

SUGGESTED RETAIL PRICE \$4.20

 ISSUE 83 

HIGH! CANADA MAGAZINE

A CANNABIS JOURNEY LIKE NO OTHER.
ONE-ON-ONE WITH ADAM VERK
THE CO-FOUNDER OF

PINNRZ TM/MC

CANADA'S FAVOURITE CANNABIS MAGAZINE



HORTICULTURE LIMITED

ENHANCED PLANT GROWTH AND PRODUCT QUALITY

- INCREASED CANNABINOID LEVELS • INCREASED TRICHOME DEVELOPMENT & RESIN PRODUCTION
- ENHANCED TERPENE PROFILE • FASTER TRANSITION INTO FLOWERING • INCREASED FLOWERING AND BUD FORMATION • PROPRIETARY MANUFACTURING PROCESS OF OLIGOCHITOSAN • TRIGGERS TWO SEPARATE PLANT DEFENCE PATHWAYS • PROMOTES TOLERANCE TO SALT, HEAT, AND DROUGHT • CFIA REGISTERED



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



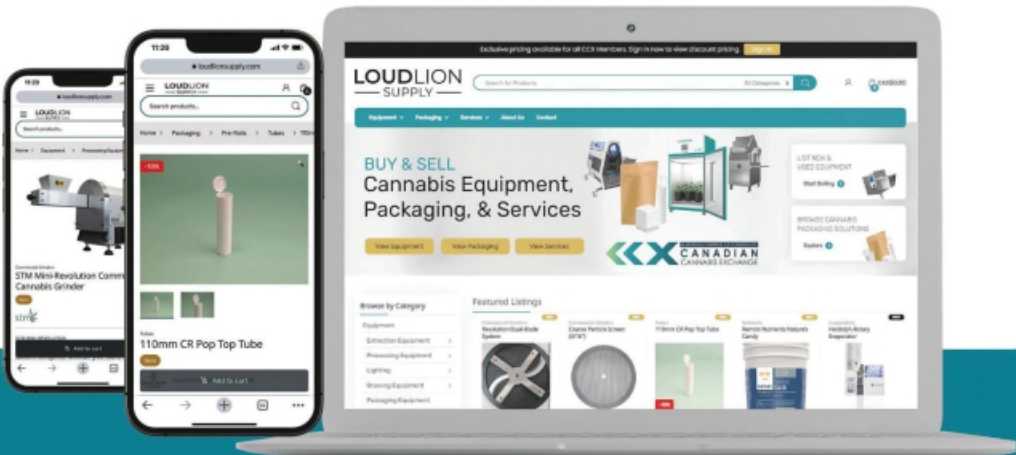
**Canada's Leading
Wholesale Cannabis &
Hemp Trading Platform.**

**Access To 500+ Licensed
Producers Across Canada.**

LOUDLION
— SUPPLY —
POWERED BY 

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

— WHOLESALE PRICING ON POPULAR BRANDS



Shop Now at loudlionsupply.com



MANTRA



be magical

MANTRA

CANNABIS

CREATING MOMENTS OF MAGIC

www.mantracannabis.ca



BERLIN

ESTREL BERLIN HOTEL • 29-30 JUNE 2023



EXHIBIT • SPONSOR • REGISTER
WWW.INTERNATIONALCBC.COM

B2B

5000 ATTENDEES

OVER 80 COUNTRIES REPRESENTED

400 EXHIBITORS AND SPONSORS

150,000 SQ FT OF EXPO SPACE

EUROPE'S LARGEST

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

**GLOBAL INVESTMENT
FORUM**

27 JUNE 2023 • BERLIN

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

SUSTAINABLE CANNABIS PACKAGING SOLUTIONS MADE IN CANADA



FOR MORE INFORMATION CONTACT
INFO@CANNAGREENPAK.COM



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

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

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

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

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

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

HIGH! CANADA MAGAZINE

ISSUE 83 - APRIL 2023

NOW BI-WEEKLY!

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

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

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

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

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

Cy Williams
Publisher/Editor

Tammi Stanhope
Ontario Editorial Team

Dave Mac Adam
BC Editorial Team

Xander Landry
BC Editorial Team

Sara Jane Wilson
BC Editorial Team

Sabrina Mohamed
Ontario Editorial Team

Zara Boorder
Ontario Editorial Team

TF Pruden
Alberta Editorial Team

Rainbow Smithe
BC Editorial Team

CANADA'S LEGAL CANNABIS
CULTURE MAGAZINE

www.highcanada.net



HIGH! CANADA MAGAZINE

Editor's Notes by Cy Williams

Awesome Photography Provided by Pinnrz



Celebrate **420**

**Music
Markets &
Memories**

Hosted by: Brynn Jones

April 20th 2023

High Noon - 10 pm

SUNSET BEACH

Vancouver, BC

Happy 420 Canada!

Our favorite time of year. A celebration of our favorite thing.

We wish you a happy and safe 420 and the very best 420-week!

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

Cy Williams
Publisher/Editor
High! Canada Magazine
editor at
highcanada.net
Digital Downloads
available at
www.highcanada.net

RETAILER CONNECT

PROUDLY PRESENTS

CELEBRATE 420!

