

ISSUE  
#34  
AUG  
2018  
FREE

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# HIGH! CANADA MAGAZINE

CANADA'S  
CANNABIS  
CRUSADER &  
THE NATION'S  
LEADING  
CANNABIS  
ADVOCATE  
**CLINT  
YOUNGE**  
SILENCES  
THE CRITICS  
**ABOUT  
MENTAL  
HEALTH**  
WITH



CANADIAN CANNABIS  
INDUSTRY INFORMATION  
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**T**his issue is dedicated to both mental health awareness and the memory of everyone we have lost as a result of mental illness. There is help out there and if you are at least willing to take that first step sometimes that will lead to another and so on and so on...

**T**his issue also takes a real look at the city of Hamilton - which, like many of us, has its own fair share of trials and tribulations. It has slowly been transforming into this wonderful arts-centric, pre-gentrified modern village - and what modern village would be complete without its own fair share of cannabis based businesses. We talk to Hamiltonians in the Hamilton cannabis space like Clint Younge - CEO of national chain MMJ Canada - who breaks the silence about his own struggles with mental health and how those struggles led him to where he is today. We talk to Rebecca Taube at the Lost Organization about some of the good work they are doing there and we also go out for a day of high adventure in the New Amsterdam (as it has affectionately been nicknamed) with Ben and Bubba from Hello Cannabis.

**W**e also spend some time with the amazing women-team supremes from Cannabis Supply Co., the team from Marigold PR as well as ladies from the powerhouse Khronic Kreation. These three power groups are lighting the way in South Western Ontario.

**W**e spent a lot of time getting to know some pretty amazing people out in Hamilton over the last few weeks. Shout outs to the centre of cannabis culture right now in Hamilton - Ganjanista's Social Lounge and to the following companies for some truly outstanding work within this new cannabis-centric space including MMJ Canada, Hello Cannabis, The Lost Organization, 268 Tours, Bella Vita Bath Bombs, MedMobile905, Booty Bongz, Half Baked Extracts, Half Baked Bus, Quad City, Elevated Extracts, Mary Janes Closet, Khronic Kreation, Cannabis Supply Co, Marigold PR, Cannadora Club, Monkey Binz Pokez, Mrs Fudgemaker and more

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# HIGH! CANADA MAGAZINE FEATURE



*By Cy Williams*



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CLINT  
YOUNGE  
SILENCES  
THE CRITICS  
ABOUT  
MENTAL  
HEALTH**

Photos by Nate Belgrave

High! Canada Magazine was honoured to be able to get to know Clint Younge over several sit-downs in both Vancouver and Hamilton. We were allowed a rare inside look at the life of the CEO of MMJ Canada and the winner of the very respected 'Cannabis Crusader' award at the Lift Canadian Cannabis Awards in 2017.

After the recent announcement of the possibility of the Ontario government turning to private retailers to sell marijuana - Clint, who is also the CEO of MMJ Canada, which is itself, a national chain of cannabis dispensaries, wrote on social media that "This is the best bloody news ever for this province."

"This is a very emotional day for me as I have had so many sleepless nights, we stood through raids, we never broke standard and we always tried to set the bar," he wrote. "The pressure nearly beat me a few times, It feels nice to see this all paying off because I love and bleed MMJ Canada but it feels even nicer to know all my staff will be protected."

That pressure is exactly what we wanted to focus on. Clint is a steadfast supporter of mental health initiatives. Himself struggling with mental health issues and post-traumatic stress disorder linked to his childhood, he started researching cannabis and began using it as a treatment. He found the substance more effective than any prescription drug he tried previously. Clint? Can you talk to us about that time in your life?

At 7 or 8 years old I was diagnosed with severe ADHD, when I look back what is ADHD to me, when you think about it, it's clearly a made up issue. It was used to sell pharmaceutical drugs to children. Everything was really cloudy. I had major ticks from the amount of medication that I was on. It would make me lick my lips and wet the inside of my nose and I would have different scratches. When I would miss my medication I would fly off the handle. I would be like a junkie who hadn't gotten his fix. So I would have a crazy appetite, crazy anger, I was withdrawing from pharmaceuticals at 8 years old. Nothing really made sense it was always very cloudy, I couldn't understand why I had to try so hard to fit in with people. I couldn't understand why people wanted to pick on me and bully me. I couldn't understand why I had to be behind a mirror at these hospitals being essentially like a test rabbit. It's something that I allowed to destroy me for almost 22 years. 22 years of darkness because of something created by people you're supposed to think you trust. I was 8 years old and I was robbed of my childhood. I didn't have a chance to be a kid because I was so medicated.

#### Flash forward 22 years later, what changed?

I'd been suicidal for almost 3 years, constantly talking about wanting to take my life. I even had a plan that when I turned 30 if things didn't go right... you know I was getting really tired. I was charged for something that I didn't do. I had a really bad mental breakdown, I was laying in my fiancé's house at the time and I remember just calling it quits. It was 3 in



Photos by Nate Belgrave

the morning, I remember taking what I had in my bank which was 10 thousand. I was going to go to the falls with all the drugs I could find, I hadn't done drugs in over 15 years but I was going to do them degenerately and then just jump off the falls. So my 30th birthday came, I was still angry, still violent, a complete piece of shit womanizer. I had all this hate in me because I hated myself so much from something that I had never dealt with. Something had to give, it was either check out and end the fucking tea party or go get help.

At the time it was my fiancé's daughter, Bree who I had raised from the time she was 10 and now she was 17, she was there through my darkest times and yet no matter how shitty life was for me or how nasty I was on all sorts of levels I went home to Bree and I became this different person. This person who became super sensitive and always protected Bree. She didn't know who her real dad was, I always felt that it was my obligation to not give her any more abandonment issues. I always took care of her. I remember thinking to myself on the night that I was planning on ending it I went to Bree's room and I remember staring at her and thinking how fucked up she would be from this. How it would be all my fault and there is nobody to bitch at because I would be gone, you can't give someone



## “It bothers me when people don't take mental health more seriously...”

shit for hurting you when they're already gone. Instead of doing what I wanted to do, I called Stonehedge the next morning. I did an 8 month treatment program there. I begged for their help and I told them how scared and sick I was, what I was struggling with. I wanted to be away, and completely disconnect with the world. I never really worked a job in my life I always floated around, I used people and I used my family. I had never had routine and you had to work for your stay at this program.

There were programs, groups and focus work too, I remember I got the small tractor job for cutting grass. That was like the turning point of my life and when I started to really see myself excel in treatment. So I was getting a lot of time alone with music. I realized how much I love music it really connected me to things. When I was struggling, it helps me get through things. So I would ride the tractor, cut the grass, which was huge, it was on the old Schneider hot dog, there were willow trees and a baseball diamond. I started to really think about myself and what I needed to change while I was in the program. You were supposed to do one piece of focus work a week and I felt to myself that I was so sick that one piece was not enough help. I started begging my counsellor to give me more. He was giving me 2 pieces a day. He couldn't believe how much I wanted to keep learning about myself he actually ran out of focus work to give me 4 months in and had to start going on the internet to pull off new things for me to do. I was drastically changing on every level. For the first 60 days I wasn't allowed to write a letter, I wasn't allowed a phone call I literally got to disconnect and finally for the first time in 22 years just turn it all off and think about me. I would look outside at all the beautiful willow trees and just think about all I had done wrong and what I needed to do right.

When I started to educate myself more on ADHD, I started to realize that I could manage these mental health disorders very much so. I was then diagnosed with PTSD from trauma when I was a child. I remember reading up on PTSD and my OCD, 3 months in after all the focus work. I had worked myself completely apart and reconstructed this new version of who I wanted to be. I stopped saying things like “I got this so that's why I act like that” now it was like I have this but I'm not going to use it as a crutch, but instead as a



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Photos by Nate Belgrave

tool to do something great. The words coming from my mouth went from negative to positive. It was a slow process, the 8 months was really hard. I went from 240 pounds then to 190, I went from being this really unwell person to becoming a mentor.

**Was this when you discovered your passion for helping others?**

No, my Mom always said I loved helping people when I was younger. It was always a natural quality for me and I couldn't even fathom what it would steamroll into. When I left Stonehedge I knew I wanted to help people but I didn't know how or what exactly I wanted to do. I was a new me, it was kinda like being a baby again reborn into the world. I get to re-choose my whole life path again. I started to manifest my way into cannabis. I made like a smug joke to my fiancé, we were in her kitchen smoking a joint and I said to her "If I could get out to BC and get my foot in the door I could really change how people view cannabis from a mental health perspective". We all laughed about it, and now we talk about it and no one could have ever imagined I would be here doing what I am doing. I stopped saying "if I did this" or "I could" and changed it to "I am going

to" that's all I ever say now. A lot of people think that is arrogance but it's not. I'm in a shitty position being the CEO of MMJ Canada in the public eye and I need to have a chip on my shoulder, it's not because I'm arrogant it's because I have struggled and I am finally happy with myself. So I don't give a fuck about what anyone thinks about me. Sometimes that comes across as cheeky I guess but once you learn to love yourself and you hear the negative things people say about you, you kinda just want to be alone and stick to a small group of people because of that.

**Can you tell us about the amazing crew of people you have at MMJ Canada?**

I will start with Aaron; Aaron is pretty special to me. He's my right hand man. When I'm really struggling, Aaron picks it up, when his wife is struggling I'm there for him - it's a beautiful synergy. There was a long time when we were growing fast and Aaron and I were butting heads a lot. I kept thinking to myself why can't we get on the same page - we are both really good at what we do. There was this moment where I was in Thailand and I was upset about a lot of things and he just said, lets go back to

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how it was when we first met when we were just loving this and not stressed. Every day now I talk to Aaron 3 times a day and we are becoming really close, he's becoming one of my best friends actually. I am blessed to have Aaron; he is the greatest COO in cannabis. I'm not saying that because he's mine it's because his story is so unique. He's struggled with a lot of things until he met his wife and that all changed for him. His wife was unfortunately diagnosed with stage 4 cancer about 2 years ago. She was given 3 weeks to live. Most people would fold under that type of pressure and I thought Aaron was done. I thought for sure there would be a relapse and he would go back to his old ways, I mean

he was about to lose his wife. Nope instead he gets stronger than ever, completely refuses to let his wife die. Starts giving her suppositories, changes her diet to no fats no sugars just straight vegetable green juices. Between the chemo and all this stuff Aaron was doing and the cannabis treatment, she's been alive for 2 years. You want to talk about inner strength forget me, this dude is a legend.

