

# FORT MACLEOD ALBERTA

July 19-21, 2019

## <sup>2</sup> Head-Smashed-In Buffalo Jump

Piikani elder Joe Crow Shoe Sr. - Aapohsoy'yiis (Weasel Tail), played a vital role in the development of the Head-Smashed-In World Heritage Site -- he dedicated his life to bringing cultures together. Joe Crow Shoe's wisdom and vision helped make Head-Smashed-In a place of understanding, tolerance, and celebration.

The Blackfoot tipi that graces our grounds this year is supplied by Head-Smashed-In Buffalo Jump. As a cultural bridge at SCF the tipi represents these three principles - they are also at the foundation of South Country Fair Association's esprit d'corps. We are very glad to have the opportunity to recognise how important Joe's life work is, the hard work of closing the gulfs that separate us, and take time to reflect upon it together.

In between scheduled sessions representatives of HSIBJ will be on hand for brief tours and to answer questions.

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# Message from His Worship Mayor Kris Demeanor



"My merry South Country Fairers! / May you rest in a crust of front of stage dance

dust / May you fill and refill vessels of cheer with gusto and glee (responsibly) / May you commune with nettle and mosquito post river dip / May you absorb all you witness and hear with open heart and ear / May you revere each fellow tent and camper dweller, every bird, beast, and shrub / May you walk and sing and spin in revelry, laughter and love!"



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Welcome to South Country Fair, located on the traditional land and territory of the Nitsitapi - Kainai, Piikani and Siksika - the Blackfoot speaking people within the Treaty 7 region of Southern Alberta.

If you've never been to our little festival, a special hello - we hope you find the weekend as invigorating as we do! We are an affiliation of like-minded individuals from all walks of life who choose to express our artistic tendencies from within the borders of the South Country Fair Association. More of a cost/time-share scheme than an event in the conventional sense, feel free to immerse/ submerge yourself in the special & unique qualities only to be found at folk 'n' roots festivals -- dance, sing, have fun, but be harmless and take care of each other.

On page 7 there is a list of rules; take the time to read and observe them. Please help us continue the tradition! *Don't forget...* 



South Country Fair Association www.southcountryfair.com subscribe to our electronic newsletter! email: office@southcountryfair.com Box 1251, Fort MacLeod, AB T0L0Z0 Getting involved with SCF isn't hard

We like to meet like-minded people to share the matchless beauty that is embodied by the word 'festival'.

If you want to volunteer or have a special talent you would like to share to help us continue to improve our little fair, talk to April at the Volunteer Lounge.

In exchange for your time, you get a reduced rate on the cost of your ticket and you get to experience a level of conviviality known only to those who take 'the plunge' plus you get a snazzy teeshirt in the bargain, not to mention the free volunteer BBQ Thursday evening aprés the volunteer orientation, followed by a night of music by different performers every year!

If the Fair is already over and this short missive finds you nostalgically thumbing through the, by now, well-worn pages of a SCF program book, you can email our Volunteer Coordinator and set yourself up early for next year **volunteer4scf@gmail.com**!

South Country Fair gratefully acknowledges the financial support we receive for programming from the Government of Canada through the Canadian Heritage Canada Arts Presentation Fund, and indirectly through the participation of Canada Council For The Arts. We also thank the League of





Canadian Poets for their tireless work and finally the people of Alberta for the perennial support we enjoy, designed to benefit all Albertans, from Alberta Lotteries and the Arts Organization Operating Grant through the Alberta Foundation For The Arts.



ts Canada Council for the Arts



Best Wishes

Our deep gratitude & appreciation to these kind supporters:

- Twisted Hummingbird Stronghold Brewing Co.
   Sarah Tricker Alchemy Southern Sportswear
   Cafe Orange Hansen's Family Foods
  - IDA Hodnetts
     Wall 2 Wall Home Furnishings
    - Fort Pharmacy His and Her Hairstyles
       Crazy Stitch Greenery On Main
    - Silver Automotive UFA Structural Truss
    - Forma Steel Fort Motel Century 2 Motel
  - Sunset Motel 
     Bethel Motel 
     Red Coat Inn

Your donations help bring music and people together in our community. - without your generosity and the ongoing help of our sponsors none of this would be possible. Thank you!

Get involved by contacting info@southcountryfair.com

# THE RAFFLES!

Last year we implemented a 50/50 draw for the first time, to help us to realise upkeep on some of our tents and other things. Thanks to the efforts of one of our core volunteers, Jody Shields, who applied for the permits and sold tickets around the camp and in the performance areas it was a success. Her partner Dustin Brasnett learned to make quilts from his mom when he was growing up, who runs Dragon's Heart Quilt Shop in Pincher Creek, and Dustin has been busy crafting a special quilt to raffle off for 2019 South Country Fair! Jody and Dustin has also been busy going to different businesses in Claresholm, Pincher Creek and Fort Macleod collecting items and gift certificates from that will be drawn for before the big draw for the Quilt on Sunday, so stick around and watch for the ticket people to come up the road! Or drop in to the Merch Tent to view the prizes and have a good look at that fantastic Quilt!

Donors at the time of printing are C & D Floral - Pincher Creek; High Country Western Wear - Pincher Creek; Seeds to Greens - Pincher Creek; The Lebel Mansion - Pincher Creek; Elysian Skin Care - Pincher Creek; Shanti Hollow Yoga and Retreat Place - Pincher Creek; Dragon's Heart Quilt Shop - Pincher Creek; Trails End Gallery - Fort Macleod; Peacock Co. - Fort Macleod; Stronghold Brewing Co. - Fort Macleod; Mystic Rebel - Claresholm; Studio Om Lila - Claresholm; Boots & The Hoots; Scottie Howe at Sacred Skin, Lethbridge. CAMP ETIQUETTE RULES

- 1. ESCHEW OBFUSCATION
- 2. NO DOGS
- 3. NO GLASS
- 4. NO UNATTENDED FIRES
- 5. NO AGGRESSION, FIGHTING OR SWEARING
- 6. NO CAR STEREOS, RADIOS, BLASTERS, OR AMPLIFIERS TO BE USED IN THE CAMP
- 7. NO FIREWORKS
- 8. NO ILLICIT DRUGS
- 9. NO LIQUOR IN MAIN STAGE AREA
- NO INTOXICATED PEOPLE ON SITE, NO UNDER AGED DRINKING
- **11.** NO UNAUTHORIZED VEHICLES
- 12. BEACH IS CLOSED AT SUNDOWN. RIVER CAN BE DANGEROUS - DON'T SWIM ALONE. SWIM AT OWN RISK.
- **13.** NO LITTERING/ RECYCLE IN PROPER BINS- PLEASE CLEAN UP AFTER YOURSELF.
- 14. USE THE PORTABLE TOILETS, NOT THE BUSH
- 15. GENERATORS ONLY PERMITTED 10AM-1PM DAILY

**16.** GATE WILL BE CLOSED FOR RE-ENTRY AT 1:00 AM NIGHTLY (BOX OFFICE CLOSES AT 11)

Complaints regarding behaviour will be treated on a two strike basis - first one gets a warning, second strike results in being escorted from grounds.

17. HAVE A GREAT WEEKEND!



## This years' graphic

The 2019 SCF graphic is by Lethbridge artist and LCC instructor **Tanya Weder**. Thanks Tanya!





**Abigail Lapell** – Toronto folk noir songwriter Abigail Lapell draws from roots, indie and punk rock traditions. Hailed as an artist to watch by NOW Magazine, she's toured across North America and Europe, performing on vocals, piano, harmonica and finger style guitar. Closer to home, she's completed tours by bicycle, canoe

and train. Lapell won the 2017 Canadian Folk Music Award for Contemporary Album of the Year and the 2016 Colleen Peterson Songwriting Award from the Ontario Arts Council. Her new album, Hide Nor Hair, is out now on Coax Records. Her stunning vocals, unique style, and innovative songwriting are sure to draw you in and hold you close for the duration of her performance. www.abigaillapell.com

**In Cahoots** w/ The Adult Choir – Don Cassell (voice, harp, guitar), Eya Kelly (voice & uke) and Dil Jopp (bass) formed In Cahoots in June 2017. With two strong song writers in the band it didn't take long for them to find original material for their first album. Megan Brown (violin) officially joined the band in the final stages of the recording of 'Across the Coulees' in the fall of 2018. Alt-folk seems to be the best description of In Cahoots' sound. But you cannot deny the strong blues and roots influences in their performances. Based out of Lethbridge, Alberta, In Cahoots has played in local venues, live on CJXU88.3fm and at festivals (ie Soulfest 2018' & AppleFest). We are joined by Tyler Bird on drums for this Adult Choir project.



