



MANTRA

CANNABIS

CREATING MOMENTS OF MAGIC

www.mantracannabis.ca







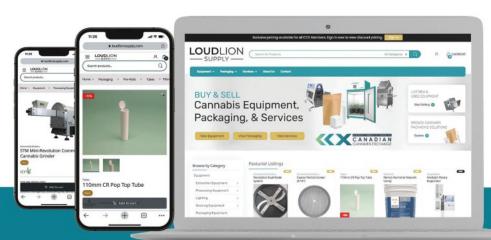
Canada's Leading
Wholesale Cannabis &
Hemp Trading Platform.

Access To 500+ Licensed Producers Across Canada.



New and Used Products From Trusted Cannabis Equipment and Packaging Manufactures.

WHOLESALE PRICING ON POPULAR BRANDS



SUSTAINABLE CANNABIS PACKAGING SOLUTIONS MADE IN CANADA

CannaGreen
PACKAGING



FOR MORE INFORMATION CONTACT INFO@CANNAGREENPAK.COM











The Only Vegan Organic, USDA Certified Fertilizer On the Market.

Grow Cleaner, Grow Better,



Our USDA certified Organic Fertilizer is patented and designed to promote the growth and harvest from your vegetation, along with protecting yourself from the harmful synthetic chemicals found in traditional fertilizers.

Our nutrients are optimized for use in fertigation lines, and cause no clogging issues.





Nobody accommodates cannabis enthusiasts better than we do.

Where do you find the best 420-friendly vacations this fall and winter?

www.hibnb.ca

hibnb

hibnb

hibnb

hibnb

At High Canada Magazine
Publishing Group, we are
committed to providing our
readers with the most current,
relevant, and reliable information
available.

To help us maintain the editorial excellence and integrity of our publication, we have assembled a qualified Council of dedicated experts and innovators and natural health and cannabis to serve on HCM's Editorial Advisory Board:

With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial lineup, and a post-publication review of each issue which is invaluable in maintaining our more than nine year reputation as Canada's most trusted cannabis health and wellness resource.

Every effort is made to ensure that the majority of advertised products will be available for sale in Canada.

The information provided in this magazine is for educational and informational purposes only. It should not be used as a substitute for the advice of qualified and licensed practitioner or healthcare provider.

The opinions expressed here are not necessarily those of High Canada Media Group, it's affiliates or parent company. Different views may appear in future articles or publications. Articles in HCM are copyrighted and must not be reprinted duplicated or transmitted without permission.

ISSUE 84 - EARLY MAY 2023

NOW BI-WEEKLY!

Driven by a balanced approach to ensuring responsible cannabis choices and creating positive cannabis experiences for Canadians, HCM strives to inform and educate our readers.

HCM is not responsible for the actions, services or quality of the products and services represented within or reported on.

All material presented is intended for a mature 21+ audience and is intended for entertainment, educational and informational purposes only.

For more information on medicinal cannabis, please speak to your family Doctor.

All rights reserved, HCM is printed and produced proudly in Canada. For more information on HCM, please email us at editor@highcanada.net or visit us online at www.highcanada.net

Cy WilliamsPublisher/Editor

Tammi StanhopeOntario Editorial Team

Xander LandryBC Editorial Team

Sabrina Mohamed Ontario Editorial Team

TF PrudenAlberta Editorial Team

Dave Mac Adam
BC Editorial Team

Sara Jane Wilson BC Editorial Team

Zara Boorder Ontario Editorial Team

Rainbow Smithe BC Editorial Team

CANADA'S LEGAL CANNABIS CULTURE MAGAZINE

www.highcanada.net



Editor's Notes by Cy Williams

Awesome Artwork in this Editorial by Tracy Pshyk - Snow and Swirl Artistry

The month of May always brings great excitement to the Canadian cannabis industry. From the Global Marijuana March that happens around the world to the arrival of cannabis conference and expo season - May always brings with it the hope and promise of activity and community.

As the Canadian cannabis industry continues to proliferate, Alberta proves to be a significant player in the burgeoning sector. With its strategic location and promising regulatory landscape, the province has been drawing attention from investors and growers alike.

One of the factors that make Alberta stand out is its supportive community of cannabis enthusiasts. These individuals have been actively promoting awareness and acceptance of the plant, which has helped to create a more inclusive environment for the industry to thrive. Along with this supportive community, the province has remarkable cultivators who are producing top-quality cannabis products for the Canadian market.

As the countdown to the Growup Conference in Edmonton on May 28-30, 2023, begins, we can expect a gathering of cannabis professionals, enthusiasts, and industry insiders. The conference is set to provide a platform for thought-provoking discussions, new product introductions, and the latest innovations in the industry.

Moreover, a special event on the evening of May 28th will make this conference even more memorable. We are excited to welcome 150 guests to join us and celebrate the growth and success of the Canadian cannabis industry. This event will provide an excellent opportunity to network and connect with like-minded individuals

within the sector. The cannabis Edmonton cannabis community.

industry in Canada is flourishing, and Alberta is playing an essential role in this growth. With the support of its community, outstanding cultivators, and upcoming events like the Growup Conference, the prospects for the industry are bright and optimistic. As we look forward to the future of this industry, we are thrilled to be a part of the growth and development of the Humble House

Awesome Artwork in this Editorial by By Tracy Pshyk - Snow and Swirl Artistry - If you are interested in getting a custom painting done by her, please email her or message her onInstagram or Facebook. She is always taking commissions and would love to make you an awesome piece of art!

Please remember to have a good time, enjoy the plant, enjoy your community and please consume responsibly!

