


SUGGESTED RETAIL PRICE \$4.20  ISSUE 90

HIGH! CANADA MAGAZINE



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& CANNAREPS:
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CANADA'S CANNABIS EDUCATION

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- ◆ BEST PLANT PROPAGATION / BREEDING
- ◆ BEST LAB / TESTING FACILITY
- ◆ TESTING / LABORATORY EQUIPMENT



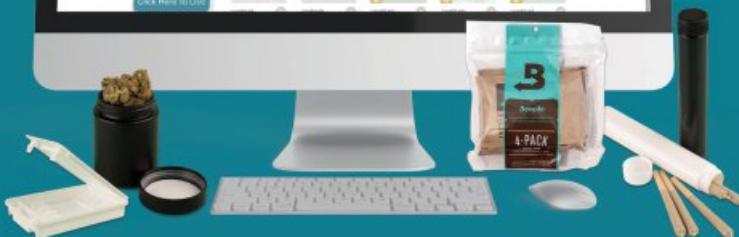
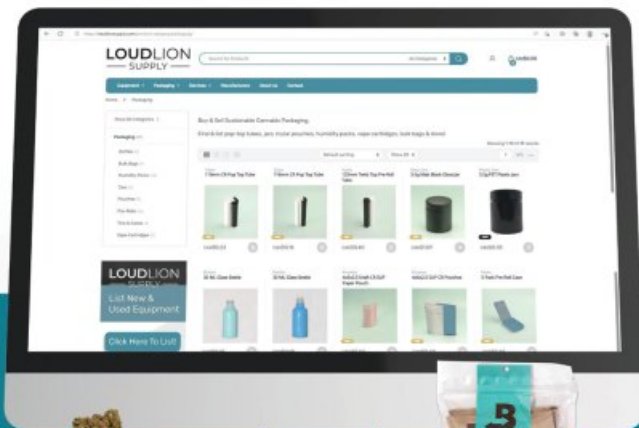
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At High Canada Magazine Publishing Group, we are committed to providing our readers with the most current, relevant, and reliable information available.

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.

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HIGH! CANADA MAGAZINE

#90 - EARLY OCTOBER 2023

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.

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- Sara Jane Wilson -
- Sarah Gamer -
- Sabrina Mohamed -
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- Audrey Wong -
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HIGH! CANADA MAGAZINE

Welcome to Thanksgiving in Canada. Which means the end of a month long cannabis themed extravaganza of events and a time to pause, sesh and take some time to appreciate friends and family. We are still are planning to hit issue #100 of High! Canada Magazine in 2024. We want to coincide the timing to occur the same time we celebrate our tenth year of publishing Canada's most culture-driven, community-oriented and quintessentially Canadian cannabis-focused magazine platforms out there in the current market.

We are getting excited about the upcoming C3 Grass on the Hill event being held in Ottawa on October 16th - 18th

"Of all the cannabis industry events, this is the one that can most



influence the future of our young industry." says Tamara Lovi, Chief Business Officer at Rose Lifescience



"Grass on the Hill is a terrific opportunity to come together as an industry and network with our peers, and have our voices heard by key decision makers within the government." says Niel Marotta, CEO of Indiva



So much fun in Edmonton at the Collector's Cup

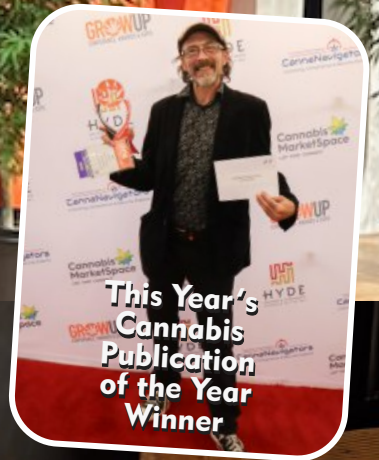
Equally exciting but for different reasons is the Collector's Cup tour hitting Toronto on October 18th. This a tastemaker event that consistently brings 100+ budtenders together to sample and learn how to sell products across all categories, grade flower quality and connect with some of the most passionate industry professionals out there in our sector. These highly respected educators also run the Cannabis Sommelier certification program and other amazing programs.

Last Year's
Online
News Source
of the Year
Award Winner

GROWUP INDUSTRY AWARDS
OCTOBER 1st, 2023 • VICTORIA, BC

CANNABIS PUBLICATION OF THE YEAR
HIGH! CANADA MAGAZINE

2023 WINNER



This Year's
Cannabis
Publication
of the Year
Winner

Hanging out with this Year's
Top Downloaded Issue
Cover Superstar
- Audrey Wong!



Thanks to Cannareps
for teaming up
and Sending Julie S
to her 1st Growup
Conference

We had a great time in Toronto and attended both the Elevate Retail Cannabis Expo and the Hall of Flowers event which were eye-opening.

Stopping in Edmonton for the Cannareps Collector's Cup was definitely a highlight of the last few weeks and I expect the Toronto's Collector Cup to be no different.

I was super excited that High! Canada Magazine took home Cannabis Publication of the Year Award at the recent Growup

Conference and Expo Awards Gala. It was even better once I realized that this was an award that was voted on by people in our sector and knowing we earned your trust over these last ten years made the award that much sweeter

Thank you and stay High Canada!

Cy Williams

Publisher/Editor

High! Canada Magazine

editor at highcanada.net

Digital Downloads available at

www.highcanada.net

Celebrating the 5th Anniversary of Cannabis Legalization

OCT 17

High Five

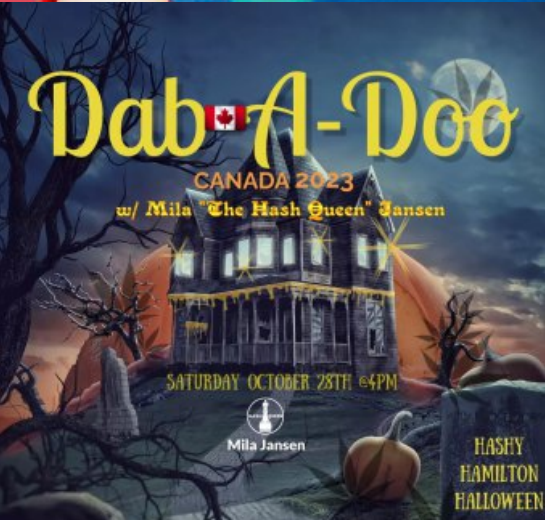
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CELEBRATING THE BEST IN CANNABIS



GROWUP

2023 INDUSTRY AWARDS

CONGRATULATIONS TO OUR WINNERS

1. GENERAL CATEGORY

- 30 and under
Brett Wells
- Cannabis Lawyer / Firm of the Year
Robert Laurie
- Extraction Specialist of the Year
Cred Taylor
- Grower of the Year
Alexandre Gauthier
- Influencer of the Year
Blunts & Beans
- Micro Processor of the Year
Sweet Grass Cannabis
- Micro/Craft Producer of the Year
Cake & Caviar
- Online Cannabis News Source
StratCann
- Standard Processor of the Year
Weed Me
- Standard Producer of the Year
Stewart Farms

2. EQUIPMENT/PRODUCTS

- Best Growing Media
CANNA
- Best Pre-Roll Cones
RAW Cone
- Environmental Impact Award
CannaGreen Packaging
- Extraction Equipment
Evolved Extraction Solutions
- Labeling Equipment
ND Supplies
- Lighting System
Aelius LED
- Pre-roll Equipment
Futuraia USA
- Testing/Laboratory Equipment
Agilent

3. COMPANY/SUPPLIER

- Best Cannabis Cultivation Supplier/Distributor
Biofloral
- Best Extraction Services Provider
Motif Labs
- Best Lab/Testing Facility
High North Laboratories Inc
- Best Nutrients and Bio Stimulants Product
Remo Nutrients
- Best Packaging, Labeling & Supplies
High Deal Solutions
- Best Plant Propagation/Breeding
Segra International
- Cannabis Consultant of the Year
David Hyde - Hyde Advisory & CannaNavigators
- Cannabis Publication of the Year
High! Canada Magazine
- Cannabis Wholesale / Distribution
Canadian Cannabis Exchange
- IPM Company of the Year
Koppert Canada

