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GRO

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LEADERS IN THE CANNABIS COMMUNITY

SEP 1 12 - 15

TRAINING & EDUCATION TRADE SHOW

TORONTO, ON

FOR DETAILS VISIT

www.elevatecannabisexpo.com





DAY 1

TRAINING DAY FOR STORE OWNERS / MANAGERS

DAY 2

TRAINING DAY FOR BUDTENDERS & STORE STAFF

DAY 3

TRAINING DAY FOR MICRO/ SMALL LPS & BRAND REPS

DAY 4

TRADE SHOW DAY & SOCIAL NETWORKING PARTY IN EVENING

SPACE IS LIMITED, REGISTER EARLY.

FOR PARTNERSHIP OPPORTUNITIES OR MORE INFORMATION CALL

Jazz Samra 416-455-8686 Harsh Bawa 647-529-2511 info@elevatecannabisexpo.com We are super excited to be media sponsoring the upcoming Elevate Industry Expo. A welcome addition to other trade shows and sorely needed in the Toronto retail market which has to be the most saturated and challenging cannabis retail environments in the country.

The Elevate Cannabis Industry Expo is intended to bring transparency and collaboration to the forefront of our industry. Retailers, Budtenders and LPs are struggling to thrive. What is not being shared are ways to overcome these shared challenges on a grand scale. They are providing a safe space to be vulnerable, ask questions and gain insight to some best practices from successful members of our industry, while surrounded by like minded people - this is an invaluable opportunity to connect, elevate and grow, together.

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WE RISE BY LIFTING OTHERS

INDUSTRY EXPO

THE FIRST EXPO ORGANIZED BY RETAILERS

SEPT 12 - 15

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DAY 4

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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.

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HIGH GANADA NAGARIA

#89 - LATE AUG/EARLY SEPT 2023

NOW BI-WEEKLY!

(AS OFTEN AS WE CAN SWING IT!)

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

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HIGH! CANADA MAGAZINE

elcome to the end of summer in Canada.

This issue we are super excited to talk about the future of retail cannabis events with entrepreneur and visionary Jazz Samra. I am also very happy to report on August's absolutely amazing Unicorn Music Festival and Rosebud Bowl cannabis comparison event - I was so incredibly impressed with this event and the impact it has on our sector as a whole.

As you know we missed publishing an issue in August due to our busy event coverage schedules and we will work to make up those issues over the next two months.

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.

With 12 issues left - we cannot wait to see how everything turns out.

As you may or may not know, I sit on



CELEBRATING THE BEST IN CANNABIS

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FINALIST

CANNABIS PUBLICATION OF THE YEAR

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the Growup Conference and Expo Advisory Board with some truly outstanding individuals.

Grow Up recognizes the value and importance in creating an inclusive cannabis sector that not only acknowledges traditionally excluded groups and persons but creates opportunity for their participation. Wherever Grow Up holds its gatherings, we are sure to acknowledge that we are on the traditional lands of Indigenous Peoples (often unceded territory) but we recognize that is only a small first step towards reconciliation. We continue to collectively decolonize our minds and seek to better understand our relationships with Indigenous communities. As a next step,



Grow Up has initiated a Conference Scholarship program to provide 20 VIP Conference passes for persons identifying as Indigenous (including status; non-status, First Nations, Metis, Dene, Inuit).

We are grateful that this amazing plant, cannabis, continues to serve



serve as a healer. All applications must be received no later than September 15th, 2023.

For more information about the Grow Up Conference and Expo or to purchase tickets, please visit www.growupconference.com

In other hot Canadian cannabis sector news, there are some other really amazing and cannot miss cannabis events you should really consider.

The Hall of Flowers hits Toronto on Sept 19th and 20th and as always if you live in Toronto or in the surrounding vicinity - you already know how exclusive and welcomed this US based event is in Canada.

Following this, on September 27th, Canada's hottest cannabis comparison event is back and kicks off this fall's Canadian tour in Edmonton with the Cannareps Collector's Cup!

The Collector's Cup tour is 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