Cy Williams Publisher/Editor **High! Canada Magazine** editor at highcanada.net www.highcanada.net





ENHANCED PLANT GROWTH AND PRODUCT QUALITY

- INCREASED CANNABINOID LEVELS
 INCREASED TRICHOME DEVELOPMENT
 RESIN PRODUCTION
- ENHANCED TERPENE PROFILE
 FASTER TRANSITION INTO FLOWERING
 INCREASED FLOWERING AND BUD

FORMATION • PROPRIETARY MANUFACTURING PROCESS OF OLIGOCHITOSAN • TRIGGERS TWO SEPARATE PLANT

DEFENCE PATHWAYS • PROMOTES TOLERANCE TO SALT, HEAT, AND DROUGHT • CFIA REGISTERED



ChitoSal is an exciting scientific breakthrough in plant biology specially developed to improve plant immunity as well as vigour. It is composed of natural sources of oligochitosan and salicin. Both are powerful and proven plant effectors, which effect beneficial change at a cellular level within the plant.











LIFT EVENTS & EXPERIENCES RETURNS TO TORONTO, JUNE 1-3, 2023

he next event from Canada's #1 Cannabis Conference & Trade Show will bring together thousands of attendees from all parts of the cannabis ecosystem.

Highly anticipated and without a doubt - Toronto's hottest and most popular cannabis-centric event.

Following on the tremendous success of Lift Vancouver in January, Lift Events & Experiences will return to Toronto, showcasing even more interactive presentations from cannabis industry experts, plus the ultimate in new cannabis brand, product and technology discovery from hundreds of premiere exhibitors.

Lift Toronto 2023, which will bring together thousands of cannabis industry professionals and consumers from all parts of the cannabis ecosystem, will take place at the Metro Toronto Convention Centre from June 1-3, 2023.

Speaker applications are now open and potential speakers can apply to speak at Lift Toronto here. Lift is seeking energetic disrupters and established

blue-chip industry experts, along with everyone in between, for individual and panel presentations showcasing lively, informative and sometimes provocative dialogue.

Topics of interest include but are not limited to:

- Activism & Advocacy
- Budtender Education
- Ethics & Society
- Funding & Investments
- Growing, Processing & Extraction Innovations
- Hemp Research & Applications
- International Market Analysis & Collaborations
- Lifestyle: Tourism, Cuisine, Entertainment
- Micro-Producers
- Psychedelics Research & Advancements
- Retail Acceleration
- Science & Technology
- Start-Ups
- Therapeutics & Treatments

If Lift Vancouver is any indication of what to expect, Lift Toronto will welcome a great many fresh faces to a buzzing expo floor. A survey following Lift Vancouver found that 50% of attendees were new to Lift and some 80% of attendees report that they will follow up with exhibitors to make a purchase, continue a conversation or pursue an opportunity.

"As we reflect on a warm, welcoming and very successful return to Vancouver, we're also working very hard to create an unforgettable experience in Toronto," says Lindsay Roberts,

Portfolio Lead, Lift Events & Experiences. "From speakers, panels and demos, to live entertainment and our Lift After Party, you can count on Lift Toronto to spark the important conversations and facilitate the connections that will lift the cannabis community in one of our most beloved locations."

Event Schedule

Lift Cannabis Business Conference | Thursday, June 1, 2023

Lift Expo Industry Days | Friday, June 2 and Saturday, June 3, 2023

Lift Expo Consumer Day | Saturday, June 3, 2023

Upcoming Lift Events:

Lift San Francisco: August 2-4, 2023 | Moscone Center. San Francisco applications will open shortly, and registration for both events will open in the spring 2023.

About Lift

Lift Events & Experiences serve the cannabis community as both a meeting place and a destination for discovery. With dates across North America, each Lift event showcases leading-edge content and premiere exhibitors in a high-energy setting for thousands of cannabis growers, processors, manufacturers, brands, budtenders, retailers, educators, advocates, regulators, consumers, investors and more — while paying tribute to the roots of this rapidly-evolving industry. Lift is proudly produced by MCI. For more information, visit LiftEvents.com.





Elevate your hydroponic garden with **Hydrobucket™**



The one-of-a-kind Hydrobucket revolutionizes indoor hydroponic gardens.

Now, you can conveniently access your root zone, maintain nutrient solutions and monitor overall plant health without disturbing it.

The Hydrobucket's innovations lift you far beyond what's achievable with an old-fashioned five-gallon (18.9 L) bucket. Hydrobucket is the innovation you need to cultivate beautiful, healthy plants at home.

Clean and convenient, the Hydrobucket from Visionary Hydroponics enhances deep water culture gardens

- Affordable for any deep water culture garden
 Made from the highest quality, food-grade plastic
- Increased volume—footprint similar to a standard five-gallon ◆ (18.9L) bucket
 - Newly designed reservoir lid prevents light leaks
- Unrestricted access—easily maintain and transfer nutrient solution
 without lifting the top lid
- Monitor and inspect the root zone and airstone without lifting or

 disturbing the plant
- Hassle-free nutrient maintenance and removal with a conveniently sized side reservoir that accommodates small submersible pumps
 - Adaptability—flat surfaces allow for confident cuts and quality installation of recirculating systems

Hydrobucket eliminates the hassle and inconvenience of maintaining your nutrient solution

Eliminate light leakage with the redesigned Hydrobucket side lid

Convenience, accessibility and affordability: order the easy-to-use Hydrobucket today



Contact Susan Douglas, National Sales, Visionary Hydroponics 1-647-378-0243 susan@visionaryhydro.ca

Order online at www.visionaryhydro.ca

Visionary Hydroponics Inc. is founded by Mitchell Gorgichuk in partnership with Dennis Huntley. Hydrobucket is made in North America.