**Bad Buddy** is a foursome making fearsome rock tunes. They're scrappy as hell and riled up with primal riffs, gang vocals, and a whole lotta snarl. Expect a little bit of surf, a dash of Motown and plenty of rip. The Shirelles meet The Ramones in this Edmonton-based rock 'n' roll band

full of surfy guitar riffs, three-part harmonies, and kicking-ass attitude.Bad Buddy is Emily Bachynski (guitar, vocals), Alex Vissia (bass, vocals), Andrea Vissia (guitar, vocals) and Geoffrey O'Brien (drums).

facebook.com/badbuddyband

### **Blackfoot Medicine**

**Speaks** – offers an educational and entertaining cultural experience of Blackfoot storytelling, cultural sharing, and mesmerizing song and dance that reflects our connection to our



ancestors, our land, and the spirit of the Blackfoot people while celebrating our rich culture. They are performers who provide a unique and fascinating experience for audiences of all ages. They believe in the importance of telling our stories from First Voice. First Voice is an ownership statement by indigenous people. Since colonialism, interpretation of indigenous cultures has been provided by non-indigenous people. First Voice requires that the actual carriers and custodians of cultures be heard, legitimatized and respected. Blackfoot Medicine Speaks Dance Company demonstrates through First Voice that oral stories reflect spiritual connections to the land and all living beings. Blackfoot Medicine Speaks wishes to remember the history of their people, the inherent qualities of their culture, and the knowledge that the culture imparts about the physical and spiritual world in which we live. **blackfootmedicinespeaks. com** 



**Blue Moon Marquee** is a Gypsy Blues band born of the wild rose country. They currently make their home in an island shack on the coast of the Salish Sea. A.W. Cardinal (vocals/guitar) and Jasmine Colette a.k.a. Badlands Jass (vocals/bass/ drums) write and perform original compositions influenced by anything that swings, jumps or grooves. Artists such as Lonnie Johnson, Louis Armstrong, Blind Willie Jonson, Charley Patton, Howlin' Wolf, Screaming Jay Hawkins, Tom Waits,

Memphis Minnie, and Django Reinhardt are deeply infused in the soul of their music. Their songs have a heavy dose of atmosphere and texture with a penchant for poet characters and gritty settings. It is this connection to the working class that draws so many people to their music, crossing many of the usual genre, age and cultural bounds. Most importantly, they make every song their own. Their passionate performances and smouldering onstage chemistry is their trademark, and the way Colette's tones lift A.W.'s mystique is something that enthralls audiences from back room bars to festival stages to the velvet seated theaters. **bluemoonmarguee.co** 

#### **Captain Thunderpants**

is a singing, storytelling, intergalactic space pirate! His home planet, Funkathon, is completely inhabited by ceratopsian dinosaurs, (the ones with horns and frills, like Triceratops) where he was the head cook to King Zaxxon. After running out of



sweet potatoes, the Captain headed out across the universe in his Space Galleon, to trade stories and songs for more sweet potatoes. He has performed at festivals, schools, special events and libraries, bringing his unique blend of fun, engaging entertainment to the children of this planet. Captain Thunderpants can be found leading parades, writing songs and teaching kooky games and dances at festivals all summer long. Keep your eyes and ears peeled for him leading the Insomniac Parade or having a blast over at Kidz Kountry with his FUNtastic Family! captainthunderpants.com



### **Captain Tractor**

- Captain Tract-o-o-o-oo-r -- in S.AB CT is still bigger than the Beatles, in our books anyway! SCF is proud to wish this highly-talented and iconic folk'n'rock group a very happy 25th birthday this year... by inviting them to our party of course. Chris Winters, Scott Peters, Jules Mounteer, Jon Nordstrom, Jason Kodie and Shannon Johnson are still rippin' it up, just like us! Here we go again! **facebook.com**/ **captaintractor** 

## Circus Acts Insomniacs are a

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dynamic performance troupe offering a visceral experience through ritualistic dance, awe-inspiring aerial acrobatics and powerful fire choreography. The relationship between music and movement influences their unique storytelling into universal means of communication. Their mission is to encourage playfulness and inspire people to play to their own strengths.



By exposing crowds to the interactive capacity of performance they strive to create a mystical and dynamic appreciation for the performing arts. Let them spark your imagination. Sit back and enjoy the magic of their shows and don't be shy to dive into the mesmerising and truly unique world of Circus Acts Insomniacs. circusactsinsomniacs.com



**J o z y** is a beat-driven lyricist with a broad range of influences, taking inspiration from many genres (including, but not limited to, funk, r+b, folk, and pop). With her music, J o z y hopes to bring people into her world of experiences and give them as clear a picture of her perspective as she can. Throughout her songs, J o z y weaves strong lyrical themes of femininity, sexuality, and reclamation

of personal identity within a vulnerable context of self examination. With undeniable groove and hilarious wordplay, she delves into valuable conversations about love, family, and confidence throughout her playful debut album "c o z y". **cozymusic.me** 



## dmitchellphotos@gmail.com



### **Curt Young & The Healers**

- Emerging from Calgary music clubs including The Blues Can, Curt Young & the Healers climbed to the top of the scene there with their unique Blues-Rock & Indigenous fusion genre style and High Energy stage performance. With standout originals & their creative covers they are winning over music fans all over the province. Curt Young-Vocals/Guitar, Pearl White

Quills -Vocals & Traditional Drum, Kiit Kiitoki-Guitar, Rokko-Drums & Ronnie Champagne-Bass bring many road traveled years of musical experiences, music awards (both Juno & Aboriginal Music Award recipients), road stories and rock star quality shows that will leave you in encore mode! **facebook. com/CYHEALERS** 

### Dennis Bouwman & The Wild Roses – Dennis

Bouwman is a folk singer with a rock n roll band. Originally hailing from the southwest corner of BC, Dennis has found a home in Edmonton to focus on his craft. With roots spreading from the ocean to the prairies, he has played his songs of lost love from



coast to coast. With a gritty honesty rarely seen these days, Dennis writes and sings from his core. Be it with or without his band, Bouwman's combination of heartbreaking lyrics, warm melodies, and a voice like the bottom 10 pipes on a church organ is sure to captivate you and make you feel. facebook.com/Dennis-Bouwman-178537105853592



**Erin Kay** is an Edmonton based singer-songwriter with a contour to her voice that speaks volumes. Soft melodies unfold with a delicate breath akin to Joni Mitchell, and then escalate with a learned boldness. At once piercing and fragile, empathetic and independent, Kay carves new paths with unparalleled courage.Kay hopes that her music will inspire others to see what's precious in their own lives, and reclaim their own stories, specifically women struggling with abuse. Kay is

taking this even further by spearheading an initiative entitled 'I am Enough,' which puts female identified artists on stage to share their music and stories while raising funds to support Women's United. **erinkaymusic.com** 

### Ganges Delta is a

fusion ensemble heavily steeped in the mysticism of India. Nitu Gopal Das Baul is the real deal. He is a 5th generation mystical minstrel (like a Sufi – in Bengal they



are called Baul) – and with this incredible depth and power he brings gypsy grooves and blues melodies from his culture to a new, modern context. On this tour the group will be joined by Ustad Dhilshad Khan, a Grammy Award winning musician, son and student of the late master Ustad Sultan Khan who was a

#### contemporary of Ravi Shankar. Heavy grooves brings crowds to their feet, pulsing to rare sounds and rhythms unknown to many. Seeds of the project were first planted in southern India at the foot of Mt. Arunachala when Canadian musician and producer Bali Panesar introduced two great artists from very different traditions; the alchemy within this meeting opened the door to a faceted, magical world and that confluence of energies flowing from the ancient to the new is something called 'Ganges Delta'.

facebook.com/Ganges-Delta-932023076809112

**Gaven Moore** (Late Night Jam) – Born and raised up the road in Claresholm, Gav loves coming to 'The Fair' here in Fort Macleod. He has a daughter, two step-sons, and his wife Julia is responsible for making many of the colorful signs you see around the grounds. Armed with an acoustic guitar and a quiver full of familiar songs, this liitle cupid in councillor clothes is once again pleased to host the late-late show: CAMPFIRE JAM after music ends on the main stage!

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Gav welcomes everyone to listen and join in, and invites all the music-makers and shakers around camp to share their gifts and keep the music rolling through the wee-wee hours of the morning!



## Hoop Dancing with Sandra Lamouche

- Sandra Lamouche works as the FNMI Success Coordinator with the Livingstone Range School Division. Sandra is enrolled as a masters student at Trent University furthering her studies with Indigenous

health and wellness. She embodies the spiritual, physical and emotional healthy lifestyle she promotes to all her students. Sandra is an internationally recognized hoop and contemporary dancer. She highlights the strenghth and beauty of Indigenous culture. Sandra recently received the Esquao Award presented by the Institute for Advancement of Aboriginal Women. Sandra lives in Fort Macleod with her husband Lowell and their two beautiful boys. sandralamouche.com

## **Merch Tent!**

Drop in to the merch tent and peruse whatever the bands have brought to sell off the stage after their sets, get an autograph and maybe pick up a Fair tee. Raffle tickets for baskets of various goodies that will be drawn for daily and of course tikets for the Fabulous Quilt by Dustin will be available there too!

