

# HIGH! CANADA MAGAZINE

INSIDE THIS ISSUE!

**BEST  
IN SHOW  
IN ALBERTA**

**THE CANNAREPS  
COLLECTORS**

# CUP

**HITS TORONTO**

**PLUS!  
OUR TOP 10  
LIFT TORONTO  
EXPERIENCES  
& ACTIVATIONS!**

**GROWUP**  
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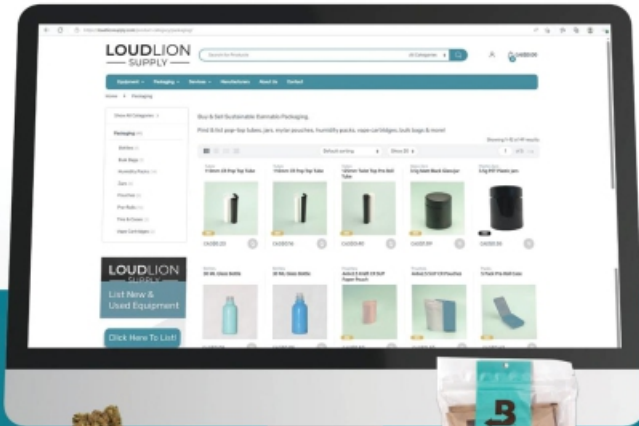
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*With the help of these industry authorities, HCM offers fresh timely and accurate information about natural health and wellness as it applies to cannabis. The board members lend their expertise to our process of developing and commissioning or editorial 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! CANADA MAGAZINE

ISSUE 86 - EARLY JUNE 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.

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# HIGH! CANADA MAGAZINE

## Editor's Notes by Cy Williams

**W**elcome to Summer 2023 and doesn't the warm weather always bring great excitement to the Canadian cannabis industry? The promise of activity and community. As

Please remember to have a good time outside enjoying a plethora of cannabis-centric events, enjoy the plant, enjoy

your community and please consume responsibly!

Cy Williams  
Publisher/Editor  
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## **DID I SAY SEESH OR SEESH?**

*BY DEBI FACEY*

**C**omedians have an unusual way of expressing their thoughts, perspectives, stories, and fantasies while being completely vulnerable yet roaring boldness.

**That type of art takes how one would put it "guts, balls, oh yah confidence!" Knowing success is based on how well you can create a relationship with a crowd who literally has to be with them and ensure their connection sincerely.**

**After seeing Mike Rita perform back in 2018 at one of our community's events, he instantly became one of those go-to strains, you know the ones you swear by.**

**Now I would love to present the 1/2 partner of "SEEEESH It's Mike Rita"**

If anybody is reading this and they want to know what the migrated story is they gotta know that it doesn't even start old it starts.

At a young age, I was already so obsessed with stand-up comedy. I can't even tell you used to watch it just for laughs on TV every day coming home from school and in the

morning it was the same episode and I'd watch it twice.

I just wanted to watch them do stand-up comedy and was like I already know that I love that I thought it was so silly 'cause I grew up in a house where nobody was funny so to see adults be funny weird was cool as like wow adults can be funny which means kids can be funny and it was just something I already loved I already love to stand up from like a little kid my sons like 16 I had thousands of hours of stand up comedy under my belt just watching.

I used to stand up comedy clubs like YukYuk's and be blown away that these guys weren't amazing I would like some of them were just OK and I'd be like Man just OK and you're a professional comedian sheesh...

Yeah I like I think I can be better than that and there's a specific night of my life I'm 18 or 17 years old I go to watch a comedy now taping and this comedy knows how Russell Peters got his big break that's how it was you recorded comedy now and you

hope that it blew up. I wanted and what I wanted was to stop working construction and follow my dream of being a performer sheesh cut too you know.

I start doing little amateur nights this is already 18 I'm just out of high school early I got out of high school that you now that year in July or June whatever the \*\*\*\* summer break is and then by December I was already doing stand-up comedy. I spent that whole summer watching stand up comedy live, becoming part of the scene as like some kid that supported and attended pretty much every live stand up show. I became/was recognized as "Hey it's that kid again" They glanced over the show's attendance.

A comedy competition at the time called the Cream of Comedy, was an opportunity for young comedians to showcase their comedic selves. That starts with 100 young comedians and it ends with the final five. The top five. I made it from 100 to the top five. After hearing my name being announced as the then winner of the title and prize money. Being featured in the entertainment section of NOW Magazine felt so good to the point where I hopped on my bike and brought the copy to the job site

down the street from the second. I walked into the boss's office, slapped down the now magazine recognition and let a buddy know that I just won \$5000 last night doing what I enjoy soon that note "Bye Felicia" and within a week I receive a call from the YukYuk's comedy club rewarding me with a contract.