Introducing the Hydrolid Upgrade your Hydrobucket™and enhance your hydroponic

Deep water culture growing takes another major leap forward with the new Hydrolid and Hydropod. Adding two more levels of innovation to the revolutionary Hydrobucket™, Visionary Hydroponics now makes it even easier to grow lush, healthy plants in your own home

- Affordable for any deep water culture garden
- Made from the highest quality food-grade plastic
- Concave surface moves fluid to the centre and into the Hydrobucket when top feeding
- Solid top prevents light entering the root zone
- Outer ring anchor locations maximize low-stress training and to add skeletal structure for optimal plant support (SCROG & SOG)
- Secure the Hydrolid to the Hydrobucket's wrap-around handle using the outer anchors for additional support
- Reusable and dishwasher safe



The Hydropod offers increased mobility and container-size flexibility



- Increased grow-style flexibility throughout the full range of plant-life stages
- Patent-pending design allows option of medium-free growing and dramatic reduction/elimination of pests
- New design sections the root mass, improving root-zone fluid circulation
- Open concept increases root-zone airflow, simultaneously eliminating organic debris trapped in a wet medium
- Easy monitoring due to open concept increases plant health—better upper root mass visibility and hassle-free access for application of root-zone growth products
- Purposefully designed for 3.5" neoprene insert
- Reusable and dishwasher safe
- Hydropod included with each Hydrolid

Contact Susan Douglas,
National Sales, Visionary Hydroponics
1-647-378-0243 | susan@visionaryhydro.ca

Order online at www.visionaryhydro.ca



SEEING THROUGH THE SMOKE LIFTIN TORONTO

on't Miss It: Top 10 Experiences Coming to Lift Toronto '23. Three days of fresh and inspiring content, captivating speakers, brand discovery, networking, entertainment and so much more await attendees at Canada's #1 Cannabis Conference & Expo, June 1-3, 2023. The Lift Toronto 2023 Cannabis Conference and Expo will return to the Metro Toronto Convention Centre. showcasing speakers, panels and interactive presentations, plus the ultimate in new cannabis brand, product and technology discovery from hundreds of exhibiting companies across the cannabis ecosystem. Unique attractions, activations, and Lift's signature ah-ha moments will round out three high-energy days at Canada's #1 Cannabis Conference & Expo.

- 1. So how can attendees make the most of their time at North America's premiere cannabis industry conference and expo? Our list of the Top 10 Can't-Miss Experiences is a great place to start:
- 2. Hear from Ontario Cannabis Store President & CEO David Lobo on how the OCS is enabling a vibrant cannabis m a r k e t p l a c e .
- 3. Learn from worldwide experts from Germany, Uruguay, Israel, the UK, US and more at the Lift Cannabis Business C o n f e r e n c e .
- 4. Check out even more innovative, disruptive, game-changing, regulations-busting and profit making content at the Expo on the Main Stage and interactive Speakers' Corners. Hot topics include International Opportunity, Cannabis & Sports Performance, Craft Cannabis,

Cannabis Tourism and a Psychedelics Update. View Programming Schedule and Meet the S p e a k e r s

- 5. Join Canada's top cannabis chefs for live demonstrations of out-of-thisworld cookery, baking, mixology and munchie-making, at the first-ever Lift exclusive Diners' Club. View Programming Schedule and Meet the S p e a k e r s
- 6. Laugh out loud with a Stand-Up Comedy Show from The Noobie & The Doobie on the Main Stage, S a t u r d a y a t 1 1 a . m.
- 7. Explore Lift's Discovery Neighbourhoods, including the Brand Zone and Micro Growers' Area. Explore Toronto exhibitors
- 8. Head over to PLAY@LIFT on the Expo Floor to enjoy games, photo ops, sweets and more.
- 9. Get the latest budtender training, plus special perks with the signature Lift Budtender Program. Tickets are FREE for certified Budtenders!
- 10. Take your networking sesh to the conveniently-located, comfortably furnished Lift Outdoor Consumption Area.

Celebrate at the Lift Official After Party* at Steam Whistle Brewing and end Lift on a high note! *Your Lift Cannabis Business Conference, Industry Expo or Budtender Badge is your ticket. Please note that Consumer wristbands do not grant access to the After Party.

Tickets: www. liftexpo.ca/tickets-toronto-2023/

SEEING THROUGH THE SMOKE H I G H! C H A L L E N G E S

CHALLENGES & BARRIERS TO ENTERING THE LEGAL GANNABIS MARKET FOR SOMEONE WITH A GRIMINAL RECORD



BY CY WILLIAMS

What are some of the challenges or hurdles faced for someone with a criminal record attempting to find work in the legal cannabis sector in Canada? It is certainly not an easy task but it is not unheard of and certainly not impossible.

It can however, be challenging for someone with a criminal record to find work in the legal cannabis sector in Canada, as most provinces require background checks before issuing licenses.

While having a criminal record may not automatically disqualify someone from obtaining a license to work in the cannabis industry, it can still present some significant barriers.

Firstly, certain types of criminal records can make it difficult to obtain a security clearance, which is often required for jobs in the cannabis industry. For example, if someone has been convicted of drug trafficking, it may be more challenging to obtain a security clearance.

Additionally, some provinces may have more stringent requirements than others, which can impact an individual's ability to find work in the sector.

It's also worth noting that while cannabis is legal in Canada, there is still some stigma associated with the plant. Some employers may be hesitant to hire someone with a criminal record, even if they have been rehabilitated and are not a risk to the business.

However, there are resources available to help individuals with criminal records find work in the cannabis industry.