#### Jack Garton & The Demon Squadron – The

roots roller-coaster band Demon Squadron is the engine behind Jack Garton's songs. Formed in 2013 and named after Garton's grandfather's special ops flight squadron in WWII, the band is a highly-trained crew of Vancouver's



most unique musical talent. From rockabilly to rocksteady, country to cajun, every show is

roots music mayhem executed with classic showmanship and wry humour. While touring Western Canada, Washington State and Alaska, the Squadron has been honoured to serve on festival main stages, concert halls, theatres, clubs and cook-outs. It's all in the line of duty for BC's rambling servicemen and women as they continue to wage Garton's campaigns of heavy honesty and devastating joy throughout **the region. jackgarton.com/demonsquadron** 



Kris Demeanor – Kris is sporting year two with the title of SCF Mayor. He is also our Kid's Rock Camp Guru and we are so grateful for that. Calgary-born songwriter Kris Demeanor delights in exposing the underbelly of western Canadian culture—gambling, drug use,

murder, religion, the suburbs. His numerous CDs of original work explore the darkness and absurdity of these corners of Alberta life. While Kris' music has taken him around the world performing, he has become a fixture of Calgary's spoken word, theatre and music communities, creating music and lyrics for numerous award-winning projects. **krisdemeanor.com** 

**Leaf Rapids** is a Winnipeg folk duo offering cinematic folk with a wisp of theremin. Their new album Citizen Alien is a labour of love for Keri and her husband, Devin Latimer. Through Keri's family's ancestral memories and their own family's stories, they created a new world from the old, delving into the intimate truths told by voices from decades long



gone and binding history and identity to time and place. Whimsical melodies strike a stark contrast with unsettling imagery, playing out in the mind like an old sepia-toned movie. Leaf Rapids shows that despite any horrors or hate in the world, there is hope, because we are all the dream of a future our forebears once had. We carry that dream forward in the stories we are heir to and the wisdom they hold, and every day, we have a chance to let those tales shine. **facebook.com/ leafrapidsmusic** 



**Leeroy Stagger** is a Canadian alternative country singer-songwriter, raised in rural British Columbia and residing in Lethbridge, Alberta. Leeroy has released 11 albums, won first place in the 2014 Calgary Folk Fest/Ship & Anchor Songwriting contest and won the \$100,000 Alberta Peak Performance in 2015. He built his own studio, Rebeltone Ranch **14** where he has recorded his own albums and produced for many other songwriters. Leeroy has a radio show on CKUA called Dirty Windsheilds, Saturday at noon. Check it out! He is one of

our Southern Alberta Gems. leeroystagger.com

## Los Pachamama & Flor Amargo

- Mother Earth - the English translation of Los Pachamama - is the perfect moniker for this multigenerational musical family from the heart



of the Gulf of Mexico. For 30 years, they've restored an appreciation for musical traditions born from a mixing and syncretism of rhythms and harmonies from the deep folklores of Mexico, the Caribbean and Latin America. Enter dynamic Mexican singer-songwriter and poly-instrumentalist Flor Amargo, a graduate of Mexico City's National Conservatory of Music and The Voice Mexico semifinalist. She's created what she dubs 'cathartic pop' – characterized by a ball of energy, emotion and drama. Their spontaneous meeting melds two approaches and musical visions as roots and pop music find common ground, for a fresh, charismatic 'neofolk' sound that revives musical traditions. Expect an awe-inspiring show of force and eccentricity with daring and innovative arrangements as they pour out a deep love of songs that have moved generations of listeners. Producer Ivan Duran of Stonetree Records (Andy Palacio, Calypso Rose, Kobo Town and Aurelio Martinez) puts the finishing touches on this sonic marriage on their new recording. lospachamama.com



#### Nasti Weather & The False Predictions – Ana

Schlechleitner AKA Nasti Weather is a remarkably gifted singersongwriter and multiinstrumentalist. She makes transformative music straight from the soul. Her lyrics are drenched in authenticity, poetry,

and sentiment. She strums the banjo into oblivion while beautifully belting heartfelt wax poetic words. Her haunting and powerful voice is, however, the vintage vehicle driving her music. She sounds like Janis Joplin, Etta James and Lucinda Williams had some elegant, rock and roll, trailer park love child. Nasti Weather shimmers through in the modern sea of autotune and Appleton. As Erykah Badu would put it "she is an analog girl in the digital world". It appears as if her banjo is an extension of her body when she performs, it's an extension of her body. **nastiweathermusic.com** 

## **Peter & the Wolves**

- Calgary's Peter & the Wolves, are an old fashioned rock and roll band bent on makin' you wanna kick out your chair shake it all night long! In 2013, they emerged from Bowness, a fresh-faced



rockabilly outfit shaped by their forefathers' rowdy, unstoppable urge to shake it. Led by Howlin' Pete Cormier, the Wolves were playing the bar scene while half its members were still in high school. Pete flashed his guitar and lady-killer good looks, as Theo dug deep into his stand-up and Paul cranked out

# **Campfire Jam!**

After the South Stage closes on Friday & Saturday night the hosted jam session will again take place continuing the magic of the evening for those who want it.

So come hither from out of the woodwork all ye musicians, bearing harps of all manner, harmonicas, shakers and voices



into the The Firelight - share your sounds with good people who want to enter and be entered into by someone else's stories and sounds. – Hosted this year by Gaven Moore!

# **Greetings SCF attendees!**

There will be a *"First Aid Safe Haven"* station set up in the lower campground, in the camp kitchen right across from the nightly jam session. It will be open from 9pm – 9am Friday and Saturday. If you have need of a safe place to hang out or need first aid assistance in the wee hours come and find our friendly attendant there.

Thanks! HUGS! - Maxine

soul-scorching keyboard solos. Sweat dripped from their brow and soaked their sharkskin suits; they pulverized the room and left them panting for more. Rockabilly with an infectious R&B groove, heartful of twang 'n' soul, four-on-the-floor rock 'n' roll wrapped around Howlin' Pete's honey-coated vocals and little boy smile that leaves them cryin' in the aisles. **facebook.com/ peterandthewolvesband** 



### **Petunia & The Vipers**

 Petunia is more than just an entertainer, he's a modern musical enigma. Imagine that David Lynch and Nick Cave had a hillbilly baby, that yodelled... or Tom Waits meets Elvis at Woody Guthrie's hobo junction. This is just one way of describing the man known simply as Petunia. He's an adventure

seeker, a poker player, and a mysterious stranger. He's been referred to as "The Savior of Country Music", and a man who exists in a different era, bringing the past forth as something new to be celebrated and not forgotten. And as if this wasn't enough, his incredible backing band, The Vipers, are a red hot collection of musicians boasting of some of Canada's most iconic musicians across various eras and genres. Petunia & the Vipers' sound may not sit comfortably in one certain genre, but "Good Music" describes it well. A new music that springboards off of the past and jumps into the present day, left with only echoes of the past... Something in between 1920's and steam punk. What more could you ask for? **petuniaandthevipers. com** 

### **Rancho Deluxe**

is a 5 piece band hailing from Lethbridge, Alberta They are all hard working, local boys who share a love of old school roots and country music and



play those songs that go straight to the bone. They write songs about Southern Alberta, past, present and future, from the footstompin to the heartbreakin. The new Cd, "Lucky Stars" was recorded and produced by Nanton's own Steve Loree. This band is all about music with friends, drummer Brad Brouwer, bassist Paul Holden, pedal steel guitarist Ryan "Skinny" Dyck, multi-instrumentalist and vocal Tyler Bird and vocal, guitar George Arsene are excited to share "Lucky Stars' with you. facebook.com/Rancho-Deluxe-153112181517192

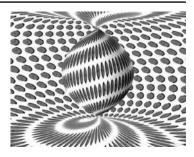


**Revel In Dimes** – If music actually does spring from the ground geyser-like in certain special places (the hills around Holly Springs, Mississippi come to mind), and

eventually travels to the city where it gets an education then Revel In Dimes is hard evidence that the theory has legs. This is real, bona fide American music -- channelling Junior Kimbro and RL Burnside isn't something just anybody is capable of pulling off to start with but mixing that with soul, funk, 60s West Coast and the Brooklyn club scene is way more than a parlour trick... it takes chemistry. Back Country Blues kisses the Velvet Underground hard on the lips. Kia Warren, Chris "Premo" Waller, Eric Simons, Washington "Washy" Duke are Revel In Dimes. **revelindimes.com** 

### Ron Pearson's Ghostwriter Theatre

 Ron Pearson has performed his unique style of magic around the world for over 25 years. His specialty is sleight of hand magic, performed on stage at banquets and sales meetings or for intimate groups at receptions and



open houses. Ron has received the Order of Houdini from the Association of Entrepreneurial Performers in Albuquerque, New Mexico, and has amazed audiences everywhere from the Commonwealth Games in Manchester England, to the Smithsonian Institute in Washington, DC, to the Royal National Theatre in London, England, to the fabled Carnegie Hall in New York City. ronpearsonmagic.com



**Ryland Moranz** was born a singer-songwriter. Originally hailing from Fort Macleod, Alberta, Ryland currently resides within the quaint musical community and picturesque surroundings of Lethbridge. His concise and lyrically driven songwriting is deep beyond his years with an emphasis on storytelling and an increasing awareness that life is always bigger than you think it is. Sometimes politically satirical and often offset with fun loving humour, Ryland's wit and social conscience

shine through in the well crafted vernacular of a songwriter that has found what they believe in. Accompanying himself with acoustic guitar, tenor guitar, Harmonica, and banjo, his multi instrumental approach provides the perfect foil to the words he puts to paper. HIS DARKEST SECRETS ARE: Tyson Maiko / Bass, Spirit Animal, Michael Ayotte / Keys, Hugs, Kyle Harmon / Drums, Percussion, Warp Drive. **rylandmoranz.com** 

**Tara Warburton** – They come in whispers she'll say, if you ask singer/ songwriter Tara Warburton what inspires her songs. Her soulful, raw and even sometimes all too real songs evoke emotion and relatability amongst audiences. Bordering countryfolk-indie rock, she says she's never been one for labels, but rather sings and writes what feels right in the



moment. Warburton started playing guitar at the age of 16, now nearly 20 years later, you can hear remnants of a teenage girl who listened to a bit of everything, but admittedly had a soft spot for Norah Jones, Patti Griffin, Janis Joplin, and Joni Mitchell. Following the 2018 SCF Song writing contest win, Tara released the single "Raise Up My Spirits" and has continued to hoan, foster, and refine her songwriting craft. **facebook.com/ twarbymusic** 