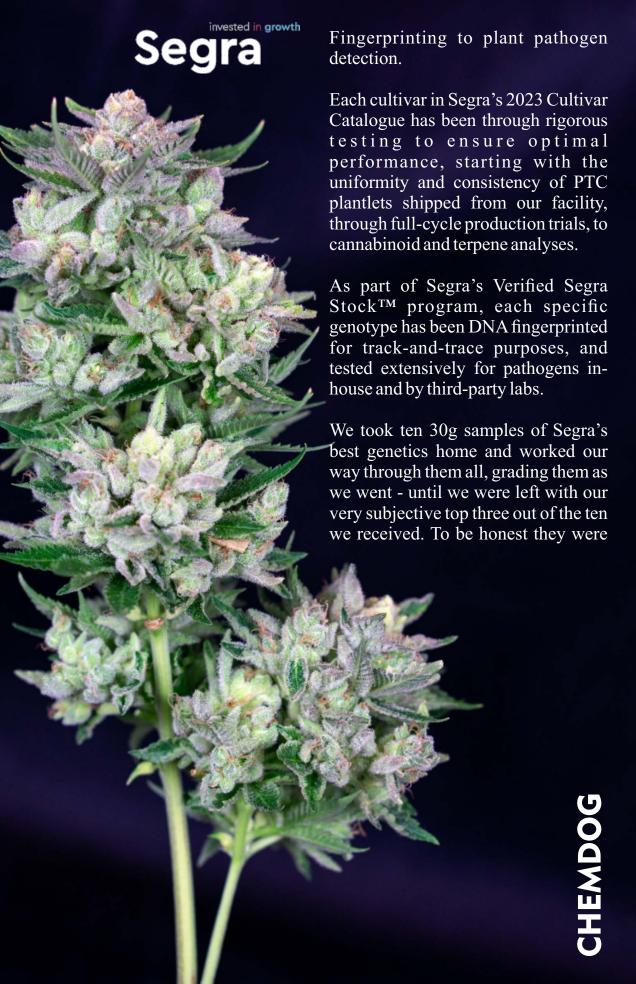
williams and our Cultivation Editor Dave Mac Adam have been sampling craft cannabis from around the country in search of the very best of the best - the so called 'perfect genetic.

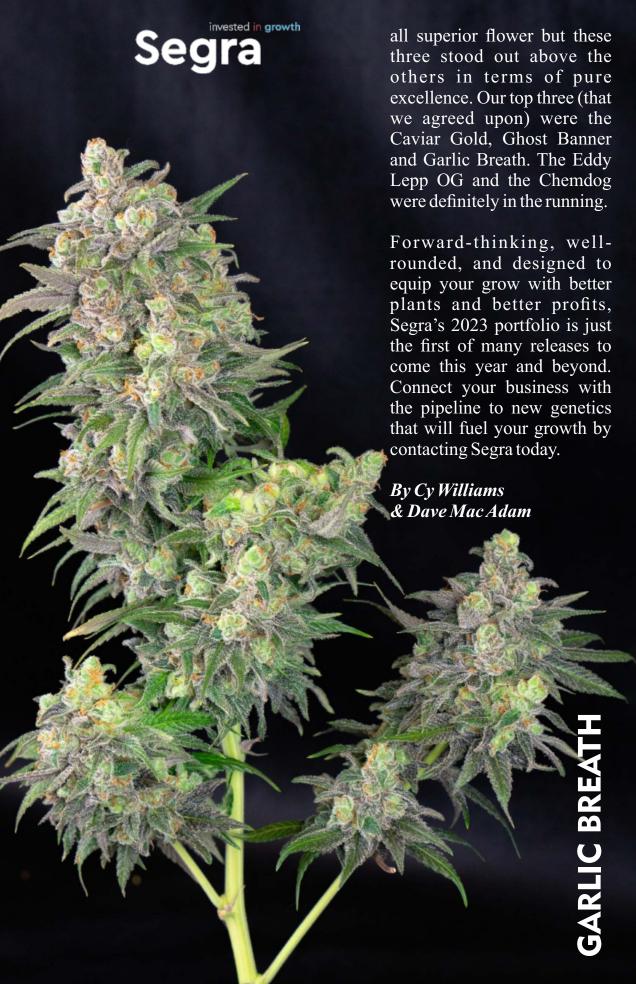
With this in mind we approached acclaimed plant tissue culture leader Segra International to see if we could start with them and some of Segra's proprietary PTC "Verified Segra StockTM"—laboratory-produced young plants that are created using a technological process proven to offer superior pathogen resistance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

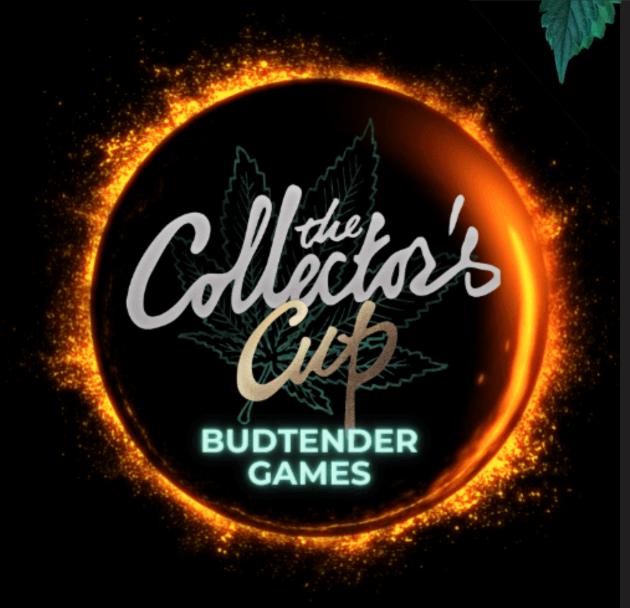
These plantlets are screened for pathogens, and can be grown at scale and shipped globally. Each outgoing batch of plantlets is verified with industry-leading DNA fingerprinting process to ensure that the cultivar you want is the cultivar you get

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azz Samra is a visionary. He is a seasoned entrepreneur with extensive expertise in marketing, business development, corporate strategy, finance, and government regulations.