For example, some organizations offer training programs and apprenticeships specifically for



individuals with criminal records, providing them with the skills and experience needed to succeed in the industry.

Additionally, some companies may be more welcoming to hiring individuals with criminal records and many have implemented policies that take into account an individual's rehabilitation and may offer them employment opportunities.

Overall, finding work in the legal cannabis sector with a criminal record can be challenging, but it's not impossible. It may require patience, persistence, and a willingness to seek out specialized programs and organizations that can provide support in finding work in the industry.

In Canada, the process of expunging or pardoning cannabis

criminal records since legalization has been slow and somewhat limited.

In 2018, the Canadian government passed Bill C-45, which legalized cannabis for recreational use. As part of this legislation, the government announced plans to introduce legislation to allow for the expungement of criminal records for possession of small amounts of cannabis.

However, to date, no legislation has been introduced, and the process of obtaining a pardon or record suspension is still available, but it remains a lengthy and complex process.

In 2019, the government took a step forward by announcing that it would be waiving the \$631 fee for pardons of simple cannabis possession. This waiver makes it



easier and more affordable for individuals to apply for a pardon for simple cannabis possession.

Regarding possession charges, the number of reported cannabis offenses has declined since legalization.

According to Statistics Canada, the total number of cannabis offenses reported to police decreased by 18% in 2019, compared to the previous year, primarily due to a drop in possession offenses. Following legalization, possession of small amounts of cannabis (up to 30 grams) is legal, and individuals caught possessing more than the

legal limit can still face criminal charges.

While the Canadian government has made some efforts to address cannabis possession charges and criminal records, much remains to be done.

Expunging or pardoning cannabis possession records has been slow and limited.

The number of reported cannabis offenses has declined since legalization, and the government's waiving of the pardon fee aims to make obtaining pardons accessible to more people.



3,000 ATTENDEES • 120+ SPEAKERS • 100+ EXHIBITORS • NEW BRANDS & BUYERS ZONE



FOUNDER, ONE LOG COOKIES R & D FACILITY



THE GURU OF GANJA



PRESIDENT, ALBERTA MICRO CANNABIS LICENCE ASSOCIATION



PRESIDENT, REMO BRANDS



CANNDELTA INC.



FOUNDER AND EXECUTIVE DIRECTOR, VICTORIA CANNABIS BUYERS CLUB



CULTIVATION. STEWART FARMS



canadiancannabischampionship.com

Join Licensed Producers, head growers, retail stores, extraction experts, hash makers, suppliers, budtenders, equipment manufacturers, investors, consultants, government officials, growing enthusiasts and more - all under one roof.

HASH ZONE SEED EXCHANGE STERCLASS **SCIENCE SYMPOSIUM**

BRANDS & BUYER ZONE 3-DAY CONFERENCE **NETWORKING PARTIES**

ICKETS ON SALE NOW AVE 25% WITH OUR TEAM PASSES visit growupconference.com for more information

PLATINUM PARTNERS











GOLD PARTNERS





GROWERS LUNCHEON PARTNER

SENSORY STAGE PARTNER

CONSUMPTION LOUNGE PARTNERS









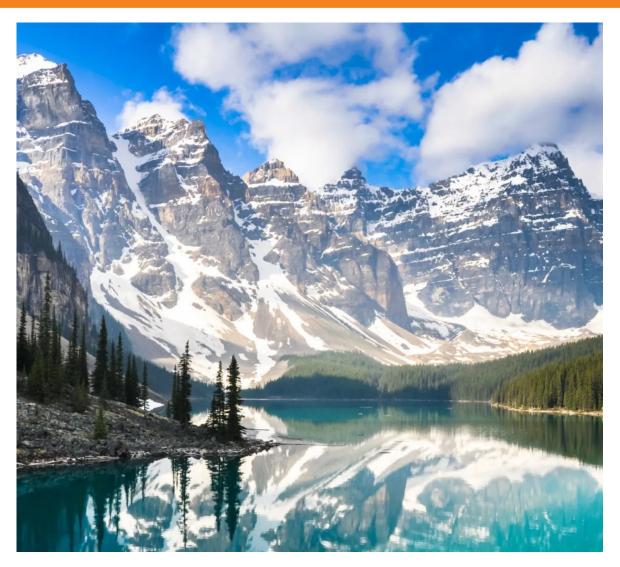




DCONFERENCE & EXPO EDMONTON. ALBERTA ® VICTORIA. BC

growupconference.com

SEEING THROUGH THE SMOKE H I G H I N A L B E R T A



he cannabis industry in Alberta is growing rapidly, with many brands and retail stores emerging. There are also a number of microprocessors and licensed producers showcasing some of Canada's best concentrates.

Recent events like the Kind Fair in Calgary and the upcoming Growup Conference and Canadian Cannabis Cup are certainly illustrating that the cannabis space is evolving. These events provide a platform for businesses in the industry to showcase their latest products and innovations.

According to the Alberta Gaming, Liquor, and Cannabis Commission (AGLC), there are currently 137 cannabis brands available to consumers, and that number is growing all the time. The AGLC is the regulatory body governing the sale and distribution of cannabis in Alberta.

The growth of the cannabis industry in Alberta has created new job opportunities and contributed to the economy. The industry is also generating massive tax revenue for the government. How that revenue will be spent itself is a question but it is this writer's highest hopes that it is put back into this blossoming sector.

However, it's important to note that the cannabis industry is still regulated, and there are strict requirements for businesses operating in this space. These include licensing, product testing, and packaging and labeling compliance, among other things.

Overall, the cannabis industry in Alberta appears to be thriving, and it will be interesting to see how it evolves over time.

