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ARTS, ENTERTAINMENT & COMMUNITY
AUGUST 2019 VOL. 27 NO. 2

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August 2019

Vol. 27 No. 2

MOSAIC

A composition created by inlaying various pieces to form one picture.

Established in 1993, MOSAIC is the only publication in Grey-Bruce dedicated 100% to encouraging and supporting all the local arts and entertainment.

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Seniors' Summit	~ South Grey Museum
Summerfolk Festival	~ Tamming Law
Trillium Healing Arts	~ Vision Travel
Walter's Falls Group of Artists	
Welbeck Sawmill	

MOSAIC is available in the places where people gather from Tobermory to Kincardine to Collingwood and everywhere in between. Current and back issues are also available at www.greybrucemosaic.ca.

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The views expressed by the contributors are not necessarily those of the publisher or editor of MOSAIC

From My Desk

by Maryann Thomas

I'm always fascinated at the way themes burble up into each issue of MOSAIC. This month we're taking the opportunity to learn new skills and explore new avenues of creative expression. At the Trillium Healing Arts Centre, world renowned Yoga teacher trainer and instructor, author and naturopathic doctor Sat Dharam Kaur is running a five-day course on the 21 Stages of Meditation. Details on page 12. You can join Oh Sing! Choir with Louise Jarvis (details on page 9), take up square dancing (page 11), learn about local owls at Grey Roots (page 3) and visit the Chantry Island Bird Sanctuary (page 5).

And, for the first time, you can attend the pop-up Downtown Campus in Owen Sound.

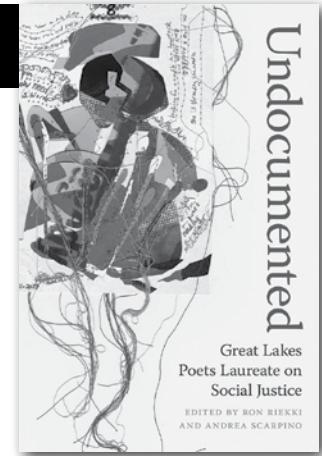
Five independent locations have synchronized their classes into a week of learning fun for the whole family. From woodworking to wood engraving, cheese classes to songwriting and poetry, and even a full schedule of kids' programming, there's something for everything in downtown Owen Sound during the week of August 12-16. See the back cover for details and registration information. But do it now, because classes are filling fast. Then, cap the week off with an amazing weekend at Summerfolk. Does it get any better?

Maryann

NEW BOOK

Undocumented: Great Lakes Poets Laureate on Social Justice

EDITED BY RON RIEKKI AND ANDREA SCARPIANO
PUBLISHED BY MICHIGAN STATE UNIVERSITY PRESS
AVAILABLE FROM THE GINGER PRESS \$30



This unique anthology taps into the poetry of social justice by 82 Canadian and U.S. poets laureate from around the Great Lakes. The chapter headings – from the *Southern Poverty Law Center's Ten Ways to Fight Hate: A Community Response Guide* – include: Act, Unite, Support Victims, Do Your Homework, Create an Alternative, Speak Up, Lobby Leaders, Look Long Range, Teach Tolerance and Dig Deeper. The final chapter titled What Can You Do? suggests that readers "...be creative, take action and do your part to fight hate."

Local contributors include Larry Jensen (whose song poem *This Great Lakes Town* is included in the Teach Tolerance chapter, and *Burial Ground* in the Do Your Homework chapter); Rob Rolfe (whose poems *Heat* and *The Hole* are included in the Unite chapter, and *No Details* is included in the Support Victims chapter); and Liz Zetlin (whose poems *Great Truthing on her twentieth day* and *The Warnings* are included in the Teach Tolerance chapter). M.L. Liebler (Poet Laureate, St. Clair Shores, Michigan) says, ""This collection serves as a clarion call. Connecting these poets and their poems with the larger, important aspects of social justice makes this book fresh, very timely and extremely insightful." 

The Roxy's 59th season offers quite the selection – live music, standup comedy, local history, film, children's programming and, of course, plenty of live theatre. The lineup begins this September with *Celestial Spectacle*. Lookup Theatre will enchant audiences with a soaring display of local circus magic. Coming to The Roxy's stage on September 6 and 7, this production will star Lookup Theatre's youth troupe, comprised of youth from Owen Sound and Grey and Bruce counties. Perfect for all ages, audiences will join the kids as they launch into outer space. In a unique blend of circus acrobatics and theatre, you'll marvel at the extraterrestrial sight of shooting stars on silks, planet jugglers, aliens on hoops and balancing astronauts.

On September 28, The Roxy is thrilled to present Juno-nominated singer-songwrit-

er, Royal Wood. Since being proclaimed "Songwriter of the Year" by iTunes, Royal has continued to evolve, maintaining an unmistakable identity while uncovering and reinventing his sound. You'll know his music from frequent plays on CBC Radio, as well as from high-profile shows like *Grey's Anatomy* and *Private Practice*. He also recently completed a sold out cross-country tour opening for the legendary Bonnie Raitt.