4. BRANDS & RETAIL

- Accessory of the Year
DabX
- Best Beverage
Sheesh Sodas
- Best Edible
Pearls
- Best Flower
Reef Organics - Queen Sang
- Best Oil
Medipharm Labs - CBN 1.2
- NightTime Formula Oil

- Best Pre-Rolls
Spinach® Fully Charged Atomic GMO infused pre-rolls
- Best Topical of the Year
Stewart Farms- Blue Dream Bath Bomb
- Best Vape Product
GENERAL ADMISSION Tiger Blood
- Best Variety Pack
Boxhot - Trifecta of Blunt Smoking Power
- Brand of the Year
Endgame
- Brand/Product Sales Agency of the Year
Mercari Agency
- Budtender Association of the Year
Budtenders Association
- Direct Delivery to Retail Company of the Year
Weed Pool Cannabis Cooperative
- Independent Retailer of the Year, Presented by Weed Pool
Violet Wild Cannabis Co
- Indigenous-owned Brand of the Year
All Nations
- Indigenous-owned Retailer of the Year
All Nations Retail
- National Retail Chain of the Year
Plantlife
- POS/CRM/Software of the Year
Cova Software
- Product of the Year
Dab Bods Phoenix Tears
- Retail/Budtender Training Agency of the Year
CannaReps

AS CHOSEN BY YOU AT GROWUPAWARDS.COM
PRESENTED AT THE GROW UP INDUSTRY AWARDS CERMONY
SUNDAY OCTOBER 1, 2023 • VICTORIA, BC





Segra Edition

**HIGH! CANADA
MAGAZINE
QUEST
FOR THE
PERFECT
GENETIC**

Our Editor-in-chief Cy Williams and our Cultivation Editor Dave Mac Adam have been sampling craft cannabis from around the country in search of the very best of the best - the so called ‘perfect genetic.

With this in mind we approached acclaimed plant tissue culture leader Segra International to see if we could start with them and some of Segra’s proprietary PTC “Verified Segra Stock™”—laboratory-produced young plants that are created using a technological process proven to offer superior pathogen resistance and greater crop uniformity than conventional vegetative propagation.

These plantlets are screened for pathogens, and can be grown at scale and shipped globally. Each outgoing batch of plantlets is verified with industry-leading DNA fingerprinting process to ensure that the cultivar you want is the cultivar you get

By combining cutting-edge science with committed customer focus, Segra’s goal is to unleash the full expression of the cannabis plant to better serve the evolving cannabis grower and consumer.

Segra is a global leader in Plant Tissue Culture (PTC), applying this proven agricultural technique to the cannabis industry. Segra’s Verified Segra Stock™ plantlets are true-to-type and available at commercial scale. Segra combines its PTC innovation with an industry-leading Molecular Biology Division to provide unparalleled quality assurance, from DNA



Fingerprinting to plant pathogen detection.

Each cultivar in Segra's 2023 Cultivar Catalogue has been through rigorous testing to ensure optimal performance, starting with the uniformity and consistency of PTC plantlets shipped from our facility, through full-cycle production trials, to cannabinoid and terpene analyses.

As part of Segra's Verified Segra Stock™ program, each specific genotype has been DNA fingerprinted for track-and-trace purposes, and tested extensively for pathogens in-house and by third-party labs.

We took ten 30g samples of Segra's best genetics home and worked our way through them all, grading them as we went - until we were left with our very subjective top three out of the ten we received. To be honest they were all superior flower but these three stood out above the others in terms of pure excellence. Our top three (that we agreed upon) were the Caviar Gold, Ghost Banner and Garlic Breath. The Eddy Lepp OG and the Chemdog were definitely in the running.

invested in growth

Segra

The Blueberry was so flavourful and packed some decent punch. The Dolato was simply tremendous. The Double Dream was just that - a dream - and one of the better ones we have tried.

Forward-thinking, well-rounded, and designed to equip your grow with better plants and better profits, Segra's 2023 portfolio is just the first of many releases to come this year and beyond. Connect your business with the pipeline to new genetics that will fuel your growth by contacting Segra today.

*By Cy Williams
& Dave Mac Adam*

DOUBLE DREAM



CannaGreen

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INSIDE THE ELEVATE CANNABIS INDUSTRY EXPO: PIONEERING INSIGHTS, NETWORKING, AND A PATH FORWARD FOR RETAILERS.

By Ryan Wilcox

Elevate Cannabis Industry Expo, presented by VIP Media Group was the first cannabis conference hosted by retailers delivering four full days of immersive training and education, a trade show floor, and plenty of networking to build and strengthen the community.

Day one was store manager/owner training day with sessions covering comprehensive insights into cannabis dispensary operations, from compliance, inventory, and

branding to staff training, financial management, customer relations, and future retail trends, concluding with a networking session.

Day two was Budtender training day with sessions that covered advanced knowledge on cannabis terpenes and wellness benefits, firsthand budtender experiences, sales strategies for varied customer personas, customer service techniques for budtenders, community building in retail, and guidance on evolving



elevate

CANNABIS INDUSTRY EXPO

from budtending to broader cannabis industry roles, ending with a networking event.

Day three was Licensed Producer/LP Rep day. The day covered detailed branding insights, channel marketing for cannabis products, cannabis insurance essentials, benefits of white label branding, updates on industry trends, strategies for succeeding as a micro Licensed Producer, tips for being an effective LP representative, tactics for managing retailer

relationships, ending with a networking event.

Day four was trade show day where attendees explored cutting-edge products and trends, and engaged with industry leaders. You could also dive into educational sessions and enhance your network through the speed networking session and evening social.

I was there on Budtender day where I gained key insights about budtending. The Terpenes

Unleashed lesson was in-depth and we learned to identify terpenes and how they impact our experiences through an interactive demo. The demo had different tables, each one had an assigned Terpene with fruits, vegetables and herbs that have that Terpene. The object was to smell the items and see if you can detect the terpene, for example Mangos have an abundance of myrcene.

On trade show day I caught up with Ryan Williams from KayaPush, a full workforce management software specializing in time attendance, scheduling and payroll for cannabis retail stores. I asked Ryan how this technology is changing the industry and he said “with KayaPush the software takes care of dispensary scheduling and payroll freeing up time for other tasks” one thing I learned this week is dispensaries should be trying to create community through event planning or social media marketing but where do they find the time. Ryan says” KayaPush. Would be the Perfect software to automate scheduling, payroll and on-boarding freeing up lots of time for managers or owners to work on other tasks like event planning or marketing,” Sounds like this software will be very useful to the industry “absolutely”



After catching up with Ryan I went to the Speed network session. The session consisted of 30+ brands. Two people per table and each person had two minutes to make their pitch or talk about themselves or product and see if there's a fit for business. After the four minutes you continue to the next table. I never met so many people in the industry that fast and I thought it was a good way to break the ice and get people talking to each other.

Wrapping up my experience at the Elevate Cannabis Industry Expo, it's clear that the future of the cannabis industry is both innovative and community-driven. From understanding the intricacies of terpenes to recognizing the value of management tools like KayaPush, the event was a wellspring of knowledge. The rapid-fire connections made during the speed networking session epitomized the event's spirit—collaborative, forward-thinking, and full of potential.

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**Budtenders, Retailers, Volunteers
& Cannabis Sommelier are FREE**

TORONTO - October 18, 2023
VANCOUVER - November 8, 2023






For More Information Visit
www.cannabissommelier.com/collectors-cup/

Edmonton September Scores



BEST FLOWER

Edmonton, Alberta
September 27, 2023

			Jar #	\$/3.5g	Score
1	 DISTINKT	LEMON RAZZ	6	\$35	93
2	 DISTINKT	MONACO OCTANE	5	\$35	92
3	QWEST	CHEETA PISS	9	\$35	85
4	 GORILLA GARDEN CRAFT CANNABIS & EXTRACTS	SWEAT HELMUT	4	\$29	82
5	 EDGE FOOD PRODUCTS INC. CANNABIS PRODUCTION FACILITY ALBERTA - CANADA	GODDESS	2	\$33	79
6	 EDGE FOOD PRODUCTS INC. CANNABIS PRODUCTION FACILITY ALBERTA - CANADA	WILDBERRY	8	\$40	78
7	 GORILLA GARDEN CRAFT CANNABIS & EXTRACTS	STINKY FUEL	3	\$29	75
8	freedom CANNABIS	GRAPE PIE	1	\$23	68

A woman with long hair is shown in profile, looking upwards. She is holding a large, vibrant green cannabis plant in front of her face. The background is dark, and the lighting highlights the woman's features and the texture of the cannabis leaves. A red brushstroke is visible at the top of the image, partially obscuring the text.