One particular thing to note about Alberta is that in order to work in the retail sector, all licensed retail cannabis store staff must have **SellSafe** certification prior to applying to AGLC to be a Qualified Cannabis Worker.

SellSafe is a mandatory social responsibility training program designed to help retail cannabis staff understand what their responsibilities are to their customers. The program also helps workers understand what Alberta's cannabis laws and AGLC's policies are so they can follow them. These rules are in place to help protect



people working in the cannabis industry, their property, their customers and the public from cannabis-related harms.

SellSafe certification is mandatory for the following full- and part-time staff:

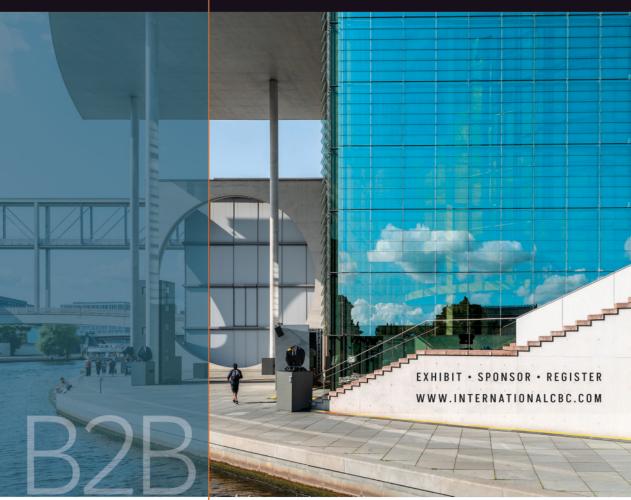
- Licensed premises owners who are responsible for directly managing a retail cannabis store:
- Licensed premises managers, supervisors, retailers, and cashiers:
- Security staff (directly employed or contracted by the licensee); and
- Direct supervisors of employees of a company contracted to provide security.

SellSafe is also mandatory for all managers, supervisors and all employees of a cannabis representative involved in the marketing, promotion and sales of a cannabis supplier's products.



BERLIN

ESTREL BERLIN HOTEL • 29-30 JUNE 2023



5000 ATTENDEES

OVER 80 COUNTRIES REPRESENTED

400 EXHIBITORS AND SPONSORS

150,000 SQ FT OF EXPO SPACE

EUROPE'S LARGEST

Nowhere on earth is as exciting as Germany right now when it comes to cannabis policy and industry. Europe's largest economy is trending towards legalization and launching the world's largest legal adult-use cannabis market. ICBC is Europe's largest and longest-running cannabis B2B event and serves as Germany's largest annual gathering of influential cannabis political and business leaders.

GLOBAL INVESTMENT FORUM

27 JUNE 2023 • BERLIN

ICBC Global Investment Forum is June 27, two days before the B2B. An unprecedented opportunity to present the unique nature and potential growth of your business to global investors. Find the capital you need to bump your cannabis business to an entirely new level.





e are so pleased to finally be featuring legendary generational cannabis grower, extractor and staunch organics spokesperson-Brett Johnston.

Growing up on a farm in central Alberta, tinkering in the shop or helping his mom in the gardens is where you would have found Brett. From a young age he was always interested in some form of farming, fixing or creating.

His career as a B-Pressure pipeline began early at age 18 fresh out of high school. While chasing the almighty dollar and building a life for him and his son Cash in the oilfield Brett was also keen on cultivating his own medicine. As the years went on and his work began to take on a lot more in depth research and

experience he dove into the world of plant nutrition. First off searching for the cleanest additives and most organic eco friendly fertilizers and then diving even deeper into the process of learning how to feed the medicine aspect of the plant itself being the trichome and cannabinoid development beyond synthetic fertilizers which has led us to Humblebees Botanical Supply.

Brett, you represent the very best that Craft in Canada has to offer. Where did you start and what kind of road did you have to take to get here?

My journey into the cannabis cultivation world was a self discovered project that I decided to do after an accident when I was 19. Ending up with an eye condition



that left scar tissue scattered across my retinas I was facing severe migraines daily and as a welder it was beginning to affect my career.

The first few years were nothing short of a disaster as I only tried outdoor cultivation, which anyone in Alberta knows is a waste of time if youre looking for finished product of quality.

As I began to invest in small indoor grow equipment I could see the quality increase and like any committed grower you've met, it became a journey to perfection.

My goal and passion in life when it comes to the cannabis industry is to simplify the process of cultivating top quality cannabis and cannabis derivatives with as little input and manual labour as possible.

With help from a great group of people we have a s s e m b l e d a t Humblebees Botanical Supply we are now in the process of bringing this to the commercial market for you to enjoy!



Let's talk about challenges and obstacles along the way - what were some of the more pivotal ones and how did you overcome these challenges and hurdles in order to move forward?

I believe that the biggest challenge and obstacle that we have faced and still face as consumers, cultivators and even supporters of cannabis is the stigma that still lingers through the population. If you come from a legacy standpoint there was always a fear to look over your shoulder but the



We are considered the caregivers of a certain community and a villain in another community. I believe with proper education and promotion on a public level will make far more beneficial impacts on our communities then tobacco or alcohol ever has. I also believe the powers that be are too scared of the data that this will show which is why its such a controversial topic today.

Organic cultivation for many years presented a lot of challenges we had to overcome for the cultivation teams. Now that we have a simple program like Bio Quality now available on the market we can introduce a facility to an fully Vegan Organic line of nutrients that works just like a conventional fertilizer. With it being 100% bio available to the plant immediately we are also able to crop steer our plants, asses and treat plant issues much faster then say a top dress solution that takes days or even weeks to notice change.





