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ISSUE # 50

HIGH! CANADA MAGAZINE



PROUDLY CELEBRATING

50

ISSUES

IN THIS ISSUE!

BIF NAKED &
MONA LISA
HEALING

A LOOK BACK
AT THE BEST OF
IN 2019

ALSO FEATURING

A CELEBRATION
OF FIFTY ISSUES
WITH JAMIE SHAW
GEORGE ROUTHIER,
JOHN CONROY
AND MORE

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ISSUES



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DEC 2019 / JAN 2020 ISSUE 50

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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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HIGH! CANADA MAGAZINE

EDITORIAL

Welcome to our very special 50th issue of High! Canada Magazine. Thank you to all our readers and supporters and we look forward to continuing to serve our community.

We are super excited to attend Lift in 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 are most excited for next and that happens in early April 2020.

Cy Williams

Publisher/Editor
High! Canada Magazine
editor@highcanada.net



**PLANET EARTH'S
PREMIER
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BUSINESS AND
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Sisters
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Models from Twisted Sisters CBD
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ABOUT US

The PipeDreemz advantage is engineered to provide our clients with a turn-key methodology for the complete planning, application process, construction and continued support of their facility.

Your hard work and aspirations, built from the ground up, growing into a rich, vibrant and green future.

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Site location is critical. We will review and report on the acceptability of your site based on all applicable Cannabis Act regulations.
**Note: not all requirements are published.*



Security Design and Implementation
We assist with internal and external security design and installation of security systems.



Business Plan Review
Are your investment numbers correct? Based on our experience, we can review these numbers and fine-tune your business plan.



Standard Operating Procedures
We can supply you with recommended procedural guidelines (SOPs) for processes within the facility. For example Quality Assurance/Quality Control, Security, Production, Record-Keeping and Sanitation.



Engineering Design
Good Manufacturing Practices (GMP), European Union's Good Manufacturing Practices (EUGMP) and Good Production Practices (GPP) are applied to the building design, depending on your needs. We provide advice and recommendations on equipment, and everything in between.



Regulatory Oversight
We keep your building and facility within the regulatory and security requirements.



Onsite Training
Our multidisciplinary team can visit your site and train your staff on the required regulatory processes and procedures.



Production Planning
We can supply the production plan and flow for your facility. We have 50 years experience with production planning for commercial facilities including cannabis facilities.



Financial Projections
We can provide projections of your revenue, building costs, and facility production.



Sourcing of Equipment and Personnel
We will assist in recommending the equipment needed to make the facility fully operational, and can source professionals to staff your facility.



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Our team is multidisciplinary - we cover sanitation, production, security, fertigation, record-keeping, production, GMP, EUGMP, GPP, GLP and much more.

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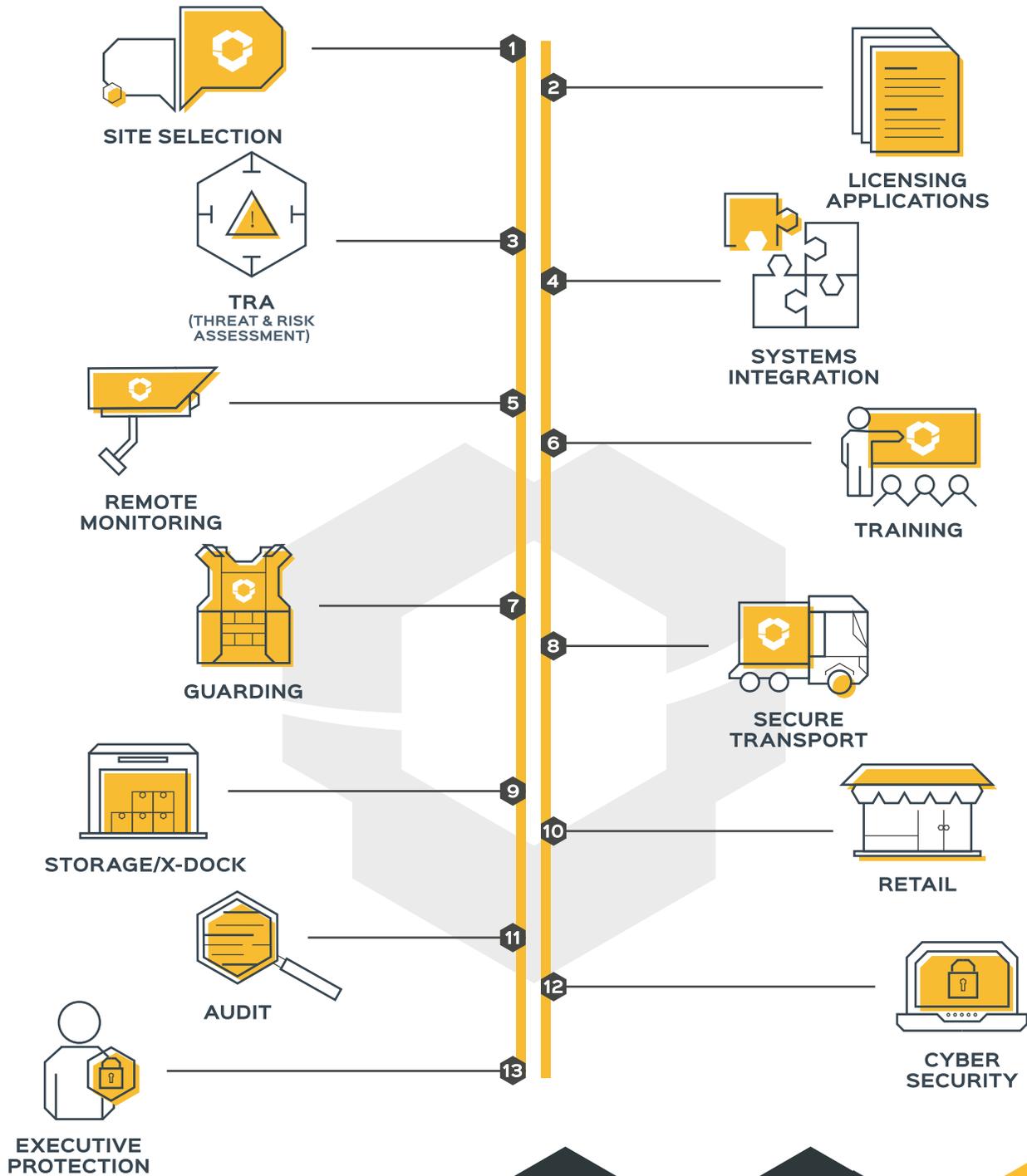


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HIGH! CANADA MAGAZINE

TOP 50

CANADIAN CANNABIS HEROES

ADVOCATES, VISIONARIES & REBELS

MEET THE PEOPLE WHO MOVED THE CANADIAN
CANNABIS INDUSTRY FORWARD
AS OBSERVED OVER THE LAST FIFTY
ISSUES OF HIGH! CANADA MAGAZINE

Over the last five years of publishing we have met so many wonderful and inspiring people within the Canadian cannabis community and industry as a whole. These are people who stepped up in a big way to challenge stigma and fight for the rights of the plant and the people. Through their actions and through their unwavering support of

cannabis, they have shaped the current state of cannabis in Canada today. In our opinion the following people should be celebrated and honored for helping to really move perception of cannabis in Canada forward in so many different ways. From Master Growers to cannabis lawyers and so many different types of people in between

HIGH! CANADA MAGAZINE

TOP 50

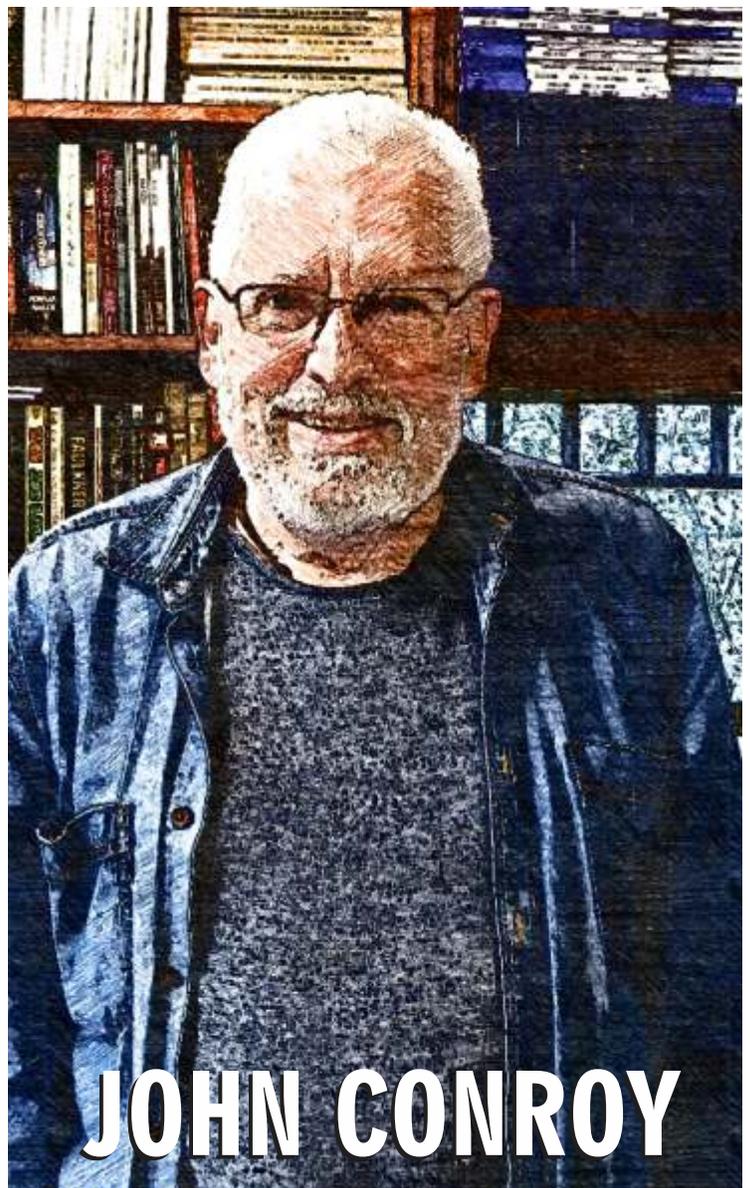
CANADIAN CANNABIS HEROES

ADVOCATES, VISIONARIES & REBELS

- the Canadian cannabis industry has seen the rise of some of this proud Canadian generation's thought leaders and world changers. High! Canada Magazine has been privileged to have been able to talk to some of these amazing people and are proud to list our favorite first 25 of 50 Canadian Cannabis heroes, advocates, visionaries and rebels. Check us out next month for part two.

Mr. John Conroy is a Barrister and Solicitor who graduated from the University of British Columbia Law School in 1971 and was called to the Bar of British Columbia in 1972. He has his own law firm, Conroy & Company, based in Abbotsford, British Columbia and his practice is primarily as Defence counsel in criminal matters with an additional focus on sentencing and post-sentencing matters which involves an extensive administrative law and constitutional law practice.

From 1975 - 1980 he was the Director of Abbotsford Community Legal Services. From 1980 - 1990 he was the Director of British Columbia Prison Legal Services. He was the Chairman of the Committee on Corrections & Institutions of the Canadian Bar Association (B.C. branch) from 1978-1979. He was a Member and then Chair, CBA National Task Force on Imprisonment and Release from 1985 - 1988. He was the Chairman of the Committee on



Imprisonment and Release of the National Criminal Justice Section of the Canadian Bar Association from 1988 to 2001. He is a Member of the Board of the International Society for the Reform of Criminal Law.

In 1992 Mr. Conroy was awarded the Commemorative Medal for the 125th Anniversary of Canadian Confederation for significant contributions to Canada, community and fellow Canadians. In January 1996 Mr. Conroy was appointed Queen's Counsel. In August 2005 he was awarded the Gold medal of the International Society for the Reform of the Criminal Law in recognition of his contribution to the goals of the Society. In 2012 he received the Queens Diamond Jubilee medal. He was awarded the 2014 Liberty Award by the British Columbia Civil Liberties Association for Excellence in Legal Advocacy. In 2015 he received from the Office of the Correctional Investigator for Canada, the Ed McIsaac Human Rights in Corrections Award.

Notable cases have included the Steinhauser Hostage taking at the BC Pen (1977), the Squamish 5, (1983) and numerous high-profile Cannabis community persons and cases.

On the Cannabis issue, Mr. Conroy has been involved in numerous cannabis cases since 1972 and incorporated, the National Organization for the Reform of the Marihuana Laws in Canada (NORMLCANADA) in 1977, the BC Compassion Club Society in 1997 and was counsel to numerous well-known members in the cannabis community. He appeared for Randy Caine at all levels of court, including the Supreme Court of Canada, in R v. David Malmö-Levine; R v. Caine www.canlii.org/ca/cas/scc/2003/2003scc74.html challenging Cannabis prohibition generally and as co-counsel with Kirk Tousaw in R v. Smith 2015 SCC 34. www.canlii.org/en/ca/scc/doc/2015/2015scc34/2015scc34.html that found the restriction to dried marihuana by medical patients was unreasonable and held such patients can possess Cannabis in any of its forms.

