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ISSUE 91

HIGH! CANADA MAGAZINE



SPECIAL CROPTOBER 2023 FEATURE

KEVIN VARNER ROYAL HARVEST

INSPIRING CHANGE, COLLABORATION & GROWTH
WITHIN CANADA'S CANNABIS SECTOR

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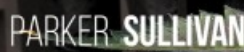
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To help us maintain the editorial excellence and integrity of our publication, we have assembled a qualified Council of dedicated experts and innovators and natural health and cannabis to serve on HCM's Editorial Advisory Board:

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.

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

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**CANADA'S LEGAL CANNABIS
CULTURE MAGAZINE**

CROPTOBER 2023

EDITORIAL BY DAVE



MAAC
ADDAM

Welcome to Croptober in Canada. It is my pleasure to pen the editorial this time around. For those of you who may not know me - I am the longstanding Cultivation Editor here at High! Canada Magazine.

I am 65 years old and as far as I know.. I am one of the oldest, active cannabis advocates and cannabis journalists working within the sector today.

I have been at this a long time. I have been a grower for over 50 years and over my long career I have worked in and mastered most sides of our industry. From cultivation to nutrient management, biostimulants and mediums, lighting and HVAC, clones and seed and



everything in between. What a ride it has been and over all these years I have never got tired of learning more.

For me... Croptober has special meaning. Croptober is an exhilarating time for the Canadian cannabis sector. As the autumn season kicks in, cultivation experts and growers from coast to coast gear up for an exciting harvest. This is the time when their hard work throughout the year finally pays off, as they carefully harvest and bring their very best cannabis products to market.



During Croptober, the air is filled with anticipation and a sense of accomplishment. From passionate home growers to large-scale commercial operations, cultivators take immense pride in the fruits of their labor. It's not just another harvest; it's a celebration of their dedication, expertise, and the thriving cannabis industry in Canada.





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The Canadian cannabis sector has gained a global reputation for producing high-quality cannabis, and Croptober showcases the pinnacle of this expertise. As cultivators meticulously pick the buds, they ensure that each plant is at its prime, capturing the unique characteristics and flavors that Canadian cannabis enthusiasts have come to love.

The harvest season is an important milestone for the industry, as it signifies an influx of fresh, diverse, and potent cannabis products hitting the shelves. Whether it's the aromatic strains that delight the senses or the potent concentrates that unlock new experiences, consumers eagerly await the arrival of these products during Croptober.

Not only does Croptober showcase the best of Canadian cannabis, but it also fuels the economy. The harvest season brings job opportunities, from trimmers to logistics experts, creating a sense of synergy within the industry. This period of high demand generates excitement and economic growth, benefiting both cultivators and the broader community.

Moreover, Croptober is a time when cultivators can reflect on their achievements and learn from each harvest. They exchange knowledge, share cultivation techniques, and collectively contribute to the continual improvement of the cannabis sector. This spirit of collaboration enhances their expertise, ultimately leading to more innovative and impressive cannabis offerings for consumers.

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In conclusion, Croptober is a vibrant and dynamic time for the Canadian cannabis sector. It represents the culmination of hard work, dedication, and expertise of cultivators across the country. This harvest season not only brings exceptional cannabis products to market but also fuels economic growth and fosters collaboration within the industry. So let's celebrate Croptober as a testament to the growing Canadian cannabis industry and the remarkable achievements of growers and cultivation experts alike.

This issue we highlight one of those amazing individuals who is in service to the plant and also happens to be one of the best cultivators we know. It is really an honour to have Kevin Varner from Royal Harvest in the pages of the magazine this month. His story inspired me and I feel it will also inspire you.



We are also pleased to re-visit our dear friend Albert Eppinga from BC Cannabis Inc and check in on how he is doing.

The Collector's Cup tour is wrapping up it's 2023 season in Vancouver on November 8th. This tastemaker event brings budtenders together under one roof to sample and learn how to sell products across all categories, grade flower quality and connect with some of the most passionate industry professionals out there in our sector.

Stay High Canada!

Dave Mac Adam

Cultivation Editor

High! Canada Magazine

editor at highcanada.net

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the Collector's
Cup
BUDTENDER
GAMES

**A Best Bud and Cannabis Sommelier
competition that celebrates YOU.**

This ultra FUN event creates the unique opportunity to be surrounded by good bud and great community, “edu-tainment” from the CannaReps team, and industry professionals sparking connections in the networking sesh-sions. Cheer for the winning contestant of Best Cannabis Collector!

Budtenders, Retailers, Volunteers
& Cannabis Sommelier are FREE

VANCOUVER
November 8, 2023

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



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Toronto, ON - October 18, 2023

			\$/3.5g	Score
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		Jar # 1		
2		LEMON RAZZ	\$35	88
		Jar # 3		
3		MONACO OCTANE	\$35	87
		Jar # 5		
4		MANGO SOUR	\$35	86
		Jar # 2		
5		GRASS	\$30	75
		Jar # 4		

Highly enjoyed products



Zen Oil



Hash Roll





~~edmonton - sept 27th~~

~~toronto - oct 10th~~

vancouver - nov 8th

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your inner
connoisseur*

CANNAREPS COLLECTOR'S CUP TRIUMPHS IN TORONTO!



The 12th Collector's Cup and Budtender Games took place in Toronto at Coin * Studios in October and what an awesome event it was. Guests at this event had the chance to sample a wide range of products, including some exciting sneak peeks. The flower was spectacular.

For those of you out there who have not heard about the Collector's Cup... Well... where have you been? Under a rock?

Ok... the Collector's Cup is a best bud and Cannabis Sommelier competition that celebrates YOU. The organizers combine the awesomeness of a Bud Cup with Budtender Games - where they truly honour great cannabis products and the people that make this industry amazing. This ultra FUN event created a unique opportunity in

a very saturated sector to be surrounded by both good bud and great community, "edutainment" from the CannaReps team, and industry professionals sparking connections in the networking sessions.

The Collector's Cup and Budtender Games Culminates on November 8th in Vancouver, BC with it's final celebration of the season.

This has been a truly amazing experience to media sponsor this community driven legal event over the last three Cups and we cannot to see the heights that Cannareps will bring this competition to next year and beyond.

Major kudos to all the amazing sponsors, participants and organizers.