I'm now signed to the comedy club I grew up watching going to I'm now like you know look at me up performing at the downtown club I never had to pay to go into a comedy club again that's a cool moment in your life it doesn't feel like a ridiculous but yet a monumental moment when you enter the establishment where you have officially are no longer "that guy but HEY IT's that guy let em pass" so innocent and beautiful while being badass dirty (cool) brings a tear to my eye every time, well more like the first time. Now I just have a happy grin.

"Following your dreams is as easy as taking small steps every day maybe taking a small step every hour maybe taking a small step every week I don't know but, you have to start aiming and you have to start shooting towards your goal and if you don't you're never going to get there".

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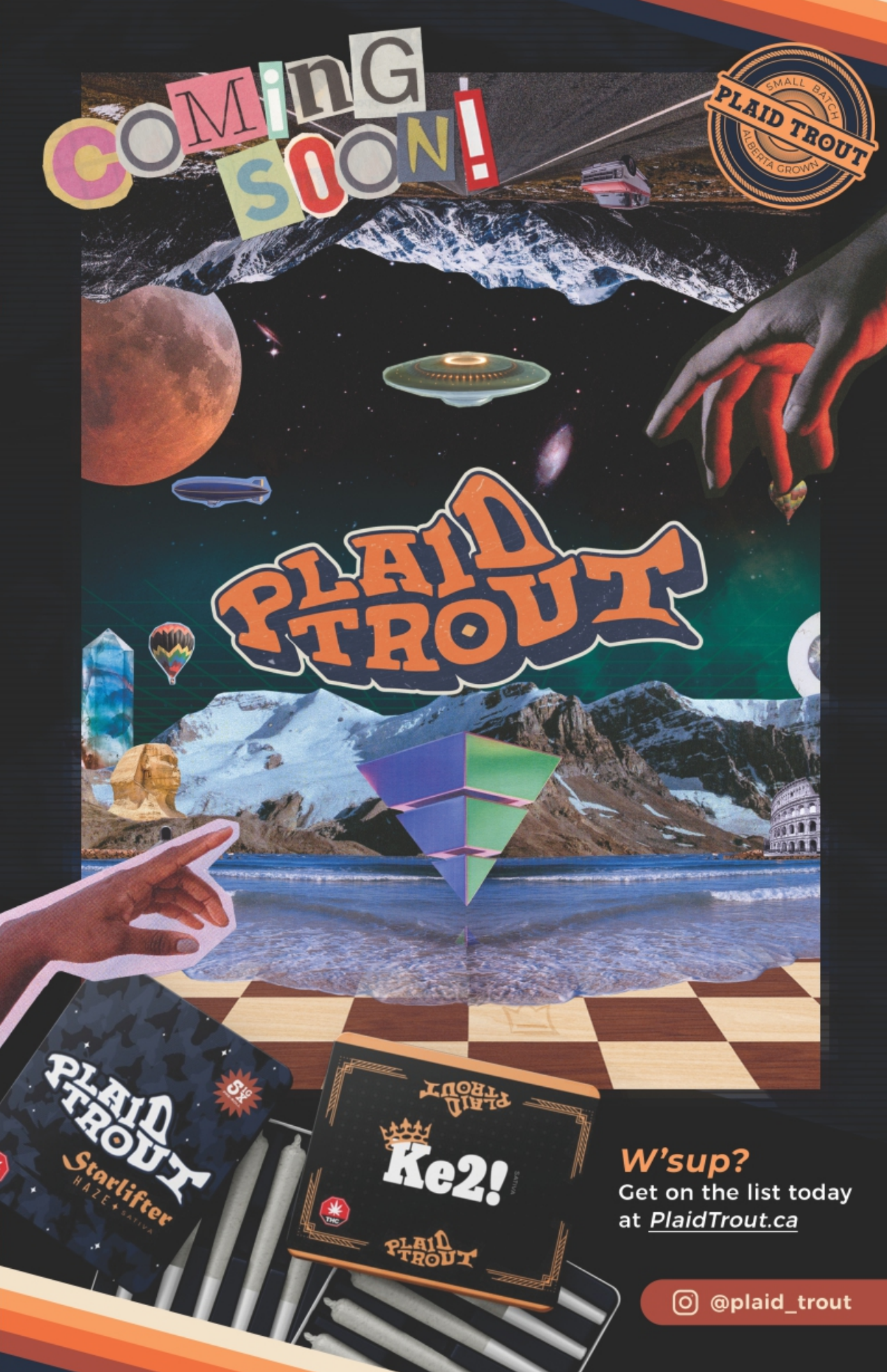
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# HIGH! CANADA MAGAZINE

## SEEING THROUGH THE SMOKE

### OUR REAL TOP TEN LIFT EXPERIENCES IN TORONTO



**H**igh! Canada Magazine just got back from Lift in Toronto and we had a spectacular time. We decided that we wanted to share our top 10 experiences that came out of attending Lift Toronto '23.