On October 3, we take a trip back into The Roxy's historic past. Before becoming the home of Owen Sound Little Theatre, The Roxy was a popular movie house. In a throwback to those days (which I'm sure some remember well), we'll be hosting a screening of the Oscar-winning Loretta Lynn biopic, *Coal Miner's Daughter* – the last film ever shown at our theatre. Proceeds raised will go towards Refresh the Roxy,



Royal Wood

a capital fundraising campaign to address necessary interior repairs to the theatre. We invite you to dress in your best 1980s style to really get into the spirit of the time!

For tickets to these and all our other great shows, visit roxytheatre.ca or call our box office at (519) 371-2833. **ℳ**

Meaford Yoga Event

Peggy McIntosh

Strong, open, powerful hearts not only feel but see with compassion, then respond peacefully. This is the Power of Anahata (Heart Chakra or Energy Centre). Peggy McIntosh offers a full day/overnight event, Sept 14-15, that brings together guides to empower our hearts, that we may integrate awareness in our daily lives. Located on her property – 56 acres of traile woods with meditation perches, and close to Georgian Bay and its Trails, this event is one of a kind!

Offering 4 unique yogas with 6 leaders from Meaford, Thornbury, Guelph, and Waterloo with over 100 years of combined yogic experience, the weekend will include: **Kundalini Yoga & Meditation** with Peggy McIntosh (20+ year yoga practitioner, KRI Certified Kundalini Teacher, Certified Anusara Teacher, Level 2 Reiki Practitioner); **Pranalife** with Selam Debs (Activist, Trainer,

Speaker, Holistic Life Coach); **Ananda** with Thornbury's Shelagh McKee (owner of Mantra Yoga Studio); **Sound Healing with 10+ instruments** with Barbara Dametto (Sound Healer); and live music with Collingwood recording artist, Rebecca Rain.

The event also includes three catered meals, swim and beach meditation, and a campfire for overnighters (lots of B&Bs nearby if camping is not your thing). There will be a Sunday Sadhana with Eryn Handley and a light breakfast (5:30 to 8:30am) followed by free time until 4:30 to explore and enjoy the area. Registration for the full day is \$200; camping plus Sadhana and a light breakfast is an additional \$35/Saturday night and \$65/Friday and Saturday nights. For more information and tickets: <https://www.eventbrite.ca/e/power-of-anahata-live-loving-awareness-tickets-62882992724>. **ℳ**

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PROFILE



A weekly tradition with a lineage reaching back over 100 years to the founding of Owen Sound begins anew every Saturday morning when the Owen Sound Farmers' Market (OSFM) comes to life again. OSFM is a place where the exchange of goods and commodities has a direct beneficial impact on local farmers and producers. Unlike other forms of commerce, the actual buying and selling is only a partial element of the broader weekly social interactions that occur at the Market. It is in essence its own community – amalgamated from the broader communities that geographically surround it – coming to life every Saturday morning.

The Market's current location in the former waterworks building has been its home since 1936. Threatened with closure and destruction in 1969, the Market underwent one of its most significant changes when its administration and care was transferred from the city to the newly formed Vendors' Association. This ever-changing group has evolved into effective stewards for the Market, forming a successful and mutually beneficial partnership with the city of Owen Sound. **M**



OWLS AROUND US

John Dickson

Grey Roots and Owen Sound Field Naturalists will present an owl talk at 2:00pm, Sunday August 25, in the Grey Roots Theatre, giving you an opportunity to learn just whoooo it is you are hearing in the woods at night. It is said that if you've got squirrels in your neighbourhood, then you also have owls! Really? How come I never see them? Naturalist Peter Thoem's presentation, on behalf of the Owl Foundation, will include dozens of spectacular images of owls here in Ontario, showing how owls are everywhere in our culture; they have even made it into our government. The show also deals with the mishaps (mostly man-made) that befall owls. And how the Vineland-based Owl Foundation is dedicated to rescuing and rehabilitating injured and orphaned owls.

Regular admission rates apply; this event is free for Grey Roots members and for Owen Sound Field Naturalists members.

HOST WALKS

Tessa Al

Join the Billy Bishop Home & Museum this summer to explore the haunted locations Owen Sound has to offer, every Sunday night in August. Discover the ghosts, the murders, and the local legends that make this town and surrounding areas so special. Take a glimpse into the darker side of town, as we take a tour and recount the scariest crimes, hauntings, shipwrecks and more that Owen Sound has experienced.

The Ghost Walks will begin in the Bishop house at 9:00pm. Lasting approximately one hour, we'll take a 2.5km tour of the downtown area and its ghosts and legends, as well as recount those of surrounding areas. Children below the age of 12 will not be permitted on the tour. Advance tickets (\$5) can be purchased at Billy Bishop Home & Museum at 948 3rd Avenue West, Owen Sound. Tickets are limited, so get them early. Call (519) 371-0031 for more information. **M**

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NEIGHBOURWOODS NORTH

Jeff Elie

On a fine May morning in 2018, a group of 45 volunteers picked up spades and began creating a forest on the wind-swept grounds of the Owen Sound Hospital. Since then, more than 3,000 young trees have been planted on the 11-hectare (27-acre) property, and the grassroots organization that started it all is now taking this effort to the next level. NeighbourWoods North, a project of the Owen Sound Field Naturalists, recently mapped out an ambitious plan to build a series of footpaths through the burgeoning woodland they created. Called *The Healing Path*, the trail will comprise nearly two kilometres of wheelchair-accessible crushed stone pathway, complete with seating areas and interpretive signage highlighting the flora and fauna that surround path users.