SEEING THROUGH THE SMOKE

H I G H ! N E W S

MILA JANSEN & TAMMI STANHOPE BRING DAB-A-DOO TO CANADA FOR THE 1ST TIME!

Dabadoo (or Dab-A-Doo) is a cannabis competition exclusively for marijuana concentrates. Concentrates are cannabis extracts and come with a variety of names, such as dabs, wax, shatter, oil, sap, crumble, rosin, bubble hash, budder, dry sift, and traditional hash. Dabadoo is one of very few events in this growing field which celebrates cannabis concentrates with a competition element

Legendary cannabis connoisseur Mila Jansen, aka the Hash Queen, founded the Dabadoo event which has taken place in a number of cities around the world. Founder of the Pollinator Company located in Amsterdam Holland, Jansen held the first Dabadoo as an invitation only event in the Dutch capital. When it comes to cannabis royalty, Mila Jansen deserves her title of the "Hash Queen of Amsterdam." One of the most influential people in cannabis, Mila invented the first solventless hash processing machine. She has served as a mentor to modern hash pioneers

like Nikka T and countless others through personal teaching and annual "Dabadoo" hash makers gatherings. The first US event took place in Denver. San Francisco hosted the event in June of 2014. Providence Rhode Island played host in September 2015.

In 2016, an End of Summer Dabadoo event took place in Barcelona Spain. It was coupled with something called the 3rd European Functional Flame Off, which was a competition for European glassblowers making smoking pipes. Since then, there have been a number of Dabadoo events across the globe but until very recently - never in Canada.

This changed on October 28th when our Ontario Editor - Tammi Stanhope got together with Mila to finally bring Dabadoo here to Canada. Specifically to Hamilton, Ontario where Mila attended to great excitement and attendance.

How many times in your life do you get to meet a real Queen or attend an authentic Dabadoo event?



ROYAL HARVEST

CRAFT CANNABIS



**Thank you Rosebud Bowl Judges
for Selecting our Sherbo
for Licenced Producer Best Flower**



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MAGAZINE**

WORMS, WORMS & MORE WORMS!

By Sabrina Mohamed

When I was in high school I dissected a worm. This was the least amount of cruelty I thought out of the choices I had. All worms are invertebrates. What I learned was worms have multiple paired organs ie, hearts, kidneys, lungs and multiple systems. They have a brain and a nerve cord. I ended up having a better respect for the worm and learned so much more about them. So when I got the chance of meeting Helen Stailos.

The Director of Sales from Pure Soil started to speak about worms and their relation to Pure Soil. She

instantly got my attention. Her eyes lit up as I lit up (no pun intended hehe) and I knew this company was quite special. So we had the pleasure to tour their facility and we learned so much!

Thank you Helen for taking the time and answering some questions

Sabrina (SM) -Tell me a little about the humble beginnings of Pure Life.

Helen (HS)-The company was established in the earthworm trade over 50 years ago, by a couple who immigrated to Canada from Europe. At that time, they didn't know that soil was going to be their obsession and their

mission. Being the largest holder of earthworms in Canada, this small, family-owned business started making waves in the farming and agriculture industry, over 40 years ago, when word got out that they were producing BlackGold.

SM- What was the reason behind or when was the ultimate light bulb moment that triggered everything in motion?

HS- Farmers started showing up and purchasing earthworm

castings for their crop fields. As the only son in the family grew older, he supported his parents in running the business, all the while, his curiosity about earthworm castings started to grow very strong. As time went on, he started looking into the magical science behind earthworm castings and what it is capable of doing when growing anything with it, especially cannabis. After seeing the results of growing with castings firsthand, Pure Life Soil was born.

Most recently in the last 5 years our mission in creating Pure Life



Soil, was based on regenerative, sustainable soil solutions with a focus on soil biology and microbial life.

SM- What are some Key Benefits of Pure Life Soil?

HS- The benefits of our soil is that it creates very strong root structures and strong stems, plants reach new heights and diameter, larger flowers, better colour, better fragrance, better taste, (when growing food), and terpenes are at an all-new level!

Our soil does not become inert over time. Like a fine bottle of wine, our soil gets better with time. Pure Life Soil is a natural herbicide, a natural pesticide, it repels diseases and viruses. No need for tilling. It retains an incredible amount of water.

For cannabis, there is a lot less risk to the plants and there is little mutation or none at all. Pure Life Soil is a “just add water” soil.....if you add any chemicals to our soil, you would kill it. The other great benefit to our soils is that we are chemical-free! Because we are Pro-Certified, we pick our worms from unsprayed farmland, meaning we get healthy worms that produce the highest quality of castings. Also, our soil works with the air above the ground, creating a



wonderful carbon exchange! Microbes, beneficial nematodes and all the other biology living in the soil start to work together to create magic! The bottom line, our soil is healthy and healthy strong plants come from healthy soil.

SM- Your product stands out as you have explained can you explain more about the worm castings?

HS- Our products stand out because we use highly beneficial materials as well as using our earthworm castings for our base in soil mixes, combined with other specific amendments, we focus on biology and organics. After research and review we found that our earthworm castings are highly fungal-dominated. This promotes microbial life and soil mediums used for growing. We also found



that the species of worms we use for our castings traps carbon as opposed to other species producing castings.

One more note about what makes our product stand out is we engage in communication with organic growers, assisted them in building specific soil solutions and focused on feeding the soil to feed the plants.

Pure Life Soil also customizes mixes for growers. Special recipes for growing certain plants are our specialty.

SM- With changes occurring in the economy what does the future look like?

HS- Current trends in the economy, show an increase in consumer knowledge and awareness in organics. Buying patterns are showing that consumers are more in line and

more focused on going organic and understanding nutrients in what we grow and consume.

As for how we run our operation, our ethos is strong and we keep it that way. Sustainability in how we run operations is another big part of our business....

We believe in separating worms by hand. Using this old-school method is not only humane to our wonderful and friendly worms, but it also keeps people employed and jobs available.

Separating worms by hand also lowers our emissions. The worms can be separated by a tumbler or sifter, but that would hurt our worms and cause pollution.

