

THE SEPT. 2023 - EDITION #9

WHISKEY WEDNESDAY

WRAP-UP

MASTER LUTHIER AND MUSICIAN

LUKE MERCIER

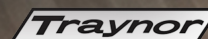
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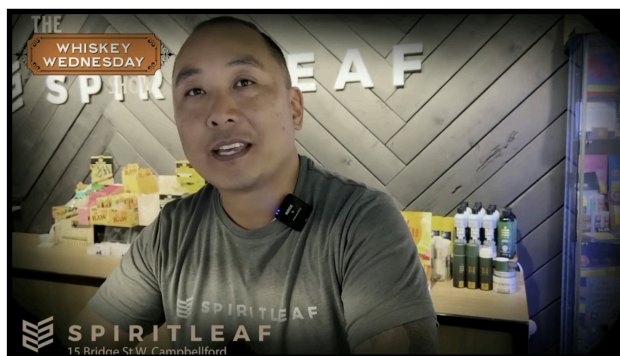
Ken Tizzard *Cover Design

Episode 36-Wednesday, September 6th

It's the start of the month which means it's the always popular **"All Request Evening"**. The setlist tonight included an unheard of 11 songs and as always this night brings out tunes we have not heard in a while. We were entertained with: 2 popular Hynes songs; 2 covers, one very familiar to viewers and one a Ken solo performance not heard in months, well worth the wait; 6 originals; and ended with the Whiskey Wednesday traditional Dylan closing song. I always love when they play the songs Ken wrote for both his home in St. John's and Campbellford during the same Show. The music was definitely in the spotlight tonight however the boys did manage to get in a few one-liners.

**Episode 37-Wednesday, September 13th**

Ken was at it again this time, **"A field trip to Spiritleaf"**. From Ken's FB, "This week we have Eric Contreras owner of Spiritleaf Campbellford chatting about the new world of legalized marijuana and all its forms and have a look around the new shop in Campbellford." No surprise there was a lot of banter around cannabis this evening. The 7 song setlist included a classic Ron Hynes and Bob Dylan song and 5 originals. Very fittingly the last song of the evening was Ken's original ode to cannabis, *One Frost Away*. We have had new viewers tuning in, Ken did an entertaining job explaining the ins and outs of the Show.

**Episode 38-Wednesday, September 20th**

Ken said it best himself, "Tonight we are celebrating new stuff!" From new strings, to a new video, to a new telethon, there was lots to celebrate. **"The Countdown Begins"** this evening for our first Whiskey Wednesday Show telethon which is in four sleeps (Sunday, September 24th). Ken did the official telethon kick off and had a Show & Tell with one of the prizes. With no whatta ya at? this evening there was lots of time for music. It was a 10 song setlist with 8 of them being originals, 1 Dylan and 1 cover dedicated to a few viewers celebrating special occasions.

Episode 39-Wednesday, September 27th

Tonight's Show titled **"Live in Studio with Luke Mercier"** was all about the music. From Ken's FB, "Tonight on The Whiskey Wednesday Show we have special guest Luke Mercier joining us on fiddle. Luke was one of the OG 'Original Goats' and was responsible for turning us onto fiddle tunes." Tonight's setlist was a combination of Ken Tizzard and Goats songs viewers are familiar with combined with fantastic fiddle tunes which showcased Luke's immense talent and also challenged the boys to keep up.



The Whiskey Wednesday Show Setlists

Episode 36-Wednesday, September 6th

- 1) Home- Ken Tizzard
- 2) On Your Mind- Ken Tizzard
- 3) Weight Of The World- Ken Tizzard
- 4) Dollar A Day-Ken Tizzard
- 5) Devils & Dust- Bruce Springsteen
- 6) A Good Dog Is Lost- Ron Hynes
- 7) This Town Of Mind- Ken Tizzard
- 8) Sonny's Dream- Ron Hynes
- 9) Kiss An Angel- Charley Pride
- 10) FMNL/Pain Free Living- Ken Tizzard
- 11) One Too Many Mornings- Bob Dylan

Ken used our unique 'PA System' which is him yelling over to me, "Allison are we back?" I confirmed we were and Ken started with an apology, "Ladies and gentlemen welcome to The Whiskey Wednesday Show. It is Wednesday and we are out of whisky here. I forgot to get more whisky, sorry boys that's fully on me.



first day of school. This year we sat on the front porch and waved to families and students walking by going to school. I know we have a few teachers as viewers and I'm sure they can appreciate.

Back to Mr. Grant who added, "Schools out forever (using his rock voice)" Ken, "A little Alice Cooper there for you." This led to two fun facts. Neil first, "I saw them in concert back in the day." Second, Steve Astolfo posted, "Cooper playing TO tonight!!" Crazy coincidental, Rob Zombie & Alice Cooper: Freaks On Parade at Budweiser Stage, Wednesday, September 6th.

This is not soundcheck although Ken's casual attire this evening indicates differently. This is Barry's and my worst nightmare as producers of the Show. Gratefully it was not a streaming issue a technical glitch with the volume which was quickly fixed.



This is more like it, Ken adjusting the camera and mic. We are now ready for the Show to begin.



We started the Show a few minutes ago, what were we talking about, we were just getting it going and then we realized there was no audio. Oh I was reading some of the messages *Ron Bissonnette* was talking about back to school, Allison and the kids, the front porch." I shall explain. A couple of retired teachers and I have a little get together on the

One more technical glitch and then the music begins, “There is Mr. Grant (Barry is fixing the camera while we are all watching) oh almost, look at that, OK perfect. We are officially ready to start the Show for the third time tonight. The wonders of the internet ladies and gentlemen but you do know you are part of the live recording that happens which then gets cut up and broadcasted and distributed through the week. Lots of folks get to like it, watch it and enjoy it. It's The Whiskey Wednesday Show and we're going to start with a song called *Home*.



KenCon-Original (not played regularly)
-**Home** from the *No Dark No Light* album (2015)

In last months magazine I highlighted Ron Hynes’s skill for writing thoughtful lyrics especially intros. Our Ken is pretty nifty too.



The city harbour lies behind the chain linked fence
you can see it,
from a distance you can even feel the wind
But you can't walk out on that dock to stand beside
the sea torn freighters
since the stories of the lives within
You can't have it the way that it was, you have to
take it as it is,
the times have changed those days are gone
Those days have passed but not forgot
you can't stop the winds of change
forever in your mind selfsame
Oh don't be sad we were blessed for what we had
Those days are gone, the memories cast in stone
I know I'm not alone, and it chills me to the bone
In this place called HOME

“There is no winning at this game”

Lots of songs tonight which means a lot of tuning of guitars in between songs. But that's OK that's when we get the entertaining banter. This time there was a special dedication, “There you go a little *Home* for you all. Send that one out tonight to Sabrina. It is Sabrina's birthday, you guys know Sabrina, Marmora Madoc (she is also in the new *Pain Free Living* video). Happy birthday Sabrina Webster. How old do you think Sabrina is Mr. Grant?”



He guesses with a chuckle, “39” to which Ken replies, “Good guess, somewhere in the middle. She could be within a couple of years either way. I was going to say (pauses does not finish sentence). I don't know how old she is.”





Then there was a trio of one-liners, wise Mr. Grant went first, "There is no winning at this game."

Neil, "I was going to say I'm going to take the fifth."



Ken ends with, "OK it's only Mr. Grant that's going to comment on Sabrina's birthday. I knew I would rope one of you into it."



2) KenCon-Original (played more often lately)

-**On Your Mind** from *Between The Lines* (2010)

"We are going to move into the second song of the night, an old country tune called *On Your Mind*." I just love everything about this song. Hard to believe he wrote it 13 years ago. I told him it's time to re-record it with the Goats because it does feel like a classic old country tune. Plus I like songs when he strums his guitar while talking to viewers.