Currently, He is the proprietor of Sativa Bliss Cannabis, overseeing a network of seven thriving locations in Ontario. He also owns VIP Media Group, Elevate Cannabis Expo, the Dank Reviews App and a few cannabis accessories brands.

Over the past three decades, He has successfully launched numerous ventures, many of which have achieved industry leadership status and maintained prosperity.

His international business experience encompasses owning and operating companies in more than 20 countries worldwide. His dedication to entrepreneurship

drives his passion for building new enterprises.

In the legal field, Jazzhad previously established one of the largest Canadian Immigration law firms, spanning across 20 countries. Additionally, He

founded Voice Media Group, a prominent media company that owns ethnic newspapers in Vancouver and Toronto, making it the largest South Asian media entity in Canada. A man of many talents. Jazz also owned a real estate company called VIP Condo Brokers, served as a real estate coach and motivational speaker, leading one of Toronto's top-performing real estate teams.

Within the Canadian Cannabis Community, He am actively engaged in networking and has developed close relationships with numerous cannabis store owners in Ontario. His comprehensive understanding of the industry's challenges, from a retail and licensed producer perspective, led to the foundation of VIP Media Group—an association of



independently owned retail stores, now comprising over 400 stores. His corporate social events, particularly the well-attended Galas, have attracted participation from over 600 attendees and representatives from approximately 1200 retail stores.

As the person behind the upcoming Elevate Cannabis Industry Expo in Toronto, scheduled for September 2023, Jazz is confident that this event will stand out as one of Canada's premier cannabis conferences, drawing significant support from retailers, budtenders, licensed producers, and the industry at large.

Being a staunch advocate for independent retailers, Jazz is committed to supporting the cannabis industry in any capacity I can. On LinkedIn, He



actively contributes by sharing articles about the cannabis industry, fostering a substantial following with thousands of connections.

Jazz thank you for speaking with me about the Elevate Cannabis Expo. Tell me how did this culminate. You are a retailer and one heck of an entrepreneur - what led to to creation of the Elevate Expo and why the name Elevate?

What led to the creation of the Elevate Cannabis Industry Expo

was the fact that there has an overwhelming feeling that conferences were not adapting to the changing industry. The organizers of past conferences do not work directly in the cannabis industry, they don't understand our challenges and issues we deal with on a day to day basis.

The conferences were not well supported by LPs and Brands because they don't get an ROI on their investments.

Too many event organizers only show up in the industry to do their



event, take the money and leave. Some companies come from USA to do events and don't even understand the cannabis industry in Canada.

We wanted to create a conference that's focused on education and delivering ROI to LPs. I believe we can create our own ecosystem of supporting our industry.

We chose the name Elevate because that's what we wanted

to do for the struggling cannabis industry. We believe we can create a conference that provides real value to retailers, budtenders and LPs. We want to focus on teaching the things that will make a tangible difference to your business. The goal is to learn from those who are finding ways to be successful in this industry.

What kind of support have you been seeing for your brand new event within the sector?

I am amazed at the positive response for our event. Some of the biggest names in our industry are attending and throwing their full support behind our concept for what the industry needs in a conference.

We have had a tremendous support from LPs, Retailers and Budtenders.

We also have great support from the cannabis media side of the industry. People like David Brown from Stratcann are coming from BC to help support and speak at the conference. So many people from all over Canada are attending.

What are some of the planned elements of the Elevate Expo that have you most excited?

I am excited for the training days. Everyone says that education is needed to grow our industry, this is exactly what we are focused on. We have a long list of exceptional speakers who have found success within the industry. They are passionate about the industry and share our same values. I am also excited a b o u t the Networking Opportunities through our Speed Dating segment that will introduce Retailers to Lps.

I think the trade show will also be a lot of fun.

We have a lot of great brands that will be showcasing their products to retailers and budtenders.

Who exactly is the Expo for and why?

This expo is for Retailers, Budtenders, LP Reps, Micro LPs and Regular Lps.

Retailers want to learn best practices and build relations with Lps. Budtenders want more education to improve their skills and advance their career paths. LP and LP Reps want to learn how to take their products to market and get them listed on Store Shelves. This is our ecosystem we are building. We can all work together to achieve mutual success.

We are also focused on delivering ROI for all our sponsors because they are the ones that make such an event possible.