There were three days of fresh and inspiring content, captivating speakers, brand discovery, networking, entertainment, showcasing speakers, panels and interactive presentations, plus all the new cannabis brand, product and technology discovery from hundreds of exhibiting companies across the cannabis ecosystem. There were very unique attractions, activations, and of course what Lift would be complete without a ton of

awesome after-parties including Lift's own super blowout bash. So how did the High! Canada Magazine spend its time? Well - here are our team's top ten Lift Toronto '23 experiences:

1. The Phant/EndGame After Party - Wow - Did Paul and his crew ever put on a heck of a fun way to kick back after a long day of cannabis conferencing. The food was superb and place was packed!
2. Hearing from Ontario Cannabis Store President & CEO David Lobo on how the OCS is enabling a vibrant cannabis marketplace was fascinating and compelling.

## SEEING THROUGH THE SMOKE OUR REAL TOP TEN LIFT EXPERIENCES IN TORONTO

3. Learning from worldwide experts from Germany, Uruguay, Israel, the UK, US and more at the Lift Cannabis Business Conference was a special treat - the global market is hot!
5. We held a Live round robin discussion featuring some of Canada's top cannabis chefs and we talked about out-of-this-world cookery, baking, mixology and munchie-making.



4. We had an amazing time catching up with Senior Vice President at MCI USA - Lindsay Roberts on the ever-changing cannabis sector and how Lift is growing to adapt and serve the sector in better ways. Plus we got to hear a lot more about Lift San Francisco.
6. The Stand-Up Comedy Show from The Noobie & The Doobie was OMG funny and a welcome addition to the Lift Man Stage
7. Meeting and interviewing so many



# HIGH! CANADA MAGAZINE

## SEEING THROUGH THE SMOKE OUR REAL TOP TEN LIFT EXPERIENCES IN TORONTO

Parents Against Driving High, Kingston Cannabis, Jacqui and Crystal from Cannabis Wiki, Kaye Parker, Chef Jordan Wagman and Heather Huff-Bogart from The Green Bouquet.



8. Standing on Front Street in Toronto and seshing with hundreds of others is always inspiring and uplifting and this year was no different..
9. Teaming up with High Off Fumes Rolling papers as the Official Rolling Paper of High! Canada Magazine.



**Lift San Francisco: August 2-4, 2023 |  
Moscone Convention Center**

San Francisco speaker applications are open, and exhibits and partnerships are now available. Registration for Lift San Francisco will open soon.

### About Lift

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

**For more information, visit [LiftEvents.com](https://LiftEvents.com).**

# SEEING THROUGH THE SMOKE THE WINNERS !



Canada's top licensed producers will hash it out for the ultimate recognition of winning The Canadian Cannabis Championship at the Grow Up Conference in Alberta, taking place at the Edmonton Convention Centre from May 28-30, 2023.

Held on Sunday, May 28th, the original Canadian legal cannabis cup

will be judged by respected cannabis industry connoisseurs and consumers alike. Health Canada licensed producers nationwide, legal flower and extract brands, cultivators and processors with current SKU listings are eligible to enter their best flower and punchy extracts by February 10th, in hopes of being named as one of the 12 finalists.



The judging for the Canadian Cannabis Championship was held at the GrowUp Conference in Edmonton and some of Canada's top cannabis personalities were there to determine who had earned the right to say that they had produced Canada's Best Flower and Best Extractions.