Next we have Lauren, she is my Director of Operations in the east coast. Lauren is like the mother of MMJ Canada. When crisis arises she doesn't want to involve me in it whether it's a raid, company issues within the company it always stops at

Lauren. I am very lucky for that, she knows that I get emotionally involved and attached and I can't be doing that while I'm focusing on expansion and growth. She really makes everything easy for me. She's organized, she fixed our systems, how we do inventory, overall a superstar. She picks me up from the airport every time no questions asked and we get to go over everything. I am so blessed to have her because she is just so multi talented, she's always on the ball. MMJ on the east coast would be in probably big trouble if we didn't have Lauren as our leader.

## Lets talk about Lost?

Becca is the founder of Lost, she is my partner for Lost, she is the visionary she is the beating heart of Lost. I met her at Glow juicery that I live above right now. I go there for my juices every morning and I was just going on a rant one morning and she was laughing. I introduced myself and told her what I did, she told me what she did. She told me about Lost organization and she also told me about her fears, that there's no money, that she couldn't build a facility to give back to the people. I went home that night and I was like why doesn't it just become a division of MMJ Canada. Why don't we build this thing and let this woman go to town and change the way people are scared to talk about the stigma of mental health. She was really wanting to change the way it was viewed it was absolutely amazing. I built a friendship with Becca, she quickly became one of my best friends, and it was 3 months in of us talking and doing small things together, she sponsored a lot of my fundraising events and I told her; why don't you let me buy Lost, you run it forever you can never be eliminated I will put it in your contract and it went from there. We started off with just donations in the beginning, we were getting almost \$800 a month from people coming into MMJ just tipping and leaving it in the Lost jar because they believed in it. Becca started selling sweaters to people. I remember the board, who doesn't always understand the compassion side of things they're more financial people and they called me one day saying, wow man Lost is really needed in Hamilton.

I was told to find a place and I was allowed to find a place and build Lost. I went and told Becca that this is what I was going to do. From the get go when we opened Lost she's been in there 60-70 hours a week. She's helping people while she isn't well herself. She is my superhero. I have a safe place that I can call mine now because of her, we both gave each other something that we needed in life. We're both benefiting from it now and I am forever thankful for Becca. CH news voted us best non-profit nominated for best non profit in Ontario. Lost has so many services and gives back so much to the people from yoga to peer to peer counselling.

**Tell us about the community that came together around the creation of the actual physical location?**

We took over Steel City Pickers and I remember posting



on facebook - hey really need help with building Lost, it's a non profit, this is our goal and objective. I started going down there and I will never forget, I walked in there and my best friend growing up was standing there after a 12 hour day at work roofing, and he just starts tearing the place up, demolishing it, rebuilding it. I had people who I hadn't seen in 10 years coming back to help for free. We bought food and stuff like that but these guys just came in to help, there's a whole community represented with a plaque on the wall in Lost with everyone who came out to help. We are actually missing people on the plaque cause we made it and even more people came to help after. Stoney Creek Stone gave us all the granite for free, Partenian Rugs and Flooring gave us 2500 square feet of hardwood flooring for free. It was unbelievable. It was built by Hamilton and it is really special.

**Do you feel that there is a moral responsibility for cannabis companies to give back to their communities?**

Yes of course and I don't think enough do. They do it for the tax break. Were not doing it for the tax break this comes right out of our pocket, literally. I think people need to get back to where this all started. People need to appreciate what this plant does for people. It's okay to be a successful businessperson and make lots of money but I think you need to understand where your roots are from and you need to be that compassionate caring person giving back to the community. You don't need to let greed take over your views on how a business should be run in cannabis. I want to build the biggest cannabis brand in Canada out of compassion and love and I am going to do it no matter what.

**What do the next 3 months hold for you?**

I have to be very patient. There are a lot of people relying on me to get us through legalization. We are running many projects and creating multiple opportunities. We are waiting patiently for the Ford government in Ontario, we are getting amped up in British Columbia. We just got our second licence in Vancouver. We are creating side products to compliment the cannabis industry. It's a very busy time right now. I made a promise to people and I am going to see it through.

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***By Cy Williams***



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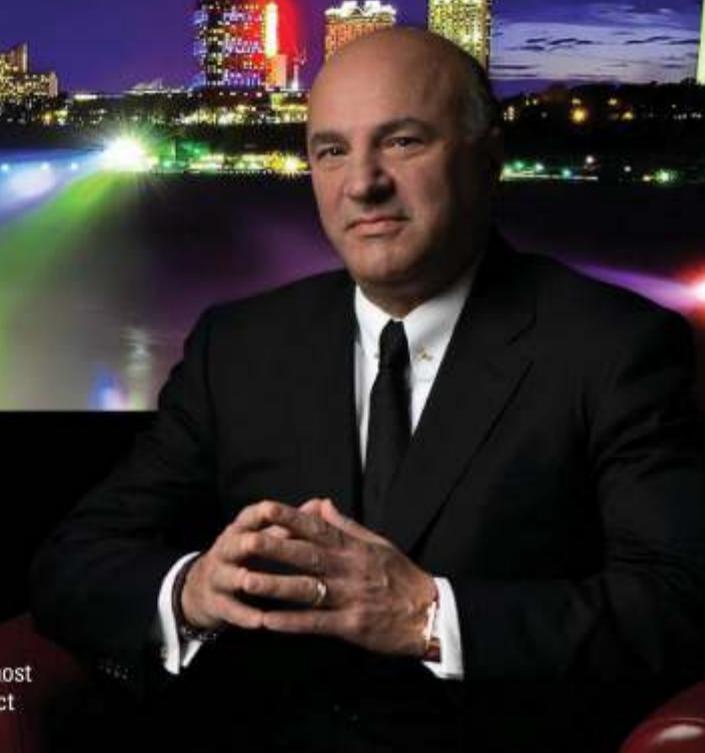
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MMJ Canada, co-founded by Clint Younge and Aaron Sinnathamby, opened its doors to the public in 2013 in Vancouver, British Columbia as a very small but passionate dispensary, with 100% dedication to all of its members.

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In 2015, MMJ Canada was officially accepted in the Canadian Association of Medical Cannabis Dispensaries' (CAMCD) Trades Association Membership program. In April of 2016 they opened their first location in Toronto, Ontario - they now have two locations in Toronto, three in Hamilton and three in Vancouver.

High! Canada Magazine had the opportunity to tour the MMJ Canada facilities in both Vancouver and Hamilton and were nothing short of awe inspired by the organization and structure of this cannabis based retail giant. The overall infrastructure behind all that MMJ Canada does behind closed doors is enough to drive Elon Musk to the breaking point but not Aaron Sinnathamby - Co-Founder / Chief Operating Officer of MMJ Canada.

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Aaron is an experienced Chief Operating Officer with a demonstrated history of working in the alternative medicine industry. As the COO of MMJ Canada, he is responsible for the functionality of all locations across Canada. Creating new business strategies while still maintaining everyday operations and overseeing all departments within the company. Strong entrepreneurship, professional skilled in Management, Customer Service, Coaching, Sales, and Strategic Planning are in his LinkedIn bio and we found him to be well spoken, passionate and extremely knowledgeable about all the goings on behind closed doors at MMJ Canada and somehow we feel that if it were not for Aaron it would all grind to a screeching (yet temporary) halt - regardless of how many exceptional people MMJ Canada currently employs. C edit where credit is due.

[www.on.mmjcanada.ca](http://www.on.mmjcanada.ca)



**HIGH! CANADA  
MAGAZINE**

*By Cy Williams*

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The LOST community is ever-expanding, so go and get LOST with them!

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**HIGH! CANADA  
MAGAZINE**

Photos by Nate Belgrave

# HIGH! CANADA MAGAZINE



Rebecca Taube

Photos by Nate Belgrave

# HIGH! CANADA MAGAZINE



Photos by Nate Belgrave



High! Canada Magazine was also lucky enough to sit down with the founder of the Lost Organization - Rebecca Taube. You are an inspirational person with a very unique story - tell us about your own personal cannabis origin story?

I consider my cannabis story quite unique. Unlike most, I didn't go looking for cannabis; cannabis found me. While I was in the early stages of building a mental health support community called The LOST Organization, I was introduced to Clint Young, the CEO of MMJ Canada. Though I was unfamiliar with the cannabis industry, Clint believed that LOST would be a perfect resource for his patients. MMJ is a medical cannabis dispensary, and more than often, the patients walking through the door are struggling with some type of mental illness. After several meetings, we decided to discuss a collaboration; cannabis and mental health. To better understand the industry, I took a job with MMJ as the manager of their first East Coast location in Hamilton's Hess Village. It took me half a day to recognize the need of this collaboration. Cannabis needed LOST, and from there, MMJ Canada and The LOST Organization partnered to bring this resource to patients across Canada. Now, LOST operates full time in Hamilton, and has plans to expand all over the country.

**Tell us about some of the challenges and or adversity you have faced so far on your chosen path?**

Choosing this path has taken a lot of faith and belief in myself. Working at MMJ during the early stages of legalization was stressful. We knew we were doing the right thing, but the constant raids and threats of arrest kept our emotions and anxiety high. I could have given up or walked away many times, but instead I chose to fight and keep going. At the end of the day, I can't imagine myself doing anything but this. The fight was worth the challenges that came along with it.

## Rebecca Taube

**How did you move past those challenges?**

Like I said, believing in myself was my most important tool. No matter what adversity I faced; whether it be doubt from others, scrutiny, or hardship, I always believed in myself and my ability to succeed. It was also helpful to have support from the entire MMJ staff. MMJ was, and still is, a tightknit family.