Is there any other aspect of the Elevate Expo you would like to touch on for our readers?

This is a really unique opportunity for the industry to come together to Learn, Connect and Grow to Elevate the Cannabis industry. We are confident the event will be well received by the industry and hope to deliver similar events next year across Canada.

Finally... Three things you think everyone needs

Product Education, Business Education and Supportive Relationships within the industry!





SWEETEN THE POT

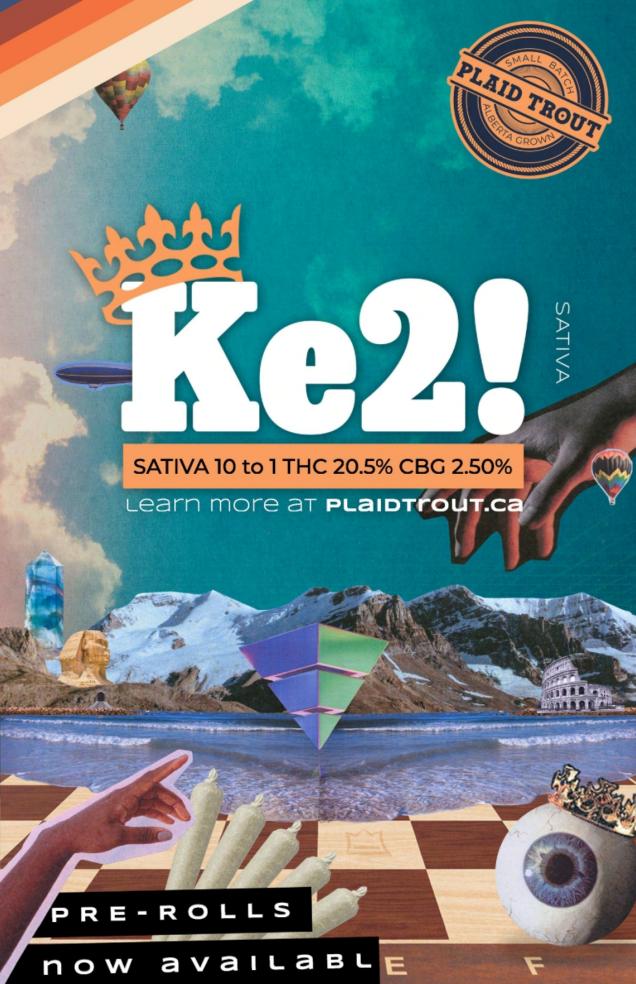


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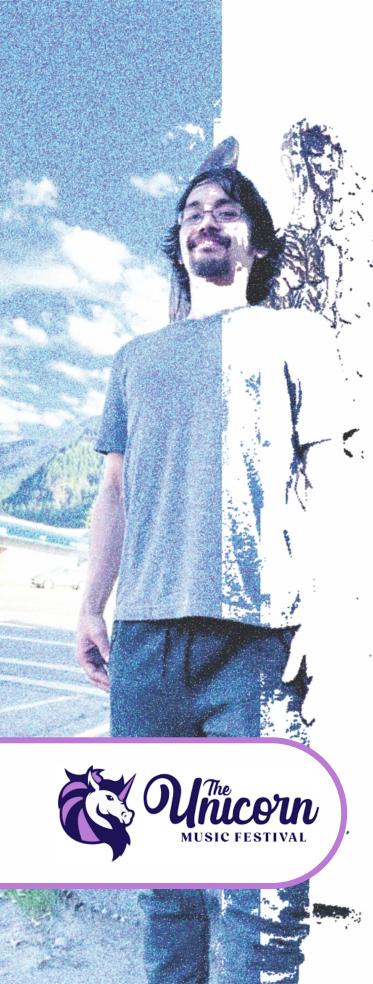
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his year I discovered how to embrace authenticity at the 2023 Unicorn Music Festival and the accompanying Rosebud Bowl cannabis comparison event.

I first heard about the Unicorn Music Festival and Rosebud Bowl last year on social media and it looked like the people who were in attendance were having so much fun. So much fun... There was a feeling that emanated from these photographs and videos of pure joy, unadulterated peace and unity and a sense of community I honestly thought was a thing of the past.

It seemed to me that the people who attended the Unicorn Music Festival experience, left feeling charged and renewed and I noticed that a number of them



went on to major projects and successes throughout the rest of 2022 and into 2023.

What kind of event was this? This music festival set near Salmo BC which is a remote location next to big blue lake and surrounded by mountains and forests.

On the website the organizers promised music and community and a chance to enjoy mesmerizing glass blowing, watch and listen and dance to music, watch graceful silk rope and hooping performances and experience engaging art installations allowing attendees the rare opportunity to explore the limitless possibilities of the creative spirit and they did not disappoint in the least. The festival was a delight and the visual delights were as plenty and as enjoyable as the audible ones.