Thank you Helen for being so informative and insightful. You're truly missing out if you're not using Pure Soil!

www.purelifesoil.com

~~edmonton - sept 27th~~

~~toronto - oct 10th~~

vancouver - nov 8th

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SPECIAL CROPTOBER 2023 FEATURE

**KEVIN VARNER
ROYAL HARVEST**

**INSPIRING CHANGE, COLLABORATION & GROWTH
WITHIN CANADA'S CANNABIS SECTOR**

By Sarah Gamer



Photographs by Leo Delalic - @zosoforever

Kevin Varner is living his own version of the 1993 classic movie, Groundhog Day. But unlike the fictional hero trapped in monotony, Kevin couldn't be happier to wake up, work hard, and repeat. He has been a dedicated grower for over thirty years and while his journey is an incredible story, it is only the foundation of what is yet to come.

At this time, Kevin is one of the most passionate and humbly ambitious cultivators in the market. He is also a cherished friend and kindred spirit, so allow me to put down my reporter hat for a moment and share Kevin's story straight from the heart. Which is incidentally the key to Kevin's success and drive; his incredible overflowing heart.

Growing up in a home and community where making ends meet was a struggle, Kevin was motivated to help his family and ease their financial burdens as soon as he was able. He describes his family as: "from the lower middle class on the east coast," and he knew he could find a way to help. Through the inspiration and guidance of community members, he began to crack seeds on the windowsill of his kitchen at just 12 years old. His



parents were not cannabis consumers yet Kevin was fortunate to be surrounded by those who respected the plant as medicine.

Despite entering the weed game with the intention of making a dollar, Kevin's relationship with the growing process began and remains focused on respect and reverence.

He is deeply aware of the rippling benefits a good cannabis crop can produce. It is the after-effects and what will come next that drive Kevin to keep growing and scaling up his business. He dreams of

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being able to give back in greater ways than he's been privileged to witness.

Many times along the way the journey felt impossible to Kevin. It was an uphill battle to sustain a business while working in the shadows and being faced with countless investigations and legal roadblocks.

But the drive to succeed always remained. From the very beginning, Kevin has believed that the cannabis plant is a gift from above and that through it we have the power to heal so many things. The foundation of faith from his parents has given him a life of riches despite the

working challenges and experiencing some deeply tragic events. Events and influences beyond one's control have set Kevin's journey backwards on more than one occasion. Losing everything in a fire, moving across the country, and the loss of a romantic partner in a fatal car crash are sadly only some of the obstacles Kevin has had to navigate.

The dedication to keep working on the big goal, to keep working to provide, to keep working to make a difference have always brought him back to discipline.

A wholehearted focus is what Kevin consistently practices and it's a message he is eager to share; he preaches that a perseverance to your passion will ultimately breed success.

From the beginning to where we are now, the motivation to do the work to help others is at the core of every grow cycle. For Kevin, each harvest is a gift. "Cannabis is a gift of healing, a gift to me to help the world". The bigger picture of what can be built with Royal Harvest moving from gray to craft to a true worldwide brand is an inspiring dream. A dream that Kevin feels is confirmed from the guiding force he lives by.

A significant moment for Kevin that confirmed he is on his right path happened when he behaved out of character while on a long drive. The one and only time that he picked up a hitchhiker, his guest turned out to be tied to one of the most impactful events from Kevin's past. The kismet connection, that read as a sign from above to persevere and continues to affirm and inspire all of his work; the hitchhiker was the father of Kevin's deceased girlfriend. It's a chilling story and one can only imagine the soulful impact that discovery would have felt like for these two men, who had previously never met and found



themselves together, far away from the original events, driving through the night.

Even the circumstances of the market in the year prior to Kevin's official entry to the legal industry, proved to be in his favour. As prices fluctuated, a drop in the market forced out a number of people in an already over-saturated market, creating the opportunity for a quality micro to rise up.

The timing was serendipitous but the credit of his success is evidenced in the enjoyment of his smoke. And his success is well calculated and aimed for. Growing beautiful flower for everyone to enjoy is the ethos of the company, and the Rosebud Bowl / Unicorn Cup was a specific goal for Kevin.

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Follow Kevin's Story at www.instagram.com/royal_harvestcc

Photos by Leo Delalic www.instagram.com/zsoforever

Setting clear goals that you can visualize is a not so secret ingredient for his success.

Accolades are giving fire to the quickly rising reach for Royal Harvest and Kevin is facing an exciting and rapid growth. The opportunities to make a difference and to do the things that he has always been called to are finally coming forward.

It is a timely honour to share his story with our readers following our educators spotlight, as Kevin is so passionate about teaching others and showcasing hard work. With his newfound notoriety Kevin has been asked to sit on speaking panels and share his story as a motivator. He is absolutely ready to: “rock the whole cannabis industry”

The message he wishes to share, is the one that he has received consistently over his life.

When one strays from their path there will be struggles, and when you dedicate yourself to what you know to be right your path will be illuminated. Good health and



discipline are key factors that bring Kevin back to his path and giving access to healthy food and lifestyle education are the underlying roots of his daily drive.

As a young teen, the cannabis plant helped his family eat. As a young business Kevin dreams that Royal Harvest will help communities eat. He has goals of helping low-income areas build self-sustaining greenhouses to feed their own families. He knows the value that access to healthy lifestyle tools can have on one's ability to reach their goals.

Being focused on specific goals and a clear vision are why Kevin doesn't mind waking up and working hard over and over again each day. He wakes up without an alarm clock and goes straight to his grow rooms. He admits that his days are non-stop work until he

simply falls asleep each night. But because he loves what he does and has a true passion for his vision it doesn't even feel like work.

Most people live for the weekends. I don't have weekends and I'm creating a life that you look forward to everyday not just the weekend.

It certainly has been a solid 34 years of just dirt-under-the-nails type of hard work, and with a more than fair share of close calls and tragedies, Kevin remains focused on the silver lining of a near miss and holds value in healing from trauma. It's the dedication to the grindstone that has honed his craft from a lifetime of learning into an award-winning brand in the legal market.

And as he rides this wave of success to the next level of self made opportunities Kevin is enjoying many new friendships along the way. The recent record breaking collab with BC Legacy and Violet Wild Cannabis was something that quickly emerged as a new way to showcase the flower that also happened to be lots of fun. There are so many exciting collaborations coming soon for Royal Harvest. Kevin is committed to sharing opportunities with other



Canadian growers and beyond to showcase their good work alongside his own.

We're excited to see more pre-rolls coming to the market and maybe some extract collabs on the horizon soon too.

And I'm excited to see him embracing the joy the next stage of his business is bringing.