According to project leader Lloyd Lewis, the path is ideally situated to act as a hub for education, reflection, and recreation.

Adjacent to both the hospital and the hospice, across the street from East Ridge Community School, and at the heart of planned residential and commercial development, it will serve as the largest managed greenspace in the fastest-growing part of Owen Sound. "Our goal is to create usable, accessible urban woodland where there was none before," explains Lewis. "The Healing Path will get us there by integrating woodland together with schools, care facilities, workplaces, and residential neighbourhoods. It will help foster our shared goals as a community by contributing positively to our collective wellbeing."

To help meet these goals, a sold out fundraiser called FEAST in the FIELD, will be held August 10 at the beautiful Gleason Brook Winery near Lake Charles. For more information visit <https://www.neighbourwoodsnorth.ca>. **ℳ**

UNITED WAY BRUCE GREY BACKPACK PROGRAM

Francesca Dobbyn

Fourteen years ago, an email pinged an opportunity to purchase some school supplies at a really good price. The deal was bundled in a way that would create a backpack full of school supplies that could then be given to a child in need. Too good to pass up, and with some volunteer help, the United Way Bruce Grey (UWBG) distributed 256 backpacks that first year. In 2019 the UWBG's donors and volunteers will pack the 25,000th backpack! This represents 25,000 positive first days of school, 25,000 times a low income child got a brand new set of supplies and 25,000 times teachers knew the children in their classrooms had the resources they needed. We estimate that we put \$1.5 million back into low income homes as parents can focus on other budget demands since back-to-school supplies are covered. Yet by working with wholesalers and donors the UWBG has kept the actual cost of a backpack to an average of \$20, fully stuffed. Teachers have told us that the Backpack

Program has taken the bullying out of their classroom.

In addition to school supplies, the backpacks contain community information on area programs, a toothbrush (paid for through donations from area dentists and a grant from Community Foundation Grey Bruce) and new this year: feminine hygiene supplies donated through Canadian Bearings, a Bruce Power affiliated supplier.

We still need help. In 2018 we had an increase of over 400 requests from the previous year and we do not want any child to go without. We want to ensure every child in Bruce Grey gets to start the school year with a new backpack and the school supplies they need to learn and thrive. You can support the Backpack Program by making a donation securely online at www.backpacks4kids.ca or by phone at (519) 376-1560 or by mail or in person at The United Way Bruce Grey, 380 9th Street East Owen Sound ON N4K 1P1. **ℳ**

Owen Sound Steppers

Violet Fligg

Recently the Owen Sound Steppers Modern Square Dance Club performed a square dance demo at the Owen Sound Seniors' Fair, which is a wonderful opportunity to connect with the many services available to seniors. Our dancers had the opportunity to share the fun and friendship that we experience every week from September to May. Guests at the Fair joined our squares and, with the

guidance of our caller Neva McVittie, they were soon caught up in the enjoyment that dancing gives us. As seniors we need to keep moving and continue to be active, have fun and socialize.

The Owen Sound Steppers have been dancing in Owen Sound and area for over forty years. We encourage singles and couples to come out Thursday evenings from 7pm to 9:30pm to get some exercise,

meet new people and share some smiles. If you are new to the area and would like to connect with some new people, or empty nesters looking for a fun way to spend a Thursday evening, or a single person looking for an enjoyable activity, please join us. Fall start date is September 5 at St. George's Hall in Owen Sound. Casual attire is encouraged. Contact vfligg@yahoo.com for more information. **ℳ**

Chantry Island Tours

Sandra J. Howe

Chantry Island Lighthouse has stood watch over Southampton since 1859. It is one of six Imperial Tower Lighthouses built on Lake Huron and Georgian Bay between 1855 and 1859 to improve navigational safety on the Great Lakes. Schooners were the primary means of moving people and goods at the time. Today Chantry Island Lighthouse continues this long tradition of guiding watercraft to safe harbour. It stands tall and proud about 1km off the Southampton shore in beckoning beauty.

The Southampton Marine Heritage Society restored the Lightkeepers Cottage to its 1800s condition, re-opening it to the public in 2001. You can step back in time with a guided tour of the cottage and gardens. Climb the 106 steps to the light tower for incredible views. Chantry Island is a migratory bird sanctuary, with trees and shoreline full of nests. Only tour participants are allowed on the island to minimize disruption of the nesting birds.

The volunteers of the Marine Heritage Society are a wealth of knowledge and fun so this is a wonderful family tour. Come learn about our marine heritage. Get up close with the birds and animals of Chantry Island. Enjoy a comfortable and informative boat ride. Tours run daily through August, and continue until September 8. Pre-booking is necessary. Visit chantryisland.com. Happy sailing! 