In this serene valley, the Unicorn Music Festival brought this event to life with definitive aesthetic flair, modern sounds, sublime programming and grand activity presenting authentic experiences, pivotal speakers, workshops, presentations and vendors all weekend long.

Everyone in attendance seemed to be there with intent. With that intent being to honour the land we celebrated on and the amazing cannabis plant and the products that are available through the cannabis plant. I discovered that the event celebrates psychedelics and psychedelic research and safe psychedelic experiences.

I also was pleased to see the organizers and those in attendance celebrating indigenous culture and integrating that into the programming.

This was a celebration that I had not experienced before and I desperately wanted to see what the Unicorn Music Festival and Rosebud Bowl were all about and on arrival I jumped headfirst into the experience.

A few weeks before the 2023 event, my friend Julie from Cannaraps had reached out to

me. She had asked me "Cy, what do you think about going to the Unicorn Music Festival? I understand..." she said, "that the Rosebud Bowl is going to be this amazing cannabis comparison competition. What do you think? Are you down to go?"

I initially said no because I was feeling overwhelmed by work but I waited a little while and after a few days and I went back and looked at all the media coverage and social media coverage from last year and I remembered how much FOMO I had felt for the weeks and even months after last year's event.

High! Canada Magazine prides itself on covering some of Canada's best Cannabis and Psychedelic events but for some reason this one had slipped through the cracks.

I hadn't made it up to beautiful Salmo, British Colombia yet but this time I decided that I would.



I called Julie back and I made arrangements with her group for me to catch a ride up to Salmo and up to beautiful Rosebud Lake for the unicorn music festival 2023 with them. I reached out to organizers via usual channels and I was thrilled to meet Che LeBlanc, Krystal Autumn and Dennis Park as well as Mark Okoth who were the main organizers of this amazing event.

Mark was running lead on the Rosebud Bowl cannabis comparison event and Dennis, Krystal and Che took care of everything else. They described themselves to me during our initial phone call as being the 4 legs of a stool that holds everything else up. A fitting image as during the event itself they were phenomenal and very skilled at doing what they do.



The event was safe, there was a no-alcohol rule that 98% of attendees followed. There was no wireless or cell service and everyone there was unplugged from phones as there was absolutely zero WIFI signal and no cell phone tower close by which was refreshing. It took me about a day to get used to it and then it was freeing.

Jumping in the lake at a moments notice or being high at an outdoor cannabis event and losing one's phone would likely make for the possibilities of a bad time.

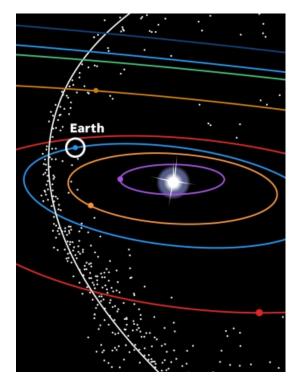
The bands that performed the three nights were simply phenomenal and there are honestly too many amazing musical moments to list off but I can tell you that the many unicorns in attendance danced from dusk til dawn every single night of the festival and that included yours truly for at least one of the nights.

The very best musical experience for me personally was the curated and hauntingly beautiful musical sets that resonated across Rosebud lake and accompanied a magical light show



that kicked off at dusk each night. The optimal viewing spot was upon the Lily Pad floating stage and it made for the second best show in the sky over the course of the weekend.

The best of course was reserved for the universe itself as the Persied Meteor shower put on an incredible show which delighted and amazed festival goers strolling around between the hours of 2am and dawn.



With musicians performing on stages all over the course of the festival and with the high-energy programming on the main stage-participants had a variety of options available to relish in the music side of the festival.

Some of my favorites also included Stickybuds, Neon Steve, Stylust. Known for his sleeveless, whimsical synergy



with the fans, Geoff "Stylust Beats" Reich has been creating his own counterculture since he was a teenager.

The Rosebud Bowl cannabis comparison is the heart and soul of the festival. The judges were able to experience the best of Canadian cannabis and connect with growers, vendors and culture.

The aim was to educate guests on how to assess quality cannabis products and provide an opportunity for producers to understand what consumers are looking for.

Plus there was a lot of behind the scenes access to sample flower during the comparison and plenty of opportunity to get up close and personal with some of BC's finest. Which I enjoyed tremendously. I was honoured to be able to have



held my own during some of the more informal comparison circles by bringing along a selection of 10 strains from Segra International - a leader in providing clean and unique cultivars via tissue culture technology.

The speaker sessions were particularly amazing and inspiring. Expanding mind and nourishing spirit as attendees spent excellent time learning from experts in cannabis extraction and cultivation, holistic wellness, sustainable living and regenerative agriculture. I gained actionable insight and knowledge from legacy transitioned experts in the

legal cannabis industry as they shared their experiences in today's legal market and the challenges they overcame.