DINNER & DANCE GALA

Arabian Nights Theme

OPEN BAR, ENTERTAINMENT, DINNER, LIVE DJ & MORE

FRIDAY APRIL 21, 2023
7:00PM - 12:00AM

TO RESERVE YOUR TICKETS VISIT
WWW.RETAILERCONNECT.CA

AT Mirage Banquet & Convention Centre
1917 Albion Road, Etobicoke ON M9W 5S8



Sponsors & Supporters



XKEXKA

Vacay

SOLINK

VERSUS



AZ LOUNGE



Substance
Law

IMAGE 22

merrco

Cann
Acquire

Tweed

White
Rabbit



**FLORA
GRAPHIC**

CANNABIS INDUSTRY

19+ SOCIAL

THURSDAY

4/20/2023

Trivia/Prizes

Bud Share

Ice Cream and Coffee

5pm-9pm

YAHERB

512 HENDRYX ST.

NELSON, BC

Entry Fee by Donation

Please RSVP to Butterflysessions@gmail.com

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

Grow Cleaner. Grow Better.



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

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



www.humblebeesbotanical.com

Humble Bees
BOTANICAL SUPPLIES INC.

SEEING THROUGH THE SMOKE

H I G H ! N E W S

GHOST DROPS RETURNS TO LEGACY ROOTS WITH NEW MAIL ORDER MARIJUANA (MOM) SERVICE



Ghost Drops is changing the game once again by introducing a Members Only Mail Order club that allows fans to purchase products directly from the website and have them shipped straight to their door.

By creating this new platform through the medical system, Ghost Drops is now allowed to reward customers with loyalty points, discounts, sales, exclusive fresh product drops and more. They are offering quick, easy registrations for medical cannabis prescriptions without the need for a phone call or doctor's visit.

They cut out all of the government middlemen and retail markups and will bring our offerings straight to consumers. This is a "going back to our roots" story for Ghost Drops, as the brand was initially born as a "MOM" – "Mail Order Marijuana" service.

This is a unique platform and

marketing approach that we hope will set a new standard. They've already received a record-breaking number of sign-ups through the soft launch. They're the first brand to launch their own members only "medical" club like this in the country.

To support the platform, they're launching a comprehensive 360 marketing campaign titled "I'm Your MOM" that includes three highly produced commercials shot in Los Angeles, California by award-winning agency Saro Creative, a new revamped Ghost Drops website, a new exclusive merchandise line, a new campaign web page www.imyourmom.com, a hotline customer service number 1-855-IM-YOUR-MOM and more.

Ghost Drops was born in the legacy market and gained popularity as a MOM (Mail Order Marijuana) service. The business model offered direct delivery of



premium cannabis to thousands of loyal customers across Canada. The brand grew with each satisfied customer and Ghost Drops ultimately became the leading MOM platform in the legacy market. The recent acquisition of a licensed processing facility has allowed Ghost Drops to return to its roots and offer an elevated version of the same service that made the brand infamous.

The new Ghost Drops' MOM platform is unlike any other medical e-commerce site in the industry. Other sites are plagued with long wait times to receive medical documents and are flooded with mid-grade SKUs from multiple brands or sources. Ghost Drops' MOM is the first medical portal developed to showcase a single premium brand while drastically reducing the friction medical consumers have faced with other providers. The

new medical portal – which launches to the public today – allows consumers across the country the ability to purchase Ghost Drops online with multiple forms of payment including Apple Pay, credit cards and debit cards. With the ability to ship nationally, the MOM platform will now give thousands of supporters in provinces such as Alberta and Quebec long-awaited access to Ghost Drops products.

As a bonus, the MOM membership unlocks special member pricing on exclusive Ghost Drops products, free shipping and increased carry limits. Members will also be registered to earn GhostDots loyalty points, which was a fan favourite from the brand's legacy platform.

“Launching this MOM platform is the perfect move for Ghost Drops,” says Ghost Drops CEO Gene Bernaudo. “We built our brand and

our cult following through MOM in the legacy market. MOM is part of our origin story. Now, having successfully transitioned to the legal market and having brought our legacy following with us, we're in a position to return to our mail order roots.

“This is more than just a nostalgic full-circle moment for us. This is just another example of Ghost Drops pushing our industry forward, offering something better for our cannabis community. While many large companies have made moves to divest from licensed assets, we continue to defy the status quo and acquired a licensed processing facility. This allows us to bring back the infamous Ghost Drops MOM platform and deliver a greater variety of products, more frequently.”

To support the launch of this non-traditional MOM program, the brand house has done what it's always done – taken a non-traditional approach, with a full-cycle marketing campaign that's sure to capture attention.

The multi-platform campaign is titled “I'm your MOM”. “As a team, we knew we had to market this platform in a way that's never been seen before” says Ghost Drops CMO Saro Manoukian “With the recreational consumer in mind, we shot and produced entertaining infomercial-style ads in Los Angeles, redesigned website, created an on-brand customer service helpline, and developed significant e-commerce infrastructure to ensure compliance was met on all levels. With the ability to now reach the consumer directly, it

opens up a whole new world of opportunity for Ghost Drops to deliver an enhanced brand experience.” To learn more about the campaign, visit www.inyourmom.com or call 1-855-IM-YOUR-M.