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From the Community Foundation Grey Bruce

Stuart Reid



Summer Road Show 2019

This summer, Community Foundation Grey Bruce (CFG) is travelling across Grey and Bruce counties to stage pop-up events where we distribute grants to non-profits and charities that support all aspects of community vitality. During July and August, we will award over \$129,000 to support projects by 55 charities. We also will distribute an additional \$82,000 in grants that are directed by individuals and organizations that hold endowment funds at the Foundation.

In July, we kicked off with a stop at the Habitat for Humanity build site at Chippewas of Nawash Unceded First Nation. It was inspiring to see how organizations working together can create positive change. The Foundation awarded a grant to Habitat for energy efficient appliances for each of the six new homes being built for local families, and another grant for a defibrillator for use at the work site. A grant to United Way Bruce Grey supports new beds and protective mattress covers for the six new homes. Finally, a grant was awarded to the Canadian Feed the Children organization in support of a project called "Land-Based Education, Skill Building & Cooking Classes." This project promotes a food-secure community by revitalizing cultural land-based practices for the purpose of connecting skill development to economic enhancement

for students of Kikendaasogamig Elementary School and their families. Students will explore their community, identify local food sources and practice proper harvesting methods while also demonstrating new knowledge by making a variety of traditional land-based related items. Projects like these show that people who work together make communities better and stronger.

In August, the Road Show will visit Owen Sound, Walter's Falls, Meaford, Thornbury, Clarksburg, Kimberley, Southampton, Port Elgin, Paisley, Chesley, Kilsyth, Durham, Hanover, Walkerton and Mildmay. You can check out our schedule of visits on our website at communityfoundationgreybruce.com. We are looking forward to hearing from grantees at each of our stops – more inspiring storytelling that we will reflect on our social media feed. Thanks to support from Employment and Social Development Canada Summer Jobs Program, the Foundation has a Summer Marketing & Communications Intern who will document our summer road trip and create video content. Follow along with our travels on our Facebook page, Twitter feed @CFGreyBruce or Instagram account @communityfoundationgreybruce. Use #youmakeyourcommunity to see the whole stream. See you on the road! 



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Walter's Falls Art Tradition in its 22nd Year

Terry Burns

A leisurely drive through the rolling hills of Bighead River country. A visit to one of Grey County's charming small villages. A varied array of exceptional fine art and craft created by accomplished painters, woodworkers, potters, sculptors and basket-makers. A friendly welcome from the artists and artisans, and the opportunity to browse an attractive and unique exhibition space. Truly, what's not to like?

The Walter's Falls Group of Artists (WFGA) are proud to be presenting its 22nd Annual Show on August 23, 24 and 25 in the Walter's Falls Community Centre. On offer will be delightful, intriguing and stirring works of art in a broad range of mediums, styles and subject matter: acrylic, watercolour and pastel paintings; decorative and stylish ceramics; innovative woodworking; playful sculpture; and superbly executed basketry and metalwork.

As always, the WFGA strives to offer patrons fresh experiences every year by including exceptional guest artists in addition to its regular members. Regular visitors to The Show will be sure to find work by artists they already value and follow, while at the same time encountering new approaches and techniques. This year's guest artists include painters Jill Alexander, Bridget Light and Arlene Saunders, sculptor Jonathan Craig, wood and metalworker Chris Saunders, and graphic artist, painter and sculptor Melanie Earle. The WFGA members participating in 2019 are Jo Ann Sauks, Mark Thurman, Nick Furgiuele, Jorgen Fleischer, Evelyne Richer, Terry Burns, Ron Ball, Lynn Belden, Vince Bowen and Michael Milhausen.

The WFGA Show takes place in the heritage Walter's Falls Community Centre, its spacious interior a pleasing backdrop to the artfully arranged exhibition. Visitors to the Friday night reception (August 23, 7 to 10 pm) can enjoy delicious snacks and beverages while viewing the artworks and mingling with the artists. Given the popularity and liveliness of the evening, many patrons also return during the following two days (August 24 from 10 to 5 and August 25 from 10 to 4) to browse more slowly and quietly. Whatever your preference, the Walter's Falls Group of Artists will be pleased to see you!

Images: (Top right) by Jorgen Fleischer
(Bottom right) by Melanie Earle



PRAYERS FOR EARTH AND WATER

Sandra J. Howe

On Sundays, August 4, 11, 18, and 25 at 1pm, I hope you will join me for Interfaith Prayers for the Earth and Water. We will meet at the circle of benches in Pioneer Park, 70 Front St, Southampton, near the Saugeen River mouth. Bring your favourite prayer, poem, or reading with an earth or water theme. After a brief sharing circle, feel free to stay and enjoy this beautiful beach for an afternoon together.