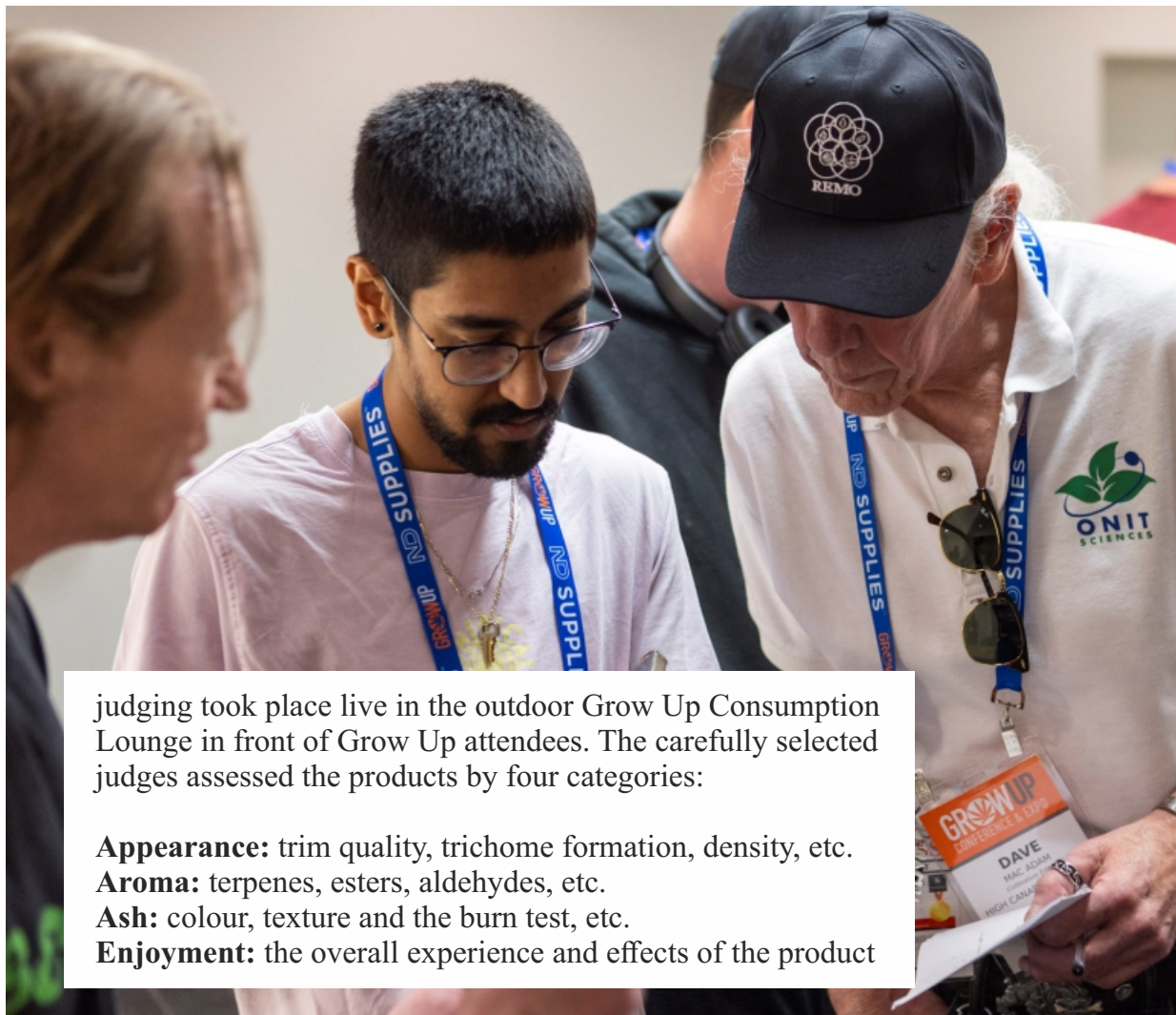






The First Place Flower Winner was Watermelon Sugar from Palm Gardens and the First Place Concentrate Winner was Strawberry Jam from Dabble. Congratulations to both and kudos to the rest of the finalists on an amazing showing across the board!

Powered by Canadian Cannabis Exchange, the



judging took place live in the outdoor Grow Up Consumption Lounge in front of Grow Up attendees. The carefully selected judges assessed the products by four categories:

**Appearance:** trim quality, trichome formation, density, etc.

**Aroma:** terpenes, esters, aldehydes, etc.

**Ash:** colour, texture and the burn test, etc.

**Enjoyment:** the overall experience and effects of the product



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# THE BUDTENDER PERSPECTIVE: HOW TETHER'S BUDTENDER INSIGHTS DRIVE DECISION-MAKING IN THE CANNABIS INDUSTRY

**B**udtenders are an invaluable asset to the cannabis industry. Serving the front lines, they play a critical role in educating the public, developing consumer preferences, and shaping the future of the industry. So, who are their allies?

Introducing Tether, a Canadian Budtender community that serves as a bridge, connecting Licensed Producers, retailers, and ancillary services with a network of over 3,500 Budtenders. Tether achieves this through various avenues, including events, awards, community building, and educational opportunities.

## HOW TO CONNECT WITH BUDTENDERS

Powered by Marigold Marketing & PR, Tether is thrilled to provide partnering brands with opportunities to engage Budtenders from across Canada, with packages that are tailored to meet the unique needs of each business. Tether provides insights, influence, and marketing solutions to brands that may not have the budget to compete with their larger counterparts.

Tether has run events of various sizes, ranging from intimate 30-40 person gatherings (both virtual

and in person!) to high-profile launch parties featuring some of Canada's favourite names in cannabis. Tether also acts as a brand ambassador, engaging with Budtenders at the retail level. Where permitted, Tether can also get product directly into the hands of Budtenders so that they can be able to relay their experience directly to the customer and serve as a valuable brand advocate. Lastly, Tether employs a Budtender-focused approach to marketing. This includes impactful social media campaigns and blog content focused on Budtender spotlights, store features, and new and emerging brands.