At the beginning he shares while guitar picking, "This weekend I'm out with the Ireland Brothers on Saturday night. Back with Melissa again, sharing a microphone, I'll have to make sure I don't eat hamburgers and onions.

We've got Dave in the house ladies and gentlemen. He didn't play on *Home* because he hasn't played that one yet. He's only learned 45 of the songs so far."



I went back to listen to *Home*, Ken's correct there are no drums, lol. I'm just so used to the trio version. But no denying there are drums on *On Your Mind*. This country tune needs drums so you can tap along.

And I can confirm the Ken Tizzard and Goats song catalogue is very large. Pretty impressive Dave in a very short period of time!



When you're drunk and you have got no place to go
 and you don't want to sleep to bring tomorrow
 Reach out and call, it won't hurt me at all to know that
 sometimes you have me ON YOUR MIND
 When you're lonely feeling restless all alone
 just you and the echoes in your home
 Reach out and call, it won't hurt me at all to know that
 sometimes you have me ON YOUR MIND
 (Help me out boys)
 my favorite non-lyric

Steve Astolfo, "Hahahaha... yes..
 Yoga with Ken sounds perfect!!"

Halfway through the song while Ken is still strumming he
 pauses singing, "Oh it's Wednesday, breathe in folks.
 Breathe out. Welcome to yoga with Ken. In through the
 nose, out through the mouth."



3) KenCon-Original (not played regularly)
 -**Weight Of The World** from *Between The Lines* (2010)

It's interesting how memories work. I remember very clearly when Ken
 was inspired to write "between the lines". We were in the car on a
 summer RV road trip, he stopped the car to write it down. Now that he
 has a phone it's different, back in the day there would be scraps of
 paper with ideas/words all over the house.

I am a sinner and an addict and I can't forget
 all the things that have been done to me
 I've got many regrets
 I am a faker and a loser on the best of days
 I can barely keep my head up to stay awake
 I've got a story
 I wrote it between the lines
 If you follow me I promise it will end just fine
 My back hurts from carrying the
 WEIGHT OF THE WORLD



Ken ends the song with a big smile on, "It is possible
 that I missed a verse." Mr. Grant's confirms, "I was
 ready to play another one." I'm sure GT Mike who
 always requests this song noticed the omission.

Ken continues, "I think I got it all in there, we don't play that one
 very often." Mr. Grant thinks he figured it out, "The guitar solo,
 that's what we missed." Ken agrees, "Oh yeah I haven't done
 that in years and I just did it tonight, messing around earlier
 (during soundcheck)..."

"Another spectacular walking bass line on the guitar"

I asked Ken what he meant by this. Being a bass player for most of his
 professional career transitioning to lead guitar has been a process.



Storytime with Ken



“I just realized it's September. I was sitting down with Dave and his friend the other night. A friend named Larry. Larry is a cucumber (you can hear Neil loudly giggling) and he has a cartoon show, he is a religious guy that tells Christian tales. He also works for Traynor down in the deserts of Australia.

Most of this is untrue (you can hear Dave, 'all of it almost'). All of it except for his name. Larry came by on Monday night when we were jamming. Super cool guy.”

Is Ken's story fiction or nonfiction? It's a little bit of both. Let's see what's true and false.

It's true that Larry the Cucumber is a character on a cartoon show who tells Christian tales. The show is called VeggieTales. We have very fond memories. I love that such random things pop in Ken's mind because it allows me to reflect.

It is also true that Dave's friend is named Larry and he does work for Traynor. Dave and Larry were also coworkers. Dave was the drum rep for Traynor. It is untrue Larry is not from the deserts of Australia, he is from the wide-open great state of Texas, specifically Austin.

And now it's time for Silly Songs with Larry, the part of the show where Larry comes out and sings a silly song.



Oh, where is my hairbrush?



This is why Ken knew it was September, “We were chatting and I said ‘what are you in town for?’ ‘I'm here for the Traynor 60th anniversary party.’ ‘oh I'm going to that.’ He said, ‘it's Thursday’ I said, ‘no it's in September’.

Dave confirmed, “That was the exact verbatim quote actually.”



VeggieTales is an American Christian CGI-animated series. The series stars Bob the Tomato and Larry the Cucumber leading a variety of fruit and vegetable characters as they retell

stories from the Bible and parody pop culture while also teaching life lessons according to a biblical world view.

I would not say we are overly religious, more spiritual however as a family we loved watching VeggieTales. The music is hilariously fantastic. If you want to dip your foot in I would suggest watching anything from Silly Songs with Larry. Or the 2008 feature film *The Pirates Who Don't Do Anything* which is the only *VeggieTales* media that deviates from its usual messages about Christianity and biblical morals.



The Whiskey Wednesday Clubhouse
Let's see who's in the clubhouse with me!

Ken segues, "Now that I'm realizing that it's September, it's telethon time." He now does a wonderful job describing the upcoming telethon but you are reading this after the event so we're going to skip to, "We are going to ask people to donate a buck here, two bucks there, whatever they can...Get a little promo happening for the Show. It's too good to not let everybody know about it. Even though we are here in our secret little world, our little clubhouse. Let's see who's in the clubhouse with me." I love when he reaches down to get his iPad to check in with viewers and now we have a catchy name.

The Whiskey Wednesday Clubhouse is very friendly and loves to welcome new members. *Steve Astolfo* tuned in a few weeks ago and I'm pretty confident I can say he's now a regular. Welcome Steve and I'm especially happy he loves to post a lot! Steve talking about the WW Clubhouse, "The connection you all have is awesome!! Thanks for having me!!" To which *Debbie Parsan* replied, "Thanks to everyone that makes this happen." A little later, *Steve Astolfo*, "Band and viewership!!" *Ron Bissonette* let him know, "And sometimes we do meet at live venues." *Steve Astolfo* responds, "Awesome!! I'd love to make it out and connect sometime!!"



Ken takes his role as WW Clubhouse leader seriously he had three public service announcements this evening.

A little background first. Ken explained in great detail how his social media has been hacked numerous times over the years and one account just recently. *Debbie Parsan*, a regular received a hacked Facebook message.

PSA #1-Don't buy merch on Facebook

"Also Deb you were saying it's going to scare away people from buying merch. Don't buy merch on Facebook. Go to a web site. Don't buy anything off of Facebook there are too many hackers."

PSA #2-Don't accept friend requests from people you don't know (a.k.a. don't talk to strangers)

"Use Facebook to hang out and socialize. Don't accept friend requests from people you don't know. You will end up with 24 profiles by the end of the decade."

4) KenCon-Original (played often)

-**Dollar A Day** from the upcoming *Dagg Sessions*

I was walking down the road
when a stranger passed my way
it was empty in his business eyes
He made no move to step aside
he disregarded me
his brain was bleeding compromise
It would be a rude awakening if I knocked him
down and stole away his shoes
There is no place I would rather be
and that place is anywhere but here next to you
But you'll work harder
with a gun at your back for a
DOLLAR A DAY
Trade away your years
to fight the fears they feed you for a
DOLLAR A DAY



If you have not seen their Dylan inspired video for *Dollar A Day* you're in for a treat!

“The bass sound on that is so growly”

As the song is coming to an end you see Ken admiring Mr. Grant, “I must say I love the bass on that tune. It's got great substance to it. It's a really groovy tune.



It reminded me today I was listening to a new mix for *Other Side Of Wrong* (upcoming single) the bass sound on that is so growly. It's just great.

Mini *Gear Talk*



It reminded me we recorded every song on that Small Block 100. Good Lord, that thing sounds incredible. Throw a good mic around it and it sounds fantastic.”

Traynor SB106 Small Block

At 9 by 12-inches and weighing in under 15 lbs, the 200-watt combo uses a studio monitor quality 6.5-inch speaker.

PSA #3



“I want to shout out to Riverside Vape. We now have a vape store in town finally. I have been battling with my cigarette addiction for most of my life. The vape helped me get off cigarettes years ago. It helps to moderate it these days. It's a great spot he's got.”