#### Tom Phillips – An

esteemed statesperson of the Calgary music scene, Tom earned his laurels over decades recording with Gordon Lightfoot's band in Toronto before releasing several albums, both live and in studio, with his legendary

long time honky-tonk band The Men of Constant Sorrow (MOCS). He also released an acoustic solo album, paid homage to Hank Williams on the Sorrow Bound project, and smashed his comfort zone with a daring, darling album of cover songs from punk and rock territory. The evolution continues on his most recent work with the D.T's (Difficult Transitions). The band formed serendipitously at bars and open stages, learning Phillips' most recent songs onstage just in time for his last record. With MOCS veteran Tim Leacock (The Co-Dependents), Ian Grant (Art Bergmann, Cat Ranch), Geoff Brock and sisters Shaye and Sydney Zadravec. tomphillipsmusic.com

## **Ukulele Workshop with**

Andrew Scott – Andrew Scott is an energetic and captivating singer/ songwriter. His musicianship is top notch and his performances are always full of funk, humour, strange instruments, pterodactyl squawks, grunts, grooves, storytelling and good ol'fashioned zinger wit. andrewscottsolo.ca



## ~ Lotos Land ~



**Madina Ali** – I am an aspiring poet from Calgary, Alberta. I come from a family of poets and grew up hearing my grandfather's work. I used to write poetry about nature quite a bit when I was growing up, but in recent years I have used poetry as an outlet and coping mechanism to deal with obstacles and injustices in everyday life. I write about feminism, love, the effects of

bullying, friendship and equality. I have struggled with depression and anxiety for a few years and I often draw inspiration from those emotions. I am a fan of the work of many poets such as Rupi Kaur, Rumi, Nikita Gill, Najwa Zebain and Atticus. I find that poetry reflects life in a way that no other art form truly can. My poetry has helped me navigate my own feelings and experiences and gain insights from them as well as share with others some of those insights and advice. Recently, I have began to share my work at the Owl Poetry open mic in Lethbridge (where I attend university) and on Instagram @poetrybymadz

**Thorsten Nesch** was born in Solingen, Germany. 1998 to1999 he lived in Calgary, Alberta, then until 2003 in Victoria, BC. From 2004 to 2013 in Leverkusen, Germany. Since 2014 in Lethbridge. Married, three children. He is traditionally published and an award-winning author. His German novels are read in schools from Denmark to Italy, and they are also



available in English. Thorsten is a multimedia storyteller who

also worked in radio, film and on stage. In 2019 a chapbook with poems and photos "Paris, Calgary" was published by Loft on Eighth, Calgary. September 2019 will see the publication of "My Totem Came Calling" by Mawenzi House, Ontario - a novel he co-wrote with Zimbabwean author Blessing Musariri. thorstennesch.com



Adrienne Adams is a poet, artist and curator dedicated to creating safer inter-sectional space to honour the feminine. She has featured at the Expressions Poetry, FlyWheel, University of Calgary Spoken Word, YYCSPEAK Reading Series, The People's Poetry and Ignite Festivals, and co-curated for Single Onion and the Calgary International Spoken Word Festival. She curates Woolf's

Voices (aka Virginia), joking that it's an excuse to howl in public. Her work is published in Antilang, FreeFall, Politics/letters live (Car Poems), Polyglot, Wax Poetry and Art, Rose Quartz and forthcoming in NoD and several other publications. **IG** = @ **adamsel.adams** @**woolfsvoices** 

**David Roberts** – It has often been said that writers don't produce their best works until they approach their 70s, consequently David Roberts (Lethbridge,) a master of procrastination who writes under the nom de plume of zenapples was never in a hurry to present his works to the public until recently. He understood early that the experience of Walkin' to



New Orleans, for example, wasn't a matter of picking up a few dance-steps at a sock hop, so he set out on an adventure covering our cultural landscape as well as every backroad and cul de sac of his own consciousness, with the purpose of honing his craft and sharpening his wit. Today he brings us some of the gems of his uncanny, sometimes satirical observations, including the rousing a cappella anthem "Scar Strangled Banner. **zenapples.com** 



**Mel Vee X** is a queer Black (out) spoken word artist, burlesque performer, photographer and model who was born and raised in Mohkinstsis- the Blackfoot name for the place where the Bow and Elbow rivers meet, colonially known as Calgary. The prairies are her great love, but the prairies have never loved her. Smashing misconceptions along the way, her unflinching insights into race, gender, sexuality

and class form the bedrock of her artistic practice. Having struggled for years to find her voice, Mel Vee is dedicated to empowering marginalized people tell our own stories from our own perspectives. Mel Vee was a member of Calgary's 2017 slam team, who finished 5th place in Canada. She is Communications Coordinator and co-founding member of Uproot YYC, Calgary's premier grassroots collective for Artists of Colour. Most recently, Mel Vee was a member of the 2019 Saskatoon Poetic Arts Festival (SPAF 2019) ensemble team. She



also created Wellness for the Revolution, a wellness series bursting with insight, empowerment and irreverence for radicals and revolutionaries. Her greatest aspiration is to become a mom to a daschund baby someday. **melveeyyc. wordpress.com** 

#### Noble Central School Poets – Noble

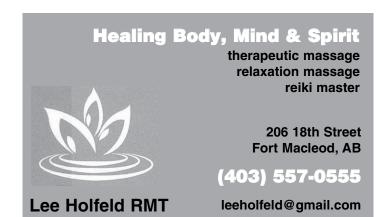
Central SLAM poets began competing provincially 5 years ago and each year the small school has had at least 5 poets completing provincially and two times



there have been more than ten. The school also runs their own SLAM competition in December for individual and group competition. Usually over 28 poets compete in the Poetry is the Point SLAM and this year was their 4th event. Just goes to show that great things happen in small Southern Alberta schools! The NCS Slammers, a group of nine high school poets, competed on May 3-4, 2019 at the 2019 Provincial Poetry Slam, hosted by All Saints High School in Calgary against 19 other teams. The NCS team won both their first and second draws, beating out 14 other teams to compete in the finals! All poets performed originally crafted poetry in the SLAM format. Congratulations NCS Slammers for being some of the best student poets in Alberta! Five poets will be performing at South Country. Photo left to right: Tristan Spencer, Effie Shenton, Belinda Anker, Tere Jurado – missing, Molly Baumann

# **Recycling** @ SCF

Less IS more, please assist South Country Fair in reducing unnecessary waste this weekend. Garbage can be deposited in open-top barrels and brown lidded bins. Bottles and cans are intended for topped barrels, cages and brown lidded recycling bins. Please recycle other items at your local recycling center upon your safe return home. Thank-you for treating the site of South Country Fair with the respect it deserves.



# <sup>22</sup> Schedule #33 Thursday



## Volunteer Party

| 5:00 pm | BBQ at performer hospitality                       |
|---------|--|
|         | The Adult Choir w/Guest Directors<br>In Cahoots    |
| 8:30 pm | A message from April<br>(volunteer announcements ) |

# Friday

| South Stage           |   |  |  |
|-----------------------|---|--|--|
| MC – John Wort Hannam |   |  |  |
| 5:00 pm               | Opening Ceremony & Mayoral Address  |  |  |
| 5:15 pm               | Kids Rock Camp  |  |  |
| 6:15 pm               | SLAMMERS: Belinda Anker,<br>Adrienne Adams, Mel Vee   |  |  |
| 6:30 pm               | Workshop – Darling, Won't You Sing Me<br>A Love Song: <b>Leaf Rapids</b> ,<br>Dennis Bouwman, Erin Kay      |  |  |
| 7:45 pm               | Ganges Delta  |  |  |
| MC – Kris L           | Demeanor  |  |  |
| 8:45 pm               | Ali Stuart – 2nd place<br>Songwriting Competition Winner  |  |  |
| 9:00 pm               | Leeroy Stagger  |  |  |
| 10:15 pm              | Blue Moon Marquee   |  |  |
| 11:30 am              | Peter & The Wolves  |  |  |
| 12:45 am              | Revel in Dimes  |  |  |
| Lotus Lan             | d Spoken Word   |  |  |
| 5:00 pm               | The Adult Choir w/Guest Directors<br>In Cahoots   |  |  |
| 7:00 pm               | Noble Central Slammers: Belinda Anker,<br>Effie Shenton, Tere Jurado,<br>Tristan Spencer, and Molly Baumann |  |  |
| 8:00 pm               | Madina Ali  |  |  |
| 9:00 pm               | Thorsten Nesch  |  |  |
| 10:00 pm              | Lethbridge Independent Film Society<br>presents: Animations, Experimental<br>Films and Late Night Spooks    |  |  |