With Tether's deep understanding of Budtenders, brands can forge meaningful connections, amplify their presence, and harness the power of Budtender insights to drive mutual success.

## **BUDTENDER INITIATIVES**

Tether shows its commitment to Budtenders through various initiatives, including the highly anticipated Budtender Appreciation Week (also known as B-Week!) which offers valuable opportunities for networking and fostering a sense of community. During B-Week 2023, Tether hung out with hundreds of Budtenders, had over 30 retailers participate, and collaborated with eight remarkable brands to showcase their cutting-edge cultivation methods and latest product

releases. With a focus on micro and craft producers, Tether carefully curated a week-long series of virtual SEHSES, facility tours, retail visits, and in-person activations. To close out this year's B-Week, Tether hosted an exclusive VIP Budtender Gathering in Toronto. Sponsored by CannMart & Roilty, 250+ Budtenders mingled with ten participating brands as they filled up sampling bags of top products.

## **TETHER'S PARTNERS**

Tether recently partnered with Québec-based Cielo Verde to support the introduction of its first consumer brand, Bud Lafleur, into Alberta. Knowing that Budtenders are at the heart of the industry, the two teamed up to engage them over the course of a two-month campaign.

“Tether's ability to engage budtenders across Canada and provide key insights into nurturing relationships has been of great value in helping our brand stand out,” says Nadia D'Alessandro, VP of Marketing & Communications for Cielo Verde.

Tether and Cielo Verde visited over 100 retail stores across Edmonton and Calgary and hosted a number of Budtender Gatherings to create welcoming spaces for local Budtenders. Through engaging events and unique storytelling, Tether can elevate brands and cement their position as prominent players.

## BUDTENDER INSIGHTS

Tether recognizes the vital role that Budtenders play in driving the success of cannabis businesses. Direct insights from these individuals can provide unique perspectives that are critical for the industry's development. This is why every year Tether surveys 300+ Budtenders from across Canada to learn more about their industry perspectives and what they want from cannabis brands and their retail environment. Let's take a look at Tether's results from 2022.

First and foremost, Budtenders desire education, which includes reliable, trusted information from their store management, brand reps, and industry resources. Budtenders are the primary point of contact for customers seeking guidance and recommendations meaning these individuals must possess an intricate understanding of various products, strains, consumption methods, and their effects. Sampling plays an extremely important factor in this as it allows Budtenders to develop personal preferences and build product knowledge.

In Tether's survey results, there is a clear indication that Budtenders have the desire to become more involved in the industry. More than 50% of Budtenders are looking to pursue higher-level positions, with 23% wanting to pursue cannabis retail management and 42% wanting to pursue other



opportunities in cannabis. Recognizing and acting upon these aspirations can drive the establishment of specialized positions such as product experts or industry consultants. Offering career growth opportunities not only incentivizes Budtenders to remain in the industry but also attracts talented individuals from other industries.

Sustainability is another area of concern highlighted by Budtenders' insights. As the cannabis industry continues to expand, it is crucial to develop sustainable practices to minimize its environmental footprint. Budtenders' feedback can provide valuable guidance in promoting eco-friendly packaging, reducing waste, implementing responsible cultivation techniques, and supporting sustainable sourcing and production practices.

The customer experience is paramount to the success of any retail business, and the cannabis



Windsor, Ontario, or charming our socks off on Instagram at [@cannagirlfrom84](#).

Having Shanda on Tether's Advisory Board has been nothing short of sublime. "What I love about the cannabis community is that it's ever-changing. It's a fulfilling and exciting industry to carve a path in."

Say hi to Shanda at KIARO in Port Moody, BC or follow her on Instagram at [@bakedwithbenny](#).

Tether and Natalia have crossed paths at many industry events and the team has learned what an integral role she plays in the cannabis community. "I have found people willing to collaborate rather than compete. It is a space where wicked and raw creative talent is changing corporate norms." Find Natalia at Paradise Cannabis in Fort Erie, Ontario or on Instagram at [@nortonnatalia](#).

## **TETHER'S PROMISE TO THE INDUSTRY**

Tether offers solutions to support both brands and Budtenders in achieving their goals. By providing Budtenders with the necessary education, tools, and resources to succeed and providing brands with a cost-effective way to connect, promote and educate, Tether paves the way for a stronger community and a brighter future for the industry.

**Let's connect.**

industry is no exception. Using Budtender insights, retail stores can refine their strategies to create more engaging and personalized customer experiences. This may involve optimizing store layouts, developing loyalty programs, offering educational workshops, and leveraging technology to enhance the overall customer journey.

## **SOME OF TETHER'S NOTABLE BUDTENDERS**

Tether wouldn't be where it is today without the brilliant minds of the Budtenders who make up the community. Let's meet a few...