When he first saw the photos from the magazine shoot he saw himself as truly happy for the first time. Kevin has spread so much happiness with his weed and his work, it's about time for him to see his own reflection in that. It's heartwarming to see him start to sink into the pride of his work, staying humble along the way.

New Majoun Flavours Available NOW!

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

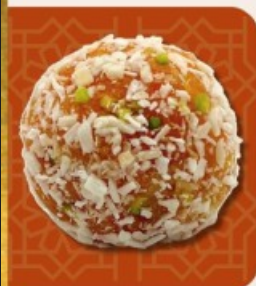
These two flavours are now available in the OCS via flow-through.

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



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Damascus Sunrise

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

Persian Dream

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



majoun.ca

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2023 COLLECTOR'S CUP TOUR DATES



- BC
- Vancouver
 - March 16
 - Nov. 8

- ALBERTA
- Edmonton
 - Sept. 20



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





**HIGH! CANADA
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**CROPTOBER 2023 UPDATE WITH
ALBERT EPPINGA
BC CANNABIS INC**

By Sarah Gamer

From last year's Croptober cover superstar to a humbly married man - Albert Eppinga (EP) wisely lets his new wife Dr. Michelle Corfield (DMC) lead the way as we discussed what the last year has been like in their business and what challenges they're working forward with.

After an unfiltered tour of the facility, Albert and I sat down with Michelle who had just spent a long day with an accreditation examiner for their upcoming EU-GMP certification.

Despite this exciting and impressive benchmark, the mood of reflecting on the last year in business is the opposite of joyous. Quite simply, it's been hard.

AE: I come from a matrimonial society... holding a business together, holding our relationship together, getting through it all, - I think our indigenous culture had a big influence on our decisions and the things we do in our lives.

DMC: We really started to look at our operation and find ways to create efficiency and effectiveness while maintaining the highest standards.

We were having to trim costs all over the place, hunting deals, spending time looking at ways basically to run it between the two of us, and only bring in help when we needed it. Whilst all those big companies were growing, they were dumping shitty weed onto the market so putting pressure again on the crafts. and our cost to grow is a lot higher than a larger manufacturer.

It is not an uncommon plight that BC Cannabis has been facing over the year since we last spoke.

DMC: The cost to grow is rising but your pay is not, — the margin for profit is so minimal that you have to run a very effective shop

They have been hit with the struggle that micro and craft growers are seeing over and over again because of the system they're working in.

DMC: We, as craft, have to sell to a licensed processor, and because of that, you're trying to negotiate to get paid, you're getting ripped off because

there's no bonds on these processors, so crafts are getting shafted left right and center, they're not getting paid. And if they are getting paid - they're not getting paid until the full sell-through at the stores

Instead of joining those they saw closing shop, filing for bankruptcy, and tapping out on all levels of the industry as farmers are carrying extra costs without government oversight, Albert and Michelle knew they had to make changes.

DMC: So what we had to do was decide what were we going to do to stay in business. In order for us to stay in business we knew we had to handle the value change for as much as we possibly could.

That was taking over the marketing of our own product and the branding of our own product. That in and of itself was a massive risk. but it also has had massive rewards.

Adopting this horizontal business method of taking on each step of their production line, the duo has taken control of their product. They are able to go into the stores themselves and work on the pricing and marketing. They're growing

and getting ready to open an exciting new facility.

AE: that facility will be EU-GMP certified, and we'll be able to ship internationally. you see so many failures right now because you can't reinvent an industry that's been here for over 70 years built on the back of micro craft growers. I learned from the grandparents of my friends, it's been a whole process of getting passed down and now we're going international with it.

It's an impressive stretch from reducing as many operations as possible to just the two of them to soon running multiple locations and growing for customers outside of Canada. Successfully riding the elasticity of business growth is a make-or-break factor that they are managing very well. They give a genuine personal service, with Albert's cell phone number on every sell sheet, and the couple taking the time to know their customers.

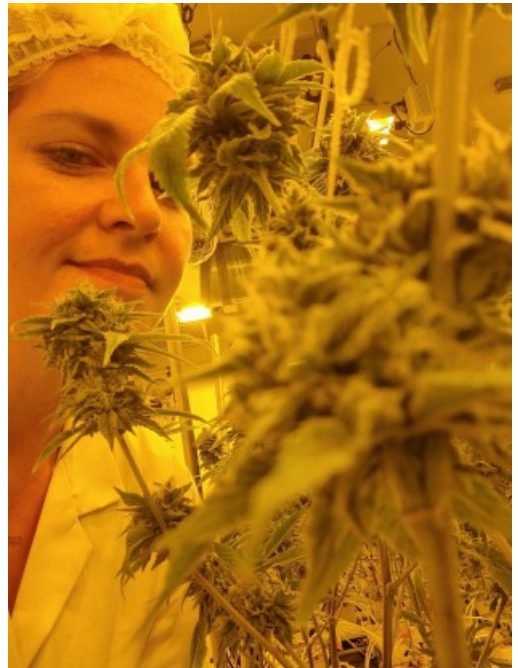
AE: We're sitting here doing everything from the ground, we just have a passion for what we do and we believe in what we're doing. Hopefully, it will show, because it's just been so much energy coming out.

Albert and Michelle definitely brought great energy during their recent visit to GrowUp in Victoria, BC.

DMC: I'm pretty proud of the fact that we put ourselves out there because when you put yourself physically out there, via phone number, email, or in person, you're also opening yourself up to criticism and a lot of people have a lot of criticisms. But she continues to say that they're happy to hear the criticisms from the customer because that's who they're growing for. When they went to the stores one of the first changes they made was for pricing:

DMC: We reduced our prices because when we went to the store and saw what the price was originally, Albert said no. It needs to hit the \$45 dollar mark so everyone can afford this. When you buy our stuff you're going to smoke good clean weed, competitive with the black market online stores that the government should be shutting down.

Over the last year as they have gained autonomy over their brand they have found value in the relationships that stuck. They are happy to shout out Lifecycles for their



clones and Duncan Plants and Ponics for all their supplies.

Quality service is essential at every step of the line, saying that they were key supporters in the last years' transitions.

A lot of the work has been to the benefit of the consumer.

DMC: I think the biggest thing we've done this year, we've tried to help our customers understand that it's not just the THC, it's the terpene profile.

The terpene profile is your flavours, it's your high... it's all the other things that are not talked about and these things need to be talked about. It's in those terpenes and those cannabinoids that actually have

all the beautiful effects and impacts on your health and well-being. We need to take the time to appreciate them.