5) KenCon-Cover-Bruce Springsteen (played rarely)
-**Devils & Dust** from *Devils & Dust* album (2005)

Throwback

From the March, 2023 Wrap-Up Music Magazine

Bruce Springsteen is an American singer and songwriter. He has released 21 studio albums during a career spanning six decades, most of which feature his backing band, the E Street Band. He is an originator of heartland rock, a genre combining mainstream rock music with poetic and socially conscious lyrics that tell a narrative about working-class American life. Nicknamed "The Boss" he is known for his lyrics and energetic concerts, with performances that can last more than four hours.



Devils & Dust tells the story of a troubled American soldier who is presumably serving in the 2003 invasion of Iraq. The soldier questions his role.

I got God on my side,
I'm just trying to survive -
What if, what you do to survive
Kills the things you love.
Fear's a powerful thing ...

Unsure of whom to trust in a time of tremendous moral ambiguity, the narrator's reliance upon God is tested when he sees his comrade and fellow soldier, Bobbie, dying in "a field of blood and stone." As the song concludes, the soldier maintains that he "wants to take a righteous stand" and will continue to search for a morally correct solution. It is thus not an anti-war song in a conventional sense. The line "I got God on my side" might be a reference to Bob Dylan's classic anti-war song "With God on Our Side".

The Whiskey Wednesday Clubhouse

Let's see who's in the clubhouse with me!

Ken checks in with the Clubhouse, "Who's talking about Luke Mercier? If Luke is here it would be great to see you. Oh Luke is here, great to see you. Luke man, we got to get you on the Show, whenever you want to come on. Play some fiddle tunes all night, that will be awesome. We'll hang out, I miss you Luke." We don't have long to wait. We are excited to welcome back Luke sitting in live in the Broadcast Studio at the end of the month.

I think regular *Jeannie Tench* was speaking for the WW Clubhouse when she posted, "We sure requested a great set tonight." Ken agreed, "I think you requested the next song tonight Jeannie. Yeah I probably should when we do request nights write down the people who request the songs (we've heard this before). But I figure you all know who you are."

Ken continues with a heartfelt dedication, "This one is going to be interesting tonight. Lennie Gallant posted today it's a hard time for singer songwriters this week. Boy oh boy it has been. We lost Jimmy Buffett last week, I have no association with Jimmy other than his music but it was sad for Jimmy fans, friends and family.



A little closer to home, Bruce Guthro passed away this week as well. He is another east coast singer songwriter part of what I call the lot. You know Ron Hynes, Lennie Gallant, Dave Gunning, JP Cormier, Bruce Guthro you know the lot of them out there. I was really sad. I didn't know him very well, I just met him a few times. Played with him on stage at the ECMAs (East Coast Music Awards) when we did the Ron tribute, which was amazing. I only heard recently that he was sick, I was hoping for a better outcome than that.

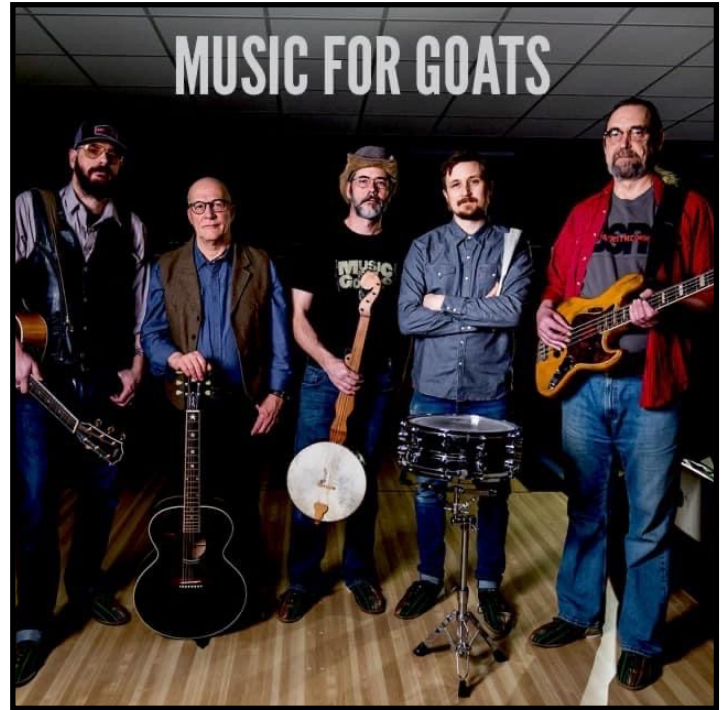
Bruce Guthro was a singer-songwriter from Cape Breton Island, Nova Scotia. Guthro recorded as a solo artist, and was lead vocalist for the Scottish celtic rock band Runrig from 1998 until the group retired in 2018.

I'm going to dedicate this one to Bruce Guthro tonight. Everybody that I know that has been talking about Bruce and the Newfoundland Ron Hynes connection. Everybody has been saying how much Ron loved Bruce and Bruce loved Ron. So I figured we're going to play a little bit of Ron Hynes tonight for Bruce."

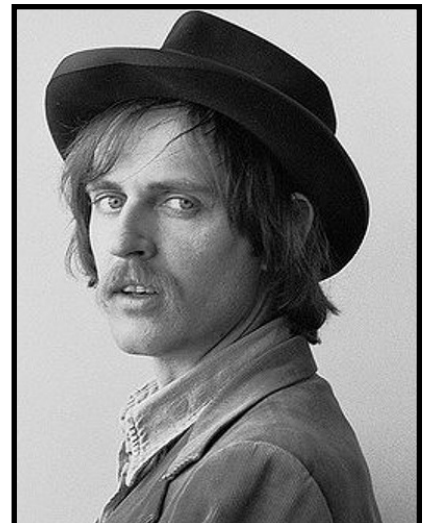
6) KenCon-Ron Hynes (played occasionally)
-**A Good Dog Is Lost** from *Get Back Change* album (2003)

Throwback From the May, 2023 Wrap-Up Music Magazine

When introducing this song Ken often suggests viewers go watch the YouTube video of Ron explaining the inspiration. Let's be honest how many people have done that? I finally did and it's Ken with a very thick Newfoundland accent. It's a long intro just over four minutes, too long to write out and really you have to watch. I'm going to summarize and include some of Ron's words to give you a feel of the overall video.



There were five Goats for a brief period of time. As Luke was transitioning out Neil was transitioning in. Yes that's Neil without facial hair, hard to recognize. Ken looks a little different too!





Ron Hynes' daughter Lily was three and a half when events led to the creation of this ballad about a shih-tzu named Alice belonging to Cathy Jones, of CODCO and This Hour Has 22 Minutes who at the time lived just down the road from the Hynes home in St John's.

Going to use Ron's words to explain. Cathy would visit for tea and bring Alice all the time, one day, "Cathy came raging through the door, Alice had gone missing in a snowstorm... I walked into the kitchen, Lily was making a poster to put up at the grocery store across the street, she was very, very upset." She drew herself and Alice which Ron describes in great detail and where most people would write "missing dog" Lily wrote "a good dog is lost."

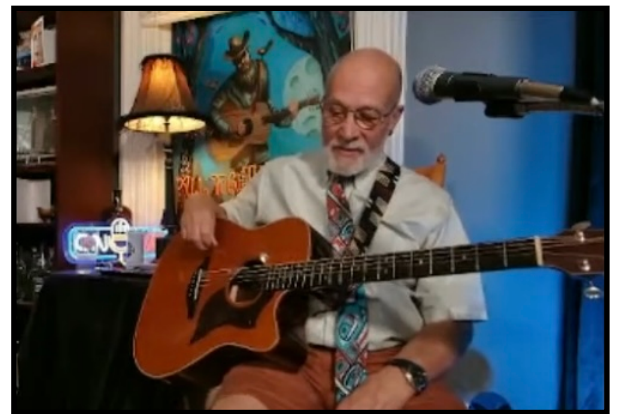
Now that should be the end of the story but Ron kept going (sounds familiar doesn't it). The next morning Lily came down and saw her dad working on the song with her poster beside it. Ron explains what she says, "My poster, the dog

song, like people come over, you write songs together. Yes Lily like that. Then she goes and like how they get 50%." BTW on his album, his song *A Good Dog Is Lost* is credited to Ron and Lily Hynes.