Tether met Elyse after noticing her enthusiasm during virtual events. Committed to moving the industry forward through knowledge-sharing, Tether was honoured to have Elyse routinely participate on its Advisory Board. "One of the best parts of being on the Tether Advisory Board was going to different dispensaries in my area and meeting fellow Budtenders - it gave me a feeling of community." You can find Elyse behind the counter at the Cloud29 store in

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# HIGH! CANADA MAGAZINE

## SEEING THROUGH THE SMOKE

### BEST OF SHOW

### # G R O W U P 2 3



The Growup Conference and Expo in Edmonton was an amazing conference.

We were so impressed with what Edmonton and Alberta had going on within it's own cannabis sector and there were some real stand-outs at this GrowUp Conference. Out of the gate our favorite new brand coming out of Alberta is hands down Plaid Trout.



Hitting stores in Alberta this summer and then set to launch across the country, we were nothing but impressed by the early bird samples we got to try at Growup. Match this with some incredible marketing as well as branding, we expect to see nothing but amazing things following Plaid Trout brand wherever they go.

The next brand that really stood out to us and had absolutely everyone we spoke to buzzing about it was Manna Maple Sugar.



This Alberta-based brand is taking the food and beverages to a new level with creative and innovation infused ingredients. Absolutely a best of show brand!



Bongchie is our best of show when it comes to cones and pre-roll supplies. They had a great and enthusiastic team on site at Growup and the pre-roll options they had just blew our mind. The company name is synonymous with rolling papers in India.

# PLAID TROUT

## PLAID TROUT

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# HIGH! CANADA MAGAZINE

## SEEING THROUGH THE SMOKE

### BEST OF SHOW

### # G R O W U P 2 3



We are suckers for unique products and our Editor has a sweet tooth so can you imagine his surprise and delight when he discovered Wabi Sabi Brands Ltd and the amazing array of cannabis infused chocolate that they offer.



Wabi Sabi is an Alberta-based company focused on the creation of high-quality chocolate cannabis edibles and topicals products. Wabi Sabi is committed to providing the ultimate in luxury enjoyment and relaxation potential for discerning consumers. Wabi Sabi uses only

premium ingredients, including luxurious Belgian chocolate and tasteless/odorless cannabis oil sourced from local Alberta Licensed Producers (“Lps”).

Plus every one of the cannabis infused chocolates we tried was delicious. So there was that too - an absolute show highlight!



Last but not least and closing out our five best of show at Growup in Edmonton is CertiCraft which deals in Seed-to-Sale compliance software for Canadian cannabis producers. CertiCraft represents the fine green line that allows the industry some peace of mind. Cannabis regulations are complicated and tedious. CertiCraft helps your entire team stay compliant and save time and money.



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**[www.cannabissommelier.com/collectors-cup/](http://www.cannabissommelier.com/collectors-cup/)**

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## **BUILDING A BETTER BUDTENDER WHY SUPERIOR TRAINING MAKES ALL THE DIFFERENCE.**

Julie Domingo is the Chief Executive Officer of CannaReps, the leading cannabis education company providing groundbreaking Cannabis Sommelier and Dispensary Entrepreneurship programs. Julie provides exemplary cannabis education and helps cannabis companies deliver the ultimate customer experience.

Breaking barriers comes naturally to Julie, as the first Canadian female Apple Expert trainer, and the pioneer that obtained the first cannabis compassion club business license in Canada, while winning Lift industry awards 3 years in a row. As one of the rare women of colour CEOs in the industry, Julie is humbly committed to removing stigmas,

building community, and increasing industry standards for high-quality products and compassionate service.

Sharon Singh is the COO/Dean of Students Sharon brings a broad range of communications and business operations experience to CannaReps. Having co-founded and managed her own business for over a decade, Sharon now uses her insightful and tech-savvy 'Jack-of-all-trades' abilities to enhance every step of our community experience. Having seen the impact cannabis makes in her own life and so many others', Sharon is driven to see a normalized cannabis future that is accessible, diverse, and inclusive of both modern and traditional practices.



Together they are the heart and soul of CannaReps and they are dedicated to inspiring mindful cannabis appreciation through product knowledge, science, and cultural understanding.

These are training programs run by cannabis industry pioneers who have your back and are trusted by over 1,500 students around the world.

In thier quest to improve compassionate service and quality standards, they have created interactive cannabis education programs to spark confidence and community connections for professionals across the industry.

Cannareps has a focus on spreading true, honest, and accurate information about cannabis to those who need it

most. It powers every decision they've ever made at CannaReps. It's the reason they began, the reason they fought through the risk and stigma, and the reason other industry pioneers trust the knowledge they're trying to pass on. They didn't start this because it was a great business idea. They started it because they saw a huge information gap that was hurting the communities that we all love.