But a broader focus and certainly the excitement of the day is the prospect that soon BC Cannabis will be on a global stage. Advocacy for Canada to focus on exporting cannabis is a passion for Michelle and she speaks firmly on it.

DMC: Canada needs to change its mind. The Prime Minister needs to change his mind, cannabis needs to become Canada's number one export, it is one thing we do very well and it is one thing we should be selling across the world,

Customers need to demand that they get good clean weed and that the weed that is not tested get off the market, our government owes us that.

There is a nice balance of focus for what they want our country to do and the day-to-day work of helping local communities grow. Michelle works hard with the Chief and Councils of Governing

Indigenous communities to educate the value of building an economy with cannabis.

They believe there is a lot of strong opportunity, and are working to find that way.

DMC: We have to find the way to where the sweet spot is between government regulation and legislation, the costs and the costs to grow. and we're almost there, i think we're going to see a leveling out in the next six months.

These newlyweds are a powerful duo. Albert is growing consistent quality weed and Michelle is the fire. They are focused on the big picture while staying truly hands-on with their business. A fine line walked well.

DMC: We're really excited about this new growth. We're really excited to see our EUGMP processing facility but again it's us putting our stuff in our facility to move it to an external market internationally that will enable our story to continue.

It's still a story of two indigenous entrepreneurs trying to find their way in a legislative nightmare.

Thank you to you both for catching up with us.

ABOUT ALBERT EPPINGA, ENTREPRENEUR AND PHILANTHROPIST

Raised in Old Masset, Albert is a member of the Haida Nation and is from Eagle Clan. Albert's Indigenous roots and values are the focus of every aspect of his business, BC Cannabis Inc, of which he is the founder and master grower.

Albert is inspired to empower First Nations with the hope of enabling Indigenous entrepreneurs to be self-sufficient by efficient, sustainable, and consistent management - if he can do it, they can too! Albert is a board member of the Fraser Region Aboriginal Friendship Centre Association, where he gives back to Indigenous people by using his voice and advocacy to support Indigenous Youth.

Albert is an icon within the Canadian cannabis sector and aside from gracing multiple covers, he has also been named Canada's Top Grower.

A talented cultivator with a true passion for growing the very best!



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I AM A VICTIM OF BULLYING IN OUR COMMUNITY

BY SHERI-ANNE BAKER

A study done by CBC's Journalistic Standards and Practices in 2022, looking at harassment and violence in Canadian workplaces has found that 71.4% of workers have experienced at least one form of harassment and abuse in their workplace in the last year.

That is a lot! Why are we so angry?

13% of women and 10% of men reported being verbally abused in the past 12 months.

That would include me! The next most common workplace harassment is humiliating behaviour and 3% of us have reported being threatened in our work environment. Once again that would include me!

What is Bullying & Cyberbullying?

A physical act or a verbal remark that 'mentally' hurts or 'isolates' a person is bullying! This behaviour is often repeated and aimed at degrading, intimidating and belittling the victim.

Those more likely to experience toxic environments and sexual harassment are women, Indigenous peoples, members of the LGBTQ+ community, and people of colour, according to the study.

Cyberbullying includes: Sending mean texts or IMs to someone. Pranking someone's cell phone. Hacking into someone's gaming or social networking profile.

I was bullied my entire childhood by my classmates. I was bullied because I was different and because I didn't run with a pack. At first I was scared to fight back but after many months of being spit on, kicked, made fun of, and locked in a telephone booth by 20 angry kids my dad taught me how to fight back. He actually took me in our backyard and taught me how to box like a boy! Crazy right? I thought so too but it worked because the next time I was hit was the last time I was ever hit by a bully! Bullying is a serious issue that can make a person feel isolated, but by speaking out against those who bully us, we have the power to stop it!

WHY ARE WE BULLIED/ CYBERBULLIED?

Bullies target those that have talent because they either feel inferior or they worry that their being overshadowed. Some will even bully skilled workers and steal the credit or sabatosh their work just to make them look superior. I had a boss who tried to take credit for all of my work. It backfired on her when I left the company and she had no idea how to run the department. Needless to say she was fired a few weeks after I left.



Those who constantly strive for perfection and have a strong drive for success may be targeted by bullies. Bullies may perceive their achievements as threats or try to undermine their accomplishments out of jealousy or a desire for control. Bullying is a choice made by the bully and is never the responsibility of the victim!

Recently I had my Instagram business account hacked by a bully. I was locked out of my account for one week! It was very stressful knowing my bully was reading my personal information. It makes me sick to my stomach to know that someone could hate me so much that they would sabatosh 4 years of my work on Instagram and then say "it's just an account". It's not just an account. I help other people around the world who also have cancer, fight with Rick Simpson Oil. This is my only contact with these people. Losing my Instagram account was



devastating to me and my bully knew this and used this to torment me! After numerous emails to Instagram and many sleepless nights I was able to reset my password and gain access to my account but I still continue to be bullied.

My advice to you is if you're being bullied keep records and make sure to document everything. Everyone deserves to feel safe and respected in our community! If you feel your life is threatened in any way, contact

the police. No one should feel threatened and no one should be bullied for any reason!

Cyberbullying and bullying is not just hurtful — it can have serious legal consequences. Learn about the consequences you could face if you bully or harass someone online:

www.canada.ca/en/public-safety-canada/campaigns/cyberbullying/cyberbullying-against-law.html

Written by: Sheriann Baker



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CANNABIS JOURNALING: YOUR PATH TO MINDFUL CONSUMPTION

BY RYAN WILCOX

Originating from Toronto and with a foundational background in front-line healthcare, Ryan Wilcox, also known as Ryguy, transitioned his enthusiasm for community wellness into the realm of cannabis.

He established Canna Publishing, leading its content generation efforts to deepen the discourse around cannabis. His creation, the Cannabis Experience Journal, reflects his continuous exploration—a pursuit of knowledge, education, and adventure within the cannabis sphere. Through captivating content and interactive discussions, Ryan

extends an invitation to others to accompany him on this illuminating journey, melding advocacy with a passion for exploration.

In my journal journey I've noticed the conversations around cannabis is maturing and steering towards mindfulness and intentional consumption.