~~edmonton - sept 27th~~

toronto - oct 18th

vancouver - nov 8th

*Be
your inner
connoisseur*

SEEING THROUGH THE SMOKE

H I G H ! N E W S

SEWARD SOLUTIONS INTRODUCES THE BIO LID: A SUSTAINABLE AND INNOVATIVE PACKAGING SOLUTION

Seward Solutions, a pioneer in sustainable packaging, is thrilled to announce the launch of The Bio Lid, a 100% compostable and child-resistant lid for mason jars, and those with the same neck finish. This innovative product aims to reduce the estimated hundreds of millions of tons of single-use plastic pollution, promote sustainability, and extend product shelf life in the cannabis industry.

THE BIO LID OFFERS SEVERAL KEY BENEFITS, INCLUDING:

- **Compostable:** The Bio Lid is made from compostable materials, which can be reused and eventually become soil, reducing landfill waste.
- **Certified Child-Resistant:** Independently tested, The Bio Lid is certified child-resistant,

ensuring safe and compliant use as cannabis product packaging, as well as other applications.

- **Enhances Quality and Extends Shelf Life:** When used with mason jars, The Bio Lid enables vacuum sealing, which can preserve the shelf life of products for up to 24 months or more. Vacuum sealing also positively impacts the concentrations and development of cannabinoids and terpenes, resulting in improved flavor and quality.

- **Reduces Plastic Waste:** By replacing traditional plastic packaging with The Bio Lid, Seward Solutions demonstrates its commitment to reducing plastic pollution and promoting a circular economy.

Seward Solutions is dedicated to sustainability and reducing

single-use plastic pollution. The introduction of The Bio Lid aligns with the company's mission to provide eco-friendly solutions that meet the needs of both businesses and consumers.

For more information, visit TheBioLid.com or contact info@thebiolid.com.

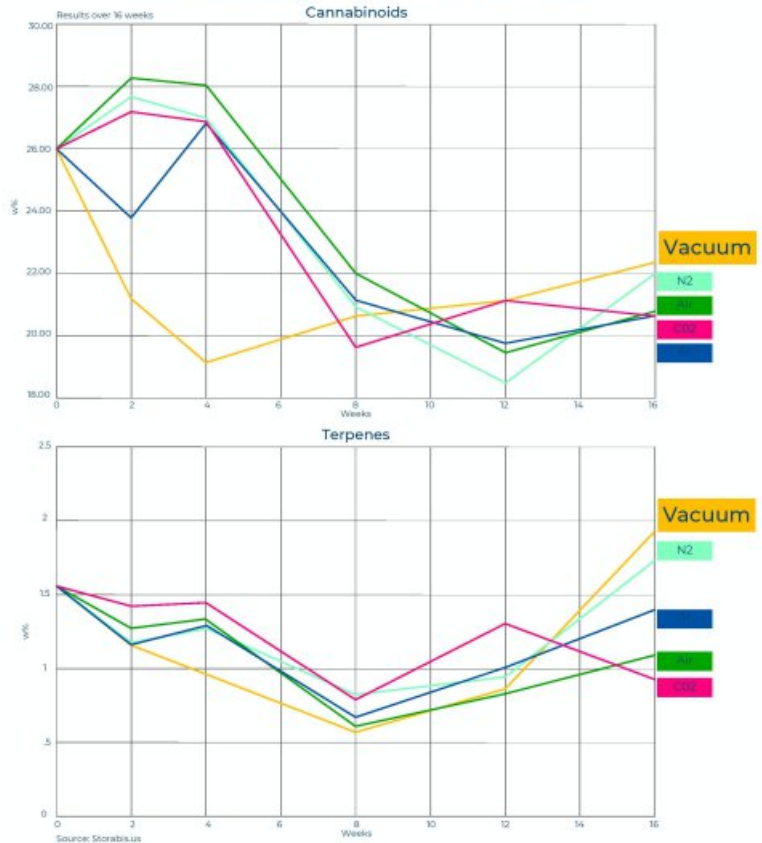
ABOUT SEWARD SOLUTIONS

Seward Solutions is committed to providing eco-friendly packaging and product development services to the cannabis industry.

In addition to The Bio Lid, Seward Solutions offers a range of sustainable packaging options, including full customization, recycled glass jars, canning lids, and labeling services, and more.

VACUUM SEALING CANNABIS IN MASON JARS: MORE EFFECTIVE THAN N2 CANNING

Vacuum sealing without adding gas has a positive impact on the concentrations and development of cannabinoids and terpenes. The produce cures itself when packed, resulting in an increase of flavor and improved quality. This is a significant breakthrough in improving the quality and extending shelf life of cannabis.



Seward also provides strategic consulting services to help businesses develop sustainable, environmentally responsible, high quality and successful products. The company can assist with product and brand development, formulation, supply chain management, procurement, S.O.P. development and strategy, helping businesses reduce their environmental impact and succeed in an ever changing and competitive industry.

Seward Solutions, works with all size entities, including individual entrepreneurs, and is committed to lowering the barriers of entry for those adversely affected by prohibition.

SEEING THROUGH THE SMOKE

H I G H ! N E W S

MAJOR COLLABORATION IN BRITISH COLUMBIA SHOWCASES EXCELLENCE

The sector is buzzing right now after a three way collaboration in British Columbia earlier this month between the Award Winning independent retailer Violet Wild, producer BC Legacy Craft Cannabis and cultivator Royal Harvest Craft Cannabis..



ROYAL HARVEST

CRAFT CANNABIS

turning seeds into plants and now harnesses that lifelong passion to bring quad-level buds to the recreational market. Royal Harvest's tried and true grow methods produce some of the cleanest burning product in the industry.

Royal Harvest supplied the Sherb-O and Frosted Fruit Cake for the pre-rolls that BC Legacy produced and released as a limited time offer through the independent retailer Violet



Royal Harvest burst onto the scene earlier this year with their chunky, frosted buds and rare genetics blowing minds on the West Coast cannabis scene.

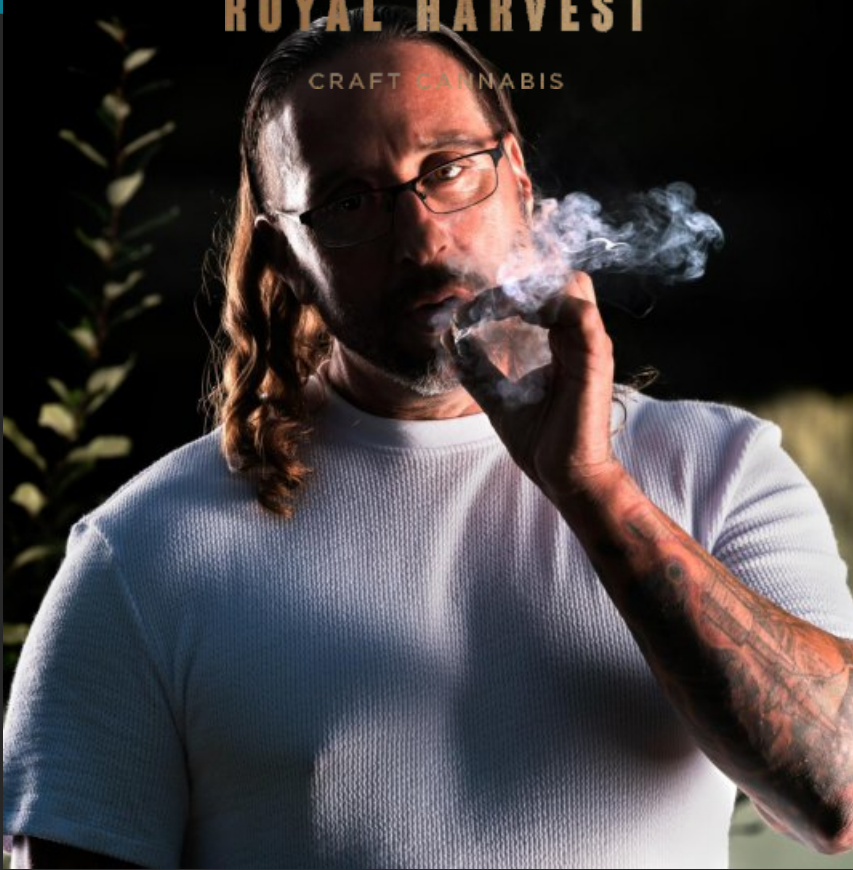
Master Grower, Kevin Varner grew up with a fascination for





ROYAL HARVEST

CRAFT CANNABIS



Wild. The entire run was sold out within 30 minutes our staff were told!