Especially poignant was the call to action against Government overstepping and over-taxation directed at our entire sector made by Robert Laurie and Alannah Davis.

The 6th annual Unicorn Music Festival and Rosebud Bowl cannabis comparison event was a huge success and exceeded my wildest expectations.

I came away feeling refreshed, recharged and knowing that I had spent amazing time with old



friends and new one too. So many great connections built overall.

I left the festival site tired, happy and satisfied that I had learned much and experienced even more over the course of the Festival.

I am grateful to my friends Julie and Alix for adding so very much to the flavour of my Unicorn Music Festival experience which included acceptance, inclusion, music, arts, culture, cannabis, nature, health and wellness and people.

Turns out that's the recipe for a perfect weekend...

Kudos and congratulations to the organizers on a well-organized, authentic and thoughtful cannabis-centric event.

I loved the lake the event was set a round, the music was spectacular, the programming was captivating, the camping experience was a blast, the community was represented and having fun and the cannabis was on point. Shout outs to VCC and to Royal Harvest for some simply stellar samplings - if you get a chance to check either of them out - you will not be disappointed. As for me... I cannot wait until next year!

Cy Williams





Rosebud Bowl Carlinabis Educational Assessment Comparison Final Results

Licensed Processor Dried Flower

Overall Score Results

First Place Royal Harvest Sherbo Entry #FL14

Assessment Comments
Positive: Nice distinct taste,
Strongest & most complex aroma,
Smoked it all. Relaxing high.
Negative: A little hard on lungs,
Descriptive: Sour, Strawberry, Fuel,
Chestnut, Cream, Nuts, Diesel,
Skunk, Camphor, Hard buds. Super

Second Place Woody Nelson Rainbow Driver Entry #FL3

Assessment Comments
Positive: Great taste, Creative high,
Unique aroma, Love the taste
Negative: Visually okay.
Descriptive: Light green, Citrus,
Pungent, Lemon Loaf, Candy
Tangerine, Fruits, Gassy & funky,
Creamy, Tight nugs,

Third Place Coast Mountain Cannabis BC Organic Dancehall Entry #FL12

Assessment Comments
Positive: White ash, Strongest &
most complex aroma, Strong
healthy high,
Negative: Mid effects.
Pescriptive: Sweet Fruit & Berry

Descriptive: Sweet, Fruit & Berry, Grape Gas, Pungent, Orange, Sweet, Cream, Tight buds, Nice crystals, Vanilla sweet, Tea tree, Sour

Appearance Results

First Place Organnicraft Platinum Grapes Entry #FL11

sugary,

Second Place Sweetgrass Cannabis Crunch Berries Entry #FL8 Third Place MTL Cannabis Sage n Sour Entry #FL2

Aroma Results

First Place Sweetgrass Cannabis Crunch Berries Entry #FL8 Second Place Organnicraft Platinum Grapes Entry #FL11 Third Place MTL Cannabis Sage n Sour Entry #FL2

Flavour Results

First Place Woody Nelson Rainbow Driver Entry #FL3 Second Place MTL Cannabis Sage n Sour Entry #FL2 Third Place Sweetgrass Cannabis Crunch Berries Entry #FL8

Experience Results

First Place Woody Nelson Rainbow Driver Entry #FL3 Second Place MTL Cannabis Sage n Sour Entry #FL2 Third Place 1964 Supply Co. Gelato 41 Entry #FL4



OFFICIAL RESULTS!

Licensed Processor Pre-rolls

Overall Score Results

First Place

Sweetgrass Cannabis Crushed Velvet Entry #PR2

Assessment Comments

Positive: Good smell, Energetic high, Really tasty, Different taste, Creeper, Strong hitter, Negative: Smoked okay, Descriptive: Nice oil ring, Sour, Skunk & fuel temps, Fruity, Best roll

Second Place

Symphony Co. Saltspring Love Haze Entry #PR10

Assessment Comments

Positive: Smooth uplifting high, Would smoke daily, Long lasting, Negative: Canoe burn, Big run. Descriptive: Nice oil ring, nice ash, nice tight doob, Citrus & spice,

Burns clean

Third Place

Victoria Cannabis Company Pomelo Skunk Entry #PR8

Assessment Comments

Positive: Great taste, Smooth hitting, Very nice high, Great twist,

Negative: Dark ash,

Descriptive: Pepper terps, Nice tight joint, Citrus, Pine, Spicy

□avour, Tidy roll

Appearance Results

First Place

yet,

Victoria Cannabis Company Pomelo Skunk Entry #PR8

Second Place

Symphony Co. Saltspring Love Haze Entry #PR10

Third Place

Sweetgrass Cannabis Crushed Velvet Entry #PR2

Aroma Results

First Place

Sweetgrass Cannabis Crushed Velvet Entry #PR2

Second Place

Victoria Cannabis Company Pomelo Skunk Entry #PR8

Third Place

Symphony Co.
Saltspring Love Haze
Entry #PR10

Flavour Results

First Place

Sweetgrass Cannabis Crushed Velvet Entry #PR2

Second Place

Symphony Co. Saltspring Love Haze Entry #PR10

Third Place

Smoker Farms
MK Ultra
Entry #PR11

Experience Results

First Place

Sweetgrass Cannabis Crunch Berries Entry #PR3

Second Place

Sweetgrass Cannabis Mendo Stomper Entry #PR1

Third Place

Sweetgrass Cannabis Crushed Velvet Entry #PR2



FFICIAL RESULTS!