With thier combined 20+ years of experience working in the industry as activists, researchers, growers, dispensary operators, and brand ambassadors, Cannareps provides a personalized and insightful approach to education. With a true grassroots approach, the Cannabis Sommelier Course is the first of its kind in Canada featuring insights made to fit our local culture and industry.



# Cannabis Sommelier

*Level 1 In-Person Course*

Our alumni are able to apply their newfound knowledge and skills in the cannabis industry as:

- Retail Sales & Distribution
- Enthusiastic consumers and patients

The unfortunate reality is that it is difficult to hire people with both cannabis knowledge and job specific work experience. Strict regulations impede on your ability to stand out from competitors and advertising platforms ban most 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.

Over the past 5 years, CannaReps has trained and mentored more than 1500 students with over 1000 certified Level 1 Cannabis Sommeliers, and just over 200 passing the Level 2 certification. Learning topics include cannabis product knowledge, science, history, culture, safe-use guidelines, and compliance.

- Entrepreneurs, Product Makers, Ancillary Service providers
- Marketers, Journalists, Social Media Influencers
- Culinary Chefs, Hospitality, Liquor and Beverage Professionals, Financial Investors
- Health Care Practitioners:
  - Doctors, Nurses, Pharmacists, Patient Caregivers, Nutritionists, Traditional Chinese Medicine Doctors, Massage Therapists, Herbalists, etc.
- Professional & Hobbyist Cultivators

Cannareps produces Canada's 1st and ONLY Cannabis Sommelier Certification. It is recognized by the industry and made for professionals and passionate connoisseurs and offers up only credible education that you can



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for you to understand cannabis wherever you are in your educational journey. This advanced education goes beyond “common knowledge” and trains you on PRACTICAL SKILLS so you can demonstrate expert product knowledge and help people effectively and responsibly.

**The Cannabis Sommelier Certification Levels 1 and 2 are being offered in-person in Toronto on Saturday and Sunday June 24th and 25th.** Join Instructors in a full day of fun, interactive and engaging learning experience!

**What you get in the Saturday June 24th Cannabis Sommelier Certification Level 1 program:**

- 1 full day of live training sessions with lectures, hands-

on sensory training and the Level 1 Certification exam

- Cannabis Sommelier Student Workbook and curated resources
- Lifetime Access to your Level 1 online resources—available on desktop, iOS and Android mobile devices with an internet connection
- PLUS live online Study Hall sessions with our instructors and community

**What you get in the Sunday June 24th Cannabis Sommelier Certification Level 2 program:**

- 1 full day of live training sessions with lectures, hands-on sensory training and the Level 2 Certification exam



- Cannabis Sommelier Student Workbook and curated resources
- Lifetime Access to your Level 2 online resources—available on desktop, iOS and Android mobile devices with an internet connection
- PLUS live online Study Hall sessions with our instructors and community

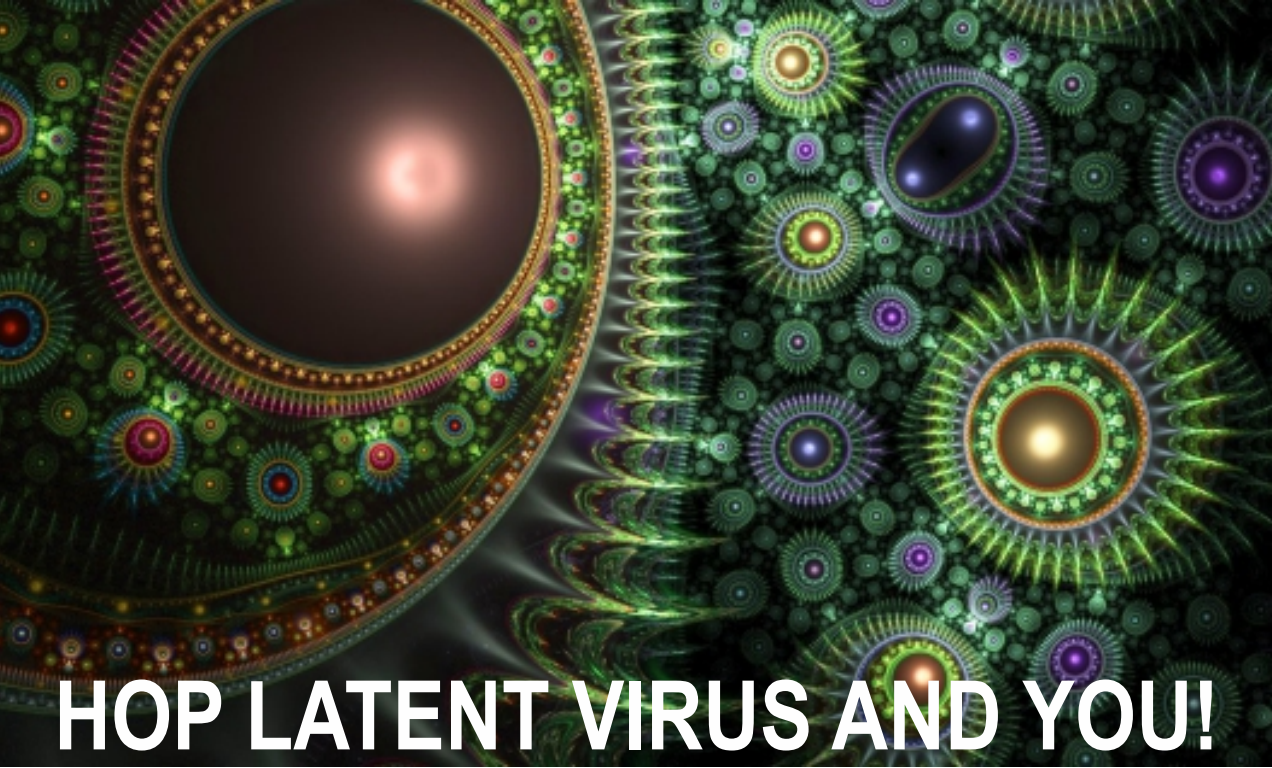
For more information on Cannareps or the Cannabis Sommelier Certification Programs visit - [www.cannabissommelier.com/](http://www.cannabissommelier.com/)