The Baha'i Writings say, "We cannot segregate the human heart from the environment outside us... Man is organic with the world." Our caring for and protecting the natural world is essential to our own health and well-being. We depend on nature for everything: food, shelter, water, air, recreation, and beauty. It is our home, and we must live sustainably together on our little planet. Please take some time out of your busy summer to practice gratitude with me. Come to one or all of these August Sunday gatherings. RSVP to Sandra J. Howe at howesandraj@gmail.com or 519-477-1537. You are most welcome! ☺

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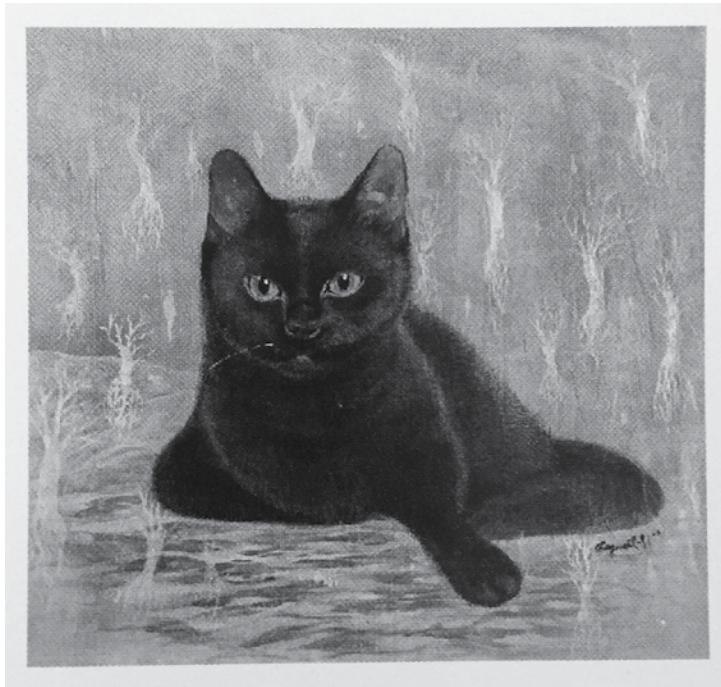
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AT GREY GALLERY..... DRAGONS AND CATS

Anne Dondertman

We are delighted to welcome Raquell Yang back to Grey Gallery in downtown Owen Sound. She was one of the first artists we worked with when we opened last summer, and we were immediately impressed by the technical skill, creativity and all-out passion she puts into her art. Her solo show is entitled *Eastern x Western / Tradition + Surrealism* and it is evident even on a brief glance that the pieces vary greatly in subject matter, medium, and technique. She works on canvas, paper, wood, silk, glass and leather, and incorporates Chinese ink, natural pigments, coloured pencil, and metallic leaf, in addition to oil, acrylic and watercolour. She plays with both eastern and western approaches to art and all the pieces have a humorous or whimsical edge to them. There is something for everyone, from a lovely traditional watercolour of the old Owen Sound post office to imaginary beings that combine animal and human characteristics. And for all you cat lovers out there, Raquell has a series of portraits of her own favourite black cat. As a former university lecturer in fine art as well as an elementary and high school teacher, Raquell offers popular workshops in which the participants learn to draw a traditional Chinese landscape, dragon, bird, or phoenix. Stay tuned on the Grey Gallery fb page for news of fall workshops and events. **M**



Black Cat by Raquell Yang

T

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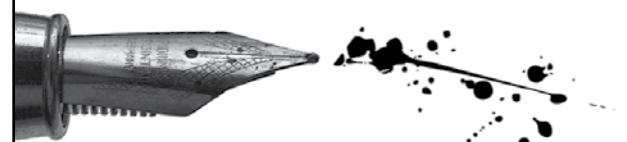
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CALLING ALL POETS!

We're looking for Owen Sound's next **POET LAUREATE**



Open to all poets in Grey and Bruce Counties. For more information about the Poet Laureate program, visit www.owensound.library.on.ca or call 519-376-6623 ext. 201.

Application deadline is August 16, 2019

the library

Owen Sound & North Grey Union Public Library
824 1st Avenue West, Owen Sound
519-376-6623 | www.owensound.library.on.ca

Oh Sing! Remembers Its Roots

Louise Jarvis

Owen Sound's Oh Sing! Community Choir begins its tenth year on Monday September 9 with a semester called The Joy of Singing. We will celebrate this year with many of our favourites from the last nine years: songs about the planet, songs from different cultures, easy soulful songs and beautiful 3-part rounds, songs like Serena Ryder's *Ya Gotta Sing* and Cat Stevens' *If You wanna Sing Out, Sing Out*. The song *Invitation to Sing* is a great advertisement for singing and also a reminder of the benefits of singing: "We'll make some harmony together, It always makes us feel much better!" We invite everyone, wherever your voice is on the spectrum, to join this community of singers, to synchronize breathing and heartbeats as the scientists tell us. No musical training is required.

Oh Sing! practices start with some conscious breathing and stretching to relax and stretch our voices. Our songs can be silly (*Mozzarella, parmigiana, pescatore, pizza pie* is a warm-up), thought-provoking (Rumi's *Don't Go Back to Sleep*), meditative (*Humbly we*

walk here), beautiful (*Trees Grow Slow*), inspirational (*Keep Your Heart Good*) or nostalgic (*Goodnight Sweetheart*).

You are most welcome to join us and sample our smorgasborg of songs. There are no auditions. We are returning to St. Andrew's Presbyterian chapel (wheelchair accessible) on Monday nights from 7 to 9, beginning with ginger tea for early arrivals. We encourage past singers to join us again and experience the full circle of the choir's development. Performances will return to a more casual format: singing our songs for family and friends. Another Cabaret is planned in Heartwood Hall for the spring, where choir members invite their friends to join them onstage in individual acts of daring!