Ghost Drops MOM members will have access to the full suite of Ghost Drops cannabis available in retail stores, plus some exclusive member-only MOM products. At launch, the brand's first live rosin product will be available exclusively through mail order. RosinStar, an award-winning solventless concentrate brand born in the legacy market, will be offering their Garlic Chem 1g Live Rosin.

RosinStar is the latest “all-start draft pick” to join the Ghost Drops family under the company's The League brand house, and while the MOM platform is sure to earn new customers and opens up a different commerce channel,

Ghost Drops is not leaving retail. Recreational customers and retailers can rest easy knowing that Ghost Drops product will be available as always on the retail front. However, consumers looking for exclusive access to Ghost Drops' new online portfolio will need to sign up at inyourmom.com.

About Ghost Drops

Ghost Drops is redefining cannabis in Canada. Through exclusive partnerships with award-winning breeders and cultivators, the Ghost Drops model delivers the very best in premium cannabis. Established in the pre-legal market, Ghost Drops built a loyal cult following by setting the standard of cannabis excellence. Now in the legal market, the Ghost Drops business model combines branded cannabis products and a Mail Order Marijuana (MOM) platform to deliver the most unique play the industry has ever seen.

Website: www.ghostdrops.com
Instagram: [@ghostdropsofficial](https://www.instagram.com/ghostdropsofficial)
Twitter: [@ghostdrops](https://twitter.com/ghostdrops)
SOURCE Ghost Drops



The ultimate 4/20 celebration is coming to Toronto – the Icebox Cannabis Expo! With two days of live music from Peter Jackson, Lloyd Banks and Afroman, plus 30 vendors on each day, this is an event you won't want to miss.

Hosted By: Organik (KingOfTheDot) & (Ghostdrops)

[Get your tickets now!](#)



HIGH INTENSITY AT 4.20

BE THE HIGHEST IN THE GYM {AVEC MOI} THIS 420!

BY ZARA BOORDER @THE.FIT.CANNA.MAMA

It's here Canna friends...

420 is one holiday I can always be certain of, that I've never skipped a training day for, in the last 20 years...

Fact!

Geeking out over lifting heavy things after a good early morning sesh is just my over active brain needing to do THE Most on our favorite elevated Holiday...so trainee(s) beware and follow at your own risk.

These be Veteran moves this 4.20.23!

It's not for the weak minded in the realm of iron and steel...so, be ready-freddie, to train hard and to

train smart..ie. check in with your Dr.. and make sure you're in good health, always, first! I'm good so push and pull me in 4.20.

I'm ready! This iron maiden fit-mama is serving up serious sizzle in the Gym in 2023.

Bring your fave sativa and roll with me on this 420 special, Toke and Train Session! An extra special type of training day whether I elevate and train solo or if a friend/client or training partner join(ts) me.

Hmmm, wouldn't it be wild on 420 to recruit and elevate with ALL the people at the gym whether they were reg consumers or not?

Umm, wait Zee, that may be a bit much now...

Fair enough...so this 420, trust that whoever is training with me will well, lets just say lucky them and lucky you! ...because, a la the Queen B... We'll be all night... excuse my digression in thoughts. Often happens when certain songs on the playlist come up especially when I'm writing.

A few days prior to 420, I'd shop for flower to chill to post-workout, and mainly to focus on, pre-workout..timing everything for the day.

An inquiry for all of my Canna-fied fitness friends who regularly enjoy highly infusing with strains before the gym. NAME your strains!

Let me know your favorites. I'm so curious to know what y'all like...also what's good to take the pain away from almost dying after 15 sets of Bulgarian split squats? IDK, yet...and I want to know asap!

Tell me what have been the best you've trained with. My fave being sour diesel • the classic sativa uplifter.

It's always pleasing and potent and clears distraction that isnt training focused and wait did I say it helps me focus? Anything from writing to training to trying out a new recipe and following it to a tee. It always delivers.

And after training, the rest of 420 is nothing too crazy on the fitness fun-o-meter, but just enough to revive, revitalize and refresh a stale fitness routine that many, including myself at times, veer off from during the 1st quarter of the year, as impeccable as our new year's promise to ourselves sounded like on Dec 31.

We all know too well that life happens and it can pause our fitness progression, throwing curve-balls often at our heads, and always without notice.

A fitness reset is all that's needed and now is the best time to do it!

THE 'REFRESHER' 4.20 TRAINING SESSION

7x daily for 1 week & follow to a T(HC). A process of binge that I'm prescribing myself and you can join(t) right along with me.

So if you're excitedly planning out your strategy to engage in high intensity binge training with me be ready. We are shaking up your routine!

The training binge starts on 4.20 and continues for another 6 days to complete the mission...

Trust, it's a mission.