**Advice for other women entering the cannabis industry?**

Be strong and never lose sight of what you want. People will doubt you, and at times, they will make you feel inadequate, but that should never take away from who you are. Though we will inevitably face people who challenge us, we will always walk alongside people who support us. Make sure that you have someone cheering for you, and when that isn't possible, don't be afraid to cheer for yourself. Tell yourself everyday; I can achieve greatness.

**Three things you feel everyone needs?**

I believe that everyone needs to take risks. I've often been scrutinized by others who believe my actions have been reckless or impulsive, but at the end of the day, I simply put all my cards on the table and risked everything for what I knew was right. Along with that, everyone needs to believe in themselves. Don't give up, no matter what. And lastly, surround yourself with people who love you unconditionally. It's the people, places, and things that we surround ourselves with that empower us, so chose wisely and accept what you deserve.

*By Cy Williams*

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# MENTAL HEALTH AWARENESS IS GREAT, BUT ACTION IS ESSENTIAL

Raising awareness of mental health problems is a great and important thing and it should be the start of the process and not the end. It has been my experience that while the conversation is happening - it needs to happen more. This is dedicated to M.E. Woodside. We lost our High! Canada Magazine team member M.E. in 2017 to suicide and our team has never been the same. To be honest I have never been the same and I still struggle with her loss on a daily basis. Memories of our last conversations haunt me. I think she would be proud to see that Canada is almost ready to cross the finish line into legalized cannabis. I can remember her predicting that the monopoly would not stand in Ontario and it turns out it will not. I remember her predicting a place for craft growers and there will be and I also recall her saying there would be a place for Mom & Pop storefronts and there will likely be as well. M.E. struggled with her own mental health on a daily basis and for me and for my entire team it is important that we continue the conversation she started.

It's important to be aware that mental health affects literally everyone, and that a quarter of the population regularly struggle with it. It's strange to think of in those terms, but that is the case, it's not exactly mental health that people need to be made aware of, so much as the fact that mental health can, and regularly does, go wrong. And when someone's mental health does falter or fail, they should receive the same concern and help that someone with a more obvious "physical" ailment should get, not scorn and stigma, as often happens.

This is where mental health awareness can help. If you suffer from depression, anxiety, OCD or any other condition, it can be hugely debilitating, often consuming your entire daily existence. Having someone, (a family member or total stranger) dismiss it outright or accuse you of "faking it" can only make it worse, compounding the problem. This is how campaigns to raise awareness of the issues can be very helpful. Increased exposure to, or discussions about, mental health problems and what they mean for those who deal with them can enhance the understanding, or even just the patience, of those who don't have to. Essentially, mental health awareness is fine, but action is what's actually needed. Awareness is great for prompting those with issues to seek help, but effectively meaningless if there's no help available. And with ongoing cuts and shocking provisions to mental health services, that's where the real problems lie.



**HIGH! CANADA  
MAGAZINE**

Photos by Phil Wong





If mental health awareness can be channelled in to actually dealing with the issues around it, then that would be great. But raising awareness is just the start of the process, not the end. There's a lot of work that needs doing here. And that's something we should all be aware of.

I know a lot of people who use cannabis to self-medicate to control anxiety and depression and other types of mood disorders to some great success but it is very important to remember that lighting up a blunt or having a long solo dab session and hiding out in your place all alone is NOT the best thing for you when you are feeling low. Get outside - call someone and if are having thoughts about hurting yourself or others - **CALL** the Canada Suicide Prevention Service (CSPS), by Crisis Services Canada, which enables callers anywhere in Canada to access crisis support by phone, in French or English: toll-free 1-833-456-4566 Available 24/7 - you can also visit the website to connect with someone online to talk at [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca).

Alternatively, you could download the LifeLine App - it is a National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the Globe. You can download it for free at [www.thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app](http://www.thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app)

It is also very important to remember or consider that we do not know all the impacts of cannabis use on mental health — particularly on young, developing brains and those with a history of psychosis — this **must** be considered and researched as Canada moves forward with pot legalization. Young people's brains are vulnerable to substances such as alcohol and cannabis, says Dr. Jürgen Rehm, director of the Institute for Mental Health Policy Research at the Centre for Addiction and Mental Health (CAMH) but we need more research!

*By Cy Williams*

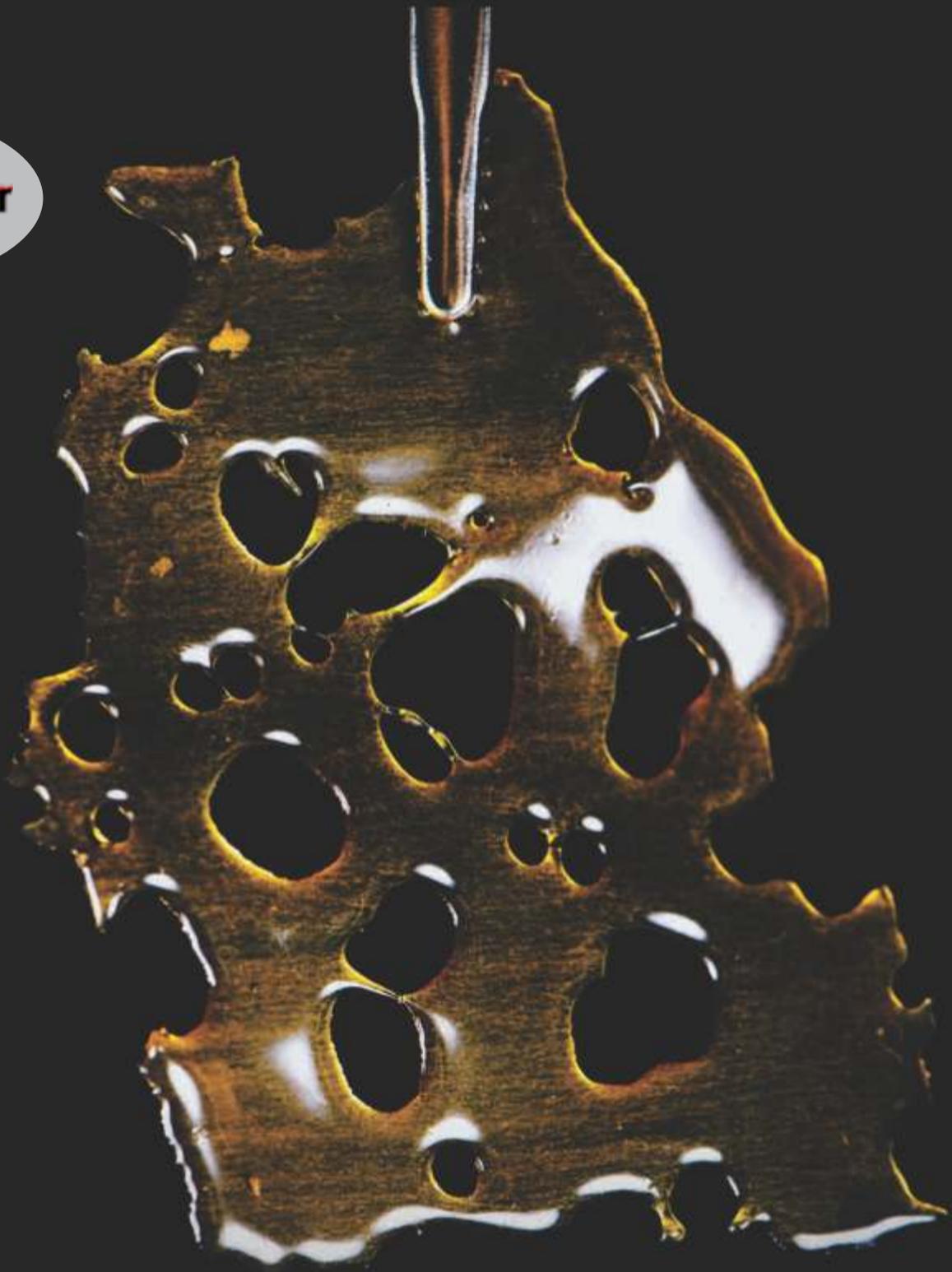
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Cannabis Supply Co.

High! Canada was thrilled to connect with the Cannabis Supply Co. in Burlington, Ontario and let me tell you what a very gorgeous location it is. We had the opportunity to talk with Michele and Sherri about their experiences.

Tell us about your cannabis origin story, specifically on how you got interested in cannabis and how it has changed your career path?

As a teenager, I experimented with cannabis like every other kid but was never an avid user. I spent the first 30 years of my career working with young offenders, CAS and behaviourally challenged kids in group care/institutions, the education and court systems. During this time, I was forced to preach about the hazards of cannabis on the developing teenage brain and forbid the kids to use it. I wrote many incident reports about creative ways kids found to obtain and use cannabis! Many of these clients suffered from mental health issues including mood disorders and had suicidal tendencies, ADD, ADHD, suffered abuse, neglect, PTSD etc... They often refused to take their psychotropic medications because of the negative side effects. It made them feel numb, lethargic, sad, nauseous, some promoted weight gain, others loss of appetite. It was hard to watch these kids medications take away their spirit. Cannabis made them feel better!

As the social services landscape began to change, a career change was in order. I was working as a Court Reporter and quickly realized that was not something I could do long term. The Cannabis Supply Company was looking for some help getting a telemedicine clinic off the ground in Brantford. Since I knew the owners parents, I was recruited. The next think I knew, we were opening a chain of clinics/retail stores across southern Ontario with the hopes of dispensing cannabis. The rest is history...which still in the making!

Tell us about some of the challenges and or adversity you have faced so far on your chosen path?

I have always had a passion to help so patient and customer service came easy. Educating myself about everything there is to know about cannabis was a huge learning curve and I will continue to enlighten myself more every day. The marketing aspect of the position is difficult when you are trying to teach people about the benefits of cannabis. Killing the stigma is a tough sell when being met with resistance, however my past experiences has prepared me to deal with adversarial situations.