He was lead counsel in the recent medical marihuana case, Allard v Canada www.canlii.org/en/ca/fct/doc/2016/2016fc236/2016fc236.html that determined the previous medical marihuana regulations to be unconstitutional as limiting

‘reasonable access’ by medically approved patients to their medicine and led to the Access to Cannabis for Medical Purposes Regulations (ACMPR) that now form Part 14 of the Cannabis Act Regulations. He also appeared as counsel in the Supreme Court of Canada on behalf of the Vancouver Area Network of Drug Users (VANDU) PHS Community Services Society et al and VANDU v. AG Canada and Minister of Health, 2011 SCC 44 www.scc-csc.lexum.com/scc-csc/scc-csc/en/item/7960/index.doc that kept open the Vancouver supervised injection site.

He has appeared on the Cannabis issue as well as Prison issues and other criminal law matters before numerous and various Canada Parliamentary and Senate Committees.



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TOP 50

CANADIAN
CANNABIS HEROES
ADVOCATES, VISIONARIES & REBELS

A close-up portrait of Jamie Shaw, a woman with long, dark dreadlocks. She is wearing a white top and a thin necklace. The background is a soft, out-of-focus mix of blue and pink light. The name 'JAMIE SHAW' is printed in large, bold, white capital letters at the bottom of the image.

JAMIE SHAW

Jamie Shaw is the Canadian Cannabis superhero. She is the Director of Communications and Culture at Shelter. She is also a Director of the BC Independent Cannabis Association and a founding partner of Groundwork Consulting. She is currently spearheading a parliamentary petition asking the government to exempt medical cannabis dispensaries from provincial retail rules, and to immediately review the state of medical cannabis access. She has previously served as Chief Communications and Culture Officer for Pasha Brands,

Government Relations for Indigenous Bloom, and Government Relations Director for MMJ Canada. She is also former director of the BC Compassion Club Society (BCCCS), and served three terms on the Board of Directors for the Canadian Association of Medical Cannabis Dispensaries (CAMCD), two and a half of those as President. Her successful lobbying in Vancouver on behalf of those organizations led the city to implement licensing for dispensaries under prohibition, and the creation of a second class of license that ended up being based heavily on the BCCCS, and requiring membership in CAMCD. She lobbied successfully for and consulted on



dispensary regulations in other BC cities as well. Her testimony in the Allard trial was deemed “very important” by the judge in the final ruling. She lobbied for the existence of micro-cultivation licenses and private retail in Ontario. She was co-founder of the first Canadian chapter of Women Grow, and serves on the Board or as Advisor to various cannabis organizations, such as NICHE Canada, and Growtech Labs. She is a co-author of the Lift Cannabis Retail Training Course, the first of its kind in Canada, and her writing can often be found on various cannabis sites.

Don Briere is the owner of Weeds Glass and Gifts and has a long history on B.C.'s cannabis front pre-legalization and has been busy transitioning into his post legalization incarnation. A staple in the press as a very vocal spokesperson for both patients and community access - Don is a force to be reckoned with and considered by many to be the loving Uncle of cannabis in Canada.

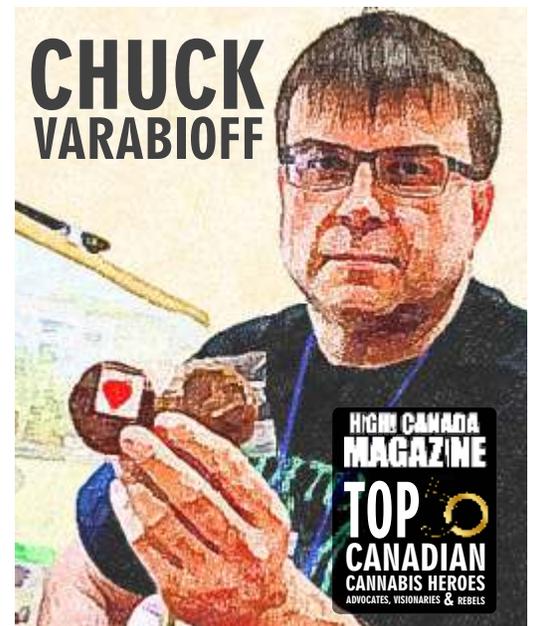
Favourite quote “We are standing up and speaking out because we want to see action from this. We want to know why they are continuously trying to



oppress us when there are more significant matters at hand. We work within the community and you can see the people who have the courage to stand up for this, they are truly there for democracy.”

Chuck Varabioff is a cannabis visionary with an ear to what people are really looking for. Once on the front lines in Vancouver, loudly fighting for the right of the patient, the plant and the independent cannabis retailer by providing reasonable access to medicinal cannabis to clients visiting his BC Pain Society location. Over the last five years, Chuck has grown out his Cannafest Classic Rock festival in Grand Forks, BC into a world class music festival - exploding in 2020 as the all new Titans of Rock Festival. Chuck is one of those lucky few who have been able to

successfully transition into the legal market and now owns Grand Forks Cannabis which is the first fully legal cannabis store that Grand Forks has had. Favorite Quote “I don’t feel like I was doing anything illegal, but I know, in the eyes of the law, what I was doing wasn’t lawful, according to the Criminal Code,” Varabioff said, about running the store in East Vancouver.



Georges E. Routhier brings an extensive and distinguished career background to his current role as Chief Executive Officer for PipeDreemz Inc.

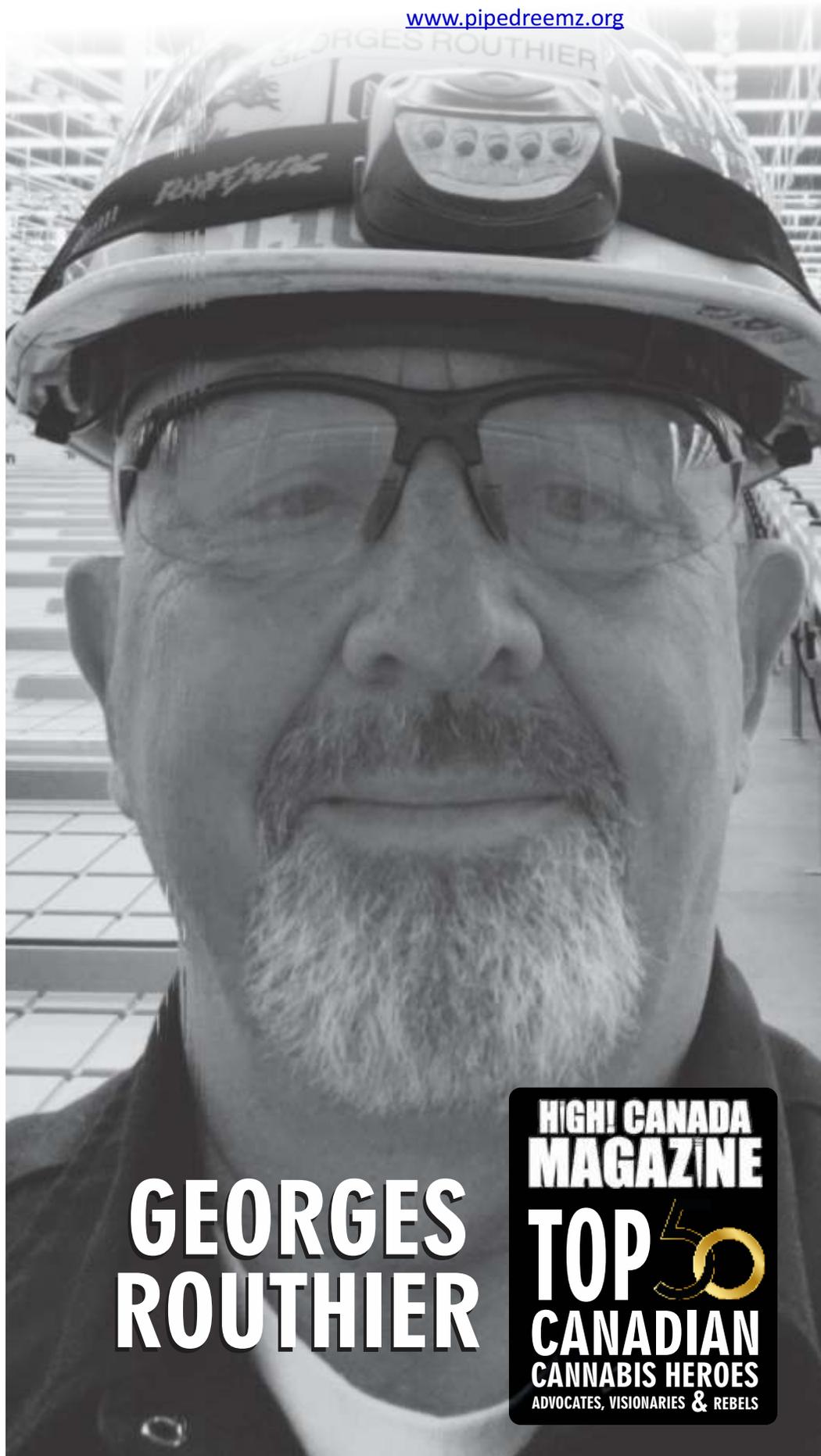
Georges has 30 years of experience in leading companies through start-up, turnaround and growth modes. A “make it happen” expert who gets the job done, Georges has earned numerous accolades and awards for his accomplishments from companies and governments such as Hewlett Packard, Unisys Corp., Alcan, DuPont, the Canadian Armed Forces and the Government of Canada. Georges has held senior management positions in a variety of engineering firms and high-tech companies, including Digital Equipment, Unisys Corporation, E Matters LLC and Pioneer-Standard Inc.

Georges’ discovery of the benefits of medical marijuana was precipitated by an illness in his family. His resulting passion for growing world-class medical cannabis has empowered him to help many patients from the previous Marihuana Medical Access Regulation (MMAR) program. His experience as an MMAR-licensed patient and licensed designated grower has shaped and driven his ambition create the leading marijuana consulting company in Canada.

Georges’ entrepreneurial spirit and expert knowledge of medical marijuana led to his founding of PipeDreemz Inc. in 2012, in response to Marihuana for Medical Purposes Regulations (MMPR), now called “Access to Cannabis for Medical Purposes Regulations”. Considered the premier consultant in licensing regulations and constructing facilities, PipeDreemz Inc. has helped over 100+ applicants navigate the

complexities of the licensing process. PipeDreemz Inc. currently has in excess of 190 million dollars under construction in six provinces.

Georges continues to demonstrate and implement his expertise in the production of safe, quality products for medical marijuana patients. For more information visit www.pipedreemz.org



**GEORGES
ROUTHIER**



Dr. Av Singh, PhD, Pag

One of the brilliant minds working in Cannabis today. Dr. Av Singh is one of Canada's leading authorities on organic agriculture. After completing his post-doc at the University of Minnesota on pasture-based livestock production, Singh worked at the Organic Agriculture Centre of Canada and served as the Organic and Small-Scale Farming Specialist in Nova Scotia, for over 15 years, and recently held the Just Us! Chair in Small Farm Sustainability.

Dr. Singh has authored over 200 peer-reviewed papers, chapters, and extension articles and has been an invited speaker to over 500 workshops, conferences, symposia as well as guest-lecturing at over 30 universities in Canada, the US, the UK, and India. Av has had the privilege of visiting over 2000 farms across five continents which has shaped his extension of holistic, system-based design solutions. Emphasizing a union of traditional knowledge with science, Av works with growers to cultivate an appreciation of plant:soil interrelationships.

Currently, Av also serves as the Chief Agricultural Scientist with Green Gorilla (a Hemp and Cannabidiol Company) and formerly served as the Chief Agronomist with the American Cannabis Company.

Av is also serving as the Vice-President of the Canadian Organic Growers and is proud to be a member of Slow Food Canada, Food Secure Canada, Cannabis Certification Council, and the National Farmers' Union. Av is also a faculty member at Earth



University (Navdanya) in India where he delivers courses on agroecology and organic farming.

Katherine Thomas

An amazing business woman with a compassionate eye on the future.

She started in the Cannabis industry 5 years ago in Medical Cannabis as a Clinic Operations Manager. "I was so excited to be part of this new history. Growing up smoking pot was never accepted by people. I had consumed "weed" and hash in high school but was this an opportunity to legally consume cannabis as a medication that

would finally be accepted? I was happy to be a part of that.

Always hiding and feeling ashamed this may be accepted somehow in society. At that moment I was so proud to be Canadian. Legalization!

The 2nd Country in the world. This was a new frontier. Working



in the clinics the nurses were spending a lot of time on education because everyone suddenly wanted to know about Cannabis as an alternative medicine. Working in the medical clinics allowed me an opportunity to advocate for patients and address the opioid crisis.