I laughed with Ken and said I'm surprised our girls have not asked for writing credits, lol. But we both agree they would find what Ron said next interesting, "I used to go home after every show and Lily would say did you play a *Good Dog* dad, yes, she would say I want my five dollars... more like eight cents."



Do you know what they are looking at? Ken could not help himself, he starts off so innocently, "How are you doing over there Neil? You're ready, great we are all ready. Are you cool tonight in your shorts?" Neil not taking the bait, "I am, absolutely. I think I look pretty suave." I agree, Neil always looks great, so well coordinated.



I think not getting the reaction he wanted Ken brings up his favourite debate, what kind of shoes is Neil wearing?

Ken, "Your boat shoes with your shorts. No they're not boat shoes they are slippers."

Neil tries once again to correct him, "These are moccasins. I think we have had this discussion before." Mr. Grant also couldn't help himself he got involved, "Not sandals then?" Neil ends with, "Let's not go there again." I have a feeling Ken will be bringing it up again and again.

7) KenCon-Original (not played regularly)
-**This Town Of Mine** from *The Goodness Of Bad Intent* album (2012)

Luke Mercier posted, "I know this one." And *Ron Bissonnette*, "Love your town of yours and how they pulled for Steve !!!" Yes our little town of Campbellford (all of Trent Hills) rallied to support Steve, Kim and the girls. Just like they did when I was going through my transplant. We love this town of ours!

THIS TOWN OF MINE

I find myself so easily reclined here in
this town of mine

I came here hear from the city
trying to find some peace of mind
To get myself on track and buy
myself some time

This town is growing on me
here's a song for all to hear
All I think about is being here
takes away the pain

(my favorite line)

So deep the roots are growing
from my kids into my friends



The night is quickly wrapping up with three songs in a row.

8) KenCon-Ron Hynes (played occasionally)
-**Sonny's Dream** from *Face To The Gale* album (1997)

Throwback From the May, 2023 Wrap-Up Music Magazine

Ken shares so much about “the man” with viewers. I thought it would be fun to learn about “the song.” **Sonny's Dream**, written by Newfoundlander Ron Hynes in 1976. It tells the story of a man who wishes to fulfill his dreams, but is bound to his rural homeland by his family, particularly his lonely mother. Hynes wrote the song while on a roadtrip with his band in western Canada and based it on his uncle, Thomas "Sonny" O'Neill, who had taught him how to play guitar and had pushed him to play music professionally. First recorded by The Wonderful Grand Band. It has been covered by many artists, including Great big sea, Emmylou Harris, Valdy, Corey Hart and Ken Tizzard with Music for Goats.



I love the a cappella ending...

Oh, Sonny don't go away, I am here all alone
Your daddy's a sailor who never comes home
All these nights get so long and the silence goes on
And I'm feeling so tired, I'm not all that strong

9) KenCon-Cover-Charley Pride (played often)
-**Kiss An Angel** from *Charley Pride Sings Heart Songs* (1971)



As Ken says every time they play this song, “This one's for Deb.”

From the WW Clubhouse...

Tony Arkell
“I know someone's dancing!”

Debbie Parsan
“Yes, I am Dancing”

Steve Astolfo
“Alright Deb!!”

Ron Bissonnette
“Of course you are... Dancing Angel !!!”

A heads up this is not the last song we had an encore, “We are going to end with a song for Lorna. It will be a year on Friday. This was a song that Lorna always liked to hear.” *Tony Arkell*, “Pain free living for Lorna!”

10) KenCon-Original (played often)

-**Pain Free Living** from the upcoming *Dagg Sessions*



I like to get high, I like to get higher
 I like to get more high than I was before
 I like to get stoned, I like to get stoneder
 I like to get more stoned than I was before
 Because I don't have the perfect job that I dreamed of
 And at times I can take it for a while
 Then sometimes it takes away the part of me that is real
 And at other times all I can do is smile

Ken's post from 2022, “This week with heavy hearts we dedicate The Whiskey Wednesday Show to one of our own. Lorna Stacey passed away last week, she was a regular on The Show and a good friend to myself. All the regulars knew Lorna and her usual requests for "Pain Free Living." May she rest in peace as the pain from her journey with Scleroderma is no longer of this world...”

Episode 37-Sept. 14th, 2022

Ken shares, “*Pain Free Living* is the new single which is going to be out in a couple of weeks. Little snippets of the video floating around the internet. It's pretty groovy. We had a really good time shooting it. I think we all left with the munchies.”

You hear Mr. Grant in the background use his Gandalf voice, “It's way cooler than the new Rolling Stones video let me tell you.” And then we get to enjoy fun facts with Mr. Grant, “They are releasing their first new album in 18 years of new material. It's on the news even. They know how to market.” Dave added that he saw a Rolling Stones billboard on the way up to Orillia. Mr. Grant explains, “The video is all billboards. They are up on the billboards playing. Sometimes they're 20 years old, sometimes they're 40, sometimes they're 60.” Neil added, “Sometimes they're 938 like they really are.” Mr. Grant pointed out, “There always is a hot babe in the convertible.” Of course there is because they are the Rolling Stones after all. Mr. Grant ended with the best one-liner, “If they saw our one they would eat their hearts out.” I agree Mr. Grant somehow I think Keith Richards would enjoy *Pain Free Living*.

I can always count on the Goats for giving me something to research. I grew up in a home where the Rolling Stones was played often. My dad's number one was Rod Stewart with the Rolling Stones a close second interestingly Foreigner third. I'm so glad I have the opportunity to have some fun with the Rolling Stones. I'm thinking we should challenge Ken to do a Goats cover version of a Rolling Stones tune. Which one should they do?

There is way, way too much to say about the Rolling Stones I'm going to show restraint and I'm going to share some fun facts.

The **Rolling Stones** are an English rock band formed in London in 1962. Active for over six decades and how many bands can say they're still going. The band is the longest performing rock group in history. They did a 14 stadium show tour in 2022. It was the first European tour without drummer Charlie Watts following his death in August 2021.

Their first line-up consisted of vocalist Mick Jagger, multi-instrumentalist Brian Jones, guitarist Keith Richards, bassist Bill Wyman, and drummer Charlie Watts. Jagger and Richards are the band's songwriters and primary creative forces. The Rolling Stones started out playing covers and were at the forefront of the British Invasion in 1964. They then found greater success with their own material.



Mr. Grant describes their new video “Angry” perfectly. It's fantastic, it's classic Rolling Stones both in music and in video concept. It's really worth a watch, here are some screenshots.





The Rolling Stones By The Numbers...

29 Studio albums **19** Live albums **25** Compilation albums **107** Number of Singles
8 #1 hits in the U.S. **8** #1 hits in the UK **10** albums to reach #1 in the UK
250 million estimated number of albums sold worldwide **3** Grammy Awards won
98+ Number of times "(I Can't Get No) Satisfaction" has been covered
4th Position on *Rolling Stone's* list of the "100 Greatest Artists of All Time"
1,500,000 Estimated number of fans who turned out for the band's free concert at Copacabana Beach in Rio de Janeiro, Brazil, on Feb. 18, 2006

The video stars "Euphoria" actress Sydney Sweeney riding on the back of a red convertible through the streets of Los Angeles while Mick Jagger is lip syncing the new song on the billboards.



Their Ages...