# Saturday

| South Stage |  |  |  |  |
|-------------|--|--|--|--|
| MC - Leeroy | y Stagger  |  |  |  |
| 11:00 am    | Blackfoot Medicine Speaks  |  |  |  |
| Noon:       | NIA Workshop w/Lise Schulze  |  |  |  |
| 1:00 pm     | Sandra Lamouche Hoop Dancing   |  |  |  |
| 1:30 pm     | Abigail Lapell   |  |  |  |
| 2:45 pm     | Workshop – There's a Party Goin' On:<br>Jack Garton, Bad Buddy, Revel In Dimes                             |  |  |  |
| 4:00 pm     | Volunteer Photo  |  |  |  |
| MC – Andr   | ew Scott   |  |  |  |
| 4:30 pm     | Ryland Moranz  |  |  |  |
| 5:45 pm     | SLAMMERS: Effie Shenton, Tere Jurado,<br>Tristan Spencer, Madina Ali                                       |  |  |  |
| 6:00 pm     | Tom Phillips   |  |  |  |
| 7:15 pm     | Curt Young & The Healers   |  |  |  |
| MC – Rylaı  | nd Moranz  |  |  |  |
| 8:30 pm     | Joshua Beebe – 1st place<br>Songwriting Competition Winner   |  |  |  |
| 9:45 pm     | Jac Garton & The Demon Squadron  |  |  |  |
| 10:50 pm    | Circus Acts Insomniacs   |  |  |  |
| 11:15 pm    | Petunia & The Vipers   |  |  |  |
| 12:30 am    | Captain Tractor  |  |  |  |
| East Stage  |  |  |  |  |
| MC – Mark   | Sadler-Brown   |  |  |  |
| Noon:       | Workshop – Songs of Sage Advice:<br>Tom Phillips, <b>Mark Sadler-Brown</b> ,<br>Curt Young, Abigail Lapell |  |  |  |
| 1:05 pm     | Tara Warburton   |  |  |  |
| 2:10 pm     | Rancho Deluxe  |  |  |  |
| 3:25 pm     | Dennis Bouwman   |  |  |  |
| MC – Gillia | n Moranz   |  |  |  |
| 4:30 pm     | J O Z Y & The Fuzz   |  |  |  |
| 5:35 pm     | Bad Buddy  |  |  |  |

## Lotos Land – Awareness – 9:00 am - 3:00 pm

## SCHEDULE: PLEASE COME BY THE LOTUS LAND TENT TO SEE POSTED TIMES AND ALTERNATE LOCATIONS AND ANY SCHEDULE TWEAKING

| 9:00 am                | Twin Hearts Meditation & Super Brain<br>Yoga with Kurt & Patti  |
|------------------------|---|
| 10:00 am               | 26 Foundational Yoga Poses<br>w/Martha Affleck  |
| 11:00 am               | Conscious Connected Breathwork<br>w/Giselle Gillard   |
| Noon                   | Demo – Sheena and Krit Niamjin:<br>Thai Cooking   |
| 1:00 pm                | - Songwriting Workshop w/Curt Young<br>& The Healers at Awareness Tipi<br>- Ukulele Workshop for Beginners w/<br>Andrew Scott at Lotus Land |
| 2:00 pm                | - Intro to Hoop Dancing with Sandra<br>Lamouche at Awareness Tipi<br>- Intermediate Ukulele Workshop<br>w/Andrew Scott @ Lotus Land         |
| 3:00 pm                | Healing Energies & Massage Technique with Mikka Corbeil @ Lotus Land  |
| 4:00 pm                | Psychic Sampler w/Wendy Aikins  |
| 5:00 pm                | The Adult Choir w/Guest Directors<br>In Cahoots   |
| 7:00 pm                | Adrienne Adams  |
| 8:00 pm                | David Roberts   |
| 9:00 pm                | Mel Vee   |
| 10:00 pm               | Lethbridge Independent Film Society<br>Presents: Saturday Summer Spooks   |
| 24/7                   | Walking the Labyrinth   |
| Camp Jam               | Schedule In the camp after the South Stage  |
| Friday/Satu            | urday Night Jammer - Gavin Moore  |
| Fire Pit Cir           | cle behind Merch Tent   |
| 10:00 am               | Morning Jam w/the Sadler-Brown Band   |
| 11:00 am<br>Goodies to | Recharge & Reenergize with Nourishing<br>Eat, Drink & Breath In w/Robyn Lilley  |
| Roving - S             | aturday & Sunday  |
| 1:00 pm                | Ron Pearson's Ghostwriter Theatre   |
| 24/7                   | Walking the Labyrinth   |
|                        |   |

# Sunday

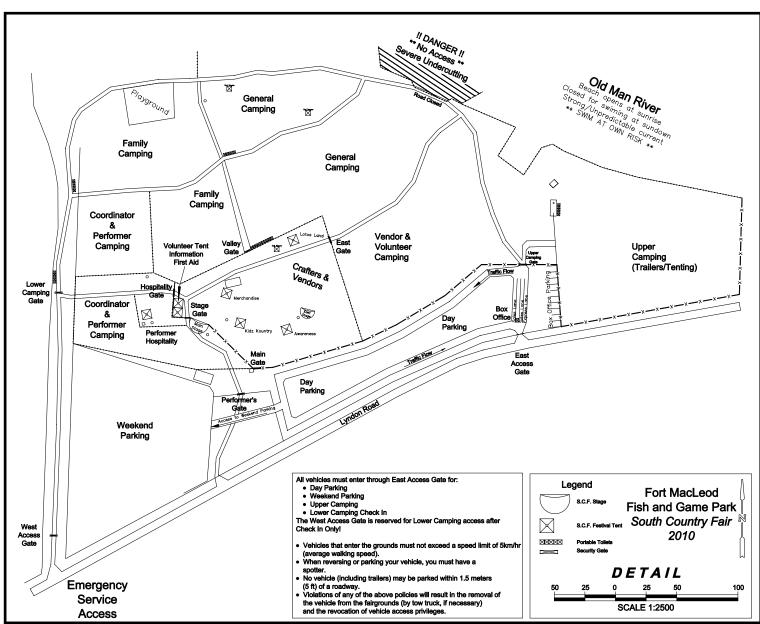
| e   |  |  |  |
|---|--|--|--|
| NIA Workshop w/Lise Schulze   |  |  |  |
| MC - Chris Wynters  |  |  |  |
| The Adult Choir w/Guest Directors<br>In Cahoots   |  |  |  |
| Los Pachamama y Flor Amargo   |  |  |  |
| SLAMMERS: Molly Baumann,<br>David Roberts, Thorsten Nesch   |  |  |  |
| fort Hannam   |  |  |  |
| Leaf Rapids   |  |  |  |
| Workshop – SCF Family Values:<br>Captain Tractor, Ryland Moranz,<br>& Leeroy Stagger  |  |  |  |
|   |  |  |  |
| Foord   |  |  |  |
| SCF BIG GrAss Jam   |  |  |  |
| Nasti Weather & The False Predictions   |  |  |  |
| Erin Kay  |  |  |  |
| Workshop – Here For An Old Time,<br>Not A Long Time: Petunia, Howlin' Pete<br>Cormier, <b>Blue Moon Marquee</b>   |  |  |  |
| <b>– Awareness</b> – 9:00 am - 4:00 pm  |  |  |  |
| Twin Hearts Meditation & The 5<br>Tibetans w/ Kurt & Patti  |  |  |  |
| <ul> <li>- 26 Foundational Yoga Poses w/Martha</li> <li>Affleck at grassy area near Lotus Land</li> <li>- Sound Healing Drum Journey &amp; Psoas</li> <li>Release and Giselle Gilliard</li> </ul> |  |  |  |
| herease and disence dimara  |  |  |  |
| Orthobionomy w/Danard Willikso,<br>at Lotus Land  |  |  |  |
| Orthobionomy w/Danard Willikso,   |  |  |  |
| Orthobionomy w/Danard Willikso,<br>at Lotus Land<br>Gorsa Detox Massage & Thai Massage  |  |  |  |
| Orthobionomy w/Danard Willikso,<br>at Lotus Land<br>Gorsa Detox Massage & Thai Massage<br>Basics with Sheena & Krit Niamjin<br>Healing Energies & Massage Technique                               |  |  |  |
| Orthobionomy w/Danard Willikso,<br>at Lotus Land<br>Gorsa Detox Massage & Thai Massage<br>Basics with Sheena & Krit Niamjin<br>Healing Energies & Massage Technique<br>w/Mikka Corbeil            |  |  |  |
|   |  |  |  |

# **Kidz' Kountry**

Noon-4 pm, Saturday and Sunday – drop in on Rhiannon, there is always lots to do for kids of all ages with activities and games in a relaxed and inviting atmosphere, complete with roving music. Saturday 1-4 pm, Free Face painting with Sarah & Amaia!
Hoola hooping with Circus Acts Insomniacs, noon-1p Saturday.
Captain Thunderpants & His Funtastic Family, 1-2p Saturday & Sunday.

## Come one, come all! Noon-4 pm, Saturday and Sunday

## Site Map





# Awareness XXXIII

This year we are using the Lotus Land tent during the day as our main location for hosting most of our Awareness activities. It is here where you can discover more about the facilitators and activities that are being offered throughout the weekend as well as any updates, times and alternate locations on the fair site...ie front of mainstage, behind the merch tent, or the grassy areas for yoga. Also see the schedule page in the SCF 2019 program. All workshops begin at the Lotus Land tent, unless otherwise noted, and may run about 50-90 minutes. For all workshops and activities, bring something to sit/lay on, dress comfortably and participate at your own level of comfort.

#### **MEDITATION ON TWIN HEARTS and SUPERBRAIN YOGA (SBY)** with PATTI and KURT: Saturday and Sunday 9:00 am Lotus Land

Join Patti and Kurt as they prepare you for a guided Meditation on Twin Hearts with 5 minutes of SBY and simple movements to condition your physical and energy body to enable it to receive and absorb the high energy that will flow into you during the meditation. On Sunday, we will include the 5 Tibetan Rites exercises. Twin Heart Meditation (THM) is an advanced meditation technique intended to achieve illumination or universal consciousness through activation and development of the heart and crown energy centers. The heart and crown energy centers are referred to as "twin hearts". Meditation on Twin Hearts is an invaluable form of world service that helps harmonize the earth by blessing it with loving-kindness, peace, joy and goodwill. Scientific investigations performed to evaluate the efficacy of meditation practice, reveal significant positive findings following Meditation on Twin Hearts.