I was asked to be a subject matter expert for Durham College to help create an education platform for Cannabis. The program was developed Cannabis 101. Working on that project and developing and teaching the program was a remarkable experience. I was featured on CBC news and that was amazing to know that 6 million viewers saw that education was available that was a step in the right direction. Opportunities are unlike ever before.

I started switching my focus to Hemp CBD. Knowing that this industry so fast evolving but hemp just seemed less restrictive. I developed my company Halo Hemp Co. in 2016 Full Spectrum hemp derived products. I planned to put my products in every health store across Canada but with Legalization I became part of the Legacy market. I began to see all different aspects of improvement in people's lives with Cannabis and Hemp. Just for the environmental benefits alone medicinal so much still unknown.

An opportunity to grow 50 acres of hemp 2 years ago in Stratford became available and I was turning 50 and I thought why not. I want to enter into the legal licensed market. I learned a lot from that experience. I learned I want to be a total seed to sale company I wanted to be accountable for products I put to market. Traveling and attending conferences meeting people seeing the progression of this industry has

been amazing. I was so honored to be part of Pride this year the first hemp company in Pride that was an amazing day! Our team sponsored the MCC church float and launched our #bekind campaign!

I truly attribute success to all the supportive teams I have been a part of and the team I have now. Having an opportunity to be part of a OCS opening team was

another amazing opportunity this year.

This season - 3 farms of small acres better genetics and a plan to scale up for 2020. Processing licensed products to market. Travelling to Europe and throughout the Caribbean to see what is going on globally has been true experience knowing that Canada is ahead of other countries is a positive of sign of great year to come."





Mike Mihelic: Playing sports on a professional level can have profound effects and no one knows that better than Mike. After a career in the CFL, he turned over a new leaf as the CEO of Cannascribe Medical Marijuana Prescription Services. This venture was put together to help patients find physicians who could connect them with the medical marijuana they needed to alleviate a variety of symptoms

The path that brought him to becoming a patient advocate started with his own personal experiences with cannabis. He played in the CFL for a decade with teams like the Winnipeg Blue Bombers and Hamilton Tiger Cats. Approaching his last season in Hamilton, he was traded to Toronto where he went on to win the Grey cup with the Argonauts. Right from

the beginning, he was driven to reach new heights in his chosen sport. That meant he had a large and comprehensive training schedule that included both on the field and off the field sessions.

He wanted to play professional football well before he attended college. Mike made it to the heights of professional football. He played in the Canadian football league for a decade for notable teams like the Hamilton Tiger Cats and Winnipeg Blue Bombers. He still points to the year he was traded to the Toronto Argonauts when they won the Grey Cup Championship as one of the most memorable high points in his football career.

Around 2007, Mike decided that it was time to leave that part of his life behind and he retired from football. Since then, he's become interested in all the different uses for medical

marijuana. Mike has researched how this substance can help certain kinds of people with a variety of different ailments ranging from arthritis to certain kinds of epilepsy.

One of the other missions he has through his company Cannascribe is educating various groups about this alternative to traditional prescribed medicines. His words have reached people in the general public, the health sector as well as governments and lawmakers.

He's gone on record saying how exciting it is to be part of developing this product which can help people.

Abi Roach is the CEO of Hotbox Holdings Inc & Executive chair NORML Canada and excels at creating a path where no path exists...



Founder of Hotbox, Abi has been innovating the cannabis lifestyle & tourism industry for 20 years, with decades of retail operations. She has dedicated her life to the freedom of cannabis consumers and the normalization and now legalization of cannabis. Her experience includes creating and managing product and brand category selection and marketing, retail strategies and

HIGH! CANADA MAGAZINE

TOP 50 CANADIAN CANNABIS HEROES ADVOCATES, VISIONARIES & REBELS

merchandising, team management, public relations, all within the Cannabis CPG realm. Abi has built a successful legacy brand in often ever changing and challenging landscapes as well as created innovating marketing concepts and product selling channels.

She pioneered advocacy work, leading to the shaping of cannabis business, into an evolved legal industry. Abi is also an advisory member to CAMH cannabis policy committee, cannabis tourism association.

Dedicating her life to the freedom of cannabis consumers and the normalization (and now legalization) of cannabis.

Abi is the newly appointed Executive Chair of NORML Canada and founding director of OCCRA & CFBA.

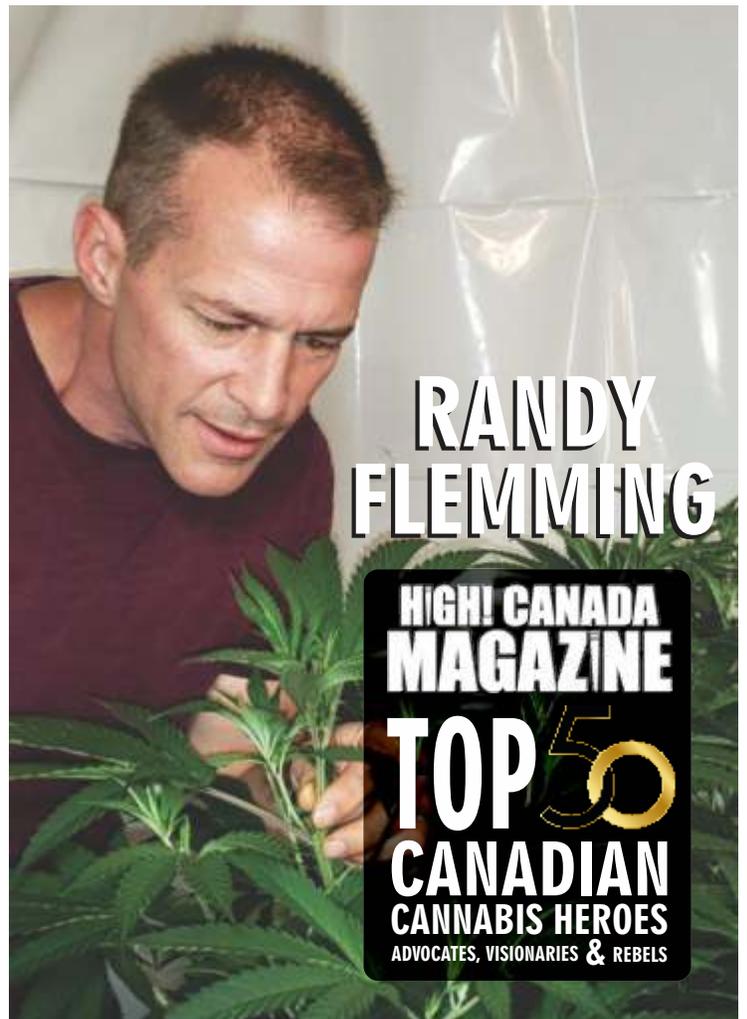
Randy Flemming is well-known and well-respected within the cannabis subculture of North America. Prior to serving as the first master grower at Organigram, Randy had been a recreational researcher of cannabis working towards a better understanding of the plant at all stages of its life cycle. Affectionately known as “The Pot Whisperer”, Randy contends that

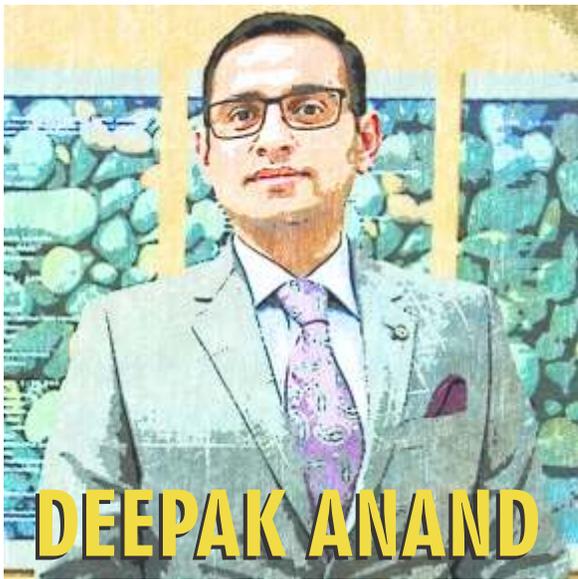
“humility” is the most important ingredient in cannabis cultivation acknowledging that the plant in a living soil knows what to do.

Randy served as the Director of Cultivation with the American Cannabis Company, where he continued to share innovative techniques helping producers to dramatically increase yields at lower costs while enhancing the cannabinoid and terpene profile.

Randy brings nearly 30 years of experience to his clients—covering all aspects of cannabis from breeding to propagation, cropping to curing, extraction to responsible consumption.

Knowledgeable in organic production methodology, Randy is comfortable using biological control for pests, but relies most heavily on a proactive management approach ensuring cleanliness, adequate fertility, temperature, and humidity as best practices to avoid disease and insects. Randy brings a commitment to growing the healthiest plant possible to both optimize the medicinal properties as well as recognizing that the end-consumer is wanting something that is life-giving.





Deepak Anand is one of the most respected men in the entire Canadian cannabis industry. He is a recognized thought leader in the Canadian cannabis space and brings 15 years of leadership experience in the health, charitable/non-profit, and private sectors in Canada.

Mr. Anand is the Executive Director of the Canadian National Medical Marijuana Association (CNMMA). The

CNMMA represents the nascent Medical Marijuana industry in Canada. Their members comprise of Applicant and Licensed Producers, Physicians, Patients as well as Businesses providing services to the industry in Canada. Their mission is to ensure that all Canadian patients who benefit from medical marijuana have access to the highest quality of product and services, to meet their specific health care needs in a safe, well-regulated environment. They seek to advocate for the sector, guide

patients and educate Canadians about medical marijuana, be a resource for medical practitioners, share best practices as well as be a resource for Health Canada.

Mr. Anand is also an Adjunct Professor at Kwantlen Polytechnic University (KPU) and has developed curriculum for Canada's only University level course in the Cannabis industry specific to ACMPR regulations. Mr. Anand currently

teaches their Introduction to Professional Management of Medical Marijuana Facilities in Canada course series.

Mr. Anand completed his Masters in Business Administration (MBA) from University of Vancouver Island in 2003 and have since been involved as a Quality Assurance person under pharmaceutical GMP as defined by Health Canada as for several pharmaceutical wholesale companies in the Vancouver area. In addition, he has served on the board of different Pharmaceutical Associations in Canada and the US through his work with mail order based distance delivery of medications in the 2 countries.

Mr. Anand brings this unique experience and knowledge with him to his current role as Executive Director of the CNMMA which has been extremely beneficial in their conversations & advocacy work on behalf of the sector with all the different stakeholders who are both public and private entities across the country.

Jeremy Cowie

Jeremy Cowie is driven by the positive impact hemp can have on the world through its health and economic benefits. To deliver these benefits, he is building the most advanced and sustainable hemp production and supply chain in the world.

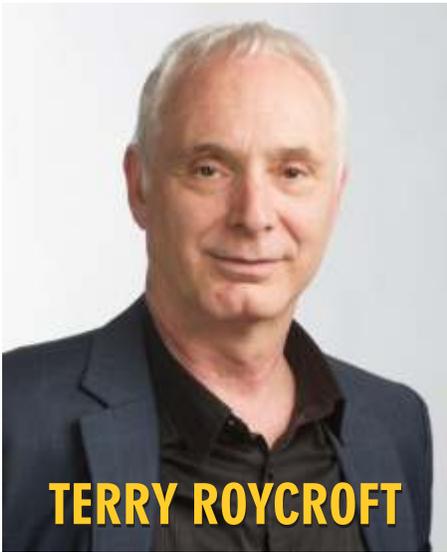
He has more than 15 years of experience in the industry after joining a pilot program for medical cannabis with Health Canada in 2003. His interest in the health benefits of hemp was inspired by his father's battle with leukemia, when Jeremy began researching the benefits of CBD. He saw the potential with his own eyes as he successfully aided his father using different CBD strains. He acquired a licence to produce cannabis from Health Canada, built a legal growing operation and established infrastructure of coop gardens across multiple locations. Between 2014 and 2018 Jeremy laid the groundwork for Great Northern Harvest and is now positioned as an industry leader.





JODIE EMERY

Jodie Emery has forever earned a top spot on our list of cannabis heroes, advocates, visionaries and rebels as she excels in and embodies a little bit of each. To us Jodie will always be the Princess of Pot.



TERRY ROYCROFT

Terry Roycroft is from Vancouver, BC, Canada and is the Founder & President of MCRCI. In 2010, Mr. Roycroft founded MCRCI, a private organization with licensed physicians that educate and support qualified patients looking for legal access and guidance for medicinal cannabis. MCRCI soon became the leading cannabis clinic in Canada with a team of doctors who specialize in prescribing cannabis.

With his knowledge and experience in the medicinal cannabis industry, Mr. Roycroft soon became one of the top consultants in the country for the Access to Cannabis for Medical Purposes Regulations (ACMPR), as well as the former Marijuana for Medical Purposes Regulations (MMPR) and Marijuana Medical Access Regulations (MMAR). Mr. Roycroft continues to expand his network and database within the industry, locally and internationally, by working with production sites, pharmacists, medical laboratories, doctors, and patients.