The quality is translated over into some of the tastiest and smoothest smoke as well as some of the most delightful concentrates have come from well cared for organic farms.

In any case I love to support cultivators who take pride in their work and it always show through quality and I have had some amazing flower grown with salt based nutrients. If your passion pours over into your work it shows.

As someone who is both a master grower and master extractor - how have those sides of the industry continued to evolve? Any tips or tricks of the trade you would like to share with our readers?

Although I appreciate the accolade and compliment I could never accept any of those titles but I say this out of complete respect for many of my mentors and colleagues. I have always considered myself a student of the craft and I don't think that will ever change as I am always open to learning new things when it comes to cannabis and botany in general.

I would also dive into the Extractor side as well if you don't mind because this is often overlooked in the industry.

It takes a certain person to become a hashmaker that produces notable quality products, and over the years I have met some of the most amazing hashmakers that turn out product like ive never seen. I tried many versions of hashmaking and never found my spot in it and I was extremely humbled by that.

It also was a positive thing for me because it forced me to get out and network so I could find someone just as passionate about hashmaking as I am about cultivating to build a team. I currently work with 2 hashmakers that are local to me who have never let me down and things keep getting better.

My biggest tip and trick to my cultivating methods would be to follow @ h u m b l e g a r d e n e r 7 8 0 @humblebeesbotanical on Instagram as I post all of my own personal gardens almost daily. Feel free to reach out and ask anything or just need to have a chat! Mental health matters too!!



I think many cultivators, hashmakers and legacy community personell in general are of a certain personality type and when we get together amazing things happen.

I am veering way off topic with this question but it needs to be mentioned as this topic is hot on the press as of lately. Many of us aren't into the bar scene and being around that energy but we also done have a public space for us to safely gather and create these relationships and friendships. My good friends Jeff and Vickie from Boro and Beyond are spearheading this in a bid to give cannabis consumers a safe and enjoyable environment to gather and socialize. This in turn will create a much more stable market in the cannabis industry as people can publicly and openly compare and understand what quality cannabis should be.

At the same time these places will be an inviting opportunity for someone looking to partake but nervous about the effects. This again gives that introductory consumer a safe place to experience cannabis in a controlled setting with care and compassion. If the readers are from the BC region of Canada please reach out and sign their petition and if possible show some support as this will be a monumental

introduction to see the markets finally settle and let the flower and products speak for themselves.

Plans for the rest of 2023 and beyond?

My plans for the rest of the 2023 season and beyond will first and foremost always be my son, we will be spending many weekends at motocross tracks across Alberta and BC pursuing his passion of racing while I continue working with amazing people, meeting new people and spreading as much education and knowledge as I can as the industry evolves. As a long term forecast from myself I will relentlessly continue to network and build with the amazing community that cannabis has created for us and promote clean, healthy and high quality cultivation practices.

Three things you think everyone needs?

Simple! Everyone needs at least one good friend, a good bag of weed and somewhere with an amazing view to enjoy it!

Thank you so much Cy and team, this has been a pleasure to chat with you once again and I cant wait to see you guys soon!!



www.highcanada.net

CANADA

MAGAZINE

THINGS TO DO WHEN YOU ARE

PART THREE

BY CY WILLIAMS

ast issue we talked about the difference between CBD and THC. This issue lets talk about taking your smokeshow on the road.

With spring approaching and cabin fever at an all-time high, we can now look forward to the many wellness benefits that are associated with getting outside and as you may know... there is no better feeling than to be high in the great outdoors!

The physiological response to being outside in nature is real, and it's measurable. There are many physical and psychological benefits of nature that scientists have observed, which can better help us understand how nature supports wellness in the body, mind and community.

Being outside in green spaces helps to support an active and healthy lifestyle, which has shown to increase life



expectancy, improve sleep quality and reduce cancer risk.

Many of the benefits afforded to us by green spaces results from more opportunities to be activ and being in outside can increase a person's motivation, too.

For example, some studies have shown that natural outdoor environments in urban spaces are more enticing for physical activity and are more likely to motivate people to exercise, leading to higher levels of fitness. Studies also show that being outside in nature is

relaxing, reducing our stress, cortisol levels, muscle tension and heart rates—all of which are risk factors for cardiovascular disease. Along with supporting physical wellness, nature also bolsters mental wellness in the individual.

There are many mental wellness benefits associated with being outside in green spaces, such as lower risk of depression and faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities,



increasing focus and attention. If you don't live near abundant green space well... the cleaning and greening of your own community has been shown to reduce overall neighborhood crime and reduce nearby residents' feelings of depression as well.

Nature in densely populated areas also has been shown to affect how people interact with one another.

In neighborhoods that receive tree plantings or other greening initiatives, people tend to have better attitudes towards their neighbours, which in turn often results in better relationships. So... whether it is a park in your neighbourhood or exploring the vast landscapes of this amazing country's forests and grasslands, there are benefits to be had when we step outside. Wellness is very much wholistic in that it is a balance of physical and mental health as well as the health of our communities.

All of these phenomenal benefits add up and help greatly to reduce adverse impacts on our bodies, and have definite restorative characteristics.

So... get outside.

Light up a joint and enjoy nature's gift of wellness.



A L A R G E CAPACITY GRINDER BUILT TO BE TOUGH!

or some, like myself, I like a large grinder that I can do at least a couple of nugs at a time and then be able to roll up a few joints.

What are the elements that make up a perfect high-capacity grinder? Size does matter here; weight might play a factor, as material, placement of blades, style/sharpness of edges, and compartments. I will always say depending on how you choose to consume, a significant factor is consistency. Is this the right grind? Weed burns better and smokes smoother when you grind it.