5 Tibetan Rites: www.youtube.com/watch?v=UVmhHjkHYjk THM: www.bahaistudies.net/asma/twinhearts.pdf SBY: https://sublime-energy.com/2012/08/super-brain-yoga/

YOGA with MARTHA: Saturday and Sunday 10:00 am Grassy area near Lotus Land

Martha began her yoga journey when she was 12 years old and has been teaching since 2013. Her foundation is in Hatha yoga and she is currently in her 500 hrs in Yoga Therapy at Mount Royal University. She is also certified in Relax & Renew Restorative Yoga with Judith Lasater, who has inspired Martha to go after her Masters in Science in Physiotherapy.

Martha's teaching principles are observation, support, and compassion. She believes trying is the exercise and that when you come to her class, you are there to practice your yoga whatever that may be.

Join Martha each morning for Yoga Basics! 26 foundational poses plus the breathing and relaxation practices, all taught in a systematic, progressive style that includes details and demonstrations. This yoga practice will unite your breath with your movement, revive your senses, and release your spirit. If you've never made a yoga class at the fair in previous years, catch this one. It is supportive for all-levels. Check out her website to find out more: purelifeyoga.ca

#### TIBETAN TEMPLE BOWL MEDITATION AND BUTTERFLY NERVOUS SYSTEM RELEASE with DANARD and GISELLE: Saturday 10:00 am Lotus Land

Ortho Bionomy practitioner, Danard Willisko and Breathwork facilitator, Giselle Gilliard will begin your journey with a sound healing meditation using Tibetan temple bowls, drums, and tuning forks. This process will take you into a deep space of relaxation and connectedness with your sacred self. After that, they will teach you how to do a butterfly nervous system release that will relieve stress, tension and pain from your body, gently

and easily. This is a healing process that will release the muscle known as the Psoas, which is known as a "sacred muscle" and where stress and trauma is generally held in the body. You will learn about how the health of this important muscle affects all areas of your life.

#### CONSCIOUS CONNECTED BREATHWORK with GISELLE: Saturday 11:00 am Lotus Land

Join Breathwork facilitator, Giselle Gilliard to experience Conscious Connected Breathwork. This practice is both a psycho emotional therapeutic practice and an opportunity to deeply explore and glean insight from non-ordinary states of consciousness. This breathing practice provides the opportunity to engage the incredible clarifying and healing power of your primary life force, **BREATH!** 

The breath; a guide and a healer. Each breath becomes a powerful key to the awareness of our reality and who we are in our lives. With the breath, we open and clear the pathways to well-being while exploring the continuum of body, beliefs, emotions, and non-physical realms. Explore the profound and trans-formative techniques of breathwork that catalyze the resolution and integration of old, stagnant energies on all levels.

#### SOUND HEALING DRUM JOURNEY AND BUTTERFLY NERVOUS SYSTEM RELEASE with GISELLE and DANARD: Sunday 10 am Lotus Land

Breathwork facilitator, Giselle Gilliard and Ortho Bionomy practitioner, Danard Willisko will begin your journey with a sound healing using drums, Tibetan temple bowls, and tuning forks. This process will take you into a deep space of relaxation and connectedness with your sacred self. After that, we will teach you how to do a butterfly nervous system release that will relieve stress, tension and pain from your body, gently and easily. This is a healing process that will release the muscle known as the Psoas, which is known as a "sacred muscle" and where stress and trauma is generally held in the body. You will learn about how the health of this important muscle affects all areas of your life.

ORTHO BIONOMY with DANARD: Sunday 11:00 am Lotus Land

Join Ortho Bionomy practitioner, Danard Willisko of In Flow Body Works to learn about and receive body work called Ortho Bionomy, which gently relieves pain, stress, injury and trauma from the body. Ortho Bionomy is a powerful and gentle system of healing which calms the nervous system allowing the body to restore natural balance, alignment and well-being. Participants will receive a short sample session from Danard giving them a firsthand experience of this amazing body work.

BEAUTY FROM THE INSIDE OUT with ROBYN: Saturday 11:00 am Behind the Merch Tent

Feeling sluggish and need a pick me up?Get RE-charged and REenergized... the natural way!

This FREE 1-hour workshop features delicious and nourishing goodies - to EAT, to DRINK, to BREATHE in, as well as put on your SKIN! You will also receive TIPS & TRICKS on how to get the GLOW. Robyn is VERY passionate about helping YOU live your best life ever! She also wants to make sure you are having FUN while doing it :)

Robyn is the founder of Robyn Lilley Skincare offering private/ group nourishment classes on being healthy, general nutrition & natural skincare.

Attention Musicians & Backstage Guests: Please keep an eye out for the complimentary "Skin Rejuvenation Station" in various locations throughout the weekend! Follow her on Facebook & Instagram: Robyn Lilley Skincare Website: RobynLilley.com.

**NIA with LISE**: Saturday and Sunday 12 NOON Front of South Stage

Join Lise Schulze, certified 1st Degree Black Belt Instructor as she guides you to fall in love with your body, in your way and in your time. Nia is a sensory-based movement practice that incorporates dance, martial arts and healing arts. This body/mind/ spirit movement form was created over 30 years ago by Debbie and Carlos Rosas, innovators of body mind fitness. Nias' blend of soulful, juicy, playful and healing music and movement will take you on an adventure to unite all of your REALMS and invoke MORE of the light of how you truly are...a divine, radiant, playful being of love. www.nianow.com

## **THAI COOKING DEMO with SHEENA AND KRIT**: Saturday 12 NOON Lotus Land

Meet the Niamjan family, Krit, Sheena and little Nada, the Thai and Calgarian little family that live and work at the Centre for Self Reliance in Thailand. Running workshops on Earthen building, Organic Farming, Thai Cooking and Yoga & Natural healing are just a few of the things we do. Our third time at SCF, from Pun Pun Organic Farm in Thailand, we will show you how to make delicious Pad Thai noodles on the Saturday.

www.punpunthailand.org Facebook: PunPunOrganicFarm

## GORSA DETOX MASSAGE and THAI MASSAGE BASICS with SHEENA and KRIT: Sunday 12 noon Lotus Land

Get to know how to heal your own body with these two techniques. Gorsha is a technique for helping detox your body through "scraping/ rubbing" your skin. This releases accumulated toxins from your body so that your system is clear. Thai massage is well-known as a technique of body movement and deep tissue release. And many more fun ways to heal yourself.

## HEALING ENERGIES AND MASSAGE with MIKKA CORBEIL:

Saturday 3 pm and Sunday 1 pm Lotus Land

Since her earliest memory, Mikka has had a deep connection to energies and a non-stop fascination with the spiritual world. In the last few years, she has made it her goal to educate herself on lightwork and learning how to direct these helpful energies and incorporating them in her work. Mikka has been practicing Reiki for over 7 years and is a graduate of Massage Therapy from CDI College. Learn gentle, relaxing, and stress releasing massage techniques; perfect for staying relaxed and pain-free during the fair. How to use energy along with massage to help reduce anxiety and pain and also learn a breathing technique to take home with you that will help you relax, bring down your heart rate, calm panic attacks, and help you get to sleep quickly. Expect to feel



grounded, relaxed, and energized afterwards as well as bringing usable skills back with you. Suitable for people of all ages. Mikka will be going over safety with energy work and massage, and with that, consent. This is an LGBTTQI+ friendly space and is a body positive, judgment-free zone.

# **PSYCHIC SAMPLER with WENDY AIKINS**: Saturday 4:00 pm Lotus Land

Join Wendy, a very talented palmist, master numerologist, tarot reader and clairvoyant trained in NLP, EFT, Hypnotherapy and Sabotage Clearing in an always lively and interesting discussion. Come and enjoy a sample of some of today's most powerful tools in the professional counsellor's toolkit. EFT (Emotional Freedom Techniques), NLP (neuro-linguistic programming,) We will do an EFT exercise on purging our personal anxiety saboteur (that negative voice that limits our joy). Be sure to book a personal reading with Wendy, as she is on site all weekend.

# **BIG BANISHING FOR BIG BS with WENDY AIKINS**: Sunday 2:00 pm Lotus Land

We all need sanctuary from the pressures of work, relationships, or even just our own busy brains, but not everyone can meditate not everyone can find a 24hour yoga ashram. In this mini workshop you will learn how to recognize when the greeble energy has invaded, create a zone of peace in your home, and some simple exercises to keep the world at bay while you de-stress and decompress. Wendy is on site all weekend and available for personal individual readings.

#### HULA HOOPING AND POI SPIN JAM WITH MEGAN and LAURIE: Friday 7:45, Saturday 2:45, Sunday 2:00 South Stage

This community spin jam is happening at South Stage this year. Come play, impress our audience with your skills, be brave and try something new or just play happy observer and enjoy all the happenings! All Fair People will be participants! Megan Fester and Laurie Darveau-Willms bring hoops and poi to the side stages of the fair to engage you- The Fair People- in play, collaboration and community creation. All participants will be teacher and student as we dance, hoop and poi to the glorious music of the Fair. Megan Fester hoops by heart and offers hooping workshops within the school and community setting. Laurie Darveau-Willms is a creator of community and play enthusiast. Come play and create some magic together with us!