Sherb-O is a potent Indica dominant offering exclusively cultivated by Royal Harvest, and bred in the Okanagan. Sherb-O combines a Sunset Sherb BX1 with Oreoz, creating a flower with a uniquely complex flavour profile and stunning visuals.

Frosted Fruit Cake is masterfully crafted by Royal Harvest and showcases a true legacy exotic. Bred by Sacred Cut Seeds,

Frosted Fruit Cake is a potent cross of Fruity Pebbles and Wedding Cake. With a dominant flavor of delicious loud notes of strawberries with a pungent fuel finish this flower hits all the right notes. Species: Indica-Dominant Lineage: Fruit Pebbles x Wedding Cake.No wonder this sold out so very fast! A game changer - and we suspect people will talk about this release for a long time.

We cannot wait for the next release in mid-October of the White Truffle and to see what collaboration happens next!



A CINEMATIC ADVENTURE WITH MARY JANE

By Sabrina Mohamed

Lights, camera, cannabis! Imagine a world where the magical aroma of freshly rolled joints and the captivating allure of cinema blend together to create an unforgettable experience. If you're a movie enthusiast with a passion for the herb, then you're in for a cinematic treat.

Buckle up, grab your favourite strain, and prepare for a journey

through the realms of cinema while riding the wave of marijuana-induced euphoria!

Scene 1: The Preparation

Before embarking on this sensory expedition, it's essential to gather the necessary supplies. Grab your stash, ensure you have a well-packed bowl or a perfectly rolled joint, and select a few movies that



tickle your fancy. Whether you're into mind-bending adventures, side-splitting comedies, or visually stunning masterpieces, the choice is yours. Remember, variety is the spice of life, so don't shy away from exploring different genres and styles.

Our Choices For Our Setup!

Flower: Tribal- Galactic Rntz- this Indica dominant strain packs all the gas you need.

Device: Aeizer Air Se - Dry Flower Handheld Vaporizer.

- Everything Arizer is known for in a slimmed-down economical package.
- Quality and performance, Smooth and tasty Vapor, Advanced rapid heating ceramic technology, 5 preset temperatures, micro-USB charging, plus a convenient use while charging feature.
- Available in Reefer White and Translucent Blue Haze.

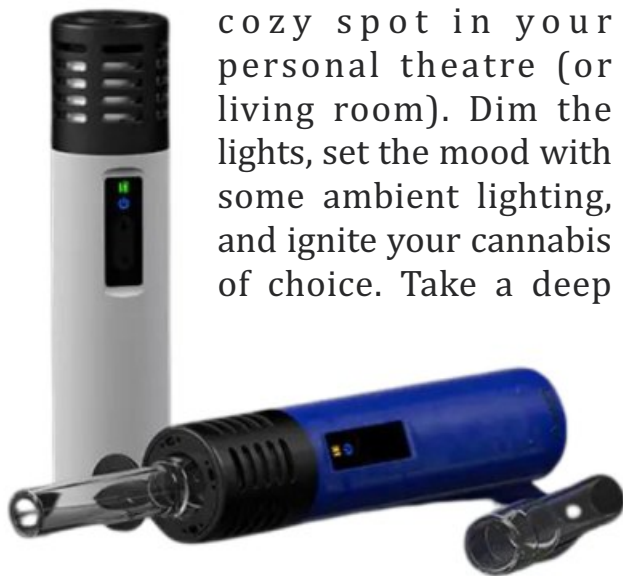
Movie: Fun fact about me, my all-time favourite movie is Forrest Gump. I shamefully know it word for word.

Tom
Hanks is
Forrest
Gump



Scene 2: The Ritual

Now that you're prepared, find yourself a cozy spot in your personal theatre (or living room). Dim the lights, set the mood with some ambient lighting, and ignite your cannabis of choice. Take a deep





The Kompact Gravity Infuser

inhale, allowing the sweet, pungent clouds to engulf your senses. As the THC makes its way into your bloodstream, you can feel the anticipation building, knowing that you're about to experience movies in a whole new way.

Our Choices:

Trim Queen Candles

We love to set our mood by lighting our own home-brand

candles! The aromas fill the room setting for the ultimate experience.



Scene 3: The Cinematic High

As the movie begins, you'll notice a subtle shift in your perception. The colours become more vibrant, the audio more immersive, and the emotions more heightened. Each scene unfolds with newfound depth and meaning. You may find yourself laughing harder at the jokes, empathizing more with the characters, or being in awe of the visual effects. Cannabis has a way of amplifying your connection to the story, making it an intimate and personal experience.

Time to bring out the big boys.

Kompact Gravity Infuser with a glass Kompact Pineapple Globe from Stündenglass! Each globe gives the ambiance of tropical sensations and mystical waves.

Movie- One of the Ultimate stoner movies- Pineapple Express

Scene 4: The Munchies

No movie night is complete without a delightful selection of snacks. As cannabis is known to enhance your taste buds, even the simplest treats can become tantalizing feasts. Consider indulging in classic movie munchies, like buttery popcorn, chocolate bars, or gooey nachos. For a healthier twist, prepare a colourful fruit platter or some crunchy veggies with a tasty dip. Remember to stay hydrated with a refreshing beverage of your choice.



Emprise Rapid - Peanut Butter 10:10 Cookie

I love a good cheese and meat board oops I mean “charcuterie.” The correct pronunciation is Shahr-kew-tree. Here are some common incorrect pronunciations: Here are some common incorrect pronunciations:

shar-koo-tuh-ree

shar-koo-tree

shar-koo-tree-ree

Scene 5: The Intermission

After a movie or two, it's time for a brief intermission. Stretch your legs, take a breather, and reflect on the cinematic journey you've embarked upon. Share your thoughts with fellow movie buffs or take a moment to jot down your insights. The intermission provides an opportunity to discuss the movies, exchange recommendations, or dive into a lively debate about the finer points of filmmaking.



Flower: Flavour Club by The Drip – a potent og indica smoke with a candy gas flavour profile leaning to the og side.



for all your accessories

Scene 6: The Afterglow

As the final credits roll and the last traces of cannabis-induced euphoria linger, you may find yourself contemplating the profound themes and hidden messages the movies convey. The experience of watching films while high can open your mind to new perspectives, spark creativity, and deepen your appreciation for the art of storytelling. Blazing the silver screen with Mary Jane takes movie watching to whole new heights. The combination of cannabis and cinema creates a potent cocktail of entertainment, laughter, and introspection. So, grab your favourite strain, curate a selection of movies, literally roll a J up and enjoy!

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for Selecting our Sherbo
for Licenced Producer Best Flower**

New Majoun Flavours Available NOW!

We are excited to announce the release of our newest Majoun flavours - Damascus Sunrise and Persian Dream.

These two flavours are now available in the OCS via flow-through.

Like all of our products, Damascus Sunrise and Persian Dream are naturally vegan and made with high-quality natural ingredients like dried fruits, nuts and spices, with no additives, fillers, or preservatives.



the original edible

NEW FLAVOURS AVAILABLE NOW!



Damascus Sunrise

An apricot and almond based confection with flavours reminiscent of the Middle Eastern dessert known as amardeen. Each package contains two 12 gram pieces of Majoun, each containing a balanced 5 mg each of THC and CBD. Naturally vegan and made with only high-quality, natural ingredients.