- 7 days on training/no rest day
- Mon-Fri
- {legs/chest/back/arms/shoulders}
- 1 body part per day training
- 1 compound exercise (choose only 1 ie. squats for legs, weighted dips for chest, pull ups for back)
- 10-15 sets × reps unlimited *bt each to fail*
- abs/core 100+reps {per day}
- Choice of Cardio: for each of the days
- 20mins (stairmaster, treadmill)
- high level incline {ie. hiking walking speed elevated to a challenging walk/climb}
- 35mins (rower, elliptical)
- Sat : Group class dance/martial art/boxing
- Sun : Group class yoga/hatha/power

GROW UP ALBERTA MAY 28-30. DON'T MISS IT!

FUTUROLA®
AMSTERDAM

Futurola, The Future of Rolling™ will be at Grow Up Alberta May 28-30, 2023

CANADA'S PREMIER CANNABIS CONFERENCE & EXPO

GET YOUR TICKETS TODAY
EDMONTON CONVENTION CENTRE · MAY 28-30

BOOK CLUB

presents...

INVITE ONLY
12:00PM - 5:00PM

420

AFTER PARTY
5:00PM - 12:00AM
\$10 @ DOOR

Block Party

1670 EAST 10th AVENUE **burb**

THURSDAY, APRIL 20th

- featuring -

SIMPLY
bare
ORGANIC 

 ALL NATIONS

 BZAM
CANNABIS

 CARMEL

 Low Key



 REMO



 SWITHC

 budnkd

 PEACE FLOWER



 phant

- live performances from -

JOSEPH L'ÉTRANGER

CROOKSY • AJ • RAMMIE • BRANDO • DURRSKI

BOOK CLUB DJ w/ ANA SANTOS

Food by **Taco Tipico**

FREE ALL DAY FOR BUDTENDERS (w/ Selling It Right)































BOOKCLUB TAKES OVER WEST COAST CANNABIS CULTURE

Book Club is a cannabis curation, innovation company that works with cannabis community leaders in developing and/or launching the next generation of cultivars and product formats. They meet once a week and this 420 they are hosting a block party to celebrate this holiday of holidays, at least when it comes to cannabis.

Bookclub is the brainchild of Axel Holin and Adolfo Gonzalez and operated with some absolutely phenomenal community support.

It has been a long time since the Canadian cannabis industry has felt a vibe quite so strong or found quite so stimulating an environment to engage with other cannabis lovers.

The weekly meet-ups showcase amazing craft, phenomenal concentrates and sampling, glass, music, food, networking and more.

A part of the Bookclub experience has to be inclusion in the Whatsapp



"There is no power for change greater than a community discovering what it cares about."

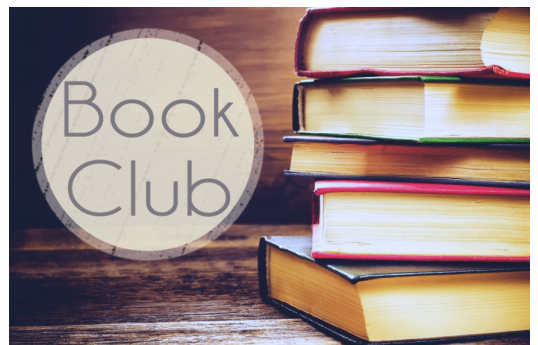
MARGARET J. WHEATLEY

group 'bulletin board' where the conversation is brisk, the information flows freely and the community really shines, holding each other up, correcting misconceptions.

They are very welcoming to new enthusiasts into the community, and the sharing of knowledge and respect is inspirational.

Illustrating quite clearly why the cannabis space needs to have morespaces like this and why the cannabis space needs more groups like this as well. There are many books involved too. I promise.

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King



GROW UP ALBERTA

MAY 28-30, 2023  EDMONTON

EDMONTON CONVENTION CENTRE

PREMIER GROWER'S CONFERENCE & EXPO • SINCE 2017

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



KEVIN JODREY
FOUNDER, ONE LOG COOKIES R
& D FACILITY



ED ROSENTHAL
THE GURU OF GANJA



KIELEY BEAUDRY
PRESIDENT, ALBERTA
MICRO CANNABIS LICENCE
ASSOCIATION



REMO COLASANTI
PRESIDENT, REMO BRANDS



DR. SHERRY GOODRAM
CEO & CO-FOUNDER,
CANDELTA INC.



TED SMITH
FOUNDER AND EXECUTIVE
DIRECTOR, VICTORIA CANNABIS
BUYERS CLUB



GENEVIEVE NEWTON
HEAD GROWER & DIRECTOR OF
CULTIVATION, STEWART FARMS



Come watch the best in Canada compete for the
2023 Canadian Cannabis Championship
canadiancannabischampionship.com

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

HASH ZONE
SEED EXCHANGE
MASTERCLASSES
SCIENCE SYMPOSIUM

BRANDS & BUYER ZONE
3-DAY CONFERENCE
2-DAY INDUSTRY EXPO
NETWORKING PARTIES

BOOTHS STILL AVAILABLE

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

PLATINUM PARTNERS



GROWERS LUNCHEON PARTNER



SENSORY STAGE PARTNER



GOLD PARTNERS



CONSUMPTION
LOUNGE PARTNERS



NETWORKING
LOUNGE PARTNERS



GROW UP CONFERENCE & EXPO

EDMONTON, ALBERTA  VICTORIA, BC

growupconference.com

ROYAL QUEEN SEEDS STAYS AHEAD OF THE GAME WITH LATEST GENETICS LAUNCH

Royal Queen Seeds, one of Europe's leading cannabis seedbanks, is bringing Premium US cannabis genetics to home growers everywhere.