I believe with age comes wisdom and that in itself allows me to navigate difficult conversations with ease. This new path was a welcomed change in my life.

**How did you move past those challenges?**

I read everything I could get my hands on, scoured the internet, watched educational programs, asked lots of questions, networked and attended cannabis conferences, expos and events. Information is power. The more I learned, the more confident I was in myself to spread the word about the benefits of cannabis. I am still learning every day. Meeting so many people and hearing their story about how cannabis has changed their lives was inspiring. I began using cannabis oil so that I could speak first hand of the how it has helped me.

**Advice for other women entering the cannabis industry?**

Go for it! It's a booming business with unlimited prospects! There are many well respected women in the industry that have lots of great messages and stories and most of all everyone supports everyone. It's like one big happy cannabis family. Gender does not hinder your opportunity...and they are endless in this ever evolving cannabis world. With recreational legalization just around the corner, the sky is the limit.

**Three things you feel everyone needs?**

Family, Friends, Fun! Since I joined the cannabis industry I have found an extended base of family, friends and fun!

***By Cy Williams & Phil Wong***



cannabis crusader

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# CBD DOWN ON THE FARM INDUSTRIAL HEMP COLLIDES WITH MEDICAL CANNABIS



By Bruce Ryan — [www.cannaSystems.ca](http://www.cannaSystems.ca)  
Photo: Shannon Little

Pure irony. The cannabis world has a vast array of “varieties” ranging from wild cultivars to prized genetic profiles carefully bred indoors for generations. One estimate holds that there are 11,000 genetic variations on the theme ranging from rope to dope. We’ve been growing this weed for countless thousands of years all over planet Earth. It’s obvious that humanity has spread the sacred herb from continent to continent, south to north, coast to coast since the last ice age. Our relationship with this ancient species includes right up to the “modern” era. French, Dutch and British explorers showed up sailing ships with hempen sails and ropes to find the First Nations peoples growing cannabis that had migrated with the tribes over the upper land bridge ages before.

Today one can find adapted land races growing wild around the Great Lakes. These are perfectly happy in the Canadian climate: they sprout from the frost and finish nicely in the Fall. I had never seen cannabis seeds that would sprout in such low temperatures. These land races seed themselves and establish stands as birds & humans carry the seeds to other locations. A few grow very, very tall - over 14'. Others produce huge monster colas the size of your arm. Some are probably left over from when Ontario was called “Home” - long before Confederation - when the Queen would give you land in exchange for growing hemp. Farmers were growing cannabis two hundred years ago in Canada... just like today. These were generally low-THC varieties grown for rope, uniforms and sails for the warships of England. In the eastern sections of Ontario, the folks call it “donkey weed”. There also are wild landraces growing south into Nebraska, Kansas and Oklahoma - “bunk weed”, they call it there. Worthless

for smoking.... unless you’re interested in CBD.

The truly interesting part of the historical equation is that modern “industrial” cannabis strains tend to test higher for CBD (cannabidiol) than the vast majority of the popular “medical or social” high-level THC strains today. All due to the simple wonders of good old-fashioned plant breeding down on the farm. This became evident while reviewing lab testing on hundreds of strains over the past three years. Hemp strains tend to test around 1 - 2% CBD while popular cannabis strains would show .01% or even be “ND” (Not Detectable) in the lab samples. As I investigated this, it became obvious that finding CBD for medical uses is going to be difficult from the current ‘approved strains’ the Licensed Producers are growing in Canada. It is impossible to extract a cannabinoid that is not there. This leads to searching for CBD in fields of hemp. It also has led to cross-breeding between ‘social’ genetics and ‘hemp’ genetics to boost CBD content. The irony gets better.

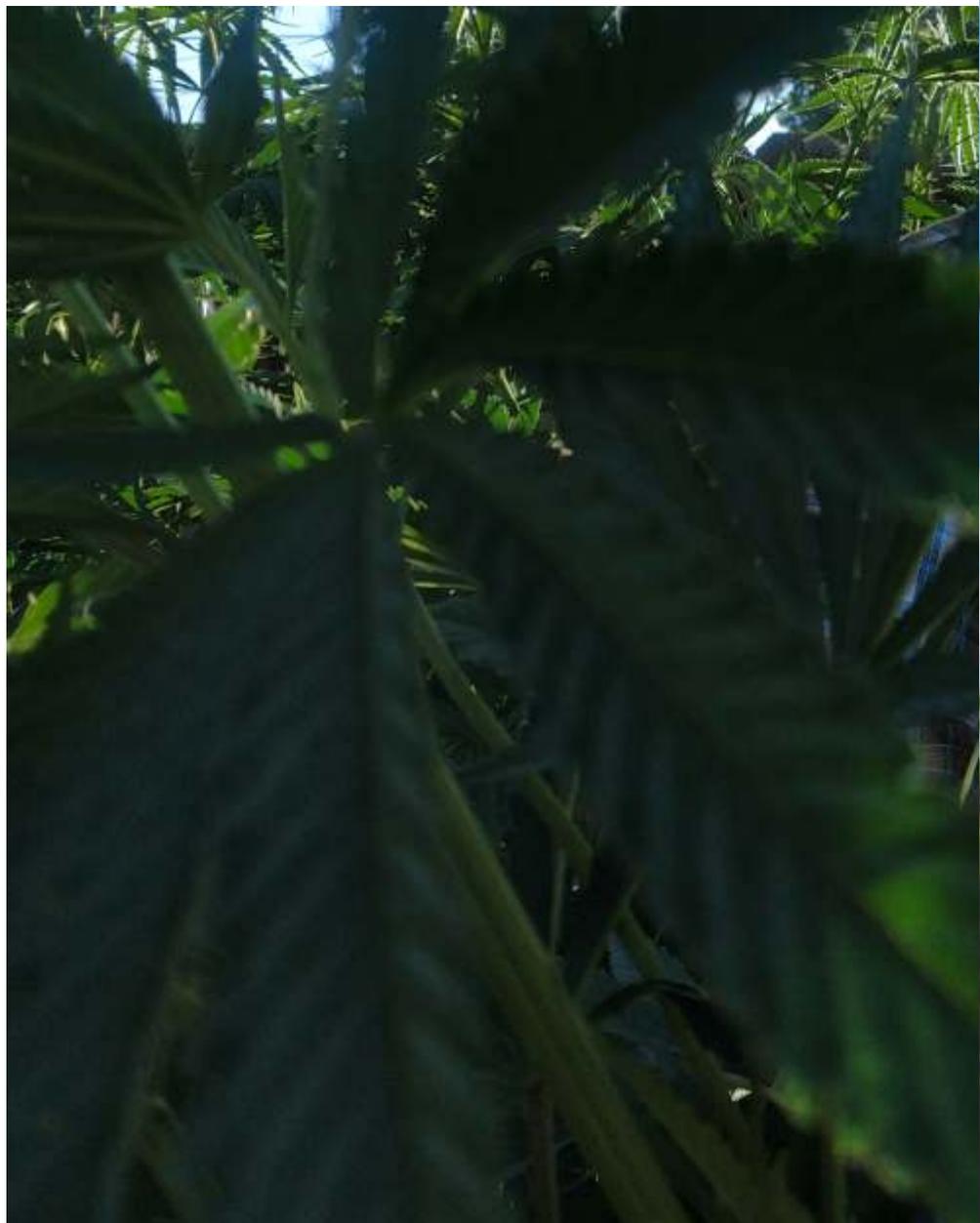
Suddenly the flower tops and leaf material from a hemp farm are FAR more valuable than the seed harvest and the fibre AND core materials all put together. Instead of returning several hundred dollars per acre, the bio-mass becomes valued at thousands of dollars per acre. This is a revolution down on the farm. Suddenly the waste material is worth lots of money. Last year hemp farmers in Canada couldn’t touch the leaf, they had to plow it back into the field. This Fall, the rules change and the gold rush is on. Only problems are the farm logistics. Usually industrial hemp is processed for seed grain using a typical

combine grain thresher. The waste from the flower tops & leaves gets dumped on the ground. I mean, exactly HOW does one collect and dry that much tonnage at harvest time?

Growing a good-sized crop in a large indoor cannabis farm is one thing. The left-over leaf is just a small portion of the total bud output. Cutting, collecting, drying & processing a 1000 acre farm another thing altogether. Imagine for a moment that you must dry 400,000 pounds of chopped leaf & flower top material within 14 days. You know, about 28,500 lbs per day.... Immediately drying it down to 9% moisture to keep it from rotting within 24 - 48 hours. Pack the tonnage into containers and store it for processing. All of which will then require expensive extraction machinery with the capacity to process hundreds of pounds per day into CBD - before the next harvest rolls around a year from now.

Whew! Rinse and repeat. Mind you, the capital costs for this type of equipment will involve some very serious investment.... but the gold rush is on. Demand is outstripping supply by a wide margin. Prices in the medical CBD market continue to be sky high. This is partly based upon prohibition pricing, market scarcity and legalization efforts going in many places around the world. As production ramps up, prices will come down and the CBD sector will advance even more rapidly. All of this is a real bonus to farmers and medical patients alike. The cannabis industry is being transformed across the entire spectrum. Social, medical and industrial uses are now reaching critical mass. Legalization is spurring a new industry around the world. We will see major changes in the future as this unfolds: industrial "hemp" meets medical "marijuana". Purely ironic.