Kelly Gibson is Alberta's voice of cannabis. As content writer for Spiritleaf, we credit her with much of the positive vibes surrounding community support for these retail outlets. Kelly has always been true to the plant and is a true hero.



JENN LARRY

Jenn Larry is Founder and President of CBD Strategy Group Inc., a commercial marketing, brand development, and business strategy firm helping cannabis brands thrive inside the box of regulation. A powerful voice of change and vision, Jenn is well known for her ability to forecast trends, and leverage business intelligence to lead change across organizations.

With a full time focus on Cannabis, Ms. Larry spends her time working with a variety of businesses across the Cannabis and hemp landscape. Jenn helps commercial, and not for profit companies navigate compliance and regulations helping to drive brand-to-market strategies and route-to-market plans. Jenn has spoken at over two dozen cannabis and hemp conferences, as well as hosting her own events across Canada.

Additionally, Jenn continues to work with media across North America and Europe to help educate the market on the legal requirements to operate successfully in the new world of Cannabis.

Currently Ms. Larry is an advisor at the National Institute of Cannabis Investors, as well as a mentor at Growtech Labs.

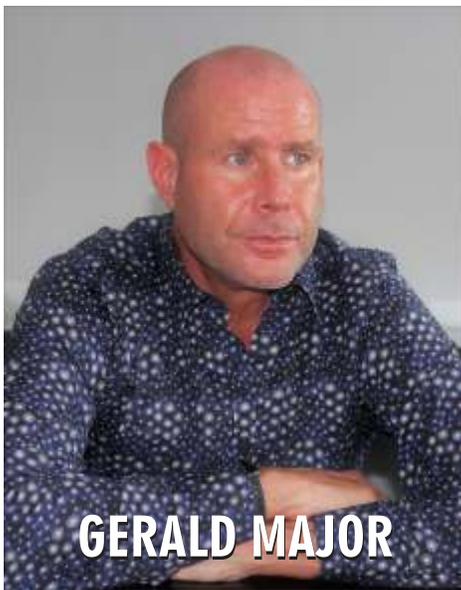


TED SMITH

Ted Smith - If anyone deserves the title of Cannabis Hero more it is Ted Smith most widely associated with the Victoria Cannabis Buyers Club and has been fighting the good fight for patients for decades in his role there and as the Publisher of the Cannabis Digest. Ted is a legend in the Canadian cannabis industry and has made a career out of standing up for both cannabis and the people it helps.



KELLY GIBSON



GERALD MAJOR

Gerald Major

This man is a superhero. He is a Medical Cannabis patient, a volunteer patient advocate and an Arthritis Warrior. Gerald was diagnosed at 23 with Ankylosing Spondylitis and Psoriatic Arthritis both inflammatory Arthritis that cause painful fusion in the back and peripheral joints.

Gerald was very active when growing up so Arthritis was the furthest thing from anyone’s mind. “Arthritis affects all ages but somehow remains the invisible illness.” Gerald has had 10 surgeries in the last 9 years to repair or replace damaged joints. He struggles with many comorbidities related to Spondyloarthritis. “No one should have to go through the struggles of chronic illness alone, I’ve been there.”

Gerald is the President of Canadian’s for Fair Access to Medical Marijuana, President of the Canadian Spondylitis Association, Medicinal My Way Ambassador and board member, board member and consumer group chair of the Arthritis Alliance of Canada, Best Medicine Coalition board member and member of Ontario Best Practice Research Initiative patient advisory committee. Gerald is frequently invited to share his story

of Spondyloarthritis, Mental Health, Medical Cannabis and overall health by the health care community. Gerald has eliminated sleeping pills and significantly reduced his opioid prescriptions by way of Medical Cannabis. “I worry about those people who can’t afford to make a safer choice and I worry about our current opioid crisis and the people dying daily.” “I will not stop advocating until we have Universal Pharmacare inclusive of Medical Cannabis and no Canadian is ever left behind.”

Gerald’s Arthritis took him out of work 8 years ago where he was Senior Vice President of Operations for Citibank Hedge Fund Services North America. Gerald has a very supportive wife Anna and daughter Tessa.



JESSICA MORAN

Jessica Moran

Jessica is a media superstar. She is best known as Director of Marketing and Communications at Strainprint, a cannabis intelligence company created by patients for patients and powered by DATA to advance the legitimization of cannabis as a mainstream therapy.

As the budding Canadian cannabis industry grows towards maturity; managing, gathering and using data is vital. Strainprint’s goal is to use data to not only educate new cannabis users, but to cater to both medical and recreational users.



ALEX ROGERS

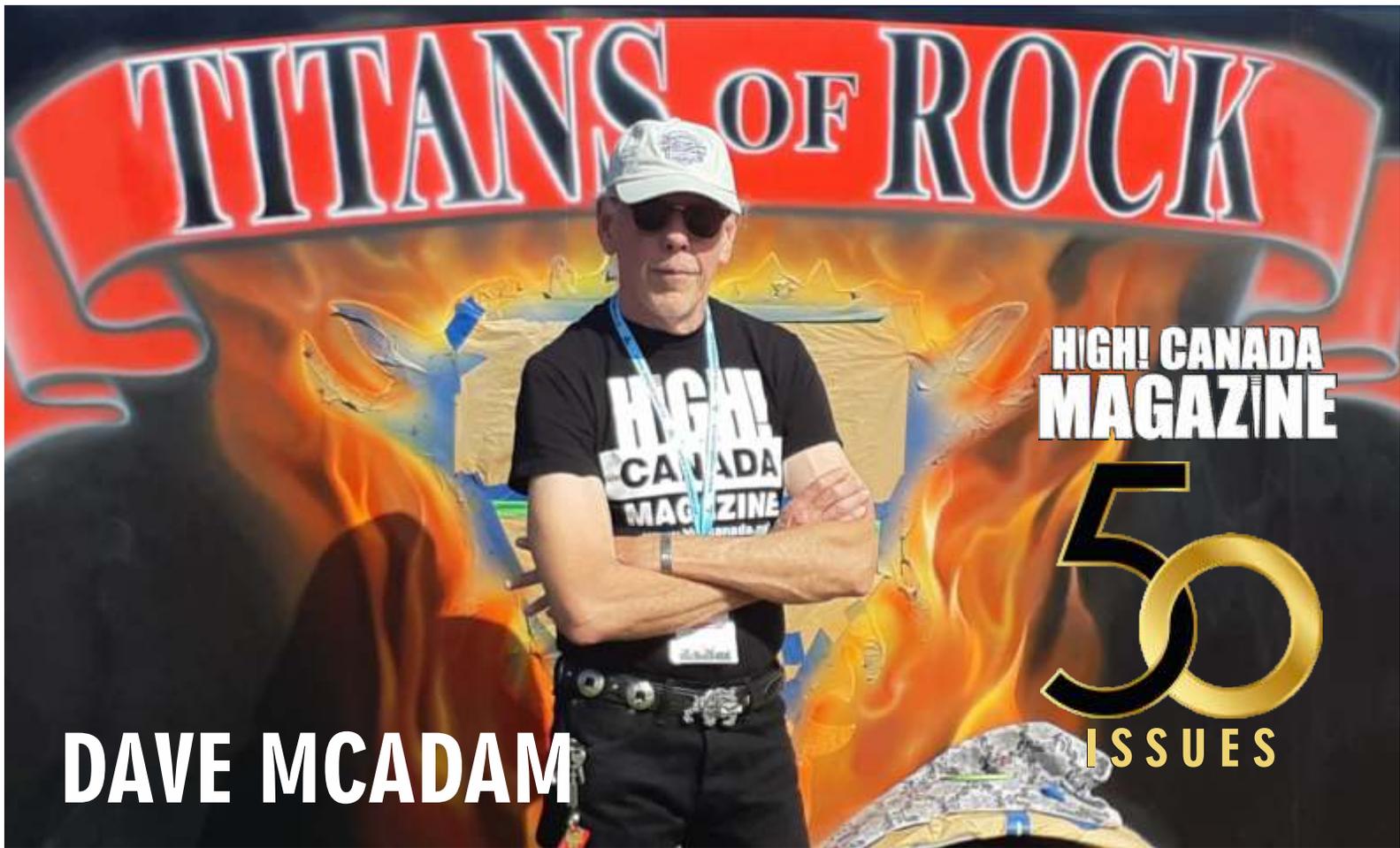
Alex Rogers

Alex had a dream - to create a series of International cannabis business conferences in as many world class cities around the world and truly make the cannabis a global market. Alex has successfully done this and his vision ICBC hits Vancouver once a year and it is the true and rare gemstone of the cannabis trade show circuit.

This year ICBC hits San Francisco in February, Barcelona in March and Berlin in early April then Bern, Switzerland before circling back to Vancouver in the fall of 2020, These conferences have helped facilitate the impossible dream - to create a true international cannabis space.

For the unparalleled work and effort that has gone into creating and implementing these conferences, Alex is to be truly commended.





DAVE MCADAM

Dave McAdam is our well respected expert on all things grow in relation to cannabis and hemp production and is a key member of the High! Canada Magazine core editorial team. Dave has been involved in the medical cannabis industry since 1984, producing under the ACMPR licence system, and has developed medical cannabis brands such as Herbivores Edibles and BC Medical Solutions.

Over his years growing, he has also worked as a consultant on the inputs side of the business, developing and testing products for companies such as Advanced Nutrients and others.

Dave has been busy in 2019 breaking new ground in both the Canadian and International cannabis communities.

Daniel Sax is the Founder and CEO of Sensi Properties, Canada's first cannabis real estate investment company. Sensi works with LPs in order to unlock the capital trapped in their real estate and grow in a non-dilutive fashion. Daniel has a deep background in real estate acquisitions, development, asset management, workout and finance. Dan a perfect example of a true thought leader existing within the Canadian and International cannabis sectors.



He has worked on over \$5B of real estate deals across Canada, the US, and Germany. He has a bachelors in economics from Dalhousie University in Halifax, NS, as well as a masters degree in real estate from Cornell University in Ithaca, NY.



COMING 2020



JAMES O'HARA

James O'Hara is a retired bank executive and past President & CEO of Canadians for Fair Access to Medical Marijuana (CFAMM). James was significantly affected by Focal Awareness Seizures before turning to medical cannabis as a form of treatment. Having personally experienced tremendous success with this life-changing treatment option, he advocates for medical cannabis patients across the country with a focus on seniors and has represented the needs of Canadian medical cannabis patients to various government committees and the Senate of Canada.

He has appeared in various media including; The Toronto Star, The Globe and Mail, Readers Digest, CBC, CTV, CPAC, Primetime Politics, Quirks & Quarks, Business of Cannabis and many others. He is also a member of the Patient Advisory Committee at Canadian Aids Society.

Ross Rebagliati won the first ever Olympic gold medal in snowboarding at the 1998 Olympic Winter Games in Nagano.

However, soon after his victory, the International Olympic Committee announced that he had tested positive for marijuana and would be stripped of his medal. Within a week, the decision had been overturned by the Court of Arbitration in Sport and his medal reinstated.

In 2013, Rebagliati founded Ross' Gold, a medical marijuana business. The company promotes the medical and recreational use of marijuana for athletes.

If there is a name associated with Cannabis and athleticism it is Ross Rebagliati.

Ross is a national cannabis hero!



JEANETTE VANDERMAREL

Jeanette VanderMarel

is the past Co-CEO of 48 North Cannabis, Co-Founder and President of Good & Green and Co-Founder of The Green Organic Dutchman. Previous experience includes being a certified CNCCP(C) through the Canadian Nurses Association, Registered Nurse, keynote speaker, frequent TV and print media appearances, board member of Canadian TXS:V listed company, and being a cannabis industry veteran. Recently, Jeanette announced her departure as CEO of Canadian cannabis producer Beleave. Jeanette is shining star who will only get brighter.



ROSS REBAGLIATI

**HIGH! CANADA
MAGAZINE
TOP 50
CANADIAN
CANNABIS HEROES
ADVOCATES, VISIONARIES & REBELS**

TO BE CONTINUED IN ISSUE #51

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WITH JOHN CONROY

In sitting down and speaking with legendary Canadian cannabis lawyer John Conroy even for an hour it is easy to see why he is so highly regarded by so many. Amazingly well spoken and passionate, He laughs easily and explains to us that perspective is key. "Even trafficking at one point was a maximum life sentence and it's now maximum 14. The problem with maximum 14 is that you can't get house arrest so a conditional sentence order for any offence like this is 14 years and up and you can't give an absolute conditional discharge at the lower end for any offenses under 14 unfortunately. Again I say they hybridize them so that's on indictment and on summary

conviction. The Max penalty is 6 months or \$5000 unless you are a minor, in which cases \$15000 or 18 months or both. So that's still less than 2 years and that's provincial time as opposed to federal time. Then the Crown and the police that have the option to proceed in a less serious way and historically that's interesting because what happened back in 1972. Back then we had the Narcotic Control Act and until 1954 we had whipping and hard labor as possible punishments and a mandatory minimum of 6 months for simple possession. We had white middle class kids suddenly interested in cannabis so are numbers went from a few 100 a year to 800 a year



then to 2000 to 10,000. They hybridized possession so more people got charged and they were less serious penalties but fewer people went to jail. There are cases out there that are still under the old law that are still in the courts but there aren't very many cases under the new law since October of 2019.