Royal Queen Seeds has captured the essence of iconic cannabis varieties like Cookies, Gelato and more with the launch of their eight

new US Premium Strains. These new genetics are in addition to our existing catalogue, which boasts over 100 strains of cannabis.

Boasting bold, exotic aromas, extreme potency, and well-balanced effects, Royal Queen Seeds' USA Premium strains make top-shelf American genetics available to growers everywhere, including:

- Apple Fritter (Feminized): Apple Fritter is a slightly indica-dominant dessert treat with hints of freshly baked dough and stewed apples. With up to 24% THC and exotic terpenes, Apple Fritter produces uplifting and creative effects, and her strong stature makes for exceptional yields indoors and outside.

- Apple Fritter (Autoflowering): With sweet, sugary flavours, Apple

The advertisement features the Royal Queen Seeds logo at the top center, which includes a lion. Below the logo, the text "New Varieties" is written in a cursive font, followed by "CANNABIS SEEDS" in large, bold, white capital letters. A row of eight seed packets is displayed, each with a unique design and a small icon representing the strain. The packets are labeled: Sundae Driver, Wedding Cake, Gushers, Apple Fritter, Biscotti, Cereal Milk, Wedding Cake, and Apple Fritter. Below the packets are four social media icons: Facebook, Twitter, YouTube, and Instagram. At the bottom, the website URL "WWW.ROYALQUEENSEEDS.COM" is displayed. The background of the advertisement is a dark, textured surface with a large, green cannabis plant on the left side.

ROYAL QUEEN SEEDS

New Varieties

CANNABIS SEEDS

Sundae Driver
Wedding Cake
Gushers
Apple Fritter
Biscotti
Cereal Milk
Wedding Cake
Apple Fritter

RoyalQueenSeedsGlobal RoyalQueenSeeds RoyalQueenSeeds RQSGlobal

WWW.ROYALQUEENSEEDS.COM

Fritter Automatic delivers generous yields in as little as twelve weeks. The fast turnaround and physically relaxing high make her a stable, well-rounded, and highly rewarding strain to cultivate no matter the time of year.

- **Wedding Cake (Feminized):** Bred from GSC and Cherry Pie, Wedding Cake has creamy aromas with earthy, herbal, and sweet overtones. With 23% THC, Wedding Cake produces a powerful high that relaxes the entire body. Plus, thanks to her short height and tight branching, Wedding Cake is ideal for stealthy outdoor grows or small tents/rooms.

- **Wedding Cake (Autoflowering):** Adding ruderalis genetics to the established crossing of GSC and Cherry Pie produces exquisite candy-like flavours in a mere ten weeks. Moreover, the lightning-fast seed-to-harvest time is paired with equally impressive levels of THC—up to 19%.

- **Biscotti (Feminized only):** Just like the famous Tuscan biscuits she's named after, Biscotti features a mouthwatering aroma with overtones of earthy almonds and honey, as well as subtle hints of spice, diesel, and fruit. She boasts up to 25% THC and produces an uplifting, creative effect. Biscotti is 80% indica-dominant, reaching 80–120cm, depending on how she's grown and trained.

- **Cereal Milk (Feminized only):** Bred from GSC and Cherry Pie, Cereal Milk boasts a delicious, creamy vanilla aroma with hints of blueberries, reminiscent of the fresh bowl of sugary cereal. It boasts 23% THC and a rich combination of terpenes that combine to produce an intense, long-lasting creative head high. Cereal Milk grows 80–140cm tall and can perform exceptionally well indoors as well as outside.

- **Gushers (Feminized only):** Gushers is the latest Gelato hybrid turning heads at US dispensaries. Combining bold cookie aromas with underlying earthy notes and hints of fresh fruit, Gushers is a real treat. With 24% THC, Gushers produces a relaxed, giggly high that's perfect for when you need to unwind. Being 60% indica-dominant, Gushers vegetates very vigorously and produces heavy harvests of dense, frosty nugs.

- **Sundae Driver (Feminized only):** The lovechild of Fruity Pebbles OG and Grape Pie, Sundae Driver boasts a rich, candy-sweet aroma with hints of ripe berries and grapes with a creamy undertone. Her effects can be uplifting and creative, or profoundly relaxing in larger doses. She grows to medium heights with moderately spaced internodes, making her ideal for both indoor and outdoor gardens.



Whether you're a veteran grower or a rookie, growing outdoors under the sun or indoors in a tent, Royal Queen Seeds new USA Premium now offers you the chance to grow top-shelf, dank American bud at home. Check out these strains and many more at Royal Queen Seeds and get growing today.

aroa@royalqueenseeds.com
www.royalqueenseeds.com








BC CANNABIS SUMMIT BLOCK PARTY!