80 Mick Jagger
79 Keith Richards
76 Ronnie Wood

Some Rolling Stones Fun Facts...

Their lips logo is based on the Hindu goddess Kali who was often depicted with an open mouth and tongue hanging out.

Jagger and Richards go way back, just 5 years old when they met at primary school.

Mick Jagger was almost an accountant. He dropped out of the London School of Economics to pursue a rock 'n' roll career.

Keith Richards has gone nine days without sleep, "I fell asleep standing up, eventually." For many years, people believed that he was staying alive despite being addicted to heroin because he had regular, full blood transfusions. In 2010 he put the urban legend to rest by revealing that he had made the whole thing up.

Charlie Watts didn't drive, "I do have four vintage cars and can't drive the bloody things." He secretly married in 1964 and they stayed together until his passing. He was told to keep the marriage a secret so it would not ruin the band's bad-boy image.

When they asked bassist Bill Wyman to join, it wasn't because he had dazzled them it was because he owned an amplifier.

Contrary to popular belief, members of the Rolling Stones were good friends with The Beatles. Labeling the Rolling Stones as anti- Beatles and bad boys was actually a marketing strategy.

When the Stones originally recorded "(I Can't Get No) Satisfaction" in 1965 they all agreed that it was likely one for the "B-side" or trash pile. Of course, it turned them into superstars and is one of their best-loved songs.





I was impressed with 1.5 million for the Rolling Stones and then I stumbled across this photo on the same beach.

The Rod Stewart concert at Copacabana Beach in Rio De Janeiro, held on the New Year's Eve of '94, stands to be the largest attended free rock concert in history. According to the Guinness Book of World Records, the concert had around 4.2 million attendees, however, this figure isn't accurate, as many had come to watch the fireworks that night too. Most estimated figures round off at around 3.5 million – for those who solely attended the concert. Stewart staged this free concert as a gift to the many underprivileged people of Rio.

Final check in with the Whiskey Wednesday Clubhouse...

Steve Astolfo, "Brilliant time as always!! Tony Arkell, "Have a great whatever until next ww!" Derek Loewen, Loved the show Ken Tizzard fired you a tweet or message! Other Side Of Wrong great. Whisky Wednesday really good stories and songs dedicated! Compelling more than what you would see on mainstream television." I agree Derek. I recently started watching football again which "sort of" means mainstream tv because NFL football is a world of its own. Ron Bissonnette, "See ya all next WW and be like Steve !!! And final comment, Erin O'Mara, "Watchin' on repeat." I realized a little while ago that when you watch on Facebook at a later date you can still comment.

11) KenCon-Bob Dylan (played rarely but should be more often)

-**One Too Many Mornings** from *The Times They Are a-Changin'* album (1964)

Tonight's closing was combined with the final tune of the evening, "The traditional Whiskey Wednesday song I don't think you've played this with us Dave. Feel free to play along or not. It's a slow one. Someone mentioned to me today that we haven't ended with the traditional Whiskey Wednesday song in a while. That's true. The traditional ending for over 12 years was this song."

I can confidently say Tony Arkell, "Yes! Tradition!" may have been the happiest but I was a close second. A comforting song which also has a fantastic bass solo. The boys, like viewers are mesmerized by Mr. Grant's playing which Ken always acknowledges (while strumming) before continuing the song, "It's always nice to hear from you Mr. Grant. Barry thank you for crossing the street tonight and coming over as always. Take care of each other out there folks."





As mentioned in the Weekly Highlights Ken introduced new viewers to the ins and outs of the Show this evening. I thought I'm writing a Telethon Guide why not a Whiskey Wednesday Show Guide. Let's learn about the Show and weed all in the same article.

Pre-Show Routine

We are creatures of habit. Ken cooks dinner five or six nights a week. We learned early on, way back in 2020, Wednesday nights are too busy so we always order food in. Our go to is Antonia's Bistro and then we take turns with other options in town. We were planning for chicken wings from Tap & Tonic but their phone lines were down. BTW Wednesday is wing night and they have the best salt and pepper dry rub wings in town. So instead we went for a last minute pizza and poutine from Fast Eddie's Diner.

Neil always picks up dinner promptly at 5:30, the three of us eat, Ken puts on the coffee (he likes his French press) and he has his shower, washes his hair occasionally. At 6:30 he starts to "power up" the Broadcast Studio, I remind him to change the album and move the screaming goat and he waits for the boys to arrive.

They have a sound check for about 40 minutes and then go outside on the front porch to relax and wait for the Show to begin.

Ken posted on Facebook, "Time to head in off the porch for another edition of The Whiskey Wednesday Show. See ya shortly." Great image: Mr. Grant has arrived, always just after 7 o'clock; Dave has arrived, kayak prepped and ready for fishing, usually 20 minutes early so he can enjoy Ken's coffee's; Barry's unobstructed path from his front door to ours; and finally Ken with his Dylan socks on enjoying the porch.



Opening Credits Video



Episode 37-Wednesday, September 13th

- 1) My Father's Ghost- Ron Hynes
- 2) On Your Mind- Ken Tizzard
- 3) Don't Think Twice- Bob Dylan
- 4) Whatta Ya At? Spiritleaf Campbellford Cannabis
- 5) End Of The World- Ken Tizzard
- 6) Dollar A Day-Ken Tizzard
- 7) Over You- Ken Tizzard
- 8) One Frost Away- Ken Tizzard

I know the Show has officially started when I hear the theme music and Ken says, "Welcome ladies and gentlemen to The Whiskey Wednesday Show with your hosts Ken Tizzard and Music for Goats brought to you in full colour and stereo sound with amplification provided by Traynor. Broadcasting into the world from Storey House Studios in Campbellford, Ontario."

Ken always has an entertaining introduction before getting to the music. This evenings was a little longer than usual. Here are the highlights, “I am here with the Goats and we are here in our entirety. Barry is sitting over there as well on the trackball, the switcher, the mixing board and everything else he has to do over there.” Barry is the “on air” producer, responsible for monitoring sound, switching between cameras and keeping Ken on track.

“That D.O.A. cover looks fantastic behind me doesn't it?” Yes it does and an FYI Ken changes the album weekly so keep an eye out.

Ken always has an amusing monologue to start the Show and often it has to do with hair, “Our shower is like a big medicine cabinet. There are so many lotions and things in it. I don't know what's what. I can't read anymore (without his glasses). I don't know what I washed my hair with tonight. I know it wasn't toothpaste but it could've been anything.” Regulars know but for new viewers Ken likes to build drama through exaggerating. I know exactly what's in our shower 1 shampoo, 1 conditioner, 1 body wash.

Then it sounded like Ken was announcing a new segment in the Show, “Things that I learned this week. Duran, Duran are back on tour. I don't think it's the four originals I think it's just two of them.

Dwayne Gretzky is actually a fantastic band. We did the Creekside Music Festival. Just a gorgeous spot out by Eels Creek (Apsley). The PA and the lighting that they bring in there, real pro show they've

got going up there. If you're looking for a good summer festival check out Creekside.

The Ireland Brothers were playing there so I went up to play bass with them. We pulled in the parking lot, the window was down, I went ‘ah I love this song’. This doesn't quite sound like the original but it's all there. Dylan (Ireland) turned to me, ‘this is Dwayne Gretzky’.



FB post, “I had an amazing time with The Ireland Brothers at Creekside Music Fest last night. What a great bunch of folks.”



Dwayne Gretzky is a curated nostalgia trip that captures the unique joy of turning a radio dial and being surprised by the familiar. Celebrating classic pop and rock, from Fleetwood Mac to Fatboy Slim, Dwayne Gretzky has delivered electrifying renditions of over 600 songs.



I said ‘no this is Tears for Fears, *Everybody Wants To Rule The World*. Like with horns and keyboards and back up singers. Oh man, Paul Simon, they played all these crazy hits. A real pro touring cover band. Really nice to see, that was a lot of fun. The crowd at Creekside are fantastic.”