Persian Dream

A fig and walnut based confection infused with saffron and cinnamon. Each package contains two 12 gram pieces of Majoun, each containing a balanced 5 mg each of THC and CBD. Naturally vegan and made with only high-quality, natural ingredients.



majoun.ca

instagram.com/theoriginaleddible

2023 COLLECTOR'S CUP TOUR DATES



BC

- Vancouver
- March 16
- Nov. 8

ALBERTA

- Edmonton
- Sept. 20

ONTARIO

- NIAGARA FALLS
- FEB 22
- Toronto
- June 21
- October 18





The Collector's Cup

**BUDTENDER
GAMES**

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EDUCATOR OF THE YEAR 2023

**JULIE DOMINGO
& CANNAREPS:**

**REVOLUTIONIZING & REVITALIZING
CANADA'S CANNABIS EDUCATION**

e d u c a t e



Julie Domingo is an award winning visionary trailblazer in the realm of Cannabis Education.

Julie is a dynamic force in the cannabis industry, seamlessly blending education with a deep appreciation for cannabis products and fostering a community of over 7,000 passionate professionals across a Nation. Her mission is crystal clear: to inspire mindful cannabis appreciation and compassionate

service while dismantling the stigma around cannabis.

Julie is also the CEO and Principal of CannaReps, which is driven by her commitment to empower others, as the Cannareps team continues to host professional cannabis educational events across Canada, forging connections within the industry. Their signature events, such as The Collector's Cup and Budtender Games, add an element of fun and competition while emphasizing

Wings
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e d u c a t e

e d u c a t e

the importance of product quality and honoring dedicated industry professionals.

Central to CannaReps' acclaim is the Cannabis Sommelier Certification and Training program.

With over 2,500 alumni worldwide and four consecutive nominations by Grow Up for Best Education, this program equips professionals with the tools, knowledge, and expert strategies essential for responsible cannabis guidance. It's available in various formats, including in-person,

online, and customized corporate training.

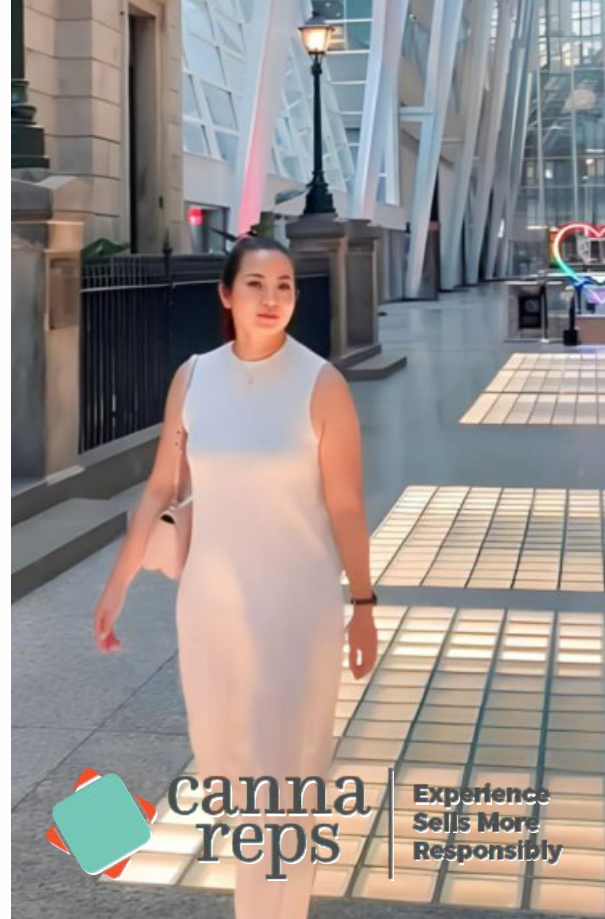
The Sticky-icky Community Glue

Julie is not merely a trailblazer; she's a connector, educator, and advocate for change. She invites you to join her on this extraordinary journey, as together, they work towards celebrating cannabis, destigmatizing it, and making it accessible to all.

CannaReps: A Vision Realized

Julie's experience in providing compassionate care to medical cannabis consumers inspired her to partner with Adolfo Gonzalez, a renowned expert, to establish CannaReps in 2018. The mission was clear: eliminate confusion and stigma surrounding cannabis through the Cannabis Sommelier Certification program. They aimed to empower retailers with practical skills and tools to sell more confidently. Beyond education, their events foster community connections, enhancing industry credibility, product quality, and consumer trust.

The CannaReps team hosts professional cannabis educational events across Canada, including The Collector's Cup and Budtender Games, to strengthen industry relationships. Central to our success is the Cannabis Sommelier Certification and Training program, recognized globally and continually nominated for Best Education by Grow Up. With over 2,500 student alumni, this program equips professionals with the essential tools and knowledge for responsible cannabis guidance, offered in various formats to meet diverse needs.



The Future: Educating, Connecting, and Empowering

Looking ahead, CannaReps remains committed to its mission of educating, connecting, and empowering cannabis professionals.

They continue to expand their reach, with upcoming events in Vancouver and Toronto. The goal is to inspire new entrants to the sector by highlighting the importance of passion, integrity, and perseverance.

Together, we rise.



Why Cannabis Training is Essential

Frontline employees are the linchpins in shaping the cannabis industry. They have the power to provide accurate information and effective cannabis guidance,

which builds loyalty, referrals, and drives growth. It's a misconception that cannabis sells itself. The strict regulatory environment, advertising restrictions, and the need for compliant language make it challenging for employees to stand out and serve customers effectively.



The Cannabis Sommelier Certification program teaches professionals to:

Transform lives by providing effective product guidance.

Identify lineage and grade cannabis quality.

Articulate aromatic and tasting notes, telling each product's story. Remove the stigma associated with cannabis through professionalism and up-to-date cannabis science.

This knowledge is foundational for anyone in the industry. The program is industry-recognized, and Canadian businesses can benefit from an Employer Training Grant that supports employee training.

Join us on this journey of education, empowerment, and community-building, and together, we can revolutionize the cannabis industry.

tasting events

Toronto Oct. 18 4pm-9pm	<i>Collector's Cup</i>	Vancouver Nov. 8 4pm-9pm
-------------------------------	------------------------	--------------------------------

Calling all Budtenders & Retailers!

Unleash your expertise at the Collector's Cup and elevate your skills at the Cannabis Sommelier Certification Program. Don't miss out on these ultimate opportunities to gain recognition and valuable training in the legal cannabis sector.

Join the Competition!

cannabis Sommelier™

Toronto Oct. 21-22	Vancouver Nov. 18-19
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SEEING THROUGH THE SMOKE

BEST OF SHOW - VICTORIA

#GROWUP23



The Growup Conference and Expo in Victoria, BC was an amazing conference, expo and event overall.

We were so impressed with what this conference had going on within the cannabis sector and there were some real stand-outs at this GrowUp Conference.

Hats off to the Growup team for working hard to get sampling in place for the first time at an event like this in BC.

There were so many highlights but we have some absolute Best in Show highlights we wanted to call out.

Firstly, the **Atlantic Cultivation Company** was onsite for the Growup Expo



and they were responsible for getting Tommy Chong and his brand Tommy's Craft into the Canadian Market. Attendees really got into the Tommy and Paris interview. Tommy receiving a life time achievement award at the Awards Gala was also really awesome. Plus this show saw

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SEEING THROUGH THE SMOKE

BEST OF SHOW - VICTORIA

#GROWUP23



the relaunch of Tantalus as one of Atlantic's new offerings.

The independent retailer of the year winner - **Violet Wild** continues to be a source of inspiration for others and they were a definite best in show. An amazing team, an amazing shop and true community leaders. We wish every show we attended had a little bit of Violet Wild attached.

Certicraft was the glue at this show - pulling small or mid-sized producers together because different sized facilities face different challenges. CertiCraft was onsite and helping businesses thrive! As a small facility, it's hard to stay on top of all the paperwork while you have a beyond-full-time job just keeping your operation going. Many

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small-scale craft growers just want to get back to doing what they love - producing the best craft cannabis! Mid-sized cannabis operations have a lot to manage, and it takes time and money to train staff, fix mistakes, and ensure your production and quality assurance teams are efficient. **CertiCraft** ensures your team is using their time properly.