Cannabis journaling, the practice of documenting your experiences with the plant is at the front of this culture shift. By keeping track of strains, dosages, effects and personal reflections, consumers are growing a more mindful and

intentional relationship with cannabis. This growing trend is finding resonance with both medical and recreational consumers looking for a more informed conscientious approach to cannabis consumption. As the cannabis industry continues to grow both recreationally and medically in Canada, journaling emerges as an important tool guiding consumers towards a deeper understanding and purposeful engagement with the plant.

A Cannabis journal serves as a reflective mirror to those engaging with the plant.

The methodical practice has consumers documenting their consumption experience detailing strain, dosage, method of consumption, terpenes, cannabinoids and the effects. The spirit of this practice lies in its ability to create a more mindful and intentional interaction with cannabis.

By chronicling their journey consumers are not just recording data. They are engaging in a self reflective

practice that encourages understanding of consumption patterns, identifying preferences and recognizing how different strains and dosages effects their bodies and minds.

Intentional consumption refers to the mindful approach where consumers are consuming with a clear understanding of their intentions and awareness of effects.

The journey to intentional cannabis consumption has never been more easier with the aid of a cannabis journal.

Through journaling individuals can transition from being a passive consumer to becoming an informed participant in their cannabis journey.

They begin to understand the variations of different strains, the potential outcomes of different doses and the significance of the method of consumption which then empowers them to make well informed decisions according to their personal or medical needs.

In Canada where cannabis has been legalized both medically and recreationally the importance of intentional consumption becomes more apparent. The practice aligns

well with Canadian culture of promoting responsible and educated cannabis use. Furthermore as the Canadian cannabis industry continues to evolve, the practice of cannabis journaling is an excellent resource for consumers to navigate the massive amount of products and different methods of consumption in the market. It promotes a culture of informed decision making, encouraging consumers to rise above mere consumption and part take in cannabis in a more meaningful and mindful manner.

The wave of Cannabis journaling for intentional consumption is widespread crossing all verticals of the cannabis community.

Primarily, medical cannabis consumers are benefiting immensely from this practice. By diligently journaling their cannabis consumption, medical consumers can keep track of the

effectiveness of different strains in alleviating symptoms, monitor side effects and adjust dosages accordingly. The information collected in the journal can serve as valuable data and feedback when shared with a healthcare provider to further more informed dialog and optimize treatment plans.

Then on the other side, the recreational consumers seeking a high quality cannabis experience are finding solace in journaling. By keeping track of their interactions with different strains, smells, flavours, method of consumption and the effects, recreational consumers are creating their own path towards a more enriched and mindful cannabis experience. Over time the data and understanding gained from journaling can help guide the consumer towards strains and consumption methods that align with their personal preferences and goals.

There are also consumers wanting to reduce or control their cannabis consumption finding support and a tool in cannabis journaling. The act of writing in a journal every time you consume cannabis cultivates data that can be used to track and become aware of consumption patterns. This awareness is the first step towards intentional moderation

or reduction. Through consistency consumers can set mindful consumption goals, monitor progress and make informed adjustments to their cannabis consumption aligning with their personal goals.

Effectively cannabis journaling for intentional consumption is a versatile tool offering a multitude of benefits to diverse consumers within the cannabis community. Whether it's the search for therapeutic relief, a high quality recreational experience or a path towards controlled consumption cannabis journaling is a vital practice helping consumers mold their cannabis journeys that align with their intentions and aspirations.

Cannabis affects everyone differently so the path of cannabis journaling is both personal and exploratory offering consumers a way to navigate their experiences. The heart of the practice is in the details, what to track? Keeping track of strains, dosages, terpenes, cannabinoids, method of consumption and effects felt will create a narrative of your cannabis journey. Over time this data will show you patterns and insights that can be instrumental in fostering intentional consumption. It provides a clear understanding

of their interactions with cannabis making adjustments to reach desired outcomes

Have you ever thought about sharing your entries? Sharing your cannabis journaling journey with a community can be an enriching experience. It opens up avenues for discussions, feedback and collective learning. Journaling communities online or in person can be a supportive environment where consumers can share their insights, challenges and successes. They create a sense of belonging and understanding amplifying the benefits of cannabis journaling and intentional consumption.

As cannabis journaling takes hold of the Canadian cannabis landscape it has promise to create a positive impact. It nurtures a culture of responsible consumption, enhances the quality of cannabis experiences and fosters a community of informed and engaged consumers.

The echo of this intentional approach goes beyond individual benefits, contributing to a broader narrative of cannabis culture grounded in mindfulness education and shared learning.

Happy Journaling!

**HIGH! CANADA
MAGAZINE**

**TOKE
TALK**

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

BOO!

GATHER 'ROUND, IT'S HALLOWEEN: THE MOST SPOOKTACULAR TIME TO DIVE INTO CRYPTO AND CANNABIS!

By Tony Lawand

Amidst the chilling wails of restless spirits and the eerie echoes of ghoulish laughter, Halloween emerges once more. But for those who savor a unique thrill beyond the realm of the ordinary, this sinister holiday offers a special delight: the chance to embark on a spine-tingling journey, getting delightfully high on two of the eeriest substances known to humankind – Cannabis and Crypto!

This tag team of terrors promises to deliver thrills, chills, and hallucinations that even Dracula would envy. Picture this: you're toking on a bone-chilling strain like Ghost Train Haze, and suddenly, your mind takes a detour through the cryptic woods of your



imagination. Before you know it, you're deep in conversation with a phantom stockbroker and trying to summon the ghost of Satoshi Nakamoto to give you crypto investment advice.

But beware! If you decide to dab” in the world of obscure altcoins like BooCoin or PumpkinSpiceToken after gorging on Halloween Edibles, you might just wake up to find your bank account drained faster than a vampire at a blood bank. Yet, being haunted by your crypto blunders can be the perfect excuse to roll up a monstrous franken-joint and hop on a ghostly psychedelic hayride!

A word of caution, though: Just remember to enjoy these



intoxicating treats in moderation. Overindulging in cannabis and obsessively monitoring the capricious crypto market can induce genuinely spine-chilling sensations.

But if you're intent this Halloween is to experience spine-tingling excitement and the ultimate blend of thrills and chills this Halloween, the fusion of crypto and cannabis promises a hauntingly good time!

So, prepare your metaphorical

broomstick, stock your trick-or-treat bag with an assortment of ganja-infused delights, and brace yourself for a spellbinding, high-flying adventure this eerie spooktacular evening! Just don't let the Ethereum specters of the crypto charts unnerve you too much.