At a certain point though is if people don't start becoming legal and licensed, then eventually they will start enforcing it and so if there still is widespread unregulated activity, we may see the numbers come backup.

Our objective surely is to try and straighten this out because that is above politics and image. It is up to us to push things in the right direction. You know they've taken away or attempted to take away a lot of the culture and a lot of the history and so on (that would otherwise be there now)

There is now a huge amount of science way more than many people believe there is. We have the National Gallery of Science Engineering and Medicine saying it's conclusively effective for chronic pain which is going to

positively affect the current opioid crisis right? We know that it's effective as medicine but we don't have the patient information in terms of the various strains and all they do and so on. We don't have enough yet. It has become like a mental health care product - it's like a patient going and talking to another patient and saying well... how did that work for you?

Maybe it did and maybe it didn't because we know from the science that it helps you but at a certain point it starts to come down to what is and isn't helping you anymore. That's when patients switch strains or try to find something different or quick for a period of time because you develop this tolerance of and start to need Breaks.

Some people with chronic pain, unfortunately, have to consume costly amounts of cannabis but they too will develop a tolerance. Then that's true of alcohol - that's true of anything. I think those are the true key things. The producers, the processors, the medical clubs are dealing with this instant suspicion of great management

I went online and I found all these different uses of cannabis and one of my favourite new products are bath bombs. I bet they can't keep them on the shelves as they are very effective. Pain cream and muscle rubs too - stuff like that really help people working and living in our long term care homes.

Human beings are such that we like to go stores and buy things and not make things ourselves and all of that sort

of stuff... You know... we have all kinds of special engineered solutions even for growing in apartments nowadays but at the same time I say

we need to all try and be reasonable

and allow for spaces and create spaces for them rather than focusing on prohibition which is stupid. It's is going to drive it underground and that's the biggest lesson to remember.

Yet it is OK if you're slightly over your numbers and stuff - it's basically a ticketing scheme with a maximum \$200 fine. We can now provide some leeway and then we got continued criminal law thereafter but it's mostly what we call hybridized law so that the government can proceed in a less serious way instead of a more serious way. In the States they call that misdemeanor versus felony."



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**HIGH! CANADA
MAGAZINE**

BIF NAKED & MONALISA HEALING



TAMMI STANHOPE

High! Canada Magazine Ontario Editor



HIGH! CANADA
MAGAZINE

ANGELS OF CBD

Bif Naked is a Gold and Platinum selling Rock Star, Best-Selling International Author, Hit Songwriter, International Performer, Human and Animal Rights Advocate, Humanitarian, Music Producer, Artist Manager, one of Canada's most unique and recognizable celebrities, and a beloved icon. Since coming on board with High! Canada Magazine back in early 2018, Bif was one of the Canadian powerhouse women that I immediately looked at for any signs of Cannabis whatsoever... almost 2 years later when I

heard that Bif, and her two partners, Coco and Samantha had launched what she calls the "hottest and freshest" international online CBD brand—www.MonaLisaHealing.com, I had to find the back story.

We sat down on a cold but sunny Sunday afternoon in Oakville and I had to know the inside scoop on how, when and why this power trio of intelligent, creative, talented women got together to create the CBD brand www.MonaLisaHealing.com

HIGH! CANADA MAGAZINE



. Bif do you consume cannabis?

I am known for my straight edge and drug free lifestyle, I am a fierce advocate for cannabis and the people's right to use it for whatever purpose they use it for. I believe in human rights, indigenous rights, animal rights, healthcare access, lgbtq rights, trans rights, gender justice and equality, economic equality, compassionate health care and safe and affordable access to PLANT MEDICINES like cannabis.

Thoughts on legalization?

In Canada we have a long way to go before legalization is perfect and suits everyone. I do get the idea of making it regulated and safe and affordable for all persons ESPECIALLY THE SICK AND THE POOR who need this healing plant the most...and to keep the black markets and tainted or poisoned strains off the streets...but so far, the prohibition and anti-pot capitalists are ruining the whole thing. The federal government is over regulating the wrong guys, and messing up the good intentions. But change takes time, and creating change takes work. We need to keep fighting.

Bif when did you start using CBD?

I started using CBD on my husband, Snake, for his sleeping disorders, and my sister for her wrecked knee. I marveled at how well it worked and then started to take it regularly myself (initially - to see if my sleeping improved as I typically get three or four hours a night for twenty years!) I was blown away by, not only how much better I slept, but how my yoga and workouts improved! I

was shocked to discover my athleticism excelled and my flexibility improved miraculously. Plus, as a chronic migraine sufferer, I can tell you I have not had one migraine since I started supplemental CBD oil which was of course, MonaLisa Healing. I am a true believer.

When did you meet your MonaLisa partners Coco and Samantha?

I have been friends with Coco since 2001 and am the godmother to her eldest daughter. She and I are like sisters. We both met Samantha through my manager (and Coco's husband) Peter, as he and I have an artist management company and began working with Samantha creatively. In her, I discovered a kindred spirit and we shared similar philosophical and spiritual studies,

paths, and beliefs. Samantha is a healer and I believe in her so much, that I think the collaborative efforts between her, Coco, and I are undeniable. We want to change the world.

Bif how do you work CBD into your daily routine?

I take CBD under my tongue after my workout in the early morning, right before my breakfast. I have also started using the CBD oil at bedtime, directly on my face as a beauty serum. I am loving the results from both of these methods.

Is there a dosage that you have found works for you?

Honestly, for my body and my punishing workouts, I definitely prefer a 1500 or higher dose. For my

husband and sister, with defined pain, they use the 3000mg strength. I think everybody is different and I will bet that our dosage needs may change depending on whether or not we have an injury or serious ailments.

Bif have you tried full spectrum CBD?

I have not yet tried full spectrum because I am achieving success with MonaLisa Healing isolate. I trust the purity of our products, but worry that I could not be sure of the purity or actual ingredients of other full-spectrum varieties. Because the industry is unregulated, largely unchecked, I don't want impurities in my CBD oil. I know that the isolate is verified as completely free of THC at MonaLisaHealing.com

How has CBD impacted your life since starting?

Once I began to use CBD and learn more about the benefits, I became hyper aware of the overall benefits for others and particularly medical needs of patients with many barriers like addiction or poverty or things that hindered them from accessing total health and wellness. I started to develop an awareness about the industry as a whole, and it definitely impacted my desire to turn from an advocate to an activist.

This was more powerful than the healing effects it had on My own body and how my own abilities to heal improved. I want everyone to have the same profound improvements.

Are you open to other forms of cannabis treatments?

I am absolutely in favour of all cannabis treatments because of my total faith in the plant to heal people. As a cancer survivor and patient advocate, I believe it is a patient's right to access cannabis. I will fight for this and continue to fight for patients' rights.

Coco, how did you come up with MonaLisa Healing?

Oh gosh, where do I begin? "Could the secret behind Mona Lisa's smile be...CBD? " I questioned this while on a long drive through France to Peter, who had overcome 2 years of chronic back pain in less than 2 weeks of using CBD. Surely, Leonardo Da Vinci, the greatest inventor of all time, Mathematician, Scientist, Engineer, Anatomist, Astrologist, etc. knew the effects of CBD and drew the effects on one of the most recognized pieces of art in the world.

People all over the world are fascinated by the Mona Lisa. She is priceless. The painting cannot be bought or sold according to heritage law. She belongs to the public. She is the most recognized icon in the world. She is protected by bulletproof glass. Da Vinci knew



the secret and gave this to the world. MonaLisa Healing is the next gift..Ahhem..oh ok, you want me to stop? ;)

What are the future plans for MonaLisa Healing?

In the first quarter of 2020, we are launching in the European Union, UK, and some countries in Eastern Europe.. After that, we are poised to go into the USA in the second quarter. Any additional market expansion will be measured by our ability to deliver the incredible level of quality of our products that we currently have at MonaLisa Healing. We prefer to be a boutique organization creating the absolute best products at the best prices anywhere in the world than just be a major player in the public



markets.. Our approach to CBD manufacturing does not fit into a white-labeling model where the majority of CBD companies rebrand some generic CBD products. We are exclusive and we want to remain that way. At MonaLisa Healing we source our organic hemp isolate from known growers and trusted suppliers.

We conduct no less than 3 independent lab tests on the CBD isolate prior to manufacturing and only use licensed GMP manufacturing facilities to ensure that the MonaLisa CBD/MCT formula contained in the bottle is contaminant free and highest standards. We do not use any additional fillers such as grapeseed oil that is proven to cause gastrointestinal issues in humans and pets as many others brands seem to integrate into their products. Our own families are

using MonaLisa Healing CBD on a daily basis as a health supplement and I am very proud of it being a premium quality product. MonaLisa products have to be the best, I am a perfectionist and a type A+ personality and I never rest until I am 100% positive that everything meets my expectations.

Coco do you consume cannabis?

I personally don't consume cannabis. I haven't had a requirement to use cannabis so far. I say "so far" because I can see myself using it in the future for medical issues that may arise. I see what great things it does for others who need it. For me, CBD without the THC, has been a perfect fit for my life. I use CBD for achieving quality sleep as I used to be an insomniac. I use CBD for balancing my mind and moods. I

use it for general health, and to help with inflammation and recovery from my workouts. I handle large investment transactions for others and contracts plus a myriad of other international projects and I think if I consume cannabis it may make me a bit less focused. We have several family members who use THC combined with CBD for health reasons, for ailments such as Cancer and Lupus. So I am all for using it when one needs it.

Coco what are your thoughts on legalization?

The idea of legalization is incredible. It is unfortunate that the Federal and Provincial governments have made such a mess of it that most Canadians cannot benefit from the products or the industry. As well, the actual people who thought they were going to benefit, were criminalized by the new regulations.

To simplify a very complicated issue, Trudeau campaigned on marijuana legalization to win an election and then passed it off to bureaucrats and the provinces to figure out how to roll it out. Instead of it benefiting the average consumer and entrepreneurs who should be operating in a regulated market it has become a government protected business opportunity for very wealthy individuals and large corporations and a major component of the Canadian Stock Markets. Market Makers are pumping and dumping stock all over the place and major produce growers converted to marijuana and the only supply chain is through government licensed retail outlets. The quality is lower, the pricing is higher, the supply is limited, and the black market is larger than ever.

When did you start using CBD?

We started using CBD as a family in early 2019. The health effects were immediate and incredible. My husband became pain free after years of suffering from chronic back pain and Sciatica. He had seen many specialists, and an array of therapy to try and ease his pain. The last option for him was surgery. We didn't want to go that route. It was a miracle when he discovered the effects of CBD.

When did you start working with Bif & Samantha?

I met Bif in 2001. We have remained very close since. She even joined me on my honeymoon trip when I got married! LOL! I once showed her a property steps away from me and said "buy this place!" She took my advice and then we were also neighbors! Bif is an incredible person and I am in awe of what a kind, positive and

generous individual she is! She is selfless and I like to look out for her. In return she makes me laugh and look at things in a lighter, less serious way. So it's very refreshing and wonderful to work with this person! She has had quite the life and her memoir published by Harper Collins is a bestseller and called "I, Bificus".

I met Samantha aka Daughter of Picasso through my husband Peter. She was the first person he met in the CBD industry. The universe aligned and in a very short few minutes she had impressed him with her story, artistic talent, her passion for the environment, spirituality, and incredible knowledge on CBD and cannabinoids. Sam is one of Canada's youngest Reiki masters, a painter, and a true force to be reckoned with. Peter immediately introduced her to Bif as an up and coming Artist and it wasn't long before she was educating us all on



CBD and Cannabinoids. Bif, Samantha and I each bring different strengths to Monalisa Healing and believe me, our daily meetings are something to behold, they are a lot of fun and a bit crazy at times.

Do you find a lot of people are more open and ready to talk about the benefits of CBD?

People are definitely looking for information on CBD. Seniors are very much looking to understand the benefits and to have ease of access to CBD. Millennials are surprisingly ahead of the curve on CBD and are spreading the word. The general public is experiencing a renaissance in self directed health care and no longer leaving their health and wellness solely in the hands of medical people. More and more people of all ages are not waiting around for government health departments to tell them what is going to benefit their health. Testimonials from friends, family and people around the world have convinced us with what is basically clinical evidence of the value in CBD.

What is your CBD dosage daily?

I take ½ a dropper of the Monalisa 1500 mg tincture CBD twice a day. This equates to about 50 mg per day. I take it in the morning and evening.. I used to have to set an alarm on my phone to remind me, so I wouldn't miss a dose, because as with any regimen, consistency is the key to results! But now, I take the dropper religiously without fail.. It's like brushing my teeth or drawing the wings at the end of my eyeliner. It's a part of my life and always will be!