BUDTENDER TICKETS
COMPLIMENTS OF
RCCBC AND BCCF
(A VALUE OF \$50.00!)



MANTED HOTEL ENTRANCE
GAMES, PRIZES, ARTISAN
MARKET, DJ, ART, FOOD, BEVVIES,
GIVE AWAYS AND MORE!



ALL NATIONS + UNCLE BOB PRESENTS

DEADLY VIBES N' BANNOCK

MEET THE ALL NATIONS TEAM



21ST
APRIL



6PM
LATE

SPECIAL GUEST:



DJ
O SHOW

ALL
NATIONS

UNCLE
BOB

THE ALL NATIONS VILLA
ELDORADO HOTEL
BC CANNABIS SUMMIT 2023

CALL OUT FOR INDIGENOUS ARTISTS

ART EXHIB ITION

Display your art in a museum-style exhibit promoting Canadian Indigenous artisans at the BC Cannabis Summit in Kelowna, BC.

Network, offer your art for auction where all proceeds go to you, and gain exposure on our social media platforms.

Join us from April 21-23. Contact us now to participate.

Contact:
sduffy@allnationsconsulting.org

21-23 April, 2023

Kelowna, BC

BC Cannabis Summit





SMOKE ICONIC

PINNRRZ ^{TM/MC}

PHOTOGRAPHY BY RYAN ABRAMOWITZ

HIGH! CANADA MAGAZINE



A CANNABIS JOURNEY LIKE NO OTHER.
ONE-ON-ONE WITH ADAM VERK
THE CO-FOUNDER OF

PINNRRZ TM/MC

BY CY WILLIAMS



I have known Adam Verk and his partner John Prentice for a good chunk of my tenure as Editor-in-chief at High! Canada Magazine. It brings me nothing but pleasure to finally be able to get an interview with Adam after offering multiple times over his extensive and adventurous career in the Canadian cannabis industry.

Aside from being the proud founder of PINNRZ - The home of the authentic and iconic 0.25g slim joint.

With over 8 years' sales and business development experience in the Cannabis industry, digital communications, and events and entertainment. He has been showing leadership and is a

genius when it comes to applying business development, and sales strategy to the cannabis space. His biography calls him a creative and results oriented problem solver with strong strategic acumen. We call him a key player in the Canadian cannabis space. Adam - Thank you for finally agreeing to this interview - we always said it would happen and that timing is everything.

Adam, you have come a long way. What was your transition into the legal market like?

Hi Cy, thanks for having me - and on the 420 cover too - I am honoured. As you know, I started working in the cannabis space at a medical dispensary in 2015. This was my introduction to the cannabis community and first-

hand exposure to the many benefits of the cannabis plant. I volunteered with organizations like LeafTO, WomenGrow, and the Canadian Students for Sensible Drug Policy, who all spearheaded activism in the industry. In those early days, I also worked on a startup with some friends called The Big Toke — that's how I first met John Prentice, the founder of PINNRZ™.



Just prior to legalization back in 2018, I worked for Civilized, a media company aimed at contributing legitimacy to the legal space. Like many companies in the space at that time, Civilized was run by folks who were opportunistic and savvy, but not necessarily cannabis people. This ultimately led to a growing disconnect between the publication and the community whom they intended to serve. Shortly after

my exit from Civilized, the cannabis industry began imploding. Major write-downs and CCAA filings were taking over the headlines and the writing was on the wall: I needed to consider opportunities outside of the cannabis industry. I took this opportunity to go back to school to undertake an MBA. That's when the world came to a stop. Among the many impacts of COVID-19 and social distancing, my MBA program transitioned to virtual learning. Through happenstance, I reconnected with John Prentice and ended up completing the majority of my online classes from his office. Half-way through the MBA program, we started working on a business plan for PINNRZ™.

Did you run into any challenges or adversity? If so how you get past that?

Legal cannabis isn't all it's cracked up to be. As a highly-regulated industry, it is rife with red tape and roadblocks that can take a lot of the joy out of the work that we do. But things are changing.



Regulations are getting less restrictive, tax reform is well on its way, and most importantly, businesses are being built on fundamentals rather than empty promises.

PINNRZ™ is a startup, family operated business and we've navigated many challenges and setbacks as a collective of bright minds working together towards our goals. From crafting the perfect joints in our basements to making millions of handcrafted pre-rolls each month, it doesn't happen overnight and we certainly learned a few things the hard way. Sometimes you just have to take risks...

Talk to me about the power of teamwork, community and quality product and how PINNRZ™ maintains that

perfect balance between all three?

PINNRZ™ wouldn't be where it is today if it weren't for teamwork and community. Over the past year we have grown from a team of 5 to almost 60+ employees. We are a strong and passionate group of people from all different backgrounds and experiences who all strive towards one goal of crafting and packaging high-quality joints. Our production facility runs night and day producing pre-rolls for PINNRZ™ and our co-manufacturing partners. We all love what we do and our focus on quality is at the core.