We welcome applications for scholarships and offer reduced rates if requested. It's important to us that everyone has the opportunity to sing and it is our strong intention that the fee not cause hardship for anyone. Please ask about this when you register. Please visit www.ohsing.com for fees and registration, or phone Louise Jarvis at (519) 371-8227. 

MIFF GUEST SPEAKERS ANNOUNCED

Sara Almond

Meaford International Film Festival announces the amazing guest speakers for the festival taking place Thursday, August 29 to Sunday, September 1. Kicking off the first of four nights is *The Grizzlies*, with actress Anna Lambe as guest speaker. Her debut role as Spring gathered her a nomination at the 2019 Canadian Screen Awards for Performance by an Actress in a Supporting Role. Friday, August 30, *Cold War* will take the screen

with guest speaker Moses Znaimer, media mogul President of ZoomerMedia. *Free Solo* shows Saturday night and Leslie Timms, owner of On the Rocks Climbing Inc. takes the guest speaker seat. She is an extraordinary woman who is not just living her dream, but teaching others to climb to new heights. For more information and tickets, visit meafordhall.ca or stop by the Meaford Hall Box Office. 

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2019 SPEAKER SERIES

ARLENE CHAN

ON THE SPIRIT OF THE DRAGON: JEAN LUMB

WEDNESDAY AUGUST 28 7:00pm

\$7 per person/\$5 for members. Everyone Welcome.

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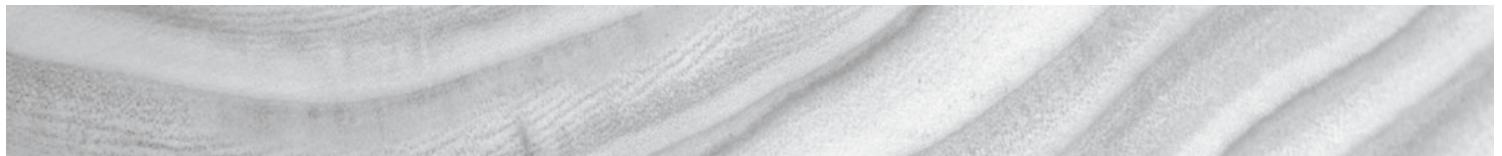
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519-371-2100 ~ www.aboutbks.com

Antiquarian Booksellers' Association of Canada



INTERSECTIONS

INTERSECTING WITH TABLES

Stephen Hogbin

Make a table in three days, pack it flat and take it to university. That's where the idea started. It could also be an end table, side table or bedside table. Keep it at home for a garden table, basement table, hall table or even a living room table. A table of your own, made with your hands, using hand tools and maybe some power tools. The wood could be light coloured (ash?) or dark (walnut?) or something in between (birch?). The table might be quite low to hold a large plant, medium height for multiple use or high enough to sit beside the couch.

Round tables can be used by one person in a room of your own or, like King Arthur and his knights, for a group to sit around table. Consensus building comes best from round tables. How do

you make a round table for discussion? Walking-around tables with no sharp corners are preferred. Figuring the grain may help to choose the wood. Does a small table look best using a fine grain wood like maple or a dramatic grain like sassafras? Softwood? Or hardwood? Or a combination? Some people already have wood tucked away for a project. Is now the time to bring it out and make a table?

If you don't need a table, then how about making a bench for woodworking, a bench for sitting on or a bench at which to work? It will take three days in August to make a table and two weeks to make a bench at Intersections in September. For more information and to register, visit www.Intersectionsstudio.com. **¶**

KINCARDINE SUMMER MUSIC FESTIVAL

Jim Pennington

On Saturday August 17 at 8:00pm, the final night of the Kincardine Summer Music Festival (KSMF), The Festival Chorus and Orchestra will present Vivaldi's *Gloria* and selections from Mendelssohn's *Elijah*, at Knox Presbyterian Church in Kincardine.

The popular *Gloria*, is one of sacred music's most uplifting works. While less well-known now, during the Victorian Age, among oratorios, only *Messiah* by Handel was more popular than *Elijah*. Noel Edison, former director of the Mendelssohn Choir said of *Elijah*, "... this work is chock-full big chorus effects. I love the drama and the

way the story plays out – it's religious opera bursting with the hellfire and brimstone of the Old Testament. And it's tuneful and fulfilling, full of one beautiful piece after another."

The performance will include soloists; The Festival Chorus featuring singers from several local choirs; and The Festival Orchestra which includes several professional musicians and instructors from KSMF. This is a rare opportunity to hear this glorious music performed locally, with a full chorus and orchestra, in a wonderful venue. You don't want to miss it! Tickets (\$25) are available at the KSMF box office, 787 Queen Street, Kincardine and online at ticketscene.com. **¶**

