glass Studio in Brantford, ON.

WHO'S YOUR FAVOURITE SHOPMATE AND WHY?

It would have to be Crazy Bill because my Mom made me say so.

IS THERE ANYTHING IN GLASS THAT YOU'VE NOT YET LEARNED AND WOULD LIKE TO?

I want to know how Tombstoned gets that orange in his ashcatcher fuming. For real though! \*laughs\* it's tight.

HOW LONG HAVE YOU BEEN WORKING WITH GLASS/ARE YOU A FULL TIME ARTIST?

I'm coming up on 20 years now, as I started half a year after moving to London for an ex's first year of college. I actually work more than full-time, although I earn a respectable living as a result. You get what you put into it.

HOW LONG AFTER YOU STARTED DO YOU THINK IT TOOK BEFORE YOU BEGAN EARNING AN INCOME FROM YOUR ART?

I took a two year apprenticeship, so I worked for free to learn my craft. Actually, I paid! I gave him \$3000, then I also worked for free. Things were different back then.

DO YOU HAVE ANY ADVICE FOR NEWBIES?

Don't. Glassblowing's hard, don't do it.

IF YOU COULD PICK ANY OTHER ARTIST TO WORK WITH, WHO WOULD IT BE AND WHY?

Taylor Swift. Everybody's got dreams. Lotta people don't know that about me but \*thuds chest and grins\*.

DO YOU HAVE ANY ONE STYLE, MOVE OR PIECE THAT YOU FEEL HELPS DEFINE YOU?

"Go fuck yourself". What?! That's got style! \*laughs\* It not for everybody.

ANY FAVOURITE STUDIO MEMORY, FUNNY STORY OR ACHIEVEMENT YOU WOULD LIKE TO SHARE?

So about 10 yrs ago, we were working on an order and my bro was making frit pipes. It was a hot summer day. Ryan set his lighter down and, all of a sudden, **BOOM!** This fuckin' fire cloud pops off, like **huge**, and I look over and the tassles of my brothers hoodie were on fire. He's patting his chest out, face off. My brother, the @boro\_slave, blew his ass UP!

WHERE CAN WE FIND YOUR WORK?

My pieces are in every Crazy Bill's location, Oneida Organics, and 710Kingston to name a few places.

# Qandy

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# MONTREAL CANNABIS EXPO

On September 23 and 24, 2019, I had the opportunity to visit the Montreal Cannabis Expo, which was in its third edition. More than a hundred exhibitors were present, and about thirty precursors shared four scenes in succeeding during the two days of the event.

The participants were numerous, and the atmosphere was filled with positive energy, emanating from the desire to move forward in a new industry in which many barriers to entry occur. The past, present and future of cannabis were explained to those who wanted to learn more about it, so that rich and dense information

was available to fully understand the cannabis market and its key issues. Wherever our eyes were, offered us the opportunity to discover a person or a company whose expertise can be useful to fill any need or to obtain new knowledge.

Despite being held on a leash and forced to a legislative framework still inconsistent in places, and despite various paradoxes and many difficulties accompanying the penetration of the legal cannabis market, exhibitors and visitors demonstrated the desire to establish attempts to consolidate bases of this market. Skilled job seekers and aspiring

entrepreneurs mingled with these leading figures who, together, are at the moment the core of cannabis market development. Favorable prospects are clear for investors, whether consumers will benefit from better quality products at more decent prices, or whether they will be thirsty for profits from some who might smother small farmers and passionate innovators.

Your Quebec based reporter for High! Canada.

By David Woodwine

**HIGH! CANADA  
MAGAZINE**

# EXPO CANNABIS MONTRÉAL

Les 23 et 24 septembre derniers, j'ai eu l'opportunité de me rendre à l'Expo Cannabis Montréal qui en était à sa troisième édition. Plus d'une centaine d'exposants étaient présents, et une trentaine de précurseurs se sont partagé quatre scènes en s'y succédant durant les deux jours de l'événement. Les participants s'y sont montrés nombreux, et l'atmosphère était emplie d'une énergie positive, émanant de la volonté d'aller de l'avant au sein d'une industrie nouvelle dans laquelle surviennent de nombreuses barrières à l'entrée.

Le passé, le présent et l'avenir du cannabis étaient expliqués à qui voulait s'y familiariser d'avantage, ce qui fait qu'une information

riche et dense était disponible pour bien comprendre le marché du cannabis et ses enjeux clés. Partout où se posaient nos yeux, s'offrait à nous la possibilité de découvrir une personne ou une entreprise dont l'expertise peut s'avérer utile afin de combler un besoin quelconque ou d'obtenir une connaissance nouvelle.

Bien qu'abusivement tenus en laisse et contraints à un cadre législatif encore inconséquent par endroits, et malgré divers paradoxes ainsi que de nombreuses embûches accompagnant la pénétration du marché du cannabis légal, exposants et visiteurs démontraient la volonté d'établir des tentatives de consolidation

des bases de ce marché. Chercheurs d'emplois qualifiés et futurs entrepreneurs se mêlaient à ces figures de proue qui, tous ensemble, constituent en ce moment le noyau du développement du marché.

Des perspectives favorables se précisent pour les investisseurs, reste à savoir si les consommateurs bénéficieront de produits de meilleure qualité à prix plus décents, ou si ils écoperont de la soif de profits de certains qui risquerait d'étouffer au passage les petits cultivateurs et les innovateurs passionnés.

By David Woodwine

**HIGH! CANADA  
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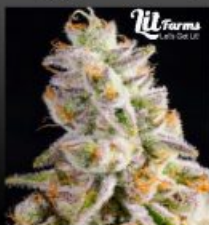
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