After all, we all want the best experience possible!

We were delighted to chat with Albert Gracco, founder of Odin Grinders.

Albert has always wanted to become an entrepreneur and have a company he can be proud of. That he indeed did; Albert used his intense background in the mechanical industry and love for



cannabis. He created Odin Grinders to provide top-quality grinders to the market.

Why grinders, in particular?

"As a cannabis enthusiast myself, I've utilized a lot of grinders over the years and never been completely satisfied with anything I've tried on the market due to material flaking, grinding teeth getting dull, magnets falling out, etc. I wanted to be able to create a sustainable, affordable stainless steel grinder that is a "buy it for life" product while working closely within the community to gain feedback we came up with our design."-Albert

Albert used community feedback by giving away grinders for free to develop and improve them before putting them out on the market. This ultimately led to the design and development of their Draken and High Sail Stainless Steel Grinders, which quickly became their most popular product.

Why the name Odin?

"Odin was chosen because it represents strength, durability and exceptionally long lived, which is what our grinders were designed around being. Also, I had an interest in mythology and different rune meanings. On the Draken grinder, there is the love bind rune in the background, which represents love, success, giving and happiness. "-Albert



What is your perfect grind?

"My perfect grind consistency is more on the fine side. Grinding your weed improves airflow through your joint or bowl, giving it a more even burn and a cleaner smoking experience. It also increases surface area, meaning more trichomes get vaporized.

This gives your weed more flavour and more potency."- Albert

What we love about Odin Grinders is the smoothness of the turn (you're not struggling to turn it), weight, consistency and affordability.

Odin Grinders is a must-have on my list, and it has permanently changed my outlook on large grinders!

Thank you, Albert, for creating a sound and well-crafted product!

Stay High, Stay Happy Trim Queen®

BACK BY OVERWHELMING DEMAND

FOR A 6TH YEAR







Smoke Signals Indigenous Cannabis Cup

50+COMPANIES
CAMPING, FOOD,
ENTERTAINMENT, GLASS
TENT, CRAFTS AND
MORE!!



CAMPING FIRST COME FIRST SERVE! PARKING ON SITE

NO RV CAMPING FOR GUESTS

July 22 & 23, 2023



SCAN AND GET YOUR TICKET ON EVENTBRITE

255 ON-49 DESERONTO, ON KOK 1XO
NO ALCOHOL - 19+ EVENT
indigenouscannabiscup2023@gmail.com

TICKETS GO ON SALE ON 420

HIGHLEANADA MAGAZINE

HOMEGROUN ANOUTPOST OF COMMON SENSE

BY @TFPRUDENTHEWRITER

ello neighbor, and welcome.

Once again, I'm pleased to have you join me, and hope to make a few minutes thinking over a breaking cannabis news story worth your while. As usual, you may trust I'll do my best to either anger or inspire.

This month, if compared to the last one, I'll be looking at things from the other side of the metaphorical fence, too. Because life in a democracy takes compromise, and that means seeing all sides of an issue. Which makes our shared struggles with legal cannabis great for reminding ourselves we still can.

Not only that, but while the spring weather looks much the same at Pajama Flats this year, there's been a material change made to the terms under which our country operates. If that comes as news to you, it's because last week, a ruling by the Supreme Court, released on a Friday, so it attracted less press coverage, changed the cannabis game in Canada.

Here's the story, in a nutshell.

By ruling the province of Quebec can legally ban growing at home, our country's highest court set the stage for other provinces to impose similar changes in the future. Next up in one of our high court's lineups is Manitoba, where precedent now looms over a pending judgement on the same topic.

In the Quebec case, the court granted intervener status to Alberta, British Columbia, Manitoba, O n t a r i o , a n d Saskatchewan.

That's because the right-wing and extremist conservative provincial governments there, also plan to use the Supreme Court to remove our legal right to grow cannabis at home. Soon, they're coming for me, and for you, too.

Because in this country, the rich decide not only



what makes up a legal right, but which of them the people are allowed. And the ongoing fight over legal cannabis shines a brilliant light on the inner workings of Canada's systems of justice and politics.

I will point out that from here, the saga of legal weed is little more than the latest evidence of Canada's actual status as a privately held corporate welfare state. Of course, as the son of a farmer and a home grower, I'm biased.

But I've read a little history. And so, I know they first made this place to generate wealth for a foreign crown. Then, gilded with the trappings of democracy, they sold it to corporate masters. Before the bills left by colonialism came due, that is.

So, the government here designed a legal cannabis system to best serve the corporate interests who control the political class. Who, by in fluence and appointment, control those whose judgement controls the courts, and whose rulings control you and me.

Now, the right-wing zealots in control of many provinces' legal systems are ready to shape cannabis laws to better suit their wants.

The price of their changes are the rights of you and me to live in peace and freedom, free of state interference within the privacy of our homes.

Because the goal of extremist idealogues is not only to control what everyone does. They want to control everything we think, hear, and see, too.

That's why it's called autocracy, or, in some places, fascism. Which roughly translates to a country controlled by a marriage of business and political interests that places the rights of the state before those of the person.

It's also the system under which we have always lived in Canada.

Despite what our governments routinely spout around the world about freedom and democracy.

Here, we're slaves to something that spends most of its free time convincing us of how good we've got it. It's a soft place we've made from it, too, padded with privilege and propped up by consumption.

But anyone claiming freedom lives in the western world in the twenty-first century is a m e m b e r o f t h e corporatist elite or dreaming.

Because the rest of us are living through a capitalist nightmare run amok, and seemingly without end.