*By Bruce Ryan*



*High Society*  
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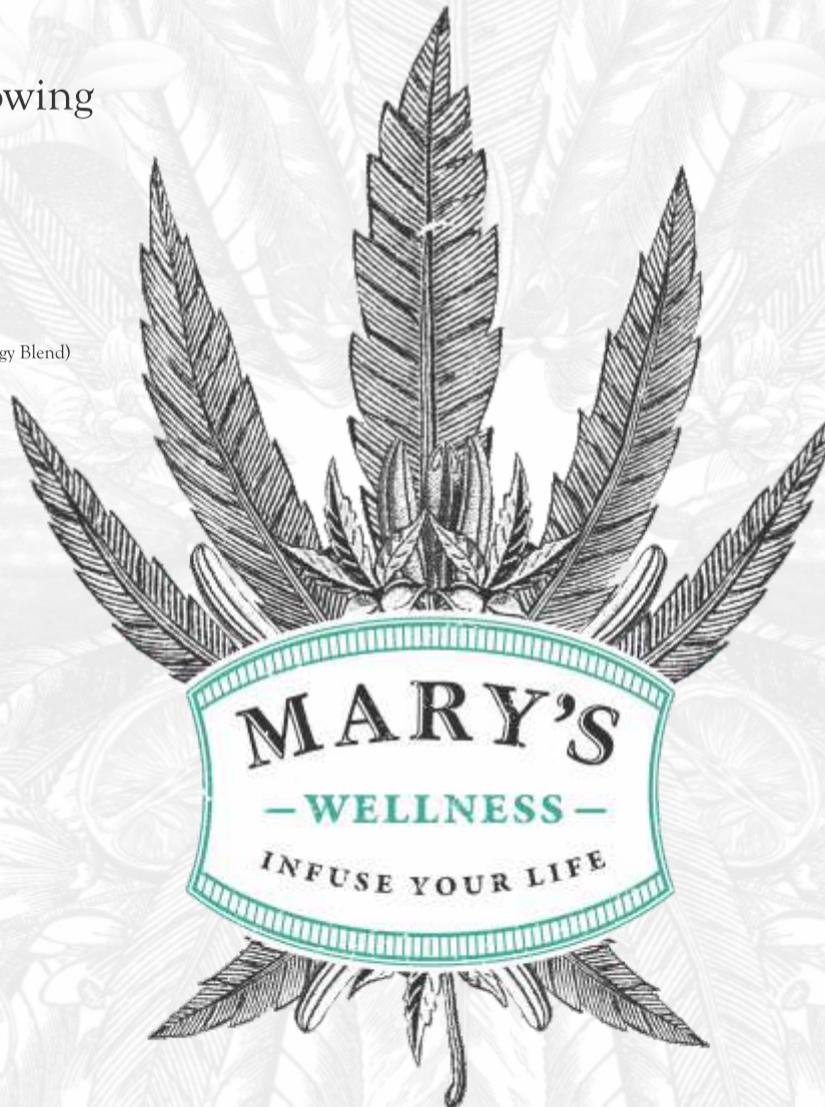
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High! Canada Magazine has been watching Ottawa with much excitement and we were thrilled to have the opportunity to speak with Jenna Somerton, the Creative Director at the newly opened Hybrid Pharm in Ottawa.

Jenna - it's a real pleasure - can you tell us about your cannabis origin story, specifically about how you got interested in cannabis and if it has changed your career path in any way?

I would definitely classify myself as an 'over-thinker', and cannabis allows me to disconnect from the limitations I know - essentially to step outside and experience the world from a different perspective. In regards to my creative side, it's never something I've been able to force. Cannabis diminishes my inner monologue dictating what I should/shouldn't and can/can't do. It truly lets me explore my creativity.

I've experienced some form of anxiety my entire life and have been prescribed almost every anti-anxiety pill out there - each with worse side effects than the anxiety itself! The medications took away my personality, my creativity and my drive... I wasn't anxious, but I wasn't much of anything else either. I started to realize that the cannabis I was using recreationally was helping me to relax - resulting in fewer panic attacks and better-quality sleep.

My true medical cannabis journey began in the fall of 2012 when I was diagnosed with temporal lobe epilepsy. The medications I was given had such extreme side effects that I was unable to function both in my personal and professional life. After doing a ton of research, I came to the realization that combination drug therapy only added pills, not quality of life. It really made me angry that the education on the benefits of medical cannabis, specifically CBD, was not even discussed within my



healthcare team and wasn't accessible to so many people suffering.

I wanted to be a part of challenging and changing this stigma around cannabis. I was instilled with an extraordinary drive to not only continue my creative path, but to inspire and help others through my creative avenues.

**Tell us about some of the challenges and /or adversity you have faced so far on your chosen path?**

Well, I am half-Dutch and grew up in Merrickville Ontario, a small town full of artists and entrepreneurs so luckily, I've always been surrounded with very open-minded and diverse people. I wouldn't say cannabis was portrayed to me as 'the devils lettuce', but it was still somewhat a taboo, especially in daily use.

The term 'pothead' has always been associated with anyone using cannabis on a regular basis, and although this is true of me, I couldn't be further in personality from this lazy, unmotivated and aloof stereotype. I wasn't following the societal norm, but in all honestly, normal isn't working, normal isn't happiness. I don't want to be ordinary, I want to be extraordinary in my life!

The working 9-5 'norm' never jived with me either. I always felt restrained and restricted from my optimal creative potential and of course I couldn't medicate with cannabis while at work to break it. It was this stigma that I felt was limiting me from my full potential.

**How did you move past those challenges?**

Feeling a bit like a jack-in-the-box, all stuffed inside and waiting anxiously for my chance to spring out; I needed my freedom to innovate and imagine. I then made the decision to start my own company, [www.eyedia.ca](http://www.eyedia.ca) and focus on MY health and happiness and not what others defined as 'normal'.

It was only this year that I felt the taboo and stigma of my personal cannabis use finally disappeared. I joined in founding Hybrid Pharm (Canada's first cannabis specialized pharmacy) as creative director; in doing so, the perspective of many of those around me changed. Here, I am now able to share education and the medical benefits of cannabis to more open ears. In being a part of a respected and an actual medical establishment, it helped to legitimize my personal cannabis use and allowed others to see that cannabis isn't just about getting 'high'. It's been an incredible journey to get here and I couldn't have asked for a more inspiring, dedicated and just plain awesome team! The future is oh-so-exciting!

**Advice for other women entering the cannabis industry?**

Having only recently entered into this wonderful industry and the phenomenally hard working and passionate people behind it, I have to say, I've found my home. There is nothing quite like the feeling of truly being accepted for who you are and in being appreciated for your individual uniqueness. The women I have met thus far in this industry are bold, inspiring and determined and I feel so lucky to be surrounded by these wonderful women in weed. My advice for other women interested in entering the cannabis industry is to pick an avenue that you love, find the right people to work with and be unique in your role.

**Three things you feel everyone needs?**

I always thought Reba McEntire said it best: "To succeed in life, you need three things: a wishbone, a backbone and a funnybone", but because I like to colour outside the lines, I'll add three more: love, community and support - and that's what I continually strive for in life and at Hybrid Pharm.

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**HIGH! CANADA  
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**SPOTLIGHT ON:**

# WOMEN IN WEED

# HAMILTON

*By Cy Williams*

*Photos by Phil Wong*





**W**ith Hamilton becoming so very interesting to cannabis enthusiasts across South Western Ontario - we thought it prudent to get to know some of the people involved in the scene and we heard so many wonderful things about the ladies over at *KhronikKreations* we had to find out more - and did we ever - From infused 'get to know you' breakfasts to dispensary tours and insight into the way cannabis culture in Hamilton really works to the *Festival of Friends* and Tom Cochrane to our co-produced *New Amsterdam Indixer* at the *Ganjanistas Social Club* to the very successful Wake'nBake Breakfast Mixers - these women are powerhouses on the South Western Ontario cannabis landscape and educating everyone they encounter along the way. With an eye on doing things properly and dotting all their eye's and crossing all their tee's - *KhronikKreations* is absolutely a powerful brand to watch.

**Tammi:** Founded KhronikKreations in February of 2016 after 20+ years of baking and 5+years of infusing cannabis into her baked goods as well as full breakfast/lunch and dinner party infused services. KhronikKreations is a full oil extract edible company that uses only butter, olive oil and coconut oil in their products. They use a local medical grower and infuse their butter and oils themselves. She studied and completed the Marketing, Sales & Drug Development through Kwantlen Polytechnic University (2016-2017), to further educate herself on proper medical cannabis dosing in addition to different methods

of cannabis dosing. Through this she was able to assist patients with cancer, depression, anxiety and most effectively with MS. Currently KhronikKreations hosts private parties and events, as well as bakes delightful cannabis treats for her new and current clients.

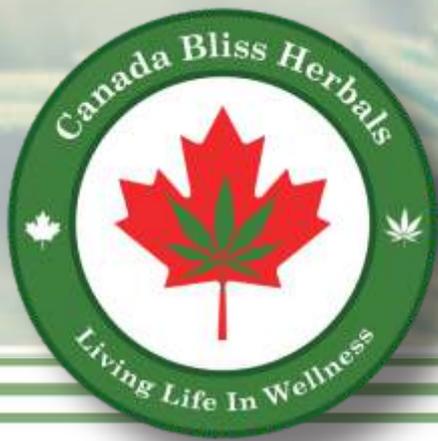
**Chantel:** Is the partner in KhronikKreations and also the youngest member of the team. She brings energy and some amazing cooking skills in the kitchen. Coming from a large Italian family, she can whip up sauces, jams and family style dinners unlike anyone you've seen. She has 10+years of catering experience, and lucky for the group, quick with the social media, millennial lingo and an understanding of extracts that brings huge value to the team.

**Sheila:** Is the main brand promo and PR for the team. As our #1 medical testimonial for MS she knows better than anyone just how much benefit there is to using cannabis. Since eating KhronikKreations infusions she has not had to use many of her toxic medications that are prescribed to MS patients, and in turn has been a huge assistant to other people going through the same life challenges. Together with Tammi they have started a new venture with @268Tours based out of Antigua from which Sheila has close ties and family.

**Kathryn:** Bringing over 30+years of floral and event planning experience she is an invaluable member of the team. She oversees all major events and parties and co-ordinates the overall look and vibe for our most wonderful guests. Kathryn also has 30+years of amazing cooking experience and has brought so many exciting new treats and food ideas to KhronikKreations.

**Carrie:** Is the overseer of our team. She assists in every aspect of what we all do and helps out wherever we need an extra hand. "What do you need" is her key line and her sense of humor and most calm and soothing nature brings control to the team when we may be all running in different directions. She brings us back in and keeps us on track. Most valuable quality to any team to say the least!