Licensed Processor Non-distillate Carts

Overall Score Results

First Place

Astrolab Summer Cherry Punch Live Rosin Entry # NDC2

Second Place

Great Gardener Farms Barbara Bud Entry # NDC6

Third Place

Wildcard Extracts FG x CR Live Resin Entry # NDC3

Licensed Processor Concentrates

Honorable Mention

Astrolab Gummy Hash Old School Entry #HS1

Assessment

Positive: Great

On point, Fresh

Chocolate, Nice

smoke, Consistent,

clean taste & smell,

Descriptive: Coffee,

colour, Great texture,

Comments

Negative:

Strawberry Jam Rosin Entry #RO1

Dabble Cannabis

Assessment Comments Positive: Tasted amazing, Burned well, Cleanest

focused high, Negative: Bit dry, Descriptive: Light in colour, Citrus fruity smell, Amazing wax consistency, Strong

fruit, Sweet smell.

Wildcard Extracts Sara Secret

Caviar Entry #CA1

Assessment Comments

Positive: Stoned for sure, Consistent, So smooth,

Negative: Descriptive: Methol aroma, Citrus, Lemon Lime Solvent,, runny liquid

w/diamonds, Intense smell, Orange, Pine.

Wildcard Extracts Black Triangle Cured

Resin Entry #RE1

Assessment

Comments Positive: Good □avour, So smooth, Negative: Didn0t feel much, A bit harsh **Descriptive**: Pine smell, Kind of grainy,

Sour, Lemon, Gold colour

Wildcard Extracts Platinum Grapes

Cured Resin Entry #RE2

Assessment

Comments Positive: Around great high & taste, Uplifting high, Negative: Dry &

crumbly,

Descriptive: Skunky, Looks so nice, Spicy taste, Gas, Candy, Citrus, Sweet.

We apologize for the logistical challenges that arose in processing the concentrate entries for this year's cannabis assessment kits. Despite our multiple efforts to extend the entry deadline and accommodate committed participants, we unfortunately received fewer entries than expected due to unforeseen circumstances. We are actively developing a compensation package for next year's event as a gesture of our appreciation, should you decide to join us. Your steadfast support is immensely valued, and we extend our heartfelt gratitude for your role in making this event possible through your contribution to the community.

Thank you Rosebud Bowl Compliance Team

More results information can be found online at this link: https://theunicornmf.ca/



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old onto your hats as we take a joyous journey through the wild west world of cryptocurrency, metaverse, blockchain, and the cannabis industry! Buckle up, because this is going to be a wild ride filled with digital wonders and green herbal delights.

Picture this: a cryptocurrency called "Budcoin" - the digital currency of choice for the everbudding cannabis industry. With Budcoin, you can buy your favorite strain of weed with a simple tap on your smartphone. No need to rummage through your pockets for cash; just let your fingers do the talking, or in this case, the toking!

Now, let's talk metaverse - a place where reality meets the surreal, and imagination runs wilder than a munchies-induced dream. Imagine a virtual cannabis fair where you can stroll through pixelated cannabis fields, smell the aromas, and have animated conversations with like-minded enthusiasts. It's like a trippy digital carnival where the only cotton candy is the sweet smell of cannabis wafting through the virtual air.

But wait, there's more! In this metaverse, you can attend a blockchain workshop where they explain how this cutting-edge technology keeps track of every cannabis seed from the moment it's planted to when it's turned into that potent bud you love.



Blockchain ensures that you know exactly where your favorite strain comes from and that it's as authentic as a hippie's love for peace.

Now, you might wonder, "Why all the fuss about blockchain in the cannabis industry?" Well, my friend, it's like having an infallible wizard who casts a spell on every cannabis product, making it traceable, transparent, and utterly tamper-proof. No shady business here! It's like the weed version of Sherlock Holmes, solving the mystery of "Who grew this marvelous Mary Jane?"

Picture this: you're at a virtual dispensary, trying to decide which strain to go for. Suddenly, a helpful Al budtender pops up - a digital Snoop Dogg if you will - guiding you through the dizzying array of options. "Yo, my friend, you gotta try that Purple Haze; it's like a groovy roller coaster for your mind!"