Our final Best of Show was **Lasqueti Cannabis Corp** - an amazing micro from Lasqueti Island, BC. **Lasqueti Cannabis** is in the heart of BC bud. Lasqueti is a remote northern gulf island that has maintained a thriving cannabis culture for over 50 years. This island produces some of the most vibrant strains around, such as Texada Timewarp, Lasqueti Lemon Haze, and the **Lasqueti Cannabis Corp** signature strain - Friendly Bear - which was created on Lasqueti Island, with over 25% THC it has been described as a bear hug for the brain. We enjoyed it tremendously!

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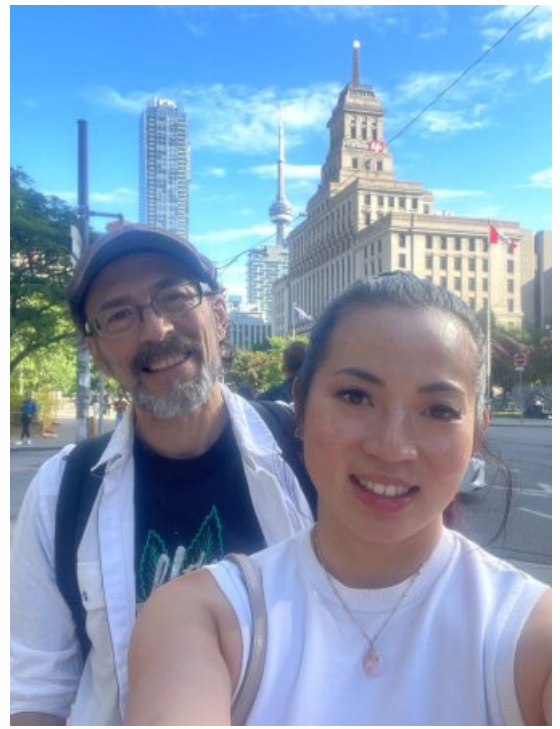
*One on One with Julie Domingo
High! Canada Magazine's Choice
for Educator of the Year 2023*

By Cy Williams

As Editor in chief of High! Canada Magazine over it's almost ten year run of monthly issues, I have had the opportunity to get to know some truly remarkable people, some of the most passionate people and some of the most educated people out there within our Canadian cannabis sector and without doubt, Julie Domingo, CEO and Principal at Cannareps is among these people. Julie is among that handful in the sector who are not only brilliant but in service to the cannabis plant in all it's forms.

I was lucky enough to get to meet Julie in May of this year at Growup in Edmonton. I then attended two of the Cannareps Collector's Cups and Budtender Games (one in Toronto and another in Edmonton) as well as a fly on the wall behind the scenes and over the course of a weekend long Cannareps led Cannabis Sommelier certification Program.

I have run into Cannareps graduates and alumni across the length and breath of my national travels for the last few years and I am always impressed with their knowledge and respect for the Cannabis Sommelier certification program and what it has brought into their lives.



What Julie has brought into their lives. She is a sector leader, a teacher, a mentor and a friend to many. Few know and appreciate the cannabis plant as much as Julie does and it is Canada's phenomenal luck that she has decided to share her knowledge with Canadians through her educational programming and national tours.

Cannareps was recently awarded the Retail/Budtender Training Agency of the Year at the 2023 Growup Awards and we here at High! Canada Magazine have named Julie our choice for Educator of the Year.

Julie, thank you for joining us! Tell us how did you get involved in the Canna-sector? What is your cannabis origin story?



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As a long-time cannabis consumer of over 20 years, I built a reputation for being the 'passionate and fun weed girl' in Edmonton and Calgary. Little did people know that I struggled with multi-generational trauma and used cannabis to cope, but never intended to work in the cannabis industry. Inspired by my passion and appreciation for cannabis, an entrepreneur in 2012 attempted to poach me to work in the industry, but I resisted his offer for 2 years.

As a child of a Vietnam War refugee, I witnessed my mother's remarkable sacrifice as she arrived in this country with nothing and made tremendous sacrifices to ensure our family's survival in the challenging climate of Edmonton. Her resilience and determination deeply influenced me, motivating me to complete my Bachelor of Commerce degree and establish a 'clean' professional career while ensuring to not jeopardize our legal status or face the risk of incarceration.

Finally, after an unexpected move to Vancouver in 2015, I decided to follow my passion and work in a cannabis dispensary. The first splash I made in the industry was when I transformed a back alley dispensary into a successful destination store. This feat was recognized by 3 Lift Industry Awards while obtaining Canada's

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first cannabis compassion club business license in 2017, under Aura Health Studio. At the cusp of legalization, I left the industry for 6 months due to suffering from extreme stress from working in a volatile industry. A cruise around the Mediterranean Sea and lots of self-care led me to gain confidence and new insight to navigate the industry.

Transitioning over to your tenured time at Cannareps, how did you get involved there and talk to us a bit about the evolution of this highly respected institution? Feel free to talk about current programming and your team?

My experience in providing compassionate care to medical consumers inspired me to partner with Adolfo Gonzalez, a well-known expert to form CannaReps in 2018 with a true grassroots

approach connecting the people who risked their lives to pioneer this industry and mentoring new professionals to navigate this wayward industry. CannaReps is devoted to eliminating the confusion and stigma around cannabis through the Cannabis Sommelier Certification program, which empowers retailers with practical skills and tools to sell more, with confidence.

Going beyond education, our events foster community connections across the industry to improve credibility, quality, and consumer trust.

The CannaReps team hosts professional cannabis educational events across Canada to forge connections within the industry. Fun and geeky events such as The Collector's Cup and Budtender Games are focused on improving



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product quality and honoring passionate people who hold up the industry.

Central to CannaReps' notoriety is the Cannabis Sommelier Certification and Training program with over 2,500 student alumni from around the world and nominated 4 years in a row by Grow Up for Best Education.

The program equips professionals with tools, knowledge, and expert strategies for responsible cannabis guidance delivered in-person, online, in-person, and customizable for corporate clients.

Tell us about the wildly successful Collector's Cup that travels around Canada allowing budtenders and legal brands to get involved in the cannabis Competition circuit?

The Collector's Cup is the ultimate tastemaker event that forges relationships between brands and Budtenders.

We combined the fun and competitive elements of a cannabis cup from the golden era of pre-legalization to highlight amazing cannabis products with Budtender Games to honour influential workers in the industry. Attendees vy for a VIP Judges ticket to taste our amazing collection of cannabis products and walk away with product

knowledge and communication techniques that help them sell more, with confidence.

Why you think everyone who works in Canadian cannabis needs this training?

Front line employees are the most influential people in shaping the cannabis industry. Due to advertising restrictions, retail and marketing reps are the only people that are talking to the consumer and guiding them on what cannabis products to buy.

Their ability to provide accurate information, and effective cannabis guidance is the key to building loyalty, referrals, and driving growth. There is a false perception that weed sells itself. However, It is difficult to hire people and keep good people who have cannabis knowledge and job-



specific work experience. Strict regulations impede on your ability to stand out from competitors and advertising platforms ban promotional content. Consumers can sense the insecurity of sales representatives and get turned off when they are given wrong or inconsistent information.

This results in indecision and limited purchasing. Employees are afraid to say the wrong thing and lack the compliant language to properly serve their customers. So budtenders default to generalized information.

For the industry to thrive, Consumers need to feel secure and satisfied with a well informed experience. Industry professionals feeling confident and compliant in their communication and customer consultations.

For retailers & business owners, winning customer trust and loyalty by delivering a consistent and educational experience is paramount. Market size is increasing and people are choosing legal stores instead of illicit sources. In today's sector - knowledge is power.