AT SOUTH GREY MUSEUM THE SPIRIT OF THE DRAGON: THE STORY OF JEAN LUMB

Robert Iantrino

Arlene Chan, author and historian, has written seven books on the history, culture, and traditions of the Chinese in Canada. Growing up in Chinatown as a third-generation Chinese Canadian, Arlene had a front-row seat to witness the development of her community in Toronto. She is also the daughter of Jean Lumb, who, born in British Columbia, came to Toronto at age 16, set up her own fruit and vegetable store, and later, with her husband Doyle Lumb, operated the fabled Chinese restaurant Kwong Chow. A dedicated volunteer working

tirelessly to establish the Chinese community in the mainstream of Canadian life, Jean Lumb became the unofficial spokesperson for Chinatowns across Canada. She was instrumental in bringing about changes to immigration laws in 1957 to ease family reunification after the repeal of the Chinese Exclusion Act. In 1976, she was the first restaurateur and the first Chinese Canadian appointed to the Order of Canada. Please join us on Wednesday August 28 at 7:00pm to learn more. Admission is \$7/\$5 for members; everyone is welcome. **¶**



QUAYSIDE CHRONICLES

Paul Thomas



*"...But you got to have friends. The feeling's oh so strong.
Oh you got to have friends. To make that day last long..."*

Bette Midler

Friends are instrumental in the architecture of our own character. It is through our relationships that we refine ourselves. Whatever our degree of friends may be, they influence us probably more than we are aware. We prop each other up; we are kept in check and, to a large extent, our happiness is in the hands of others. The colours, textures and our life patterns come as much from friends as from our parental sphere of influence. I oft remember my dad suggesting, (with acknowledgements to both Kipling and Thoreau), that "he travels fastest who travels alone, but no person is an island." And there we have it: the essence of community is largely built with our friends.

Perhaps it's the weather, perhaps it's the stage of life at 60+, but after over 30 years in this region, we seem to be taking stock of this chapter of our lives. And largely it's community that we have come to reflect on. Contacts are legion. Cultivating those contacts into lifelong friends is a privilege we don't take for granted. The tapestry we have woven with the folks who have crossed our paths is filled with an unbridled vibrancy.

So what has triggered us to crack open this opportunity to embrace yet another change and plan our next move? Not sure really, but there are those who suggest that it's what we do best. After all change is the only constant, remember? Having the luxury of choice is humbling. Eyes wide open. Not quite the dandelion fluff whispering a longing in the sea air kind of stuff, but not that far off either. The

journey of a thousand miles begins with the first step. We've taken ours, now we wait and see how it will turn out. Fun times.

But in the meantime let's get witchin' in the kitchen again. One of our mainstays for dinner guests here at QuaySide Landing is local fresh fish. Often (though not too often) there are leftovers of fish. What could be sassier than fish tacos in August? Perfect for a picnic. Even if you don't have leftover fish, start fresh. Howell's Fish (either at the Owen Sound Farmers' Market or in Wiarton) often comes to the rescue. I broil whitefish with a rub of salt and pepper, curry, cumin, cayenne, a dash of oil and a squeeze of lime juice. Of course over an open fire or on a bar-b-que is perfect too. For the filling, chop up some avocado, Roma tomatoes, diced onion, cilantro and pickled red cabbage. For the sauce, mix together ½ cup sour cream, 1/3 cup mayo (homemade of course), a clove or two of minced garlic, a splash or six of lime juice and as much sriracha hot sauce as you can handle. Give the corn tortillas a quick fry in a dry skillet to toast them up. To assemble, start with the fish, layer in the filling and smother in the sauce. Sprinkle some cotija cheese on top (use feta if it's easier to find). A little more lime juice? You betcha! More sauce? Indeed. Voila, fish tacos worthy of a summer celebration. Make lots, you'll eat more than you think. Invite some friends over because, well, it's what we do. Everyone loves the opportunity to be invited to a spontaneous outdoor summer dinner (hint).

I love that old Bette Midler tune: "you got to have friends to make that day last long". I feel her smile way down deep inside, calling out to encourage us to take on life's challenges with a confidence and a determination to embrace change. I've learned to never say "never" again. Keeping the doors of fate open is one way to let the breeze in and welcome the possible. *Eet Smakelijk!* ☺

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- Baha'i Writings



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THE 21 STAGES OF MEDITATION

August 25-30, 2019
Owen Sound



Instructors:

**Sat Dharam Kaur N.D.
Gurucharan Singh Khalsa PhD.**

We are excited to be offering to meditators and yoga practitioners from all traditions this extraordinary course, **The 21 Stages of Meditation**. Drawing from meditations in the Kundalini Yoga tradition as taught by Yogi Bhajan, this 60 hour journey, taught in three segments, will give you the tools and the experience to deepen and refine your meditation practice and come to a profound understanding of the Self. We will practice 21 different meditations, each one selected to reveal a specific aspect of ourselves.



"You, through your meditative mind, should be in the position to control your projection, attitude and acknowledgement towards the entire globe.

Equally you should be sensitive and in control of the entire global acknowledgement projected towards you. You and your mind are that sophisticated and rich in design!"

Yogi Bhajan (from The Mind book)

The three segments of the course can be experienced as three distinct inner processes:

- Aug 25-26: Journey One: Experience and Crystallize the Self
- Aug 27-28: Journey Two: Express and Distill the Self
- Aug 29-30: Journey Three: Transcend and Sublimate the Self

LOCATION

Trillium Healing Arts, 235 9th St E, Owen Sound, Ontario

TIME

9:00 a.m - 6:00 p.m daily

COST

\$950 + HST before April 1, 2019

\$1050 + HST after April 1, 2019

The Journeys can be attended separately at \$400 + HST each.