Together, we have amassed a network and community we are grateful to call friends. From

HIGH! CANADA MAGAZINE





HIGH! CANADA MAGAZINE

industry veterans and founders to local budtenders in the largest cities and smallest towns across Ontario and beyond, everyone we meet on this journey has given us invaluable feedback and encouraged us to push forward. We are always looking for ways to improve our products, to connect, and contribute to the communities and people our brands serve.

Our commitment to care and craftsmanship and the passion that goes into making our joints is what sets our products apart. Not only are we the only unique 0.25g slim joint on the market, but the consistent quality of our pre-rolls and our persistent focus on the nuances that go into crafting perfect joints has led our business to new growth opportunities and big things to come.

Tell me more about PINNRZ™ and PINNRZ™ Education?

PINNRZ™ are 0.25g slim joints. Named and crafted to resemble the classic, one-paper, iconic “pinner” joints that many consumers have handmade in their lifetime as smokers. When we founded PINNRZ™, there was no other pre-roll on the market that offered a quick, smooth smoke in a size tailored for individual consumption. We steer away from the slim cigarette style joints in favour of the smooth burn that a traditional joint rolling paper offers. We focus on flavour for PINNRZ™ and as our Chief Product Officer, part of my role is to source the best cannabis available and create flavourful, potent blends for our joints that our customers will love. As a



passionate and knowledgeable consumer myself, I will only put weed into our blends that I would personally choose to smoke.

PINNRZ™ currently has 4 products in market: PINNRZ™ Yellow, Blue, and Purple slim joints are sold in 6-packs, and the PINNRZ™ Mixtape is available as a 14-pack of 7 Yellow and 7 Blue slim joints. Later this month we're thrilled to be launching PINNRZ™ Green, our sour blend.

To sell our products, our entire team hits the streets. You need a vast community of retail partners and budtenders on your side to reach consumers.

We also have PINNRZ™ Education, it's how we connect with our community on a regular

basis. We take a proactive, grassroots approach with PINNRZ™ Brand Ambassadors who visit stores for pop-up in-store PINNRZ™ experiences and we also have a targeted digital strategy for PINNRZ™ Education with our awesome PK Session videos that we share through our social platforms and email campaigns.

What does the future hold for Adam Verk?

The future is full of endless opportunities! My career in cannabis has only just begun so who knows what might be next for me. I have a strong entrepreneurial spirit and I love building businesses. We are learning a lot and having a blast. Any way that I can advocate for the acceptance of, and availability of, good cannabis is probably where you'll find me.

HIGH! CANADA MAGAZINE

A man with a beard, wearing a blue lab coat, a light blue hairnet, and blue nitrile gloves, is focused on examining a cannabis plant in a cultivation facility. He is wearing a white surgical mask around his neck. The background shows metal shelving and other plants in the grow room.

Let's get Canada High(!) together!

Last question Adam, what are three things you think everyone needs?

1. A solid team around you.
2. Extreme focus and determination to get shit done.
3. A willingness to learn and make mistakes.

Thank you Adam - we cannot wait to see what the future brings for you, for John and for your entire team.

...

By Cy Williams for High! Canada Magazine



S M O K E I C O N I C

PINNRZ

TM/MC

**HIGH! CANADA
MAGAZINE**



HOLLYWOOD THEATRE

Presents

N8V
420

ENJOY A DAY OF INDIGENOUS
CANNABIS, INDIGENOUS
BUSINESSES, MUSIC, FILM, FOOD,
ARTISTS, EDUCATORS

20TH APRIL AT 12-6 PM

Green Room Hosted at *OPEN 12PM TO 12AM / +19 EVENT*
Auntie and Uncle's Place *3175 W. BROADWAY, VANCOUVER*

Hosted on the Unceded and Ancestral Lands of

The X^wməθk^wəyəm (Musqueam), Skwxwú7mesh (Squamish)
and Səlilwətał (Tseil-Waututh) peoples

MEET A CANNA MAMA 420 FURRY MAMA EDITION ALEX CORRASCO

BY ZARA BOORDER
@THE.FIT.CANNA.MAMA



ABOUT ME

Years Old	fifty +
Residence	St. Thomas, Ont
Occupation	Business Owner Port Stanley, Ont Senior Bones-Boutique Dog Shoppe
Fur Babies	1boy/1girl

FAVOURITES

Fave strain - I favor the hybrids. A good balance of head and body relaxation.

Fave time to consume - Night and evenings (but mainly weekends)

Fave place to consume – in my bathtub.

Fave edibles - classic rice crispy squares number 1 fave.

I also enjoy holistic and wellness teas, cbd-infused teas to help me unwind.

Capsules when I want to shut out thoughts and get a good night's rest.

ON BEING OUR 1ST FUR CANNA MAMA

Fur mama is me! I'm grateful being considered as a mama to my kids. I'm passionate about animals, especially about dogs.

Senor Bones is my passion project. A boutique shop that's curated and tailored to suit the needs of all of our furry friends.

They are not just my pets...

They are my everything and I would do anything for them.

