

- ❖ Bio
- 30 Years as Legacy growers and processors
- Medical Patient and advocate
- Medical Cannabis Dispensary Supervisor
- Retail Management/ Art/ Clay Background
- Mom to 2 Boys 20 and 24
- Trichome Institute Certified
- Respect for the plant- energy matters
  - From seed to sale the energy you put into cannabis is the energy you put out
  - Have good intentions
  - Know your cannabis history
  - Empathy over capitalism
- **\*** KNOW YOUR CCB RULES AND REGULATIONS
  - I hate rules... But if you want to be in the cannabis business, know them, and follow them
  - If you don't like them, be the change
  - Be respectful and public comment to the CCB
  - Don't expect others to know the rules for you
- Share and communicate respectfully with the CCB
  - Be patient and respectful, it's a new industry
- ❖ Be Patient and thorough.... Mostly... be honest
  - We are all in this together
  - Compliance is mandatory
  - Be flexible, if you are not prepared for anything, choose a different business
  - Honesty is everything
- Vermont is about Craft and local/ VT Farmhouse effect
  - Vermont is a very small, craft-based state
  - Vermonters will go out of their way and spend more to support local
  - McDonalds in BTV on Bank St in 90's was 1st to close due to lack of business
  - Now it is a Farmhouse, locavore restaurant- Vermonters would rather have a \$20 local Burger that
    a \$2 Mc Donald's Burger. This stands with all VT Commerce
- CCB unknowns
  - If its Gray... Do the right thing
- Be Compliance Minded
  - Compliance is here to protect the consumer
  - Vermont should be the best craft industry in the country
  - Clean safe Cannabis and accurate dosing matters
  - Track your inventory, be attentive to details and rules and regs.
- Have a team
  - Surround yourself with people who have the skillsets you don't
  - Find the people you trust
- Leave the Legacy Market behind
  - If you are opening a cannabis business of any kind make the choice early on to stay legal
- Don't listen to me or anyone else... trust yourself
- ❖ Give Back, there is still not enough businesses giving back or having a social Justice missions or positive impact criteria that were required by CCB. Be The Change. Your "WHY" Matters.
- Business is business, this is capitalism. Protect yourself. Have a good legal team you TRUST. Trust is everything.