REGISTRATION

Contact Sat Dharam Kaur: 519 372-9212

Email: satdharamkaur@gmail.com

Register online: www.satdharamkaur.com

About Gurucharan Singh Khalsa PhD.



Gurucharan Singh Khalsa, Ph.D., LPCC, is a leading Trainer in Kundalini Yoga as taught by Yogi Bhajan, and has helped to compile and elucidate Yogi Bhajan's teachings since 1969. Gurucharan Singh combines Western scientific training with Eastern traditions to develop practical approaches to personal growth and fulfillment. His first degrees and graduate studies were from Harvey Mudd College and Claremont Graduate School. His major emphasis was in mathematics, with a broad training in physics, chemistry, engineering and a minor in psychology. Later Gurucharan Singh earned both an M.Ed. at Boston University and a Ph.D. in psychology with an emphasis on research in meditation and clinical counseling.

About Sat Dharam Kaur N.D.



Sat Dharam is a certified Kundalini Yoga teacher trainer and instructor, author, and naturopathic doctor practicing in Owen Sound, Ontario. She has studied Kundalini Yoga with Yogi Bhajan since 1976 and has facilitated teacher training programs in Toronto (ON), Canmore (AB), and Owen Sound. She has developed an international addiction recovery program using Kundalini Yoga as well as a breast health yoga training, designed to help educate women in breast cancer prevention through Kundalini Yoga and lifestyle change.

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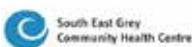


8:00AM - 4:00PM WEDNESDAY,
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- seniors' housing
- transportation
- frauds and scams
- navigating health care
- and more

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IDLE HANDS ARTS CAMP

AUGUST 12-16

Kids 9 to 14 will be introduced to working with clay, metal, glass, fibre, printing and painting using specialized equipment in a program that stresses artistic exploration. Registration includes five morning (9:00 to noon) OR five afternoons (1:00 to 4:00) of making, learning and discovering. Register (\$200) at the Artists' Co-op, 942 2nd Ave East or (519) 371-0759.

THE GINGER PRESS

WRITING POETRY + SPOKEN WORD

WITH RICHARD-YVES SITOSKI

2:30 – 5:30 AUGUST 12-13

Calling all poets! Poetry novices and more experienced practitioners can explore getting over writer's block, using prompts to get the juices flowing, different modes and kinds of verse, and techniques for honing style. Monday will focus on written verse and Tuesday will focus on spoken word. Register now (\$45 each day or \$75 for both) at The Ginger Press, 848 2nd Ave East or (519) 376-4233.

THE SONGWRITING SEMINAR WITH LARRY JENSEN

2:30-5:30 AUGUST 14-15

Why write a song? What do you do next? Poet and musician: which one are you? Writer's block? Performance, where good songs go to die? Join this informal song circle and discussion about the art and business of writing songs from aspirations to exasperations.

Register now (\$80) at The Ginger Press, 848 2nd Ave East or (519) 376-4233.

GREY GALLERY

WOOD ENGRAVING WORKSHOP WITH WESLEY BATES

9:00AM – 4:00PM AUGUST 12-14

This workshop will take you through the entire process of wood engraving. Learn about the history, tools, engraving blocks, papers and printing techniques. Registration covers course booklet, practice block, rental of basic tools, use of letterpress, proofing paper, inks and Wesley's 40 years of wood engraving experience. Register (\$175+tax) at Grey Gallery, 883 2nd Ave East or (226) 664-2776.

INTERSECTIONS WOOD GALLERY & STUDIO

WOODTURNING WITH CARL DURANCE

9:00AM TO 4:00PM AUGUST 12-14

Using a lathe and traditional hand tools, you will be introduced to the two basic forms of woodturning (spindle and bowl turning). Topics will include safety, operation of a lathe, mounting the wood, proper sharpening and use of tools and finishing the turned object. Open to all, maximum of 4 students. Register (\$305.10+materials) at Intersections, 10th St at 3rd Ave East or (519) 371-4998 or www.intersectionsstudio.com

MAKE AN ELEGANT SMALL TABLE

WITH PIERRE ROUSSEAU

9:00AM – 4:00PM AUGUST 15-17

Learn basic joinery, simple machining techniques and how to get a perfect finish in the construction of this simple elegant form and structure. Open to all, maximum of 6 students.

Register (\$305.10+materials) at Intersections 10th St at 3rd Ave East or (519) 371-4998 or www.intersectionsstudio.com.

THE MILK MAID

Owner Cody Hawes will host a series of classes to improve your cheese based knowledge.

4:30 – 5:30 Monday Aug 12: Marinating cheeses

4:30 – 5:30 Tuesday Aug 13: Wine & Cheese Pairing

4:30 – 5:30 Wednesday Aug 14: Beer & Cheese Pairing

4:30 – 5:30 Thursday Aug 15: Building a Cheese Platter

4:30 – 5:30 Friday Aug 16: Pairing Cheese with Preserves

Register (\$25/class+tax) at The Milk Maid, 947 2nd Ave East or (519) 372-1130.

 **MILK MAID**



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