Happy haunting fellow thrill-seekers!

May your Halloween be so hilariously cryptic that even the witches will be cackling with Envy!!

**By Tony Lawand &
Richard Kern**

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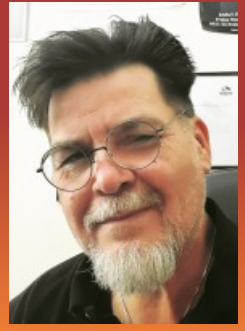


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HOME GROWN... AN OUTPOST OF COMMON SENSE.

BY @TFPRUDENTHEWRITER



Hello neighbor, and welcome.

It's another colorful early autumn at Pajama Flats, as I write you this month's note. Here, the morning runs are now taken on trails made slick by the fallen leaves of a now swiftly departing rural Alberta summer.

As usual, and despite the smoke from too many wildfires, we'll soon enough miss those warm days of lengthy sunshine, too.

Because next up is the cool hustle of fall. And this season, like most of us up here, I set aside my long days of play and pleasure for a return to early mornings of work and study.

To me, the short days of autumn make it better suited for thought than either spring or summer, anyway. And this month, I've spent more than the usual time thinking over what I'm going to share with you.

So, here we go.

By the time you read this, the National Day for Truth and Reconciliation will be in the history books.

Each year, this day honours the children who never returned from Canada's residential schools, along with survivors, their families, and communities.

My late mom was a member of the Fisher River Cree Nation and a survivor of the residential schools in the province of Manitoba. Later, I went to a day school on a different reserve in the same place.

My late dad descended from the fur-trader John Peter Pruden, and his wife Patasegawisk Nancy. He was born in England, and came to work and live in Alberta, while she was born at Norway House, in Manitoba.

Together, they started one of Canada's first Metis families.

Their son Peter Pruden was born on the Saskatchewan River, and he married Josephette Suzette Jolicouer, from Lac La Biche. A

few decades later, I'm born a Metis with roots in the Red River Settlement.

So, this day the country sets aside is personal, for me. Though it sure doesn't feel like any kind of honour. Not so far, anyway.

That's likely because I'm not reconciled. Just between you and me, I'm not buying plenty of what's being passed around as truth, either. Though I appreciate the sentiment.

I mean, everyone wants to feel better, and move on, right?

After all, one definition of reconciliation, the noun, is 'the act of causing two people or groups to become friendly again after an argument or disagreement'.

That's according to a dictionary I checked, by the way.

Another is 'the restoration of friendly relations'.

If those two don't work, we can go with 'the action of making one view or belief compatible with another'.

Each is correct. Or so says my copy of the Oxford Dictionary of English.

But, if one takes the lawyers' meaning, it's 'a process of establishing and maintaining respectful relationships between Indigenous and non-Indigenous peoples'.

The feds, by the way, claim this two-dollar word is supposed to 'establish and maintain a mutually respectful framework for living together'.

No matter which of them you choose, however, up here the result is the same. Because, to date, the country hasn't lived up to any of them.

And they perform magic behind a curtain for a reason. It's their way of showing respect to the crowd. But in the public sphere, our leaders have learned it takes only empty promises to fool the punters.

So, we have national days, but still face racism in our institutions and bigotry in the streets.

Now, if one looks at the same words as an accountant, perhaps we'll find a more equitable meaning.

Because then, it means 'the process of comparing transactions and activity to supporting documentation'.

Further, the term means 'to resolve any discrepancies that may have been discovered' when comparing transactions.

Among bankers, reconciling is important because 'it ensures you can identify any unusual transactions caused by fraud or accounting errors'.

I don't know about you, but those last three do a far better job of summing up Canada's deal than the earlier three did, for me, anyway. Because I'm sure they committed some type of fraud somewhere along this country's line.

But as the descendant of a fur trader, my desire for a profit-based answer should come as no surprise.

Likewise, in our country's cannabis industry, I want for only one thing more than any other. I want Indigenous people to have a chance at success. Because, again as usual, our governments have conspired to keep them away from its ground floor.

While letting a pair of their oldest favs, Big Booze and Big Pharma, take over the industry. By now, they've fixed taxation and regulation so only big moneyed interests can afford to get into the business, too.



So, only corporate outfits able to sustain years of losses- meant to destroy small business based competitors, by the way -now have pockets deep enough to stick with it.

As a model for the world, these 'lessons' will soon propagate worldwide. Maybe one day, we'll talk about reconciling them, too.

But just between us chickens, I doubt it'll be any more worthwhile.

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

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T.F. Pruden
Novelist and writer.



THINGS I CAN'T CHANGE

A New Book by T.F. Pruden

Now Available!

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

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

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

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

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

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

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

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Reader Reviews:

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

Buy Online:

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

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



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POST-HARVEST CURING TECHNIQUES

BY DAVE MAC ADAM

Post-harvest curing techniques play a crucial role in the final quality and potency of cannabis products.

From flushing to drying, every step in the process contributes to the development of top-notch cannabis buds.

In this article, we will explore various techniques, such as flushing, lowering the temperature of the room and water system, going dark before harvest, whole plant harvesting, drying, dry room trim, and slow curing, and how

they come together to produce a superior finish cannabis product.

FLUSHING

Flushing involves the process of flushing out any residual nutrients from the plants a week or two before harvest.

This technique helps improve the overall taste and smoothness of the final product by removing the build-up of excess nutrients.

Flushing can be done by giving the plants plain, pH-balanced water, allowing them to consume their stored nutrients.

LOWERING THE TEMPERATURE OF THE ROOM AND WATER SYSTEM

Lowering the temperature during the last few days before harvest is a common technique used to enhance color, aroma, and potency. Gradually reducing the room temperature to around 65°F (18°C) helps preserve delicate terpenes and cannabinoids.

Similarly, adjusting the water system to a lower temperature promotes a gradual plant shutdown, aiding in resin production.

GOING DARK BEFORE HARVEST

By subjecting the plants to darkness for a couple of days before harvest, you can stimulate the production of additional trichomes. Keeping them in complete darkness triggers the plants' natural response to protect themselves, resulting in increased potency

and resin production. This method can significantly enhance the quality of the final product.