Well, thanks to legal cannabis, the tip of the corporate spear is exposed. And for once, the identity of those wielding it is clear.

And our latest batch of corporatist emperors, such as they are, wear no clothes.

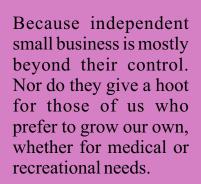
But know this.
They've let us see this stuff because they no longer fear reprisal.
Nor do they care to pretend.
Be cause they've spent centuries sprepping us for this result. It's an end that's as sure for capitalism as it is for totalitarianism.

For our system, just as every other, functions to maintain the peace not for the people, but to ensure its profits.

By removing our right to grow at home, the corporate money behind legal cannabis plans to redirect everything spent at grow shops from coast-to-coast into their weed stores. Likewise, they intend to keep us from growing our own because it's lost profit to them.

The fact it further erodes the sanctity of our homes, along with our right to selfdetermination, is a bonus.

The corporatist powers also care nothing for the country's grow shops.



What our corporate masters want is all cannabis revenues under their control.

In short, they want a monopoly to further Canada's economic enslavement.

To ensure that, sooner than later, the cannabis industry operates like everything else in this so-called free country in which we live.

Until next time, smoke 'em if you got 'em, and happy growing.

© T.F. Pruden 2023 for @highcanadamagazine



















THINGS I CAN'T CHANGE A New Book by T.F. Pruden Now Available!

serious work lightened by plenty of noir humor, 'Things I Can't Change' by T.F. Pruden is a frank, gritty, but heartwarming tale of shared recovery. In this, his seventh novel, the Canadian author shows the challenges lived by three unlikely roommates, as they struggle to get sober.

As with most Pruden novels, dealing with Canada's geography plays a role. This time out, the story takes us on a journey east from Montreal, Quebec, to Vancouver Island, B.C., with Alberta's Rocky Mountains featured.

Though historic details add context, recovery is the heart of this story. So, in a series of epic soliloquies, the roommates share personal tales showing who they were, what happened, and how they got sober.

Though entertaining, none of them shy away from sharing the life-and-death reality of both addiction and recovery. To learn what it takes to get sober, you must read this novel.

A work of rare integrity, T.F. Pruden's seventh novel is a future classic.

T.F. Pruden is a Canadian novelist of Metis heritage. Written in an episodic and constrained minimalist style, his work shares a dry wit while embracing the postmodern. Themes of cultural identity, racial separation, individualism, collectivism and the absurd confront Indigenous characters living with racism and bigotry common to life in Canada. He lives in small town Alberta in western Canada.

His seventh novel 'Things I Can't Change', published in April 2023, is available in eBook, paperback, and hardcover. A frank, gritty, but heartwarming tale of shared recovery; this future classic of Canadian literature is available worldwide on Solitary Press. A Paperback review copy is enclosed. For more information, see the links below.

Author Website:

www.tfprudenthewriter.blogspot.com/

Author Email:

tfprudenthewriter@gmail.com

Social Media/Instagram:

@tfprudenthewriter

Reader Reviews:

www.goodreads.com/book/show/123237673-things-i-can-t-change

Buy Online:

www.amazon.com/dp/B0BY5JDY2Z?ref_=pe 3052080 276849420

Solitary Press is a Print-On-Demand (POD) literary imprint. Solitary Press is publisher and representative of Canadian writer T.F. Pruden. Solitary Press publishes, distributes, and sells hardcover, paperback, and eBooks worldwide via Kindle Direct Publishing.

Pruden, T.F. (Ed.). (2023). Things I Can't Change (First Edition). Amazon, USA: Solitary Press.













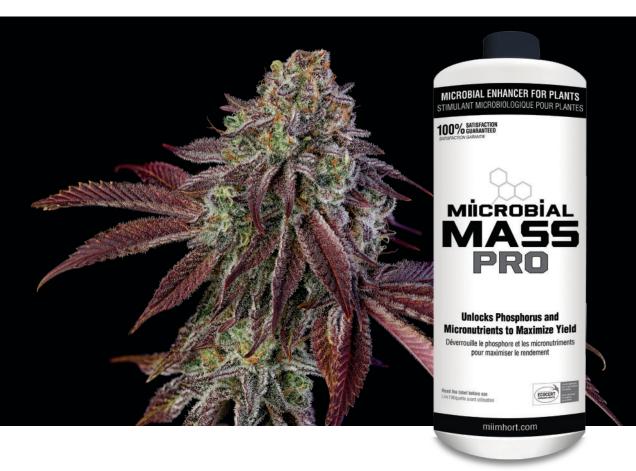






NEXT GENERATION BIOSTIMULANT

- SPECIFIC FOR CANNABIS AND HEMP PRODUCTION FASTER ROOT DEVELOPMENT AND INCREASED ROOT BIOMASS
 - FASTER VEGETATIVE GROWTH INCREASED PLANT HEALTH AND VITALITY THICKER STALKS AND STRONGER
 - BRANCHES INCREASED YIELD HIGHLY EFFECTIVE WITH ALL NUTRIENT PROGRAMS AND GROWING MEDIA
 - CERTIFIED ORGANIC & CFIA REGISTERED



MIICROBIAL MASS utilizes the latest scientific understanding in soil microbiology. We have created the perfect biostimulant which contains five targeted strains of beneficial bacteria that aid in the uptake of Phosphorus, Calcium and Iron like no other product on Earth.









SMOKE IGNIC.



PINNRZ

LEARN MORE ABOUT OUR HAND-CRAFTED JOINTS AT PINNRZ.COM





DI FOSE EN INV DESDANCIRI