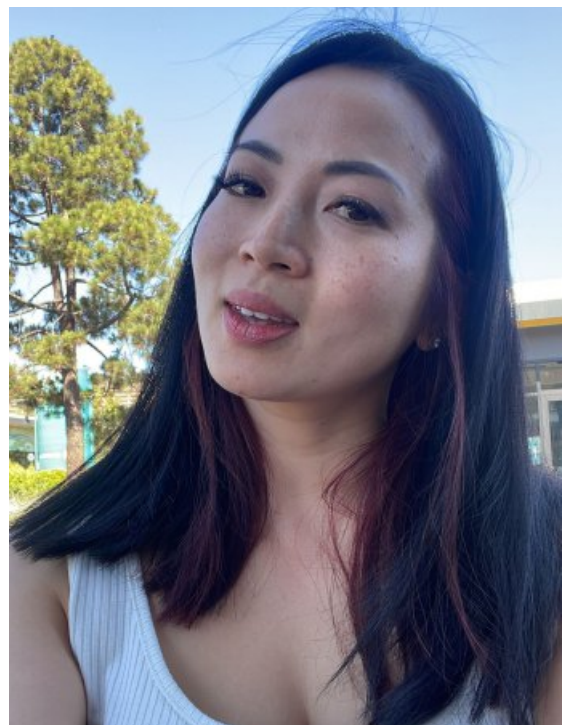
The Cannabis Sommelier Certification program teaches professionals to

- Have the ability to transform people's lives, by

providing effective product guidance. They know how to engage with anyone on cannabinoid potency, terpene profiles, ancestry, and production method.

- Show appreciation to the plant by identifying its lineage and grade its quality.
- Tell the story about each cannabis product and articulate its aromatic and tasting notes.
- Work to remove the stigma associated with cannabis by conducting ourselves in a professional manner, and staying up to date with cannabis science.

I believe anyone that sells or markets weed needs to have this





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knowledge as a foundational building block to their career. This program is focused on building practical skills to serve the cannabis consumer better.

This program is industry recognized and now Canadian businesses are eligible for an Employer Training Grant helps employers pay for training, which in turn helps employees experience increased job security or move into better jobs.

Advice to new people coming into the sector looking for opportunities and of course more training and education?

I learned in this industry that real passion is what will help you endure through volatility. As passion is the first ingredient you need, building relationships and supporting the community is how

I made my mark in the industry. Show your preparedness by taking the Cannabis Sommelier Certification course and join me at the Collector's Cup and other events. My community of 7,000 is ready to meet you.

Three things you think everyone needs?

- Good intentions
- Integrity and honesty
- Perseverance

Thank you Julie for speaking with us to and we cannot wait to attend the upcoming Collector's Cup and Budtender Games in Toronto on October 18th and for more information about the Toronto edition of the Cannareps Cannabis Somellier certification Program visit www.cannareps.ca/refcy

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We are super happy to add Sheriann Baker to our Toronto team, She lives in Toronto, Canada and is a Cannabis Rights Activist and Influencer who has been battling Oligodendroglioma Brain cancer successfully with Rick Simpson Oil since 2017.

Sheriann was diagnosed with terminal Brain Cancer in 2017. She chose Rick Simpson Oil and a clean lifestyle over chemotherapy and radiation. To this day, Sheriann is still stable even though she was told she wouldn't live 2 years and now helps others around the world fight cancer naturally with cannabis. Sheriann wants others to know there is a life with cancer and cannabis and she is living proof of it!

Rick Simpson discovered Sheriann's activism via social

media and reached out to her in 2019. He commends the work that she does helping others with cancer and cannabis. Sheriann has also had the pleasure of getting to know Terry Fox's family personally and they support her choices to fight cancer with cannabis.

Sheriann did her first interview on TV with Bridge City New Lethbridge, Alberta in 2018, Podcast with Cannabis Media Collective

2019, Follow up Interview with Bridge City News Lethbridge 2019. She has had an article written about her in Weed Magazine in 2020, Cannabis Health News Uk 2020, Zoom Call with Tommy Chong 2020, Podcast with Ian Jessop and Corrie Yelland 2020, Article written about her by Mileno Stadium Newspaper 2021, Green Room Podcast with Cannabis Wiki 2021, Podcast with Disciplined Stoners 2023, Podcast with Noobie and Doobie 2023.

This Month we sent her to cover and celebrate a decade of excellence at the 10th Annual Karma Cup Awards Gala

This year's 10th Annual Karma Cup Gala was held in Toronto on September 18. The Karma Cup is amongst the most anticipated cannabis events in Canada every

every year!

For the first time in 2023, The Karma Cup is going legal! This year the Karma Cup judges will be rating and awarding Canada's top Licensed Producers.



Judging Kits were available through authorized cannabis retailers and through OCS's online shop. Each Judging Kit contained 7 x 1 gram of unique cannabis which was then rated. Judges rate products' quality based on taste, appearance, aroma, and potency. The Karma Cup released detailed profiles of their 21 finalists brands and strains from August 1st - Sept 18th, followed by the grand finale on the evening of September 18th.

The evening was full of networking with industry professionals and cannabis enthusiasts from across the country.

The event was DJ'd by the fabulous Corey Dawkins. Cody Van Gogh created a custom 4:20 joint in the shape of our functional glass trophy. We sampled several new strains. Made lots of new connections and we ate good food. The night was filled with excitement, anticipation, recognition, a lot of dedication and passion by all in the industry.

Congratulations to all of the 10th Annual Karma Cup winners!

INDICA WINNERS:

- 1) Royal Cannabis Supply Company - (Ice Cream Cake)
- 2) Mauve & Herbs - (Ripped off Runtz)
- 3) Qwest - (Grape Cream Cake)

HYBRID WINNERS:

- 1) Low Key by MTL Cannabis - (Apple Fritter)
- 2) Alberta Bud - (24 Gold)
- 3) Green Joy - (Grape Galena)

SATIVA WINNERS:

- 1) Pineapple Buds - (Purple Gusher)
- 2) Coast Mountain Cannabis - (BC Organic Dancehall)
- 3) Tribal - (Cuban Linx)

PRE-ROLL WINNERS:

- 1) 1Spliff - (Pink Lemonade)
- 2) Freedom Cannabis - (Slurricane x Secret Formula)
- 3) XOPRO - (Black Mountainside)

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ON SOME HAE-Z NIGHTS

By Sarah Gamer

One has to admire the sort of people who take action when they see their community being underserved. Brooklyn Cashmore (Retail Strategist) and Téa Thomas (Territory Sales Manager) have done that impeccably as the co-founders of Hae-Z Nights, a cannabis networking event exclusively for the industry womxn and LGBTQ2S+ members.

Hae-Z Nights takes place in the bookclub lounge in Vancouver, BC (unceded Musqueam lands) and piggybacks off of the weekly industry nights in a seamless manner. While bookclub is indeed

a welcoming and safe space (with the best smoke, beats, and eats every Friday night) an event in a male-dominated industry is intimidating to enter feeling like you're able to take up space and make yourself heard. Brooklyn and Téa host these extra nights so that womxn and LGBTQ2S+ community members can meet, connect, and celebrate their contributions (legacy and legal) that have been made to shape this industry. The intention to use these networking nights for business development is not lost in the jovial party atmosphere, high-level connections are made here.



Attending Hae-Z Nights is like being at the coolest party you never went to in high school. All the most amazing people you've admired from afar are there and they're smiling at you. Everyone there genuinely wants every other person in the room to succeed, and the evening is spent fuelling each other with confidence and comfort.

Many at Hae-Z Nights are coming to this location for the first time and are able to take advantage of the curated comfort to not only enter this networking circle but to also try their first dab(s), or confidently roll a joint in front of the group. A marketing rep, who attends "regular bookclub"

admitted they usually take home nugs in their pocket to roll later. Then she pulled out a bag to share and I haphazardly rolled with supplies found around the room. The conversation inevitably circles back to the gratitude everyone feels for having this space, and as the evening extends the candid silliness that only occurs in a group of truly relaxed friends comes out. eventually, the party mess and topics on the table are wilder than the usual evening of mixed company, the night sure starts pretty but it may end a little loose.

Hats off to Brooklyn and Téa, and to those who regularly attend (extending invitations, and acting



Photos By Lucie Eliot Mink

as mini-hosts) for creating such a needed, utilized, and enjoyable event. A perfect blend of business and fun, for inspiring and recharging within our unique community.

By Sarah Gamer





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A close-up portrait of a middle-aged man with short, dark hair, looking directly at the camera with a slight smile. He has his right hand resting against his chin and cheek. He is wearing a white, long-sleeved button-down shirt with a blue patterned inner lining. On his left wrist, he wears a gold-toned rectangular watch and a blue wristband with white text. The background is dark and out of focus.