WHOLE PLANT HARVESTING

To maximize the flavor, aroma, and cannabinoid profile, many cultivators prefer harvesting the entire plant intact. Retaining the fan leaves, sugar leaves, and small buds during the drying process helps preserve moisture, resulting in a slower and more controlled drying process. This technique often leads to a more well-rounded and potent end product.

DRYING PROCESS

Once harvested, it is vital to dry the cannabis buds properly. Hang the plants upside down in a well-ventilated and dark space with humidity levels between 45-55% for about one to two weeks.

This slow drying process allows the buds to retain their desirable terpene profiles, resulting in a richer and more flavorful finished product.

DRY ROOM TRIM

After the drying process is complete, the buds should be carefully trimmed.

The goal is to remove any leaves or stems that do not contain trichomes, making the final product more visually appealing and smoother to consume.

Attention to detail during the trimming process ensures a finished product that is ready for market or personal use.

SLOW CURE

Once trimmed, the buds can be placed in airtight containers, such as glass jars, for the curing process to begin.

This slow curing process allows for the further development and refinement of the flavor, aroma, and potency.

Properly cured cannabis should be stored in a cool, dark place, with humidity levels around 60-65% for an optimal outcome.

THE CULMINATION OF TECHNIQUES

By meticulously following the post-harvest curing techniques mentioned above, cultivators can produce a top-notch finish cannabis product.

The combination of flushing, lowering the temperature, going dark, whole-plant harvesting, the drying process, dry room trim, and slow curing enables the preservation of cannabinoids, terpenes, and overall quality, resulting in a superior cannabis experience for consumers.

CONCLUSION

Post-harvest curing techniques are a vital aspect of cannabis cultivation.

From flushing to slow curing, each step contributes to the development of top-quality cannabis products.

By implementing these techniques, cultivators ensure the preservation and

enhancement of flavor, aroma, potency, and overall customer satisfaction with their finished cannabis products.

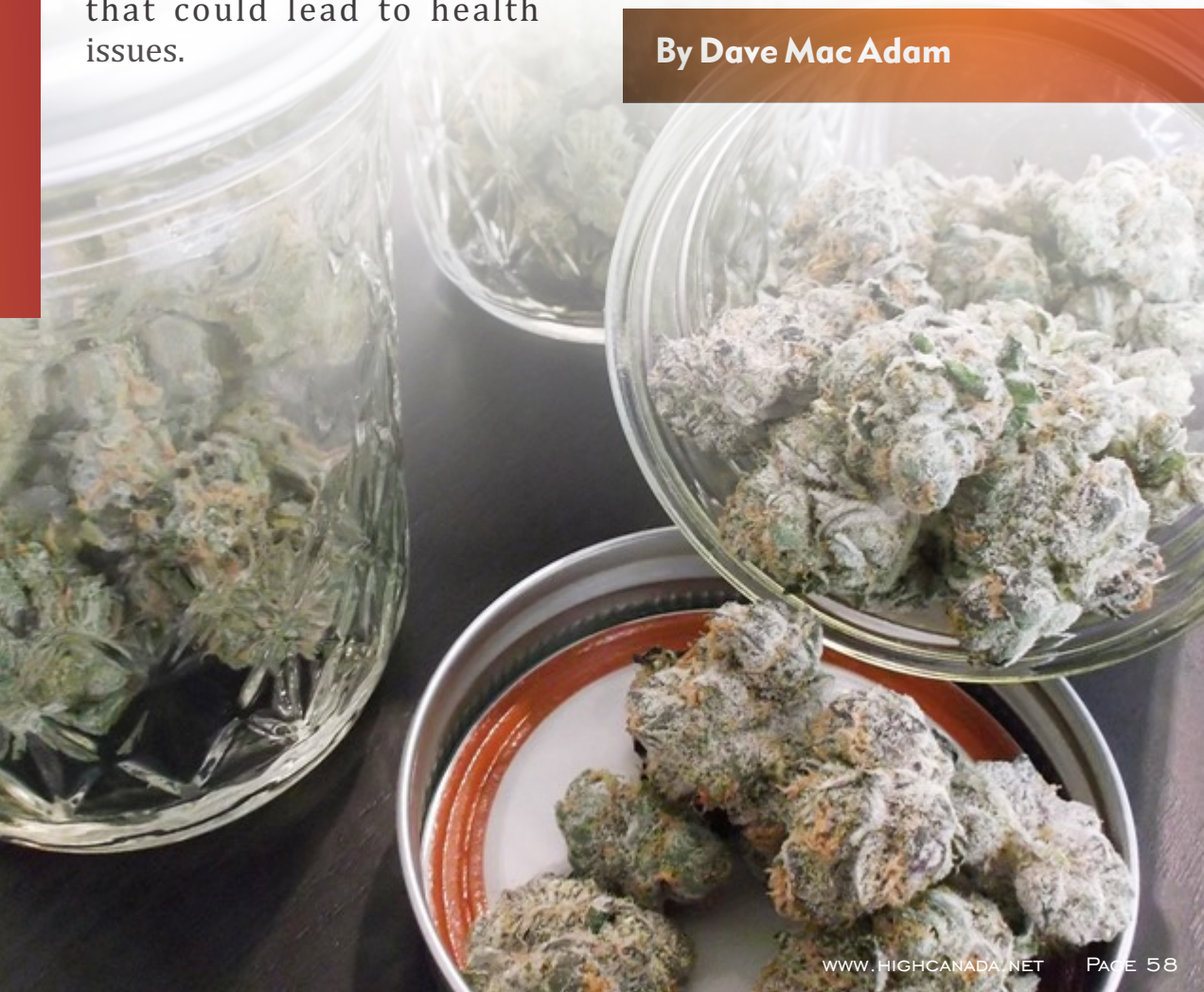
The process of curing cannabis is of utmost importance due to the numerous benefits it brings to both growers and users alike.


Curing enhances the overall quality, taste, and potency of the cannabis, making it a more desirable product for consumers. It allows for the removal of excess moisture, preventing the growth of harmful molds and bacteria that could lead to health issues.

Additionally, curing improves the smoothness of the smoke or vapor, maximizing the enjoyment of the experience. Moreover, curing preserves the integrity of the cannabinoids and terpenes present in the plant, ensuring that users can benefit from the therapeutic properties of cannabis.

Ultimately, by investing time and effort into properly curing cannabis, we can provide a safer, more enjoyable, and more effective product to those who rely on it for both recreational and medicinal purposes.

By Dave Mac Adam





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