*By Cy Williams*



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*By Cy Williams*



High Canada Magazine was extremely honoured to finally sit down with our long time friends over at Marigold PR on this Women + Weed Feature which is a nice overview on what Marigold PR is all about

Tell us about your cannabis origin story, specifically on how you got interested in cannabis and has it changed your career path in any way.

### *Cannabis found us at Marigold PR.*

Bridget Hoffer and Katie Pringle launched Marigold PR in 2015. Coming from Executive and Senior roles in entertainment and media, Marigold quickly developed a roster of national brands and charities. In spring 2016, high-end cannabis accessories store Culture Rising (Milton, ON franchise), approached Marigold PR to support on social media marketing. Working with

a legal cannabis client, we quickly learned how challenging traditional marketing was for companies looking to comply, while growing their business and audiences. We also discovered there were few agencies specializing in working with LPs and national cannabis brands on the ample opportunities that PR provides, in an otherwise regulated environment.

June 2017, Marigold developed a division, Cannabis Communications, to focus our efforts in the space. Our reputation for great work and client service soon attracted significant players in the industry like Modern Leaf, VIVO (formally ABCann), DHydra Technologies and HelloMD. They were looking for an agency to take on their cannabis PR needs with seasoned professionals who have knowledge of the industry, and we delivered.



Eighteen months later, cannabis companies comprise more than 80% of Marigold's business. We have never looked back.

#### Enter Canndora?

Through our background in marketing to women and research, we discovered the underserved women's market and we created Canndora, a community (@CanndoraClub), e-commerce store and subscription box program for elevated women. Through Canndora we have developed authentic engagement with cannabis loving women who want to connect and share their insight and experiences.

Canndora has taken off and we are now an event platform, community and influencer program working with brands and LPs who want to reach women. Canndora is also interested in distribution, wholesale and licensing contracts.

Tell us about some of the challenges and or adversity you have faced so far on your chosen path?

We embrace the marketing and PR challenges that come with cannabis because we know we can offer a results driven solution.

Being in cannabis means overcoming stigma for our clients. Being a female-founded agency/business in the cannabis industry also means overcoming stigma and preconceptions in this male-dominated sector.

#### How did you move past those challenges?

We have developed a formula that works within the ever-evolving rules and regulations. We know how to develop and tell the authentic story that will resonate with the market.

# HIGH! CANADA MAGAZINE



Enabling our clients to grow awareness through compliant public relations tactics including press releases, social media and events.

Outside of marketing challenges, stigma exists with women when it comes to cannabis in a deep and significant way. We are here to support the evolution of consumer perception and behaviour.

### Advice for other women entering the cannabis industry?

Understand the cannabis market, know your audiences and expect rapid change. Women will find the industry welcoming, collaborative and that they are in demand.

### Three things you feel everyone needs?

Our advice is get to the right table early, own your niche and be collaborative. We've worked with so many brilliant and supportive people from innovative companies.

Embrace the right opportunities that the cannabis industry has to offer your business. Cannabis is a new industry presenting significant opportunities for Canadians.

Focus, focus, focus; it's key to building a relevant cannabis brand and owning your niche position at national and global levels.



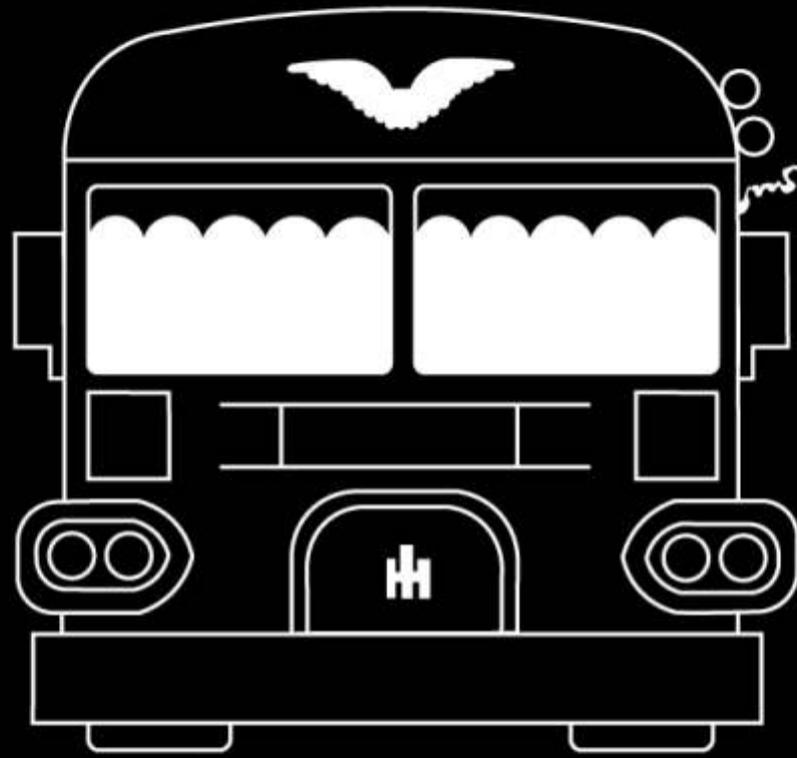
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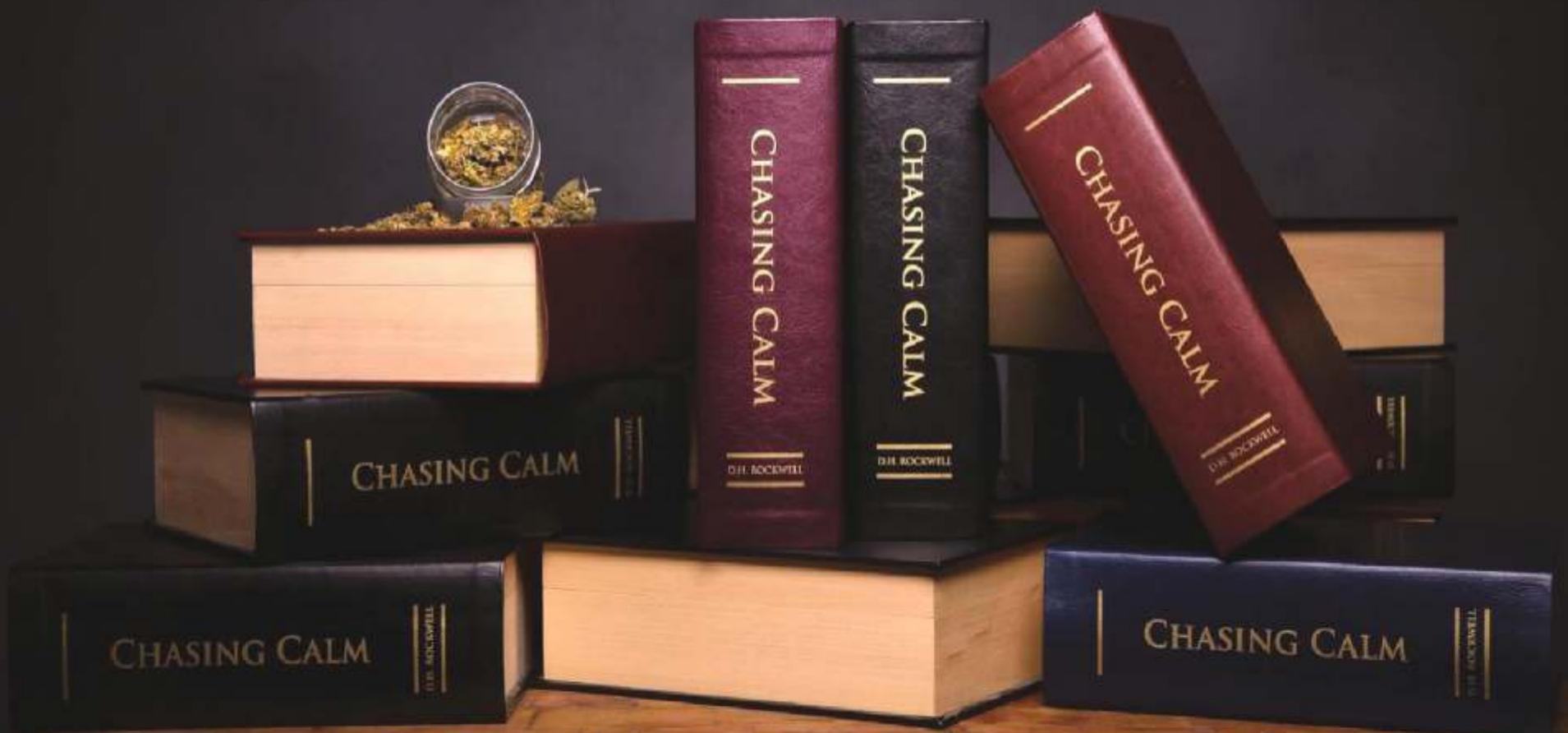