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# HOP LATENT VIRUS AND YOU!

BY DAVE MAC ADAM

**A**s cannabis becomes increasingly widespread and accepted, so too does our understanding of the threats that can harm these valuable plants. Among the many issues that cannabis cultivators face, virus infections are among the most pernicious and damaging. Understanding the nature of these infections and how they spread is the first step to growing healthy and productive cannabis plants.

One of the most concerning viruses that can affect cannabis is the Hop Latent Virus (HpLV). This virus was first identified in hops (hence the name), but it also appears to be present in many cannabis strains. HpLV is problematic for a number of reasons. First, it can cause severe stunting and deformation of the cannabis plant, reducing its overall

growth and yield. Second, the virus can remain dormant in a plant for extended periods, making it difficult to detect and diagnose until it has already caused significant damage.

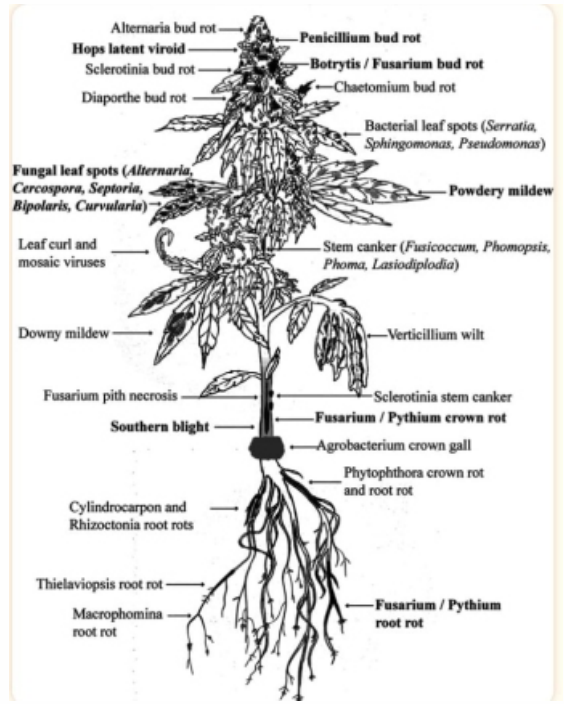
Unlike other viral infections that typically arise from environmental factors like pests or contaminated soil, HpLV is transmitted genetically. This means that the virus is passed down from infected parent plants to their offspring, complicating efforts to eradicate infected plant stock. As a result, prevention and quarantine are essential tools for cannabis cultivators looking to protect their crops.

One effective way to reduce the risk of virus infections is to carefully screen all incoming new plants for signs of infection before

introducing them into a grow space. Additionally, growers can use physical barriers like isolation tents or air filtration systems to minimize the risk of exposure to airborne infections. Consistent sanitation practices and strict adherence to quarantine protocols can also help to reduce the spread of viruses within a grow space.

In the event that a virus like HpLV is identified in a cannabis plant, removal and destruction of infected plants is the most reliable course of action. This helps to prevent further spread of the virus to other plants in the grow space, and also reduces the risk of infecting nearby cannabis cultivators.

In conclusion, HpLV and other cannabis-infecting viruses pose a significant threat to cannabis cultivators looking to maximize yield and plant health. While genetic transmission poses unique challenges, growers that employ



proactive prevention and quarantine strategies can help to significantly reduce the risk of these harmful infections.

**Dave Mac Adam**

Cultivation Editor

High! Canada Magazine

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





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