Coco, have you tried full spectrum CBD?

I have not, however a few of our family members who are suffering from Cancer and Lupus are using a combination of Monalisa 3000 mg CBD and combining with Full Spectrum to great effect. They have taken control and personalized it through trial and error. As a result they have been able to replace all of their pharmaceuticals and related side effects with natural cannabinoids with absolutely zero high and zero side effects.

Samantha do you consume cannabis?

I have been a cannabis consumer for many years, 11 to be exact. Recently though, I have found myself smoking less and less as

mentally I am finding myself needing to pull back from the intoxication and ground myself when it comes to handling my personal matters. I used marijuana for a decade to help me cope with anxiety and depression. I was diagnosed as a teen, and really didn't feel connected to the idea of pharmaceuticals.

As an artist I knew my emotions where here to serve a higher purpose, and smoking allowed me to accept that aspect of myself and truly bring creating to the forefront. I also have a congenital heart problem, and have come to the understanding of potential open-heart surgery in the near future. I am taking slight precautions. CBD has really been the game changer for me.



*Monalisa
Healing*



Thoughts on legalization?

Tricky question. Legalization is fantastic, the one thing I think we're missing is the proper education and understanding behind it. When I think of marijuana I think of plant medicine.

There are truly spiritual properties to the plant as a whole, and on the forefront I don't believe there is enough of an understanding "big picture" as to what this plant can help with and why it is here. I believe there is an availability to abuse anything, whether its alcohol, food or drugs -- we should come to the conclusion as a collective that everything has a purpose and should be used with care. Legalization is a step in the right direction, now it's all about education.

When did you start using CBD?

I started taking CBD 4 years ago. Pure hemp derived CBD Isolate, that's when things really started to change for me on a whole health level. Marijuana always kept me calm"ish" - but CBD got my mind, emotions and body back into complete balance. I was in shock. Initially it was just mental, I felt the neurotransmitters in my brain start to chemically balance themselves out, and a smile appeared on my face out of no-where. That's when I knew I found something special...or better yet it found me. Ever since then, my digestive system has been in balance. I lost 40 pounds that has not been able to work itself back onto my body. The weight was a big thing for me as I fluctuated my whole life. Not something I saw overnight, but when it really started to show, I knew it was because of CBD -

cravings and metabolism just happened to work itself out. Same with pain. I had broken bones in my body and when taking higher dosages in the beginning I would feel sharp sensation in those particular areas - CBD is said to promote bone, tissue and muscle regeneration. In my soul, I believe that's what it was doing.

When did you start working with Bif & Coco?

The stars somehow aligned and brought Bif and I together as artists in February this year, and it was at a time when I really needed a mirror. Bif understood parts of myself I was never able to untangle. I can say meeting my business partners was orchestrated by the heavens. The lovely Coco is an amazing business woman, and fellow artist. I really have grown to know and respect such strong talented women who inspire me to be my best, and help me to see myself as the next leading generation.

Do you find a lot of people are more open and ready to talk about the benefits of CBD?

I still feel like there is a stigma behind CBD, as it really goes against everything we have been ingrained to understand and know our whole life. 4 years ago it was tough, today a little easier. Still it's hard for people especially those on antidepressants to understand or even want to talk about a supplement like CBD because there is a dependency on those pharmaceutical drugs that keep people hooked. CBD really forces us to not only heal the body and mind, but as a healer I believe it to be an emotional healer as well. Everything is interconnected.

What is your CBD dosage daily?

Right now, I take between 50-100mg, the 3000mg tincture of Monalisa Healing CBD is my go to product.

Have you tried full spectrum CBD?

No I haven't. I've stuck with isolate for the past 4 years and it has really worked wonders on my physiological and psychological states. I am open to trying a full spectrum CBD, but of course from a source I can trust. Monalisa Healing is primarily focused on the best and purest CBD at an affordable price. However we have some very exciting new products on the horizon that branch out into helping to mitigate symptoms from specific illnesses. New announcements coming in 2020.

Bif Naked, "Canada's Princess of Everything" is finally following her own advice and moving into the International Health and Wellness universe, with her two women partners, in co-creating Monalisa Healing CBD.

If you have read her Harper Collins-published bestseller, you would already know that Bif is perhaps more qualified than almost anyone in embarking on this journey.

Having survived a battle with breast cancer, a life-threatening kidney failure, heart surgery, and after all of this she is still constantly performing live shows, and in the gym at 6:30am six days a week.

And, Bif is spreading the word on CBD to anyone and everyone.

Bif tells us, "So many people,



including myself, are taking over-the-counter drugs for everything from muscle pain and migraines, suffering with anxiety and depression, insomnia, chronic pain, and a long list of other issues that keep us from thriving, while lining the pockets of companies pushing unnatural pharmaceuticals on us and our families. It is no secret that CBD, according to real human testimonials, has proven to potentially affect these issues, and many, many more." For the entirety of her unbelievable career, Bif has documented her journey in a deeply personal way -- covering topics that allow her truths to be a source of empowerment and in alliance with her dedicated fans. When asked about her famous

optimism, Bif shares that she believes in everyone's ability to move forward, taking care of each other, and getting stronger together.

"I believe in the goodness of people. I am grateful for each person I have ever met, from the guru in the street, to the dude in the mosh pit, to the patients I meet in the cancer wards. Everyone is my Teacher."

Though she is now officially a "Cancer Survivor", Bif continues to advocate for other patients. She has remained committed to her relentless schedule, including having proudly sat on the City of Vancouver's Women's Advisory Committee, volunteering weekly with vulnerable people who ask for her, and writing a blog for the Huffington Post. Bif was a contributing writer to The Globe & Mail's Health columns, and has her poetry read and published frequently. Her work as a public

speaker has taken her to conferences centred around a wide variety of topics, including women's empowerment, wellness, vegan food, anti-poverty activism and social justice, and navigating the winding road of Breast Cancer. The latter is not only a topic personal to her own breast-cancer journey, it is clearly dear to her heart.

"I enjoy speaking directly to health care professionals regarding patient advocacy, and to patients and families who are surviving and thriving. They are all my mentors- they inspire me."

Bif is currently writing a book about the navigation of cancer care and the Canadian healthcare system, to empower patients and families, has a new book of poetry and illustrations coming out in 2020, along with a much-anticipated brand new studio album. Many of her life experiences continue to astonish audiences around the world, and Bif has transcended any and all obstacles in her path.. It was an honor to sit down and have a one on one conversation with an unforgettable woman, performer, and activist, Bif Naked leaves everyone feeling like they can accomplish anything, and that she will help them do it, all while wearing Tango Shoes!



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MAGAZINE**

TALKING PIPEDREAMZ



WITH GEORGES ROUTHIER



PipeDreemz Inc.

Georges E. Routhier brings an extensive and distinguished career background to his current role as Chief Executive Officer for PipeDreemz Inc. He is an inspirational leader and well versed in all aspects of the Canadian cannabis industry. Tell us Georges, how you got involved in the cannabis industry? What led you into a career within the Canadian cannabis industry? Essentially, what is your particular cannabis industry entry point origin story?

My discovery of the benefits of medical marijuana was precipitated by an illness in my family in 2001 and my quest to maximize the benefits of cannabis to reduce their symptoms started. I have been growing cannabis for 51 years and my resulting passion for growing world-class medical cannabis has empowered me to help many patients from the previous Marijuana Medical Access Regulation (MMAR) program. My experience as an MMAR-licensed patient and licensed designated grower has shaped and driven my ambition to change the world one garden at a time.

I was one of the first wave to apply for a licence to grow under the new laws and I was one of the first people denied by Health Canada when the program started in April 2014. That was the point I decided no one should have to guess at what was needed to be successful in obtaining a licence, the cost of failure is exceedingly high in our industry. Fifty plus licences, multiple Board seats, I think I have delivered on my original objectives. It's amazing how you can turn defeat into success if you never give up.

Can you tell us about some of the challenges or adversity you may

have faced working in the cannabis space?

Medical cannabis is a big challenge for the industry and cost makes it only an option for select medical patients. Most patients are on disability incomes, so they have little disposable income and paying \$\$\$ for low grade cannabis must change. I got into this field to help people get awesome cannabis meds at a fair price, recreational has pushed it even further out of reach. We need to work on this as a Top Priority.

When I went to the first cannabis shows the people behind the industry were all back of the bus, we were smoking our weed out back of the loading docks, the suits were out front smoking cigars leading the charge for money. A few years later we're all front of the bus now, that's big change! I walk in both worlds every day and that gives me a voice that can help change the perception of stoners, I mean cannabis users. (my part for the gentrification of WEED!).

Integrity in our industry and crime and punishment should be on everyone's radar. If you're not outraged you're not paying attention! Clearly, we have our challenges and will continue to, but clear punitive action against individuals breaking rules, rather than companies, needs to be swift and meaningful. Start with an

industry ban for life, take the profit away from them, this is not rocket science. I sit on numerous Boards and you have a fiduciary duty to act solely in the interest of the company do your jobs and stop giving the industry a black eye!

How did you move past these challenges?

I continue to advocate for medical cannabis and making it more affordable, one garden at a time. I do pro bono work and we give back to the Canna community, it's important to help build strong communities where you live and work.

Breaking down the stereo type stoner view is an on-going continuance of public education for our industry. If I'm in a meeting and they break for a smoke I go out and light up with them, I get some strange looks and even questioning of my ability to function when we go back in. Excellent opportunity to educate and make a difference!

Integrity, you have it or you don't, it's that simple, you don't turn it off and on as needed. Creating share holder value, it's what you do, we see what happens when people lose their way, they destroy investors dreams. The RCMP, CRA and Health Canada need to act quickly when wrong doing is exposed, that would make people think twice.

Advice for craft growers and budding entrepreneurs who aspire to become legal?

Start small and never give up. I have helped many groups grind away at their applications, some are 5 years old and now just getting their building up. Be honest with yourself and your abilities. Fill the gaps with people who can help you. Find a mentor! If you go looking for money the best path is find money that has added value, people that bring skills to your organization or opportunity, think Dragons Den. Know your subject and start with the regulations so you know what you're talking about. I speak with so many people who know nothing about the industry or the regulations, it is scary. It's your dream make the effort and you will make it happen!

What's in store for PipeDreemz in 2020?

The BIG News for 2020 is PipeDreemz will be growing cannabis on our 80-acre farm outside of Perth Ontario. The Farm has one of the largest private collections of

cannabis seeds with 600+ distinct cultivars in our seed bank.

PipeDreemz will continue to lead the way for companies in the Cannabis space. Our business has continued to grow, and we have expanded our capabilities to meet customer demands in Certification, Processing and Research. We are working with Canadian clients in the EU GMP certification process and continue to build our inhouse expertise and relationships with the Europe's top EU GMP consultants. As the industry matures, we will continue to supply on-site services from our experienced team of engineers and Quality Control experts.



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***"There comes a time
When we heed a
certain call
When the world must
come together as one
There are people dying
Oh, and it's time to
lend a hand to life
The greatest gift of all"***

***"We are the world
We are the children
We are the ones who
make a brighter day, so
let's start giving
There's a choice we're
making
We're saving our own
lives
It's true we'll make a
better day,
just you and me"***

- U.S.A for Africa

It is January 2020 and we have just finished celebrating the holidays in Canada which is always a great time for family, friends and sharing. This holiday season we exchanged beautiful Cannabis products from infused hot chocolate mixes to relaxing tinctures and soothing topicals.

In addition to the traditional Christmas Day and New Year's Day festivities we celebrated a special countdown to Cannabis Legalization 2.0. Beginning late December to mid January, Canadians will be able to legally purchase THC and CBD edibles and beverages.

Winters in Canada also signal the opening of Extreme Weather Shelters for an increasing number of homeless people seeking a mat on the floor, hoping to warm themselves from chilly winds. Chapped lips, frostbitten hands, numb "street feet" are among the physical maladies that come from sleeping rough and living outside in



CANNABIS AS CHARITY

THE ACT OF COMPASSIONATE CARING

By Rainbow Smithe

sub zero conditions. The winter season is also a time to reflect on the past year, commit random acts of kindness and show compassion for those less fortunate than yourself. This year, if you are able to, please consider giving a Cannabis product to those in need (low income recipients, single parents, the homeless, seniors, medical patients, veterans, etc.).

Street-based substance users with an opioid dependency can use Cannabis as a way to overcome symptoms of withdrawal and could help them make choices that positively affect their future.

How many times have you longed to have a puff of a nicely rolled joint only to discover you were all out? Suddenly a friend drops by with a bag and soon all is well in the world again!

Why not do the same for a street-involved stranger you see on your journey! Give to your neighborhood's most visible and vulnerable to make their day. Watch their familiar faces light up with joy.

One simple gift can alter a person's life for the better.

***"A friend with weed is
a friend indeed"***

- Pops O'Donnell

Jimmy, a Caribbean man with brightly colored clothes, is chronically homeless and seeks shelter when the weather starts turning from rain to sleet.