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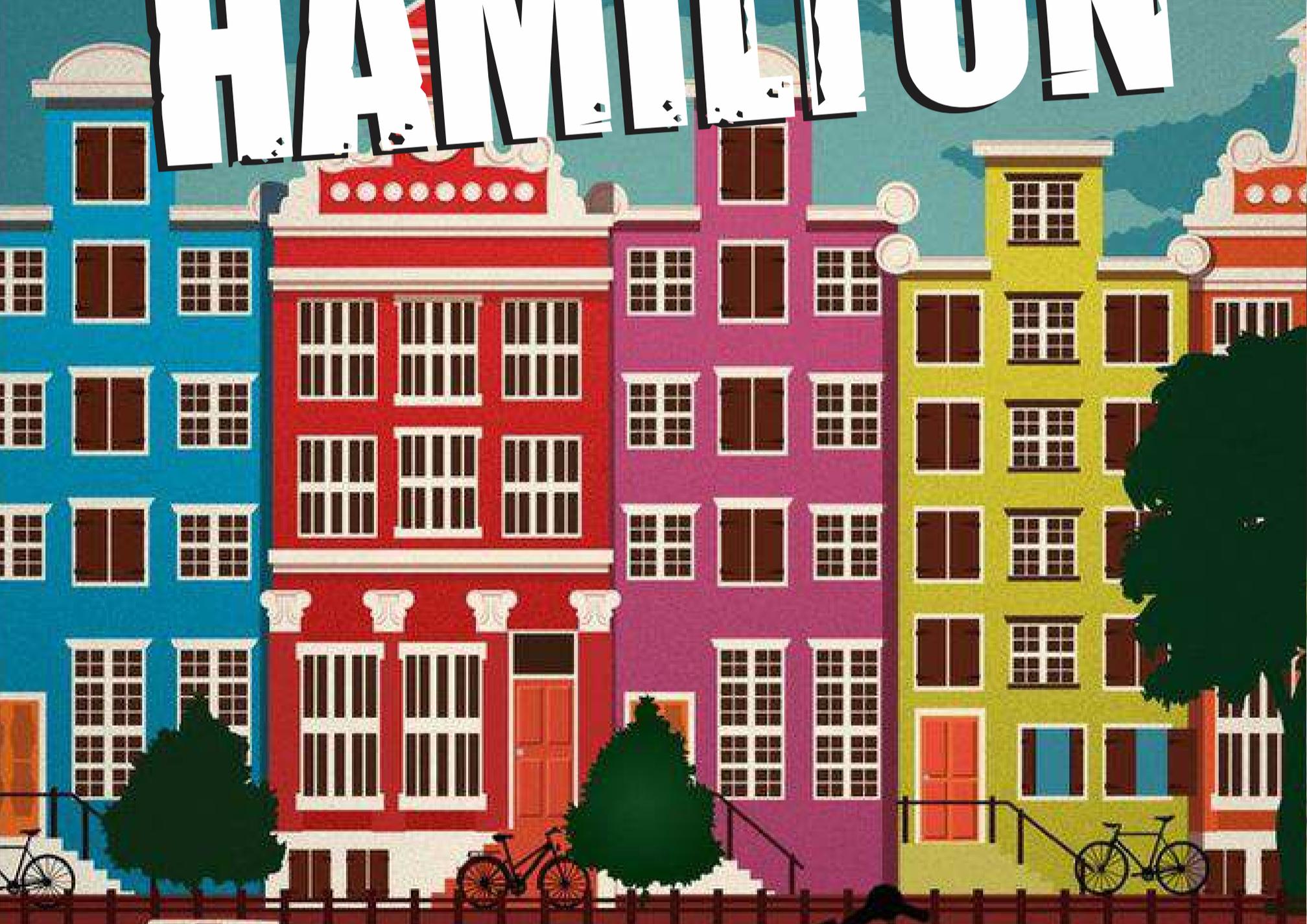


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# ALL EYES ON HAMILTON



*By Cy Williams*

# HIGH! CANADA MAGAZINE





In 2016 there were numerous cannabis based storefronts opening and operating in Ontario selling cannabis to consumers. Law enforcement efforts like Toronto's Project Claudia and Project Gator temporarily shut down most of these stores in Toronto and other cities but in Hamilton - there has been something very different going on - at least for now...

In Ontario, the grey market scene in Hamilton is booming, where nearly 65 dispensaries operate openly and the entire region is thick with craft growers ancillary shops and services, late stage LP applicants and cannabis based health services like Hello Cannabis that are on the front line in fighting the opiate epidemic that has long plagued South-Western Ontario.

A very vibrant cannabis culture scene has developed over the last few years in Hamilton - evolving through sheer force of will into what Toronto had always wanted to be -and in light of October's announcement - a tourism dream like no other as

Ontario's own version of Vancouver, the Hammer steps out of the shadows and into the lead as the city in Ontario most like Amsterdam.

With a multitude of Hamilton marijuana-based shops and services setting up shop across a arts, music and fashion forward cityscape with a smaller population of only 740,000 - how could this city not become a cannabis based Mecca of sorts? Ottawa has 17 dispensaries for 1.25 million people and London offers only three stores for 380,000 people, Hamilton's citizens can choose from at least 65 dispensaries, spanning one end of the city to the other. There are high-end shops on the mountain and a few strips that feel for lack of a better word - very much like a new Canadian version of 'Amsterdam'.

Hamilton has long been a hotspot for important cannabis based activity. Activist groups like Hamilton Votes Dispensaries have been pushing hard for the pot shop agenda.

From Britney Guerra and the cannabis centre of the Hammer in the Cloud 9 Lounge to the solid patient advocacy groups that arose around the newly minted cannabis space in Hamilton to the opening of MMJ Canada's Southern Ontario base of operations - the City of Hamilton is evolving quickly.

Well known Hamilton Cannabis activist, Britney Guerra had initially partnered with Vancouver-based Weeds Glass and Gifts to open the city's first dispensary on March 24, 2016. Now called The Medicine Cabinet, it is the longest operating pot shop in the city. "Part of the reason we chose Hamilton in the first place was because Hamilton police had so much more to worry about," said Guerra "low rent and very high crime. Hamilton was a struggling city. As soon as people saw what was happening with Cannabis Culture Hamilton and how well it was doing, that was when the dispensary boom really happened."

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Now, months away from legalization, Hamilton dispensaries flourish, which pro-dispensary activists say is demonstrative of a functioning business model and there is talk that the provincial government is ready to shut them down for good. The government has granted municipalities interim closure authority until Bill C-45, the Cannabis Act that will legalize pot, makes its way through parliament. They have also promised \$40 million of pot tax revenue to city councils to curb non-government supply. Ontario recently announced it will sell recreational cannabis online only come October 17, with "tightly regulated" private retail stores by next April. Dispensaries will remain illegal, and the government has not yet set criteria for who can apply to become a legal retailer. Included in the new cannabis legalization bill, which received royal assent at the end of June, are stiff penalties for violators: up to three years in prison and a \$5-million fine.

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# ALL EYES ON HAMILTON



"Back in 2016 when the liberal government was discussing possible legislation to legalize cannabis, there came a boom. In Hamilton, ON population 747,000 (according to 2016 stats Canada) cannabis dispensaries starting popping up in every corner of the city. At one time Hamilton was known to have the most Tim Hortons per capita than any other city in Canada, which held first place with 74 locations, and by July of 2018 we surpassed our iconic coffee franchise with between 80-100 dispensaries (depending who you want to believe) throughout the city. This doesn't include the mobile services, craft markets nor the online presence that is glowing green over Hamilton. There are so many cannabis craft growers, extractors, bakers, chefs, health practitioners, Not to mention the endless new products and information that is literally waiting everywhere in our fantastic city. With October 17 quickly approaching, it will be interesting to see where all these Budding businesses fall come legalization."

*- Tammi Stanhope - Hamilton Resident -*

*By Cy Williams*

Hamilton police Chief Eric Girt has said "The fact that they've included fines up into \$5 million ... I would call that a fairly stiff penalty, which is what we've asked for," adding that will "hopefully make it not profitable to engage in that conduct."

***Dispensaries have been such a hot topic in Hamilton, with cannabis advocates criticizing police for targeting people they believe are doing no harm, and frustrated neighbours questioning why police and the city simply can't shut the doors. The truth has been much more complicated.***

"It changes on a daily basis, we shut one down and another opens, we lay charges, and three weeks later it reopens," Girt said.

But the steep fine could change that.

"If (a dispensary owner) gets convicted twice, that's \$10 million; I'm going to hazard a guess that's going to impact on your bottom line." Girt said he doesn't believe it should be the job of police to inspect or regulate the legal market. But where someone breaks the law, police services are duty-bound to enforce.

The City of Hamilton bylaw department counts the number of open dispensaries in the city at 53 as of Aug 15th, 2018 according to Nicole O'Reilly at the Hamilton Spectator. She states they've investigated over 94 and are aware of 41 that have closed, she credits the information to City of Hamilton licensing director Ken Leendertse by email.

Nicole O'Reilly goes on further to state, that to date, City of Hamilton bylaw officers have issued a total of 81 zoning notices, 52 zoning charges, 38 licensing tickets, 11 sign violation notices and 54 fees for service. The city has no plans to change its approach in light of the provincial announcement, he said. They will continue to investigate for municipal bylaw offences.

Hamilton Tourism promotes Hamilton as a music city, so is it any wonder that #HamOnt has an abundance of amazing record stores and venues? What goes better than cannabis and music? **Nothing!**

**Record Stores:** Dr.Disc, Hammer City Records, Cheapies, Crash Landing, Rev Records, Into The Abyss

**Venues:** Halo Studios (Cannabis friendly ) This Ain't Hollywood, Absinthe, The Casbah

If music isn't your bag, Hamilton still offers a ton of entertainment! Festivals, night spots, theatre! Here's some of the best spots and events to check out medicated.

**Arcade** - A 19+ Arcade rammed with 80's and 90's arcade games, mixed with artisan pizza, how perfect does that sound?  
**Star Lite Drive In** - A Hamilton classic, technically in Stoney Creek, Star Lite has a vintage feel that can't be replicated. Make sure to bring a designated driver.

**Havn Venue and Gallery** - Havn is run by a collective of activated, fashionable young people, who fuse art and performance with an underground, DIY mentality. Kind of like Hamilton's version of Andy Warhol's Factory.

**Hamilton Fringe Festival** - Hamilton's Annual Fringe Festival explores a different side of the performing arts. Street performers, independent theatre, and the obscure can all be found under one banner of medicated fun!



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*By Phil Wong & Ben Rispin*



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# ***HAMMER HIGHLIGHTS!***

## ***Featuring Ben and Bubba's Wonderful Highlights of Hamilton!***

***By Phil Wong***

Recently, I spent a lot of time with Clint in Hamilton and it was an eye opening experience as we toured the MMJ stores, LOST and some places where he grew up. It was a very interesting tour with Clint, as he gave me a lot of history on Hamilton. I noticed there was a lot of real estate development and construction going on in the area, and was interested in finding out more about the city's future plans.