RE: CONSUMING

I want to try and incorporate more holistic treats and products tailored to help ease and comfort our pets..I've heard and have been learning more about it and how beneficial a lot of the cannabinoids can be in pets daily routines as well as us humans...

Would love more knowledge from hemp and cannabis companies in Canada with regards to pet product potency and safety in dosage etc.

BACK BY OVERWHELMING DEMAND
FOR A 6TH YEAR



6TH ANNUAL
Smoke Signals
Indigenous Cannabis Cup

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



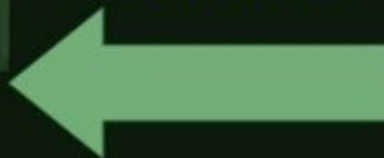
CAMPING FIRST COME
FIRST SERVE!
PARKING ON SITE

*NO RV CAMPING FOR
GUESTS*

July 22 & 23, 2023



SCAN AND GET
YOUR TICKET ON
EVENTBRITE



255 ON-49 DESERONTO, ON KOK 1X0

NO ALCOHOL - 19+ EVENT

indigenousscannabiscup2023@gmail.com

TICKETS GO ON SALE ON 420

HIGH!
CANADA
MAGAZINE

THINGS TO DO WHEN YOU ARE

HIGH!

PART TWO

BY CY WILLIAMS

Last issue we talked about the many fun things to do when you are high.

This is 420 and 420 Week and it is important that you go out and celebrate cannabis in all her glory and it is equally important to celebrate responsibly.

It is also important to know the difference between CBD and THC.

To begin with, CBD is the more relaxed one, which many people use for anti-anxiety and pain relief purposes. THC is the one that provides you with enhanced senses—basically the “high” that you may be more familiar with. Possibly you have heard of it? All jokes aside - knowing the difference is critical and very good to know as a beginner or someone who has never tried.

for all your accessories



trimqueen.co

CREATE YOUR PERFECT SESH SPACE WITH AWESOME 420 ACCESSORIES

By SABRINA MOHAMED

When getting ready for a session, setting the mood always is critical! You don't need to be with someone; solo sessions are liberating and peaceful, especially if the settings are proper! So wherever your spot might be, make it yours! Let me tell you how vital accessories play in creating the perfect environment; from lighting, art, snacks, drinks, music, and candles, everything has a place and plays a role.....

LIGHTING

Lighting is crucial as it creates ambiance, and you don't have to spend much money to do this.

Funky lamps - Amazon.ca



WALL ART

Art will always bring character to any room.

Instagram: Cannabis Artist
@Loudpact_society



TAPESTRY

Tapestry always adds a little flair to a room bringing that boho chill vibe.

[Www.Trimqueen.co](http://www.Trimqueen.co)



STICKERS/SLAPS

As Stoners, we love these!
You can slap them anywhere
your bong, glass, mirrors,
fridge etc



ASHTRAY

An ideal Ashtray has few good components good resting space for your joints, deep enough to collect ash, and how is it designed.

The Brig Ashtray- Brnt Designs

LIGHTERS, LIGHTERS, LIGHTERS

I might not be the only one with this problem, but are you always looking for a lighter? If so, welcome to the club.

A lighter is important one of the main stars in the story. A good light will be easy to flick, have a holder or case, preferably with a magnet so that you can stick it somewhere, and you will be able to find it next time.



www.flkrlytr.com



CANDLES

Candles are essential in a smoke sesh, they promote aromatherapy and create a calmness and it also acts as an odour remover. Hidden Candles - www.Trimqueen.co

I hope this helps you to create your unique space! Happy 420!

STAY HAPPY, STAY HIGH

Trim Queen®

Nobody accommodates cannabis enthusiasts better than we do.

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

www.hibnb.ca





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.

Author Website:

www.tfprudenthewriter.blogspot.com/

Author Email:

tfprudenthewriter@gmail.com

Social Media/Instagram:

[@tfprudenthewriter](https://www.instagram.com/tfprudenthewriter)

Reader Reviews:

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

Buy Online:

www.amazon.com/dp/B0BY5JDY2Z?ref_=pe_3052080_276849420

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

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



Canada's Favourite

Seaborn Organics Squid Based Plant Nutrient

Seaborn Organics Squid Based Plant Nutrient
(Affectionately referred to as 'Nutri Squid')

2-2-2 NPK Liquid Concentrate

Our products are available for sale exclusively through www.GreenFlowCanna.com
and are available in 1Litre, 4Litres, 57 Litre Drums & 265 Gallon Tote



Organically Increase your Crop yields.

From Sea to Soil - Nutri Squid is made from Squid by product fished for Calamari Consumption.

Creating a sustainable 100% organic plant nutrient.

Promotes crop and soil health, give your plants what they need to thrive.

Proven and Guaranteed Amazing Results!

GreenFlow Canna Corp
195 King Street, Unit 106
St. Catharines, ON. L2R 3J6

1-289-606-1250
info@greenflowcanna.com



Larger and Commercial orders available upon request.



HORTICULTURE LIMITED

NEXT GENERATION BIOSTIMULANT

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



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



SMOKE ICONIC.



PINNRZ™/MC



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

PLEASE ENJOY RESPONSIBLY.