"The prices for rent are way beyond my reach these days. I'd rather be able to eat and get what I need. I suffer from anxiety and PTSD from a lifetime of trauma. Still trying to forget the years in foster care where I was sexually abused. One day I met a lady outside the coffee shop where I played my guitar and she shared with me her pre roll. Within moments it was easing the ache in my fingers from playing in the rain. She smiled as I showed her how I could stretch my hands out more easily. As she left me, she reached into her bag and gave me the remaining pre rolls and waved goodbye. Tears came to my eyes as I thanked her for her kindness.

Someone actually thought of me beyond a passing glance, or a dollar thrown into my guitar case. I was blessed by a Goddess of Ganga and it changed my world."

***"Here, have a dollar
In fact, no brotherman
here, have two
Two dollars means a
snack for me
But it means a
big deal to you***

***Be strong, serve God only
Know that if you do,
beautiful heaven awaits
That's the poem I wrote
for the first time***

***I saw a man with no
clothes, no money,
no plate.***

***Mr. Wendal,
that's his name
No one ever knew
his name cause
he's a no-one
Never thought twice
about spending
on a ol' bum***

***Until I had the chance to
really get to know one
Now that I know him, to
give him money
isn't charity***

***He gives me some
knowledge, I buy him
some shoes
And to think blacks spend
all that money on big
colleges
Still most of y'all come
out confused***

Go ahead, Mr. Wendal"

- Arrested Development

Charleen, a survival gig economy worker, has good days but mostly bad days. She sleeps in a shelter at night but has to spend her days outside in the cold.

"I got injured on my last temp job and now my knee is really messed up. I depend on walkers to get around and most days are pretty miserable with me shuffling from Point A to Point B. I just want to be without the spasms but I'm scared to get back on strong pain medication in case I relapse. The last time I used, I lost everything including my kids. Smoking Cannabis helps relieve my knee pain. What a Christmas present it would be to have a nice supply of bud. Eventually I'd like to get my kids back and have a home again. I pray every day."

***"I got a feeling and it
won't go away, oh no
Just one thing then
I'll be OK
I need a miracle every
day."***

- Grateful Dead

TJ, a casual day labourer, lives inside a tent. He bundles up as warmly as he can and waits to be sent out to unload containers filled with Christmas gifts that come from overseas.

"One day I unpacked thousands and thousands of watch and hearing aid-sized batteries. Tiny batteries to be used to power up clocks and toys that go click, whir and beep. When I don't get work, I walk around collecting returnables and recyclable metals. The last time I peeked into a dumpster outside a fancy restaurant, they had just dumped out their vegetable scraps. Seeing an apple near the bottom, I leaned forward and all of a sudden the heavy metal lid slammed onto to my shoulder and I screamed from the shock and pain. I saw stars and I nearly passed out. It really hurt! Luckily I was saved by a dog walker out with her little Corgi puppy for a pee break. She offered me help and tenderly applied a minty topical on my

throbbing shoulder. Informing me about CBD, she gave me drops for my shock. I was really pale from what I just went through which is funny because I'm Metis. We had a good laugh over the whole incident and she bought me a hot coffee with lots of sweetener. I still think about her compassion. She touched my shoulder and my heart. She saved me that day."

Canadians, please consider giving out care packages of Cannabis and cheer to those in need. Not just during the holidays, but anytime of the year. Let's spread love and peace across this great country and shine a light into the darkness.

***"So this is Christmas
And what have you done
Another year over
And a new one just begun
And so this is Christmas
I hope you have fun
The near and
the dear one
The old and the young***

***A very Merry Christmas
And a happy new year
Let's hope it's a good one
Without any fear***

***And so this is Christmas
For weak and for strong
For rich and
the poor ones***

***The world is so wrong
And so happy Christmas
For black and for white
For yellow and red one
Let's stop all the fight"***

- John Lennon

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Woman In Weed

TAMMI STANHOPE

High! Canada Magazine is very dependent on the wonderful contributors and editors that we have leading the charge on all things Cannabis in Canada. Tammi Stanhope is a wonder and she runs lead for High! Canada Magazine in Ontario and is also running lead internationally in Jamaica. Tammi is our Ontario Editor and contributes monthly as a writer for High! Canada Magazine. She is owner of KhronikKreations - a Private Infusion Specialists & Event Company based in Ontario. She is also an Ambassador for Medicinal My Way and an Indigenous Cannabis Cup winner in 2019. A staunch cannabis advocate, a powerful voice in the industry and the community.

Please tell us Tammi, how you got involved in the cannabis industry. What led you into a career within the Canadian cannabis industry? Essentially, what is your particular cannabis industry entry point origin story?

I primarily work in the Investment industry and have for the last 10years, and before that I was in Accounting. Since I was a teenager I always enjoyed baking on my own time and as I entered my late 20s I started selling some of my baked goods to friends and co workers for different family parties and gatherings. Throughout the years I had been known to dabble a little with infusing some baked goods, but that was mostly

TAMMI STANHOPE
High! Canada Magazine Ontario Correspondent



reserved for Christmas parties and special gatherings. Fast forward to 2014 I had noticed some interesting signs through the world of investments that seemed to point to the legalization of cannabis somewhere in the near future. Around the same time, I went through a life altering traumatic experience and was desperately needing something to give me another sense of purpose other than going to my job everyday and left alone with my own thoughts at night. Then it hit me, and I started doing some research into cannabis and education. At the time there were no known programs offered in Canada that was related to cannabis except for one at Kwantlen Polytechnic University in British Columbia. There were 3 introductory courses being offered and I immediately registered for the Marketing, Sales & Drug Development program, as the others seemed more geared towards Cultivating and Plant Production. My teacher was Deepak Anand who is the Director of the Canadian National Medical Marijuana Association and was the one who developed curriculum for Canada's only University level course in the Cannabis industry specific to ACMPR regulations. I more than enjoyed the VERY intense program and looking back now, see how we were ALL pioneers to the shaping of future courses and programs for years to come. It was a kind of like a Research & Development focus group where we were all trying to figure out how we could maneuver

legalization when the time came. My class was made up of strangers to cannabis, medical professionals, and more than half was from what would be labeled the "black market", myself included, because it was illegal and we were already involved in some aspect. It was through these message boards, group chats and in depth correspondence with Deepak that really opened my eyes to what the possibilities were. It was in that class, I worked out the details of my Cannabis Cafe as well as my final paper which was on the creating of the Female Suppository to assist with Menstrual issues, Endometriosis, and pregnancy. Since the opportunities were clearly endless, I couldn't decide on one path more than the other. I successfully completed the program in February 2017 with 92% and I hit the ground running by starting up KhronikKreations (an infused baking/food catering and events company)

From there I immersed myself into the underground market scene, learned Instagram marketing and started trying to find my place in this newly forming space. The first couple of years in the cannabis scene was amazing and I often find myself talking with others now, about "back then" as the space has most definitely changed. I still run KhronikKreations although things are a lot more challenging now with legalization, so I joined the High! Canada team (as I originally went to college many moons ago and my business plan was to start a magazine so it seemed fitting...go figure!) as I knew if I wanted to stay in this space I had to be creative and able to go with whatever flow was happening. Since then, I have toured LPs, interviewed some of Canada's finest musicians, reviewed the BEST craft cannabis companies we have to offer, been to endless expos, parties, openings, and even other countries to showcase their progress in the cannabis global space. I also have a few other cannabis related businesses and ideas in the works, and have no plans of veering from this path anytime soon! Most importantly I have LEARNED more than I could have ever though possible and the people I have met along the way have truly changed the course of my life and I couldn't be more grateful on a soul level. For me this is about more than just making money.

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

A few years ago I would have answered that question with; Right now, we are a community of diverse people who have come together having common goals of sharing the plant, removing the stigma associated with it, showing everyone what it can do and how we can re-



aspect of society, once you invite them in things usually go to shit. The bonus here is that Cannabis is a NEW industry to modern day so we still have time to shape and have a say in the outcome. If not, I say BUSINESS AS USUAL ;-) IF you look at the 5+ year aftermath of legalization in Colorado the "Black Market" (for lack of proper reference term) is THRIVING. The true Community hasn't gone away, we just need to find our way back to each other after the smoke settles ; -)
#supportlocalcraftcannabis

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

So my advice would be, do your research, have clear goals and a plan. Value and trust your skills, stay confident, and surround yourself with strong mentors and allies. Looks like the battle might be a little uphill on the corporate side, much like things are now in other industry, so nothing we aren't already aware of. Hopefully that changes in the next few years as more women are entering and perhaps the cannabis space can be a place we are able to flourish and have leadership roles.

What were some of your favorite interviews of 2019?

Off the top of my head my trip to Negril, Jamaica and interview with King Lawyer as well as my trip to the Shuswap and interview with Habitat Craft Cannabis was at the top of my destination interviews hands down. So good in fact, I will be doing follow up trips in 2020 and look out for the story on Habitat in our January 2020 issue! As for entertainment side of

things, Bif Naked, Peter Jackson and Classified really was awesome. If it wasn't for the cannabis space and High Canada Magazine I would have never had the opportunity to meet and chat with any of these amazing people.

I was also very impressed with Gage Cannabis interview, as at the time they were the only craft LP that was willing to give me a tour and really show me the process of larger scale production.

What are your goals for 2020 and your different ventures?

2020 is going to be very interesting to say the least. The amount of changes just in the last year are unbelievable so I can't imagine where I will end up!

It's my hopes that with High! Canada I will continue to explore all aspects and areas of cannabis all across Canada while staying true to my craft roots and community by giving them an equal voice where I can.

introduce it back into our culture. The challenges and adversity I have encountered up until now have come from outside the "community" and so it's great we are so close and united to face these issues together.

Now fast forward to December 2019 and I would say; At this moment, anyone in the Craft Cannabis space is facing challenges and adversity from every angle, including their own "community". Nobody really knows where they will end up or how things will roll out in the end so it's creating a kind of panic and unrest....a very different vibe than we were seeing a year ago. The craft market community has really taken a hit and now we have a thousand+ craft companies who were running very successful small businesses with ZERO options of participating in the new Legalization. Ultimately here in Ontario, the Ford government is responsible for all the unrest across the board, but as in every other



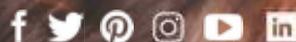
Nothing is off limits for 2020 and I can't wait to see what comes my way!

As for KhronikKreations and my other ventures, we will keep going along as we have always done. 2019 was a good year for us in solidifying our place in the craft space in Ontario and even won the Indigenous Cannabis Cup for our infused fruit, nut & chocolate mix. We plan on entering again in 2020 and will be traveling once again to Negril, Jamaica for some cliff side infused baking sessions with a local edible company located in Westmorland. Great things ahead keep an eye out!

Tammi Stanhope
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Woman In Weed

MIRANDA HAWRYLIW



To continue our 50th issue celebration we also spoke to our own very wonderful Alberta High! Canada Magazine Correspondent Miranda Hawryliw and asked her to tell us how she got involved in the cannabis industry. What led her into a career within the Canadian cannabis industry and essentially, what is her particular cannabis industry entry point origin story was.

You know, entering the industry before cannabis was “legalized” in Canada, was a decision that I weighed very heavily. Being a single mother, I felt (and of course still feel) a responsibility (and obligation) to look deep within reason before making decisions that will inevitably affect my son- so, lots of looking within. ha!

The truth is, when my mother approached me about opening a medical cannabis dispensary in Abbotsford, BC, I knew that this was an opportunity to finally fulfill much needed purpose in my life which made the decision easy.

I have always felt a higher calling to serve in a much greater cause than myself and now looking back on my labyrinthine path, I can see clearly that every part of my being was meant to serve the plant and share its divinity with those who seek to explore her. I longed to share in healing. At what capacity? I still have no idea! And Who knew that I would be doing that through cannabis? I didn't! I mean, I have always loved smoking the Ganj but I was never fully aware of the true healing potential of cannabis- or how that could affect humanity (and of course

MIRANDA HAWRYLIW
High! Canada Magazine Alberta Correspondent

the environment,) until life got unbearably painful. Internal suffering that was brought on by "life" which was then amplified by my mental health issues, along with what seemed to be loss after loss, my mother being diagnosed with stage 4 Cancer, and my intense awareness of the energy around me led to desperately seeking truth. My dear plant ally began gracefully providing me with answers and as many of us know, once we begin opening ourselves to healing- and allow ourselves to receive cannabis- our relationship with the plant (and everything else!) evolves. As my relationship with cannabis evolved so did my life- and here I am!

Have you encountered any challenges or adversity in the cannabis industry?

This is such a loaded question! I like it. I may waver, but I will have a point!

There seems to be many, and all within different realms. Pioneers of the industry, advocates, and medical users are who paid unimaginable dues to have access, maintain access and to eventually legalize that access. Because of their dedication to serve the plant and those who rely on it, people like me were able to enter the industry (at least in BC) with less resistance from community. When we opened our dispensary in Abbotsford, there were already multiple storefronts, which meant I had an idea of what to expect as far as difficulties with authority and enforcement go. We would be visited daily by bylaw and ticketed heavily- frustrating indeed; but a cost of providing access.