Before we get to music here is the background to KenCon (Ken Content)...

Throwback

From the January, 2023 Wrap-Up Newsletter (the magazine officially started in March)

I like to include sections from past magazines which I call "Throwbacks". A heads up sometimes I add new information.

This made us reflect and come up with a loose format for setlists...

Original songs (The focus has been on songs for the upcoming album, it's interesting to see these songs develop over time. Ken wants to explore original songs from his back catalog.)

Cover songs (The band tends to repeat their favourite covers which have become viewers favourites. Ken is going to try to have one or two "old" covers, songs not played in a while)

Ron Hynes (They always do at least one. It is important to Ken to keep Ron Hynes' brilliant songwriting and memory alive. Ken is introducing Ron's music to new viewers it seems weekly.)

Bob Dylan (What more can I say, there is usually a Dylan song making an appearance.)

I know this is sounding a lot like Allison's version of CanCon which are the requirements for "ensuring Canadian Content" on the radio. We're going to call it KenCon "ensuring originals" are on the Show. Ken came up with this name, taking no credit. We are not going as far as using percentages. We want to be aware and mindful. In reality, as we see on the Show, Ken may have a setlist in mind but often does not follow it. He gets easily distracted. It's authentic!

"We are going to start with a Ron Hynes song. The song is called *My Father's Ghost*. It is one of the more narrative of Ron's tunes. I actually think it is one of the more beautiful narrative tunes that he's written."

1) *KenCon-Ron Hynes (played regularly)*
-**My Father's Ghost** from *Stealing Genius* (2010)

David Lawrence posted on FB, "This was such a highlight right out the gate last night! Loved the privilege of being able to finally get this one down!"

Where It All Began

"A little Ron Hynes ghost story for you all to start the night. Welcome to the Show for the regulars. For those of you who might be tuning in for the first time welcome to the Show, sit back, chill out, relax, this is Whiskey Wednesday. It started during Covid as a thing to help people escape for an hour during the week. It's turned into a regular thing now. We play music, we tell stories, I pass out lots of information, most of it lies."



One man...one guitar...one mic...one iPhone...one couch

A field trip to *Spiritleaf Campbellford*

The Whiskey Wednesday Clubhouse

Let's see who's in the clubhouse with me!

Ken uses an iPad to keep connected with viewers, this is a typical check-in, "There is a message board most people hang out at (2 options on Facebook, his personal page and band page). I appreciate those of you who watch it on YouTube as well. Hello *Aunt Betty* how are you? I hope you are doing wonderfully back home. *Debbie Parsan*, *James*, great to see you. *Eric* from *Spiritleaf* nice to see you brother, we're going to see you very shortly (tonight's *Whatta ya at?*). *One Frost Away*, yes *Richard* we have that on the set tonight. *Steve Astolfo*, *Jeannie*, *Derek*, great to see you, we've got the whole gang here. It looks like we have a great crowd here tonight." Ken loves taking roll call.



Aunt Betty is a celebrity in the Whiskey Wednesday Clubhouse. She tunes in most weeks and has been with us since the beginning. She has never been a fan of their newest release, *Pain Free Living*. This often leads to many "Sorry Aunt Betty" posts from viewers when it's performed live on the Show.

Not a *Gear Talk* (a Seinfeld inspired skit)



"I don't know what's happening with this mic stand."



"I've got to get this one sorted."



"It looks like some weird erectile dysfunction."



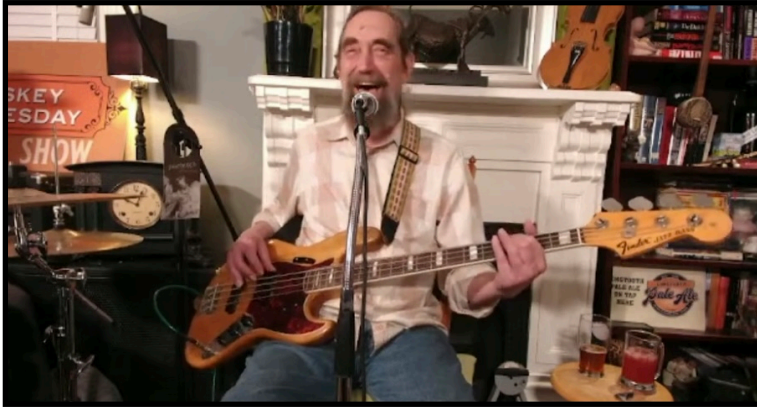
"If only we had a spray like a Viagra spray."

The Whiskey Wednesday Show has a wonderful relationship with Traynor/Yorkville. Ken and the Goats often get to try out lots of exciting gear. And Ken really does official "*Gear Talks*".

A field trip to *Spiritleaf Campbellford*

2) *KenCon-Original* (played weekly so far this month)

-**On Your Mind** from *Between The Lines* (2010)



It was then Mr. Grant's turn, he speaks loudly and directly into his mic, "Tomato's at every meal. I love them. Even for breakfast." The boys loved Mr. Grant's enthusiasm.



Neil shared a cooking tip, "Bacon and tomato sandwiches, do you know what the real trick is? You fry slices of tomato in the bacon fat. Give them a few seconds, it's sweetens them right up, it tastes great and it is really good for your heart." I'm sure it tastes great not too sure about it being heart healthy. You never know what you're going to learn on a Wednesday night.

"Tomato's at every meal"



And if you do reach out to the company they offer great support as well. I was told, 'try a lint brush' that was the response that I got. I thought fork why didn't I think of that. Naked & Famous out of Montreal ladies and gentlemen, check them out if you want to be covered in lint for the rest of your life. Great pant though."

I was happy *On Your Mind* was back for a second week in a row. This time when Ken stopped singing halfway through the song he checked in with the Goats. The boys maintained the beat the whole time.

Ken starts off, "It's great to be back on Wednesday night. What's been going on this week?" Neil has been doing, "a little bit of this, a little bit of that," and Dave has been enjoying fall fishing.



What are Ken and Neil looking at? If you watched the August 2nd episode or read last month's magazine you know exactly. These are the pants he bought in St. John's. Go back Ken has a very detailed story. Tonight he did a Cole's Notes version, "I'm just picking lint off of my most linty pants again from Naked & Famous, out of Montreal. They make beautiful pants but they magnetize them. I think they wash them in a magnetic field. I've never had anything attract lint like this.



A field trip to *Spiritleaf Campbellford*

Neil had a thought, "I also purchased a pair (different colour) and they don't have the same problem. Maybe it's your magnetic personality." Ken thought Neil might be onto something...

"The combination of these pants with me is just too magnetic for the world"

(followed by Ken's signature giggle)



3) *KenCon-Bob Dylan (played rarely)*

-**Don't Think Twice** from *The Freewheelin' Bob Dylan* (1963)

I have mentioned before I am not musical and usually cannot pick out a blooper. This time I could easily tell. Two bars in (Ken helped me with this terminology) Ken stopped and said, "hold on" there was a quick key change and they were back at it doing a great interpretation of this song.

Blooper

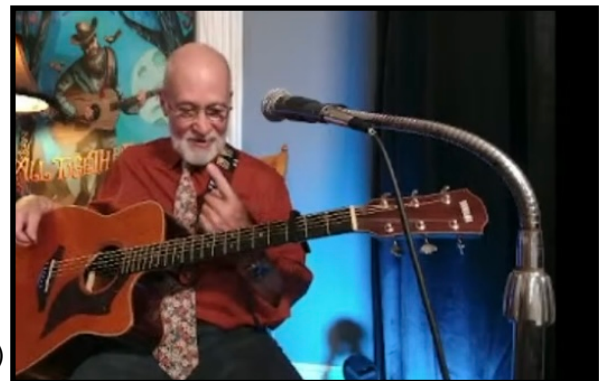


After the song ended Ken observes, "Leave it to Mr. Grant to remember the ending." Neil shared, "He was giving me the hairy eyeball earlier because I was using my thumb over F." Ken, "There was something happening, the whole beginning of the tune. I couldn't tell what it was. OK that's what it was. I was feeling it too, I stopped and tuned halfway through the song." I was wondering why Ken was tuning in the middle of the song.