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**TOKE
TALK**

By: Tony Lawand Fintech Specialist-Contributing Host/Journalist
Richard Kern Fintech Specialist- Contributing Journalist and Consultant

NOT AS HIGH AS TED BUT WERE WORKING ON IT

By: Tony Lawand Fintech Specialist-Contributing Host/Journalist

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Richard Kern Fintech Specialist- Contributing Analyst & Consultant

Navigating the Cannabis Metaverse: High Times in the Virtual Dispensary

No, you're not in a sci-fi movie; you're in the metaverse—a virtual universe that's becoming more tangible by the day. But wait, what's cannabis got to do with this digital playground? Well, roll it up and let's explore how the cannabis industry is sparking up some serious innovation in the metaverse.

The Metaverse: A Digital Wonderland

The metaverse, for those still catching up, is a collective, interconnected virtual space where people from around the world can interact, socialize, and experience a seemingly limitless range of activities. It's the ultimate fusion of social media, gaming, augmented reality, and virtual reality. In simpler terms, it's where your wildest digital dreams come true.

So, where does the cannabis industry fit into this pixelated paradise? Hold onto your bong; we're about to dive in.

Cannabis and the Metaverse: A Budding Connection

In the metaverse, everything from work meetings to social hangouts takes place in a virtual realm. It's here that the cannabis industry has found an intriguing intersection. Imagine this: Instead of hopping in your car and heading to the local dispensary, you simply stroll over to your virtual cannabis dispensary—let's call it "Snoops Den." and the virtual budtender is a holographic (Lets stick with our pal SNOOP - offering recommendations with that signature laid-back charm.

Inside the metaverse dispensary, you can browse an array of virtual strains, edibles, and accessories—all with detailed descriptions, effects, and user reviews. One day you will sniff the digital buds, thanks to next-level sensory technology. And the best

part? No need to worry about the munchies because your home is filled with baskets of Doritos.

Cannabis Brands Lighting Up the Metaverse

Several cannabis brands have already embraced the metaverse's potential. They're not just selling products; they're creating immersive experiences. Take for instance—a virtual lounge where you can socialize with fellow stoners, play trippy games, and attend live concerts, even have a digital dance floor that rivals any real-world club, minus the awkward dance moves (unless you want them).

But it's not all fun and games. Some brands are using the metaverse to educate consumers about cannabis, offering virtual tours of cultivation facilities and explaining the science behind different strains. You can finally get answers to those burning questions about terpenes without feeling like you're back in chemistry class. Set up correctly your actual budtender can join and “Sell” & “Educate”, and friend that customer who may be a bit shy to actually go and ask these personal questions.

The Dispensary of the Future: Digital or Physical?

With the metaverse gaining steam, you might wonder: is the

traditional brick-and-mortar dispensary going up in smoke? Not necessarily. While the metaverse offers convenience and innovation, there's something inherently satisfying about walking into a dispensary, chatting with budtenders, and examining the products in person.

The metaverse isn't just about escaping reality; it's about enhancing it. Imagine a world where you can visit a virtual dispensary from your living room, pick out your favorite strain, and then, with a wave of your digital wand (or just a click of your mouse), have it delivered to your doorstep in the real world.

Here's the kicker: These virtual dispensaries, in collaboration with their real-world counterparts, might just be the future of cannabis retail.

A metaverse dispensary could offer customers the best of both worlds – the convenience and immersive experience of the virtual realm combined with the tangible delight of real-world cannabis products. The metaverse and physical dispensaries can

coexist, offering consumers the best of both worlds. It's like having your cake and eating it too—while wearing a VR headset (or not) and munching on virtual cake, of course.

Legal Hurdles and High Hopes

As with any budding industry, the cannabis metaverse faces its fair share of legal hurdles. Regulations surrounding the sale and promotion of cannabis products vary widely, making it a tricky landscape to navigate. However, with the growing acceptance of cannabis, many governments are beginning to explore regulatory frameworks for the digital cannabis space.

Despite the challenges, the cannabis metaverse is blazing forward. Will you join now or be left behind as we know the BIG BOYS are already setting their stages and we've lost enough great “mom - pop” shops to them.

The Final Toke

The intersection of the metaverse and the cannabis industry is a journey filled with laughter, innovation, and, of course, some seriously mind-bending experiences. Whether you're virtually puffing on a digital joint or getting an education about cannabis strains, the cannabis metaverse offers a glimpse into a future where the boundaries

between the digital and physical worlds are as hazy as a smoke-filled after-hours party.

So, if you find yourself in the metaverse someday, don't be surprised if you stumble upon a virtual dispensary, complete with holographic budtenders and sensory-enhanced experiences. It's a brave new world, my friends—one where even the most serious topics can be laced with a touch of humor and a hint of green. In this metaverse-cannabis crossover, the future is looking brighter and more colorful than ever before. If you need more info contact us virtually or otherwise.





**HIGH! CANADA
MAGAZINE**

CONFESSIONS OF A CANADIAN STONER

By Sara Jane Wilson

Alright, here's my confession – one of those "you had to be there" moments.

So, there I was, my very first time attending an expo and fully ready to check out every booth. There were so many cool things to see. Then, I heard the announcement about testers going on - the legendary gravity bong was on the floor! A life changing device with a

reputation for, well, packing a punch like no other. You know, I couldn't resist it. In hindsight, my mistake was testing out a new piece in public. I basically missed everything after that. Next thing I knew, I was at McDonald's across the road, locked in an intense showdown with a Big Mac. Munchies: 1, Expo: 0.

-Mackenzie

CONFESSIONS OF A CANADIAN STONER

By Sara Jane Wilson

I was at this pop up event at my local dispo, excited to meet a well known LP. Let's just say my excitement quickly went up in smoke.

As we approached him, hoping to strike up a conversation and maybe learn a thing or two, the guy started acting like he was the cannabis messiah. He wasn't just nonchalant; he was totally rude. It

was like we were invisible or worse, beneath his social status. He brushed us off with a quick wave of his hand. I've met some amazing people in the industry who are more than willing to share their knowledge and passion. But this LP? He left me with a story to tell and a sour taste in my mouth.

-Adam

Spilling the beans on my wild nights working at the gas station. Picture this: the late-night shift, where the world outside is dark and quiet, aside from the homeless guys. It was just me, the register, and a secret stash of joints hidden away in my bag. During those breaks, I'd sneak away, light one up, and let the stress of the shift melt away. I'd usually give half of it away to one of the guys chilling out there that night. My guilty pleasure included sneaking into the snack aisle to buy bag of chips and a giant, colorful slushy. Behind the counter, in between customers, I'd munch right out. I'm not saying it was the smartest move, but those slushies and chips got me through some long nights.

-Zac

My story involves my flying with a pocketful of edibles. As I stood in line to declare my stash at the security checkpoint, I couldn't help but feel a bit like a kid caught doing something wrong. The flight attendants were giving me "the look," and it made me feel sheepish. It was legal, yet there's something about that stern gaze that makes you wonder if you've just committed the ultimate faux pas. In the end, it was all smooth sailing, and I laughed at myself because I know damn well, edibles are as common as maple syrup in our country these days. But that first-time travelling with them on



a plane? It's an experience I won't forget. Or stop poking fun at myself for.

-Deana

The unsung heroes of the pandemic - the budtenders at our local dispensaries! During the Covid months, they became some of the only people I regularly interacted with, and I couldn't have been more grateful. While the world was filled with uncertainty and chaos, stepping into that dispensary felt like entering a safe space. The friendly faces behind the counter, always ready to offer a recommendation or simply engage in a bit of small talk, became a lifeline for myself and others. These interactions weren't just about purchasing cannabis; they were about connections when we really weren't allowed to have them. They helped keep my mental health in check when everything else seemed like it was falling apart.

-Chloe



THINGS I CAN'T CHANGE

A New Book by T.F. Pruden

Now Available!

A 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.

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Reader Reviews:

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

Buy Online:

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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.

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LET'S GET
HIGH AND FIT
TOGETHER

- ZARA -

HIGH! CANADA
MAGAZINE

THIS
FALL



FREAKY FRIDAY

50 SHADES OF GREEN
CANN&KINK 3
COSTUME PARTY
5PM-9PM AT
THA DANKFORTH

- ×NYOTAIMORI
- ×BDSM DEMO
- ×MENTAL PERFORMANCE
- ×SULTRY MUSIC PERFORMANCE
- ×CANN & KINK MARKET

FRIDAY THE 13TH

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