I suppose with that I imagined that I had an idea of what types of

challenges I would- or could- be met with as a result of opening a dispensary. The real challenges for me were the ones I faced because of the tragic result(s) of prohibition. Obviously, on a personal level- but more so on a societal level. Stigma sucks. It really does, but I can handle that. What is more difficult, is being up, close and personal to the damage that has been created because at some point we stopped valuing human life. There are so many hurting people- me included. The dispensary allowed me to intimately get to know a people so varied in their identified being and when you begin to really hear words that are spoken and stories that have been lived you become deeply aware of real-world issues. The first for me being that we are in desperate need of healing in all capacities. Cannabis offers healing and once I began fully understanding the significance of cannabis (and other plant

medicines of course!) in my life- and in peoples lives, my greatest difficulty came from not understanding- to then maybe partially understanding- prohibition and this shameful legalization. The challenges the industry (and community) face to provide (and consume) quality, safe, and reliable cannabis are as difficult as ever and it sure gets heavy witnessing the behaviour of industry members who exploit the plant to gain from the sick. I guess I am saying that although I knew I was capable of meeting adversity head on- and although I



battle stigma, being a woman, being a cannamom in a world of winemoms, monetizing my work, and of course that which is legalization (the dismantling of our culture and leaving the medical user to the wolves)- the real challenges have been the disappointment of new industry not taking the user into account and not being able to operate within the industry (with those who truly honor the plant) in a way that feels good to the soul. Healers just want to heal. Everything else just falls away.

How did you move past these challenges?

My belief in people and the plant continue to drive my voice. I keep going on with the hope that I can be apart of change. I try and handle the issues surrounding stigma and prohibition by simply being open about my cannabis use and my experiences within the industry. I provoke conversations about the plant and spread awareness using public platforms like Twitter, Facebook, and Instagram.

Writing in High! Canada Magazine allows me to freely use my voice, share stories, and be entrenched in cannabis culture. My dear friend and fellow advocate Dianna Donnelly and I have recently started a podcast; "Words on Herbs" powered by WeedLocka™, which will allow me to continue to educate on a broad scale.

I have found that the best way to navigate through adversity in the cannabis industry is collectively. It is within the community that I find ways to continue pushing forward. It is together that we find solution

and persevere!

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

Understand this please- legalization did not end the fight for safe, reliable and affordable access.

From there please understand that the cannabis community is a deep rooted and rich culture. Before entering the industry get involved in the community. Get to know the pre-existing culture and treat it respectfully.

Ladies, we can be fierce while also being tender. Our feminine energies are needed now more than ever as legalization continues to take its toll on the community. Standing your ground and

demanding higher standards of the new industry does not make you difficult.

Nurture your relationship with cannabis. It will be your teacher.

What are three things that you think everyone needs?

Simple.

We need compassion.

We need an open mind and an open heart.

We need good herb to help bring us there.



Miranda Hawryliw
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WARNING: Do not use if pregnant or breastfeeding. Using cannabis during pregnancy may harm your baby and result in low birth weight.
MISE EN GARDE: Ne consommez pas, si vous êtes enceinte ou allaitez. Consommer du cannabis pendant la grossesse pourrait être dangereux pour le bébé et réduire son poids à la naissance.

1GRAM
BC Vapes

Sativa
CHARLOTTE'S WEB

15:1 CBD

1.10 GRAM (OVERFILLED)

AVD CARTRIDGE

NO FILLERS

www.CannabisVapes.ca



feelcbd



HIGH! CANADA MAGAZINE

PRODUCT REVIEWS CANNABIS PRIME DELIVERY

Chronic Relief

Cannabis Prime Canada is a delivery service out of Hamilton, On and has been servicing a large portion of Southern Ontario for the last few years. With quality naturally grown products, great values, and friendly, knowledgeable customer service. OF all the different craft cannabis companies I have come by this company hands down has the most diverse range of products and are always on top of new items to better service both their medical and recreational clientele.

All edibles are made and tested in small batches to ensure quality and taste. Flower is locally grown and In addition to their extensive menu of strains, they also have an amazing

selection of cannabis concentrates, oils, tinctures, rso, topicals, hash, and pre-rolls.

Currently you can order with confidence:

- Moonrocks/Moonrockets
- FLOWER - Indica/Sativa/Hybrid
- RSO
- Hash
- Honey Oil
- Shatter
- Live Resin
- Full Spectrum CBD Tincture
- RSO Tincture
- Diamonds in Terp Sauce
- Distillate
- Mushrooms
- Lip Balm
- Cream

- Coffee
- Tea
- Hard Candies
- Cough Drops
- Juice mix
- Hot Chocolate mix
- Cereal Bars
- Cookies
- Gummies
- Nerd Ropes
- Baked Goods

If your in or around the Hamilton area, be sure to look these folks up! You will NOT be disappointed!

Tammi Stanhope

HIGH! CANADA
MAGAZINE



HIGH! CANADA MAGAZINE PRODUCT REVIEWS

I came across Hush Cannabis as a recommendation by my brother as some friends of his found them online and were over the moon impressed with the price and quality of flower they offer.

According to their website, " Each of these flowers are carefully grown, in state of the art, controlled environments to the highest of qualities. Hand picked and cultivated by top growers and farmers." And if that wasn't enough to get me to order something, I scrolled a bit further down their website and read " We sell ridiculously strong, rare cannabis in Canada", and I couldn't hit the Buy buttons fast enough!!!

I Ordered:
Mac Gas a Hybrid testing at 20% THC
; Musky notes of dank gas with some

citrus notes. Tasted flowery and sweet and the High was delightful! Great for both day and nighttime use.

Rockstar an Indica strain testing at 17% THC ; spicy aroma and tasty to boot. Great for before bed

Pineapple Chunk a Hybrid strain testing somewhere between 24-26% THC; pineapple and cheesy smelling and sweet tasting burn.

Since I mainly consume Indicas, this was a particular favourite!

Pupil Magoo Strain....now this was like the cherry on the sundae in my box of Hush Cannabis magic! I had never tried this strain nor even heard of it before. IT WAS AMAZING! The look of it alone was breathtaking. Chunky, purple and red colours throughout with a dank smelling nug I couldn't wait to smoke. Not sure of the THC% but it

The logo for Hush Cannabis, featuring a stylized grey 'O' followed by the word 'hush' in a bold, lowercase, sans-serif font.



was definitely Indica dominant and something I would use on a regular basis.

I also got 2 pre-rolls Moon God for evening and Sun God for daytime and both were exactly as described. Was also my first time trying a

Pinnacle Extractions pen, and again, something I would definitely have in my purse going forward.

I also purchased some 1/4lbs to try in my infused baking business and will be sure to write a follow up on that in the New Year!

Check them out at www.hushcannabisclub.com or on www.instagram.com/hushcannabisclubca

Tammi Stanhope
HIGH! CANADA
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Qandy

Poptastic



#TasteTheFuture IG: @Qandy.ca

*** NEW FLAVOUR ***



HIGH! CANADA MAGAZINE

JANINE MORRA THE CANNABIS FAIRY

Janine otherwise known as The Cannabis Fairy Why? Well I sprinkle Cannadust wherever I go! I am the Canadian Cannabassador sharing Our Canadian love of Cannabis in my travels and really to anyone who I can get to listen. The absolutely incredible Cannabis that is grown in our fine country, the incredible amount of master growers, activists and people who pioneered the incredible community that we had and hopefully will be back soon!

I'm also known as The High Canada Mom -the magazine is so similar to a dance troupe you really have no idea and both these monikers have been bestowed on me. How long has Cannabis been in my life, I can't envision a day without it??

For more than 42 years almost every single day. I have smoked Cannabis or during those Dry years Lots and lots of Hash. The last day I did not have a joint was in November 2013. I always said over the years that I have smoked Cannabis for so many years and been self medicating for a number one less than the years smoked. Smoking my first joint in Grade 9 was life

changing I can remember exactly where I was and I remember turning to my friend Katie that had brought me to meet the cottage boys...and saying WHERE THE HELL DO I GET MORE OF THIS! Very soon I realized Cannabis was helping me immensely I danced semi professionally in my teenage years and I KNEW CANNABIS WAS MEDICINE! And of course still is today to keep me walking with my bad knees. So I am a Veteran cannabis smoker I have no idea the amount of strains I have tried in all the years smoking but I do have a personal favorite an old school strain California Orange.

Of course we knew nothing about THC or CBD or decarbing or anything like that but I luckily got to smoke original landrace strains. I never felt I was doing something bad, people told me I was going to get arrested. Or I must have been hanging out with some really bad people. No the majority of people were just like us trying to find a way to get the absolutely best Cannabis, grown without chemicals, for the best price.

My schooling was International Business and I spent 3 decades working on Bay St making rich people richer so in the financial industry. I never hid my Cannabis use to my bosses basically with the pain issues I have had in my life you either get me on a choice of Cannabis or Opiates

sometimes. But let me tell you it was never a problem and every place I ever worked I would become the person with the most knowledge in the department who would know every single job from messenger to manager. So basically I was the antidote to reefer madness. I don't know how many times in my life I have heard but you can't be a Cannabis person your smart?

The best and hardest part was raising my incredible daughter Bianca who is 20 and in 3rd year University at Carlton. Yep Proud Mama! Cannabis for sure made me a better Mom. I would be able to put work away when I came home and put on my Mom Hat.

Cannabis travels at least since my twenties all but one of my travels have included Cannabis and I have always been able to find cannabis on my travels and us Cannapeople somehow are able to find each other. Now of course Amsterdam is really the only place where you can sit and be civilized with a coffee and a joint on a patio or in a coffeeshop. If only the quality and prices were like Canada. Now I spend my days trying to educate and help people use Cannabis for the first time or use it better. Working with the magazine has given me an education on so many facets of Cannabis.

I make my own Cannabis pain relief cream that so many of my friends and family are now using. I have helped people in Europe and Canada get Cannabis prescriptions. Find a regime to help them with their problem and help people introduce Cannabis as medicine.

I try and advocate, write letters and talk to anyone who will listen it's hard to see so many people suffering with the medical system that we have in this land of plenty. Cannabis really is the closest thing we have to the fountain of youth other than exercise!

HIGH! CANADA MAGAZINE

EDITORS CHOICE 2019

We have had the opportunity to sample so many products from so many companies over the years. In 2019 some really amazing companies stepped up to show Canada what real quality looks like and in our humble opinion these are some of the best of the best in 2019.

Some of these include the following:

BEST CBD TOPICAL FOR PAIN RELIEF: Mountain Woman Remedies for their amazing and incredibly effective pain cream. Works fast and is very effective on pain.

BEST THC VAPE CARTRIDGE: Of the many Vape cartridges we tried none were as good as the 1 Gram BC VAPES - Indica Northern Lights

BEST BATH BOMB: Bella Vita Bath Bombs rose to the top of their game in 2019 with some of the best bath bombs on the market

BEST CBD GUMMIES: Sisters CBD hands down makes the best CBD gummies in the industry

BEST THC GUMMIES: Green Haired Freak out of Victoria takes the gummy gold with his amazing taste sensations.



25% off
* Use Code - Foggy25 at checkout

We are a trusted national supplier of top quality seeds based in Canada.

The Foggy Seed Company believes that success, is in the right genetics. We have a passion for helping others grow the best cannabis they can and we hope to pass this passion along and help your garden thrive!



Scan me

Here at The Foggy Seed Company, growing the best cannabis available with top genetics, is why got started.

That's why the Foggy Seed Company aims to be 'YOUR' best source to order the highest quality cannabis seeds available on the planet. All the best seed banks.....all under one roof. Stocking only the very best in cannabis genetics from top seed banks, both nationally and internationally. We have so many different varieties and breeders exclusive to The Foggy Seed Company. You'll be sure to always buy the right seeds, whether you want Regular, Feminized or Auto Flowering,,,we have them all.

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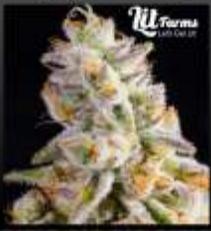
Our competent staff is ready to support you with impeccable customer service, rapid seed dispatch and a top notch online shopping experience.

All our orders are Top Priority, and are Completely Discreet.

If you have any questions about our cannabis seeds or The Foggy Seed Company itself, don't hesitate to get in touch directly. Remember, we're always here to help!



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Take your customers "back in time" with our patented canning process that delivers on retaining the quality of your cannabis from cultivator to consumer, preserving terpene profiles better than any packaging on the market.*



- US Patent 8,863,947 B2 · US Patent 9,878,821 B2 · US Patent No. 10,124,941 B2
 - US Patent Pending CPSC 16 CFR part 1700.20
 - Child Resistant Lid Patent Pending, Pub #US-2017-0355-49S-A1
- For more info on our Patents, visit: www.n2pack.com/patents/

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