Neil explains, "Then I switched to doing a barre F but that's not much better because my finger won't stretch out as much as it used to." Ken finishes with, "I was wondering what that was. I'm glad he was giving you the hairy eyeball."

Word Of The Week (Neil and Mr. Grant often use interesting and/or sophisticated words)

- hairy eyeball (noun)- a look of skepticism



For the non-Newfoundlanders “whatta ya at?” is basically saying hi or what are you doing when greeting someone in Newfoundland. We try to have one or two musical and non-musical guests per month.



Ken introducing tonight's whatta ya at? video live on air, “Eric from Spiritleaf, he owns part of the franchisee of Spiritleaf, no he doesn't own it I think he has a franchise. Maybe he will correct all these things in the interview. I can't remember what we talked about he smoked me a big bowl before we started. I don't remember anything that happened. No I'm just kidding.”



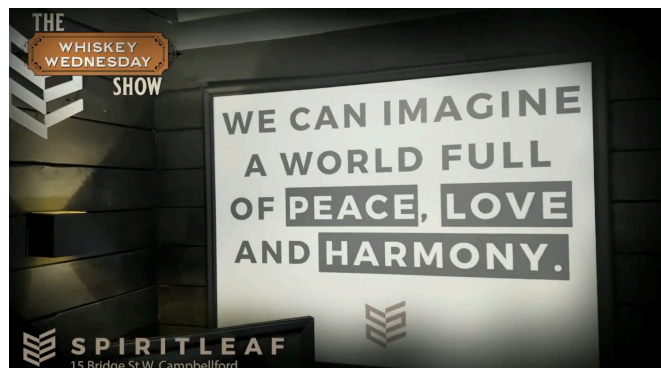
Let's take a look inside...

The interview started and ended with a sneak peek of their new music video. It will be premiered next Wednesday so I will save my review until then.



During the live broadcast when Ken is watching the interview along with the rest of us he will post comments in the Clubhouse. Ken Tizzard, “Shoo be doo.” To which Tony Arkell, replied, “Lovin’ the chorus, if that's what I can call it.” Tony I agree you can't help yourself but sing along with the “chorus”.

Ken Tizzard also posted, “It takes some skill to film and give the viewer the feeling of ‘falling down’.” This makes so much sense whether you've seen the interview yet or not. Ken was whipping around his iPhone so quickly at times it was hard to focus. He explained to me that during the 20 minutes of filming there were customers coming in and out of the store so he had to maneuver quickly. I was able to capture some screenshots to show you what a visually inviting wonderland Spiritleaf is.





Ken take it away, "Ladies and gentlemen we are here today at Spiritleaf. This is one of two pot stores here in Campbellford. It has become my favourite, I have become friends with the owners. This place seems to have everything you need. We have the lovely Zahra here who seems to be here most times when I come by to say hi. And over here is Eric."

Eric and his wife Raquel moved from Toronto to open Spiritleaf here in Campbellford.

Eric, "Although a lot of people know me as the face of the shop this really is a team effort between my wife and me and then we brought Zahra on board (also from Toronto) as our manager who is a huge part of what we do here as well."

Ken asked how were they enjoying life in Campbellford. Zahra replied very enthusiastically, "What's not to love!" Eric feels, "We have been here just over a year and I can't imagine being anywhere else. This is home now."

Now let's talk about cannabis. Ken and Eric generously shared their perspectives. Ken went first, "A lot of people have been buying weed for years from dealers. You pay however much for a dime bag or whatever. I'm learning that the new government drugs are actually really good. Their grown really well, you know what's in them, the prices have come down. It's now comparable to going to the reserves. You are getting a really good product in many different forms."

Eric shares, "One of the really cool things that came out of legalization was the ability for companies and growers to research, innovate and develop all new kinds of products. Cannabis isn't just one thing anymore it's many different things to many different people."



Eric got a little lively when explaining an important distinction, "You mentioned government stores, I just got to correct you because this is a term that gets thrown around a lot and understandably so. With legalization the government is the one in charge of legalizing things. One thing I will say is I am an independent operator. These stores aren't run by the government. Like any other business we have to pay our taxes and we have to do all the things that other legitimate business do. But that's pretty well the involvement of the government. Other than acting as a distributor for these companies who are run by passionate weed smokers and growers like all of us."



Thanks Eric for educating us and as they say support your local small business.



"Cannabis isn't just one thing anymore"



I loved Ken's question and Eric's heartfelt response, "And that's what got you in, you are a smoker and thought I don't want to work a job anymore I want to sell weed."

Eric, "That's the short story. I have loved this stuff for a long time ever since I was a young man. To be in a place where we can open up a business and do this, it's almost like my calling I would say at this point. To be able to turn this into something that is a living for me and my family. And to be able to build a community of like-minded individuals around us who all have this thing in common. We've all been able to benefit and have more joyful lives because of this wonderful plant."



Eric describing the experience of walking into Spiritleaf, "If you look around our store we have lots of products out. One thing that we really wanted people to feel when they came in is that it is a feast for the senses. Visually see a lot of cool things, we wanted the place to smell good, nice music on."

"A feast for the senses"



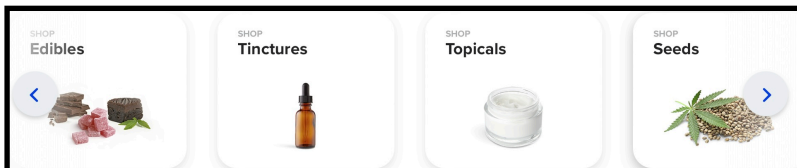
“We take a lot of pride in the range of our products”

Eric continues, “As you can see we have got a lot of stuff on sale. This is really the tip of the iceberg for what we actually carry. There is no way we could put our entire inventory on display because we literally have hundreds of products.

We had a rep in from the OCS (Ontario Cannabis Store) yesterday and they actually informed us of all the stores in the Trent Hills area we have the widest and biggest selection.



The **Spiritleaf Campbellford website** looks like a candy shop for cannabis. Some fun facts, they are open seven days a week, they now deliver, they price match and have a loyalty program. “Our Spiritleaf location strives to be a pillar in the community, offering a curated product selection and exceptional customer service. Visit our in-store expert concierges and learn more about exclusive offers and our award-winning loyalty program – the Collective. Collect points every time you visit a Spiritleaf store and redeem online for exclusive perks and special offers.”



We also have some humbly priced bong as well for everyday use.” Ken pointed out, “Lots of glassware. You know, you spend a little money on glass but it does last forever.” Spiritleaf also has a selection of merchandise on display.

We take a lot of pride in the range of our products. We have everything from the very budget conscious consumer all the way up to people looking to treat themselves to quality and craft products.

We really learned a lot from this past year about what people are looking for in terms of their cannabis products. I think we have done a really good job adjusting to that, listening to the community. I even go as far to invite people to let me know if there is something they are looking for, I'm happy to bring it in. As independent operators we are able to offer our customers that type of responsiveness and service.

So let's take a look around. We just put up a couple of new displays because our inventory is really expanding. We are getting into accessories now. We are finding this community loves their glass. New and exciting ways to consume. So you'll see we have all kinds of bong, vaporizers. Something over here called the Happle (Ken eagerly approved) a lot of people have given positive feedback about this thing. It is a really nice way to consume hash if that's something you like.

I loved this description...
A Happle a day keeps the _____ away... You'll feel like you're pontificating away in a study, sitting in a leather lounge, fire crackling at your feet. All the while your Happle is churning away, just building up the densest cloud possible. When you're ready, just tilt the stem and inhale.