#### FRI at 7:45 GANGES DELTA. SAT at 2:45 BAD BUDDY, JACK GARTON and REVEL IN DIME. SUN at 2:00 LOS PACHAMAMA

WALKING THE LABYRINTH: Come discover the labyrinth experience this weekend, situated behind the East stage. A labyrinth is one of the oldest contemplative and transformational tools known to humankind, used for centuries for prayer, ritual, initiation and personal and spiritual growth. Entering the serpentine path of a labyrinth, you walk slowly while quieting your mind and focusing on a question or prayer. The Labyrinth represents a journey to your own center and back again and out into the world. Feel free to visit the labyrinth anytime during the fair.

https://www.encyclopedia.com/medicine/encyclopediasalmanacs-transcripts-and-maps/labyrinth-walking http://lessons4living.com/101%20Ways%20Labyrinth.PDF Facebook: The Labyrinth Society Global Group

SCHEDULE: PLEASE COME BY THE LOTUS LAND TENT TO SEE POSTED TIMES AND ALTERNATE LOCATIONS AND ANY SCHEDULING CHANGES

# Songwriting & Storytelling -Curt Young, Kiit Kiitoki & Ronnie Champagne

All songwriters have their own process but if they have an unbroken line to the past additional modalities are available to them. Beyond style and themes there are subtle instruments or features that can be applied in different ways to add dimension to songs and stories, many of which are now entering the popular lexicon as First Nations artists gain recognition for what they have always brought to the cultural table. Do you aspire to write your own songs? Already a songwriter? Have a career even? Come sit in with Curt Young, Kiit Kiitoki & Ronnie Champagne for what is bound to be an enriching conversation!



## **SCF Songwriter Competition 2019**

A Big Thank You to Stephen Foord for the endless hours he devotes to the Songwriter Competition. Also, a big thank you and round of applause for those who submitted their work for consideration it gets harder every year to pick just 16 songs, there is so much good sonic art being made right in our neighborhood!

A quality crowd was in attendance at The Slice June 2nd to witness some of the best songwriting the competition has had the pleasure of adjudicating.

The Winners... whom you will have the opportunity to enjoy at The Fair this year:

1st: Joshua Beebe - Clayton Stanley

2nd: Ali Stuart - Like it That Way

These excellent artists very nearly made it into the top tier as well:

3rd: James D. Swinney - Hummingbird

4th: Jon Martin - When Colours Fade

Honorable Mention: **Megan Brown** - Do I Work For The Devil (or live in hell)

A huge thank you to our door prize sponsors: Drunken Sailor, The Slice Bar & Grill, Owl Acoustic Lounge, Street Legal Records, Union Barbershop. We also collected about \$500 in donation bucket money for the night, which was split down between the 3rd, 4th, and honourable mentions.

Finally deep gratitude to our Judges (with the hardest job of the night) - John Wort Hannam, Brenna Lowrie and Mike Molloy, and of course the hostess with the mostess, Corlee Torok!





**Beatnik Bus** – VINYL RECORDS ON WHEELS! Visit BEANIK Bus beside the East Stage for a unique shopping experience. Enjoy some groovy tunes and flip through some classic titles! Hailing from Calgary, this is our 5th Summer Popping up at South Country Fair. Store your records scores on board till Sunday at 5PM! Happy Fair!

**Beneath the Boddhi Tree** – Beneath the Boddhi Tree was born out of our love for India and as a means for us to return there every Winter. We have been traveling to India every year for the past 16 years . Our items are made specifically for Beneath the Boddhi Tree by people we have known since our first trips to India and carry a distinctive feel from the country and people that created them.

When we are not in India or vending we can be found in the garden on our farm in the Slocan Valley.

**Castle Gifts** – We offer a wide range of original wood carvings and crafts by our owner Zack Neuberger. "Tree Spirit" faces large and small, chainsaw animals, relief carved scenes, chainsaw bowls and smoking pipes. In addition to Zack's creations we provide a venue to showcase a variety of works by local artists and artisans in the foothills of Southern Alberta. From original paintings and stained glass to jewelry and textiles, we have something for everyone.

**Blue Sage Treasures** – Is a new online combination homebased business here in Fort Macleod. Blue Sage Treasures @ etsy features mainly our hand crafted products. We sell

# KIDS' ROCK CAMP v 4.0

The word's out on Rock Camp. Didn't take long or much and we were sold out again before the deadline, with almost no promotion on our part. Coordinated and administered by our very own Alyshia-Grace Hobday and facilitated once again by seasoned performer/musicians Kris Demeanor, Sherry-Lee Herschel and Shaela Miller. We're proud to announce that our partnership with the good folk at Chinook Financial continues for 2019, as does their support for cultivating arts appreciation and capacity in young artists while they create and perform their own original works to open South Country. Make sure to be at **South Stage on Friday** at 5:15pm to cheer them all on!

everything crystals, salt & crystal lamps, keychains, pendants, pouches, bracelets as well as essential oils for diffusers, sunburn sprays, lip balms, homemade soaps. For the kids we will have geodes to break and crystal dig kits.

**Flying Uterus** – The Flying Uterus A long time vendor at the fair is a collective of four generations of women that offer of unique variety of treasures. UpCycled and vintage clothing of all sizes. Men's pearl snap shirt and patchwork for the entire family. Stop by for a visit and a hand crocheted beer koozie by grandma Pat, a much-needed addition to everyone's SCF uniform.

**Henna Artistry and more** – Aurora from henna Artistry has been decorating SCF attendees for a few years now and it is by far her favourite event of the summer season. An Internationally Certified Natural Henna Artist since 2014, she is also an insured member in good standing of the Canada Association of Face and Body Artists. Come visit Henna Artistry's booth to be adorned, we offer natural, hand mixed henna, festival sparkles and new this year, airbrushed, water resistant tattoos! You might just find some magic wands and tiny fairy houses there too!

**Jungle Flare** – No description at time of printing.

Ladies of Ohm – No description at time of printing.

Krazy Creations – No description at printing.

Lotus Salon – No description at time of printing.

**Thelma and Thistle** – No description at time of printing.

**The Urban Gypsy** – The Urban Gypsy: Handcrafted leather goods set with crystal gemstones including belts, bags, journals and more. Including high-end macrame jewelry with semi-precious stones, charms, dreamcatchers, feather accessories along with a small selection of clothes and trinkets from abroad, the Urban Gypsy offers a steampunk aesthetic and a bohemian flare.

**T'Z TZ & More** – T'z Tz and More, Inspired by the South Country Fair in 2016. I found myself in the world of tie dye. I return this year with my inspirations. Handmade tie dyed t-shirts and more. Hand crafted jewelry, hula hoops, essential oils, dresses, clothing, and tapestries. Coloring the world one person at a time.

## **Town & Country Liquor Store**



528 Main Street Fort Macleod 1027 Main Street Pincher Creek

come see us for the largest selection in town

## ICE COLD BEER & COOLERS

Bring in this ad and receive a free bag of ice with any purchase over \$25.00

please drink responsibly

**Untamed Designs** – No description at time of printing.

**Wendy The Destiny Coach** – Counsellor and psychic for 20+ years. -Tarot – Channel – palmistry - master numerologist -Reiki Master Trainer - Master Trainer Hypnotherapy--Practitioner level NLP - EFT - Sabotage Clearing and Goals enhancement -Dreamers workshops - Trainer in the psychic gifts-Boho fashions, felt items and jewelry

## **Non Profits**

**Oldman Watershed Council** – The Oldman Watershed Council (OWC) is a collaborative not-for-profit based in Southern Alberta, one of 11 Watershed Advisory and Planning Councils in Alberta, mandated by the provincial government to provide an independent voice for watershed management and health. They have a large membership that includes a wide variety of industry, business, recreational groups and municipalities along the Oldman River. OWC's aim is to promote awareness for safe, secure drinking water, healthy aquatic ecosystems and reliable quality water supplies for a sustainable economy. Drop by their booth and participate in some adult activities designed to raise your knowledge of how important our watershed is to all of us!

## **Food Vendors**

Bernie's Kettle Corn – No description at time of printing.

**Cascading Mini Donuts** – We sell hot fresh mini donuts by the dozen! We have a variety of toppings including icing sugar, chocolate and caramel syrup and of course cinnamon sugar. Follow your nose to the donut cart with the blue stripes and flashing lights. Not to be missed!

**Crepe Affair** – has been serving Fresh, French, Fast crepes since 2015, we use a made from scratch homemade recipe, it is sure to please. We offer a wide variety sweet and savoury crepes that are sure to satisfy any craving. From our hand sliced ham and slow roasted chicken to our delicious sweet crepes made with peaches, strawberries, chocolate and bananas. Our smoothies are 100% fruit with no added sugars and our homemade Ice Caps are made using the finest coffee we can source. Come for the crepes & refreshing drinks, leave with a smile and feeling satisfied. Try us out and see why we are still rated 5 stars on our Facebook page.