With a population of 747,545 (as of CMA 2018), the city is going through a growth revitalization as housing sales are a slightly better option than the GTA. With Waterfront redevelopment plans for West Harbour, you will also notice galleries, cafes and shared bike lanes. With soaring prices in the Toronto area, it's no wonder you see an influx of younger families and hipsters moving into this area. Hamilton is very

forward thinking and is working with the cannabis community, as Hamilton has over 70 dispensaries and growing, hence the new tagline #newhamsterdam!

Wanting to spend a day in New Hamsterdam, I called on my Hammer buddies, Ben and Bubba from Hello Cannabis, who were more than happy to show me around New Hamsterdam as they know it!

We started the day off with the breakfast of champions stopping off at GrandDad's ([www.grandads.ca](http://www.grandads.ca))! Great selection of freshly made donuts! I went with the Canadian Maple and coffee!

Our next destination was courtesy of the Royal Botanical Gardens ([www.rbg.ca](http://www.rbg.ca)), which has numerous nature walks and bike trails throughout the Hamilton Burlington area. We started the day off at the Cherry Hill Trail, where Bubba promised me that we would be feeding animals out of our hands! Much like a Disney movie, he wasn't kidding, it was a magical moment! Make sure you have lots of treats to feed the critters.

Exploring more of the RBG, we made our way to the top at Tiffany Falls, for a quick photo op and then made our way to the Urquart Butterfly Garden.





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On the road and Bubba decided to kick it into high gear by cranking “Dangerzone!” That moment will live with me forever! Turns out Bubba is a huge fan of Top Gun! Needing a quick break, we pulled for a quick butter tart break at Dyment’s Farms ([www.dyments.com](http://www.dyments.com)) followed by a quick round of mini golf. Amazing butter tarts! You should check this place out as I hear they do weddings and have some fun October events for families.

Next, was the Dundurn National Historic Site and Historic Kitchen Garden. Wandering through the site was very picturesque. We came across a Sensitive Plant, which closes its leaves once touched. Pretty interesting plants! Apparently, when the first settlers arrived, they bought a whole bunch of plants from their motherland for food and comfort. (<https://www.hamilton.ca/attractions/hamilton-civic-museums/dundurn-national-historic-site>)

Bubba and Ben scheduled us a float session at Zee Float ([www.zeefloat.com](http://www.zeefloat.com)). This was a first for me, as I have heard a lot of people rave about floating. It was a pretty interesting and now that I know what you expect, I would probably enjoy it more a second time. But a word of warning, you do go in buck naked, and it’s not for everyone. Some people who have sensitive skin or claustrophobic may not enjoy it as much, as it is filled with a lot of salt water (10 inches of water) in an enclosed chamber. For after, they also had a nice chill out room with an oxygen breather with different flavours and refreshing organic beverages! Very relaxing!



Our last destination for the day was Hutch’s on the Beach ([www.hutchs.ca](http://www.hutchs.ca))! Go carting, beach, sun, ice cream, fish and chips and all in walking distance. Great little area to chill for the afternoon! Don’t forget your folding chairs and umbrella, not much shade out there! Hutch’s has been there forever, the place has a cottage feel to it! Lots of things for the kids to do as well!

New Hamsterdam has lots of fun and exciting things to do! I will be updating a list on our FB, which will include some other cool places like record shops, antiquing, dispensaries,



On the daily I feel fortunate to test the top leading products from the best brands in the cannabis industry. This month a Montreal focus group and myself had the absolute pleasure to try three top shelf products from Da Joint Clinic based out of south western Ontario. To start we were excited to test true homegrown products emerging from the GTA and surrounding areas as we learned about this rapidly growing and competitive cannabis market is like no other area in the country. We believe any person or patient coast to coast in Canada will fall in love with what Da Joint Clinic's impressive product line has to offer.

The first product we tested was their organic coconut oil-based tincture made from phoenix tears/rso that contains a remarkable 1000mg of THC inside a 25 ml glass bottle. We could all agree this product was carefully planned out to be 100% percent user friendly for people or patients who require high doses of THC and can properly dose themselves with a labeled dropper. You would be surprised many tinctures in the cannabis industry won't include a proper glass dropper with any visible measurements of dosage either mg or ml, so we were pleased with the spot-on accuracy when using this tincture. This product is not for in-experienced cannabis users as a 0.5 ml or 1ml dose will deliver an astounding pain or muscle relieving effect, that lasts an average duration of 3-4 hours. The best part about this product was the super smooth taste for a phoenix tear/rso based tincture and impressed the entire crew by delivering actual therapeutic long-lasting results. The focus group and myself also tested extraordinary topical products from Da Joint Clinic that will leave your skin feeling

## 5 / 5 ★★★★★ REVIEW

nourished and are great for daily use or weekly use. We have to boast about the Da Joint Clinic's Organic Manuka & Chamomile Salve that contains 400mg of THC. They used a deodorant style applicator that is super clean and easy to apply to the body even in hard to reach areas. The salve has the most pleasant smell and aroma with a perfect non-greasy feeling on the skin. Some members of the group noticed soothing pain-relieving effects in a fast fifteen to twenty minutes after use, which is uncommon for cannabis topicals to take full effect on your body so quickly. The best part about this salve was that it can be used on the go and not irritate others with a strong aroma and is so easy to apply in the workplace or in public.

If you are a cannabis infused bath or shower lover, Da Joint Clinic changed the game with their Raspberry Ocean bath gel made from phoenix tears/rso and contains 500mg of THC in a 60 ml bottle. Some times people or patients don't have the time for a long-lasting bath bomb or bath fizzies, so we found with this product you can still start or end the day right with a quick or long cannabis infused bathing session. The aroma from using this lovely bath gel is very unique and actually smells like a fresh tropical island, far, far away from Canada. We can definitely say you don't have to be a woman bath bomb enthusiast to enjoy this product and this bath gel also can appeal to men to energize a hot shower or enhance a soothing bubble bath. As a group we felt Da Joint Clinic's Raspberry Ocean bath or shower gel topped our expectations as a cannabis infused therapeutic product that will leave the skin feeling as the ocean breeze for days after one use.

*By Erika LaBlonde*



Photo by MeloMomentz

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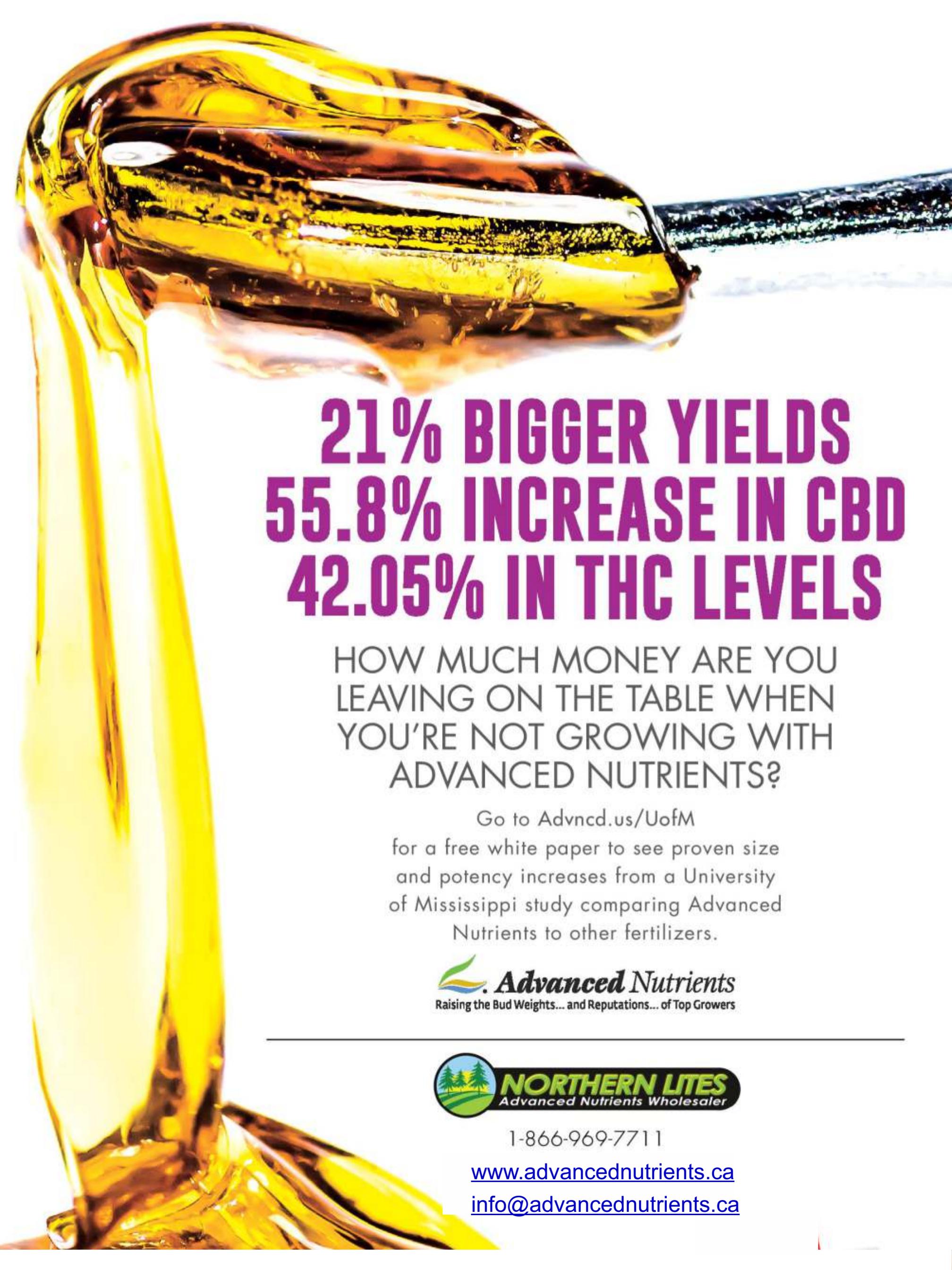
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