With blockchain at play, you can scan a QR code on the product, and voila! You get a sneak peek into the plant's journey from seed to shelf. It's like being teleported into a cannabis time machine - all the way from cultivation to the "aha" moment when you're savoring every puff.

But, beware! With all this high-tech magic, there are challenges too.

Regulatory hurdles can be as confusing as trying to understand your friend's philosophical musings when they're three bong hits deep. And let's not forget the metaverse's early stages; it can sometimes feel like you're stuck in a digital labyrinth without a map.

Yet, fear not, for where there's a joint, there's a way! Collaboration between cannabis enthusiasts, tech gurus, and regulators can pave the path for a harmonious dance of crypto, metaverse, blockchain, and the cannabis industry.

In conclusion, dear tokers and tech aficionados alike, the convergence of crypto, metaverse, blockchain, and the cannabis industry is a thrilling ride filled with laughter, innovation, and green dreams.



From Budcoin to digital Snoop Dogg, Al budtenders and blockchain time machines, the possibilities are as limitless as the munchies' cravings.

So, let's raise our virtual pipes and toast to this blazing adventure! With humor, innovation, and a bit of green magic, the future of the cannabis industry is sure to be one heck of a cosmic trip! And don't get me started on SHROOMS!!!



HOMEGROWN... AN OUTPOST OF COMMON SENSE.

BY @TFPRUDENTHEWRITER

ello neighbor, and welcome.

It's once again only days before the latest deadline as I write you this note from my desk at Pajama Flats. Somehow, another summer's leisure went up in the smoke of countless fragrant and well-cured buds rescued from the lonely exile of Mason jars.

And, in case I haven't said so lately, as far as I'm concerned, time passes best when one spends most of it having fun. In these parts, as much as possible, life's focus is there.

Lucky for me, on most days homegrown herb takes enough of the edge off the chronic pain to make stronger meds pointless.

Not only that, but in print, this writer, like any other pundit worth his salt, plays for serious laughs. Because what I'm sharing is supposed to be an outpost of common sense, which is a concept no longer popular enough to wear the name.

At least, that's what the latest news from the world's various fronts leads me to believe. Anyway, while surely worthy of a chuckle, this column only rarely features the 'ha-ha' type of laughs. Mostly because, despite finding the life business most like slapstick, I dig how it isn't too much fun being the butt of a joke.

If you're wondering, that was the voice of experience talking.

By now, you've likely guessed that, here and elsewhere, I'm often found on the wrong side of most is sues under the world's microscope. Thus, aside from those made known in a public forum such as this magazine, I prefer keeping the personal opinions to myself.

That's because I'm pleased to have such a gig. I like it, plenty too. But, as it can be with many of them, sometimes the line between business and personal gets a mite blurry.

So, the toughest part of this show to pull off, as I see it, is balancing the different concerns. Because, as a magazine writer, I'm best off chasing notoriety. And if that's the point, the better idea is pumping out the click-bate. While, as a so-called informed person with

opinions, grinding the axe of my choice is, no surprise, one of the routine first picks.

The temptations faced by a published writer are not only seductive, but countless.

In days gone by, the demands made by our world's common sense kept purveyors of fringe ideas from all but a sliver of the public forum. While today, social media has displaced the informed discourse of our shared public spaces with an infinitely reflected, but formerly private, view of our worst selves. Which then preys upon the many widespread and base fears that thrive best among our most illinformed.

Now, with recent studies showing somewhere between thirty and fifty percent of us lack an internal dialog, seeing the trouble is easy enough. But doing something about it will be tough, in the digital age. Because to find out if social media is our shared reality, or just the unhinged nightmare of a terrified few, one must step away from it. For this world's badly addicted naked ape, however, doing so might be too much to ask. Likewise, for a writer in these chaotic times, that's life.

Most times, I let what I regard as my writer's instinct for that once common sense guide what I submit to the magazine. While not always able to pull it off, this writer's goal for the 'Homegrown' feature is the same every time out, too. In short, each month I try to give a pull-onyour-leg common sense review of some minor challenge facing us, as people first, and cannabis users second.

By doing so, I hope to promote the regrowth of our long-ago shared dream of lifting each other out of chaos and ignorance to new heights of knowledge and awareness. Once, we called this public storehouse of ever-growing and widely shared information the common sense.

Sadly, the rise of social media has quickly destroyed this great treasure of our species' history and progress. In its wake, it has exposed us as the ignorant weaklings that, when taken singly, instead of as a whole, we, in fact, are.

That's one of many reasons I'm glad to be a member of a diverse family of writers here at High Canada. Not just because it means you get a better look inside the business of cannabis. But also because we're always better together than alone. And while the magazine often challenges ignorance of all types, it routinely applauds progress of many kinds, too.

To this writer, that adds up to plenty of common sense. Until next time, smoke 'em if you got 'em, and happy growing.

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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.

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Reader Reviews:

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

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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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