**Deepak's Dhaba** – Chef Deepak invites you to experience the genuine taste of India...Using jealously-guarded family recipes and fresh, authentic ingredients Deepak creates mouthwateringdishes that bring our customers back over and over again Deepak's Signature Dishes: Butter chicken: World class Hand-crafted pakoras (vegan) Delicious veggie samosas Multiple Vegan options Mango-Coconut Lassi (Indian Smoothie) Deepak's secret blend Masala Chai (Indian spiced tea)

## Food off the Grid – Jamaican deliciousness

**Piggyback Poutinerie** – EST 2014 Offering Many AWESOME fried goods. Large Selection of poutines deep fried dill pickles, deep fried mac and cheese

# **Visual Artists**

**Emily Thomson** was born into a creative and talented family in Central Alberta. She was introduced to the idea that you could be an artist as a profession after hearing about a family friend artist and illustrator Dave More. She loves to learn and earned her Visual Art Diploma from Red Deer College graduating on the Deans Honour Roll.

Some of her historical art inspirations include Peit Mondrian, Vincent Van Gogh, Wassily Kandinsky, Jackson Pollock, Barnet Newman and Edgar Degas to name a few. Music, nature, life, family and friends are more sources of inspiration for her work. She has contributed to her local community through donating art to fundraisers, painting murals and painting live in various events. In her personal life Emily enjoys swing dancing, yoga, live music, records, spending time with friends and travelling.

#### https://phonehomeart.wixsite.com/emilythomson Instagram: @rhythmandrevelpaintings @phonehomeart Facebook: Rhythm and revel paintings

You will find Emily performing her art on the east stage Saturday and Sunday afternoon to the beats of Bad Buddy or Jozy and the Fuzz or maybe Winona Wilde.

Martha Affleck + Amy Yoder + Jenea Doyle = JAM! – Collective consists of three artsy fartsy friends who create immersive installations for audience interaction, which include the: Mother Nature triptych altar and SCF LOVE sign, and the Journey Through Gypsy Land. Collaboration and community are the pieces of bread to any JAM sandwich creation and we need you to be our peanut butter. Please find our work throughout the fair and be apart of our collective SCF art sandwich experience.

# **INDIE FILMS AFTER DARK**

LIFS is proud to present two evenings of films created by talented local filmmakers at SCF this year. Join us Friday evening for some animations, experimental films and some late night spooks. Saturday Summer Screams will play after dark on the second night. All presentations to occur after dark at Lotos Land once the formal spoken word is done. Don't miss out!

JP Marchant - *Girl at the Door*; Charlie Christensen -*Cambion*; Miranda Hubbard - *Trapped*; Garrett Scott - *The Button*; Blake Evernden - *A Wink or a Smile*; Muse; Spider; Danielle Wintrip - *Promises*; Nick Bohle - *Back from the Dead*; Thorsten Nesch - *Drawing In*; Thomas A Porter - *No Fixed Address*; Multimedia Students Lethbridge College - Various *Animations*. And more...

The Lethbridge Independent Film Society (LIFS) is a notfor-profit community which aims to enrich the cultural landscape of Southern Alberta by engaging all artists involved in filmmaking, offering resources and encouraging mentorship, collaboration, and exhibition.

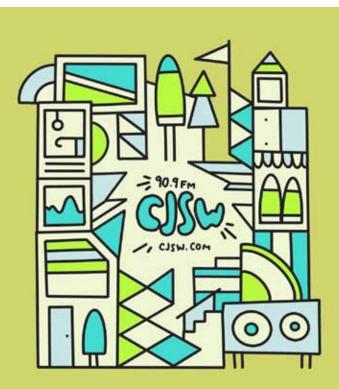
## 38 Syrian Beet Salad

Recipe Credit to: Poopa Dweck, author of Aromas of Aleppo: The Legendary Cuisine of Syrian Jews Shared by Terry Smith

## Ingredients

6 beets (2 lbs.)

- 1 TBSP extra-virgin olive oil
- 3 TBSP freshly squeezed lemon juice
- 2 TBSP tamarind concentrate
- 1TBSP ground, or crushed cumin
- 1/4 tsp crushed red pepper
- 1 tsp kosher salt
- 1/2 cup finely chopped, fresh flat-leaf parsley
- 1/2 small onion, chopped (about 1/4 cup)



COMORE TO VOU ROM SOUTHERN ALBERTA!

## Directions

1. Peel beets and put in saucepan, covered with water. Bring to boil. (Cut large beets in half.) Simmer for 20 minutes, or until fork-tender.

2. Drain and shock beets in a bowl of ice cold water to stop cooking process. Drain again and cut into 1/2" cubes.

3. To make the dressing, combine olive oil, lemon juice, cumin, crushed red pepper (I use sambal oelek), and stir well.

4. Pour over beets. Add parsley and onion and stir. Refrigerate until ready to serve.

NOTES: The earthy sweetness of the beets, paired with the tartness of the dressing is pure magic.

I often make this a day or two ahead, and add the parsley just before serving. And frequently, I make this for potlucks – first, because it's lip-smackingly delicious, and second, it's gluten-free, dairy-free, vegetarian, and vegan – everyone can eat it. Enjoy!





SCF is seeking entries for the creation of a poster graphic to be used for SCF #34.

The winning designer will see their work featured on all outgoing promotion for SCF 34 and receive two weekend passes with volunteer camping as well

as some SCF swag.

**The Details** All submissions are welcome. Deadline for submissions: February 15th, 2020. No more than five colours and a B&W version, please, neither to exceed 11" x 13". We always appreciate a versatile easy-to-cut-out design concept that will cross all mediums - web, paper, tee shirt screening, product imprinting.

Please include a portion of text to help explain the how/ where/when/why you were inspired and how you suggest we incorporate your graphic into SCF34.

To submit or request more info email: info@southcountryfair.com



Producer & Outreach – Maureen Chambers Artistic Director - Gillian Moranz Lotos Land – Jake Depeuter AD's Assistants – Alex Westwood, Glenna Westwood Awareness – Patti Goodstriker Industrial Relations, Brown Rice – Trent Moranz Navigator – Stacey Ashton Volunteer Guru – April Hutchinson Fish & Game Park Manager - Len Postman Electrician – Scott Howe Stage Manager – James McDowell, Brenda Brandley, **Rv Moranz** Song Competition – Steven Foord Instrument Lockup – Cooper Fleming Environment – Aaron Ulrick Reclamation – Pat MacNamara Strike Coordinator – Pablo Soto Emergency Response Coordinator – Deanne Robblee Medical Aid – Maxine Henry De-escalation Specialists – Dan Courcelles, Jory Draper, Kyle Green, Jordis Blackmer

Outreach – Tyson Weibe Site - Aaron Ragan, JP Fawcett, TJ Smith, Greg Jones Camp Hosts - Dan Smith, Barry Yorgason Site Beautification - Kacey Brasnett, Julia Moore Admin – Cassie Walmsley Festival Program – Terry Smith Social Media – Meagan Elemans, Baylee Cavers, **April Blackmer, Cassie Walmsley** Box Office - Chris Chambers, Riet Kleissen Merch Tent -Fair Market – Gary Unser, Lucas Willumsen Hospitality – Mariel Fawcett, Lee Holfeld, **Kelsey Reichart** Conviviality – John Willumsen Water Boy – Ron Kingston Jammin' – Gaven Moore Kidz' Kountry - Rhiannon Beckett, Mike Lawson Rock Camp – Alyshia-Grace Hobday Parking – Amy Cavers, Curtis Cavers Checkpoint Firewood – Gary Klotz Catcher of Rare Moments – Freeman Anders

## A Very Special Thanks To...

Next Home and Garden & Josh Beusekom; Fort Macleod Glass, Rick and Tammy Paia; Kiit Kiitoki; Quinton Crowshoe; Head Smashed In Buffalo Jump; Dragon's Heart Quilt Shop, Pincher Creek; Dustin and Jody!; The Builders; Tanya Weder; Lethbridge Independent Film Society (LIFS); Charlie Christensen; our wee village of dedicated volunteers and as always the residents of Lyndon Road; Tim Donahue; Walter & Mary; Sarah Jane Christensen; Gerry Kleissen; Volker Stevin; Waymark Event Services; Ron Kingston & Economy Lumber; Town & Country Liquor; Mariel Fawcett; Hansen's Family Foods; Alberta Hardware; WaveTech; Kerry Clarke; Tim Ranson; Kris Demeanor; WRAD/WFFC; Josee's Hand Made Imports; Brandbrighter ; The University of Lethbridge; North

Country Fair; Dave Van Slyke; Jim Graves; The Macleod Gazette; Cafe Orange; Stronghold Brewing Co.; CAPACOA; Lethbridge Folk Club; Steven Ford & The Owl Acoustic Lounge; The Slice Bar & Grill; all the boys down at Public Works; The Town of Fort MacLeod; Fort Macleod Allied Arts Council; Fort MacLeod Fish & Game Association; Big Rock Brewery; Fort Macleod Bottle Depot; Len Postman; Aaron Ragan; Chase Campbell, Sarah Green, Matt Elemans and Scott Jardine, and the unseen host of people who stand just out of the light! Deep gratitude to Kelly Jay, Malcolm Rebennack, Leon Redbone, Bill Coull, Mose Scarlett, Joe Hall, Otis Rush & Aretha Franklin.







# The Umpteenth Annual and Ongoing In Perpetuity

# Name That Camp Dealie-O

Continuing into the Future as it always has, however we have taken the competition part out. So if you would, make and put up a camp sign, be creative! Deck your camp and yourself out if you want... because you get to be who you are here.

How to get 'er done:

## Step 1:

Name your camp (as blank signs defeat the purpose)

## **Step 2:** Create your camp's sign

Sounds simple, but the sign doesn't have to be. In fact we're looking for anything other than ordinary.



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MAKING MONEY MAKE A DIFFERENCE