A field trip to *Spiritleaf Campbellford*



Eric continues, "One thing I really wanted to point out is anybody who comes to the store knows that we have a raffle every month. We are huge on giveaways here. We get lots of stuff from companies and we love passing that stuff on to customers."



"On any given day you can come in here and walk out with any kind of swag"

We love doing fundraisers and raising money for the community. We have been privileged to raise a few thousand dollars for the hospital and other causes. That is a real priority for us here at the store." *Steve Runions*, "Great people. Great store. And great community supporters."

Ken observed, "You are totally getting into the community here, starting to make relationships with the other businesses."

Eric explains, "We are fortunate enough to have so many of our customers become friends. So many people in this community are doing really great work and can really use the support of other community members. When Raquel and I first came here a big goal of ours was not to just run a business, was to be productive and contributing members of this community. In a small community like this which is growing it's the responsibility of business owners to take some of that on and help the community grow."



Eric continues showing viewers around the store, "These are our main displays. Here you will see a lot of our flower, our pre-rolls, a lot of bulk options. I think we have more bulk options than a lot of retail stores in the area."

You mentioned some other sources around here (Ken referred to purchasing from the reserve), I would go as far as to say that despite the initial missteps of legalization, regulated cannabis has got to a point where I think it can really compete or even surpass a lot of unregulated sources in terms of quality and price."

Everyday when people are coming in we are having this conversation and re-educating them around the nature of what's actually happening on the regulated side right now. Perception and tradition are very powerful things. When something is perceived as being done by the government there are tons of connotations with it. Those are discussions we have all the time, informing people what's going on now.”

Ken shared his perspective, I will warn you it involves math, “Well I'm a heavy smoker it's only been recently since talking to you. When we were in Ottawa (for transplant) when legalization was happening I was paying \$17 to \$21 a gram for stuff that was 19 to 20% THC. I was paying over \$50 for 3 grams. I used to go to the reserve and get an ounce for \$100. So it always made sense to get the cheaper stuff.” If my calculations are correct there are 28 g in an ounce so yes quite the savings. As Ken points out, “Now I came in here last week and bought an ounce from you for 80 bucks. And that stuff is fantastic. You have good deals on weed. It's not like it was a couple years ago.”



Eric agrees, “That's a great example, I'm glad you brought that up and shared that personal experience. These are things we want people to know about. Some of those old perceptions may not hold true today. I invite anyone watching to come on in and just talk to us and ask us questions about what's happening on the regulated side right now because you might be pleasantly surprised.”



Ken had another observation, “I know a lot of people who don't really smoke joints but may have a toke at a party or Christmas time and now they are hearing about this. They're asking me how does this work, what do you do. Literally whatever you want. You can come in here and buy an ounce of grass, hash, gummies, drinks, you can buy pre-rolled joints. I'm a big fan of those little packages, a package of 10 for 20 bucks. They look like little cigarettes, it's something a little more elegant instead of smoking a big joint, a delicate cigarette. I think that's appealing to people as well.

I know as a cannabis seller there are certain limitations on how you can guide people on what marijuana does to you. Like somebody comes in and says I have a certain type of cancer.” Eric confirms they cannot give medical advice however, “We try to keep on top of product knowledge and pass that on. New staff go through a curriculum of training. These are conversations we have all the time when company reps come in. They give us a lot of knowledge about specific products and how they are produced. There is a lot that goes into these products, more than what you would think.”

A curious Ken, “You were saying even some of the plants are actually grown in suspension and their roots are tapped in to be fed the proper nutrients.” Eric elaborated, “Absolutely, there are some plants here that aren't even grown in soil. But then you have certain companies where they do everything organically and things are grown in living soil. These differences between companies, the ways that they process cannabis, those are the things that make up for different price variances.

It's not just about THC and that is something a lot of customers gravitate towards thinking it's the marker of how good a certain product is. There is a lot more going on with the product than just it's THC product.” Eric gave a great comparison, “It's almost like choosing your wine for the alcohol content, which we know we don't do. There are so many other things going on such as flavor. I would say cannabis is very similar.”

A field trip to *Spiritleaf Campbellford*



Ken had a thought, “So you don't even need to know how to roll.” I loved Eric's carefully chosen response, “Most people these days don't. I find people of a certain vintage still do that. These days you have an option.”

A fun fact, I may have had a nickname in university, “Hoover” and I had a knack for rolling. Don't get me wrong it was a very, very rare occurrence. And while I am sharing, I rediscovered cannabis when I was diagnosed with MS. It helps with pain but I primarily use it at night for sleep. It's crazy how high my tolerance has become.

The tour of the store continues, Ken pointing, “These little boxes have pre-rolls in them.” Eric confirms, “They come in endless varieties and formats. We have them from one, two or three packs all the way up to 14 and 20 packs.”



They then moved to the refrigerated display, Ken begins “Then we have these fancy drinks over here.” Before we get to them they talked about the extracts on the top shelf, Ken explains, “For those of you who don't know an extract, it is a real high concentration THC” which you vape.



For drinks they have everything from sparkling water, to juice, to pop. The Elderflower Pom sounds yummy.

Eric explains, “Drinks have been huge for us here. People in Campbellford love their drinks.” He then shared an interesting observation, “We have a lot of customers who are making the move from alcohol. They don't want to consume a ton of alcohol. They are making the move to cannabis drinks. It's a really nice alternative.” Ken agreed, “I'm drinking a lot less, I know that. I can go out have a few beers over a night. I smoke joints for the high.”

“They are making the move to cannabis drinks”



Ken continues, “The price point with \$8.95 being the most expensive and \$4.95 being the cheapest. Basically these are all about 10 mg, is that right?” Eric explains, “They vary, at the most they are going to be 10 mg THC per drink. Legally that’s the most that they can put in an edible. There are some products out there that skirt around it and are pushing the envelope in terms of upping THC content of a lot of edibles. Personally I think that’s a good thing, those options should be out there for people.”



Ken asked, “A 10 mg edible, if a person wasn’t a regular weed user and was to drink one of these drinks. Would they feel it?” Eric confirms, “Oh yeah, especially if they drink it really fast.” Ken explains, “Because they are made with special sugars to help absorb.” Eric is confident, “They would definitely hit even a seasoned consumer.” I’m thinking Ken is both a “vintage” and “seasoned” weed consumer.

Before Ken wraps up we meet the newest member of the Spiritleaf team, Felicia who lives just outside of town. Ken, “You’ve got some locals working here too, so you’ll feel comfortable when you come in.”



Eric explains, “We always wanted to prioritize hiring locals.” Ken shares, “I love the fact that from the owner on down it’s a local operation. I know Spiritleaf is a chain.” Eric clarifies, “It’s a franchise, independently owned and operated. The Spiritleaf brand is really making sure that in whatever community they are in, they make sure that the others around them are thriving too. We are not alone in giving back to our community.”

It has always been important to Raquel and I. The team here have really embraced that. So whenever we have these community driven initiatives we all get behind it, make sure our customers know about it and we do what we can.”

Ken concludes with a tagline, “It’s a beautiful shop, knowledgeable staff and tons of dope. Which is just fantastic ladies and gentlemen. So come on by Spiritleaf when you can, drop in to say hi to the friendly staff and come get your high on.”

What a fun field trip! Eric is so knowledgeable and passionate. I’m thinking Aunt Betty may have a different opinion of cannabis now. That’s of course if she watched this whatta ya at? and didn’t turn channels to watch curling. Mike Steenburg (a.k.a. GT Mike), “Stopping in tomorrow to see if they have ointments for my arthritis.” I’m sure the knowledgeable staff took very good care of our GT Mike.

“It’s a beautiful shop, knowledgeable staff and tons of dope... Come get your high on”






Timeline: how marijuana became legalized in Canada

I found this summary on the CBC Kids News website of all places. A clear and concise timeline.

(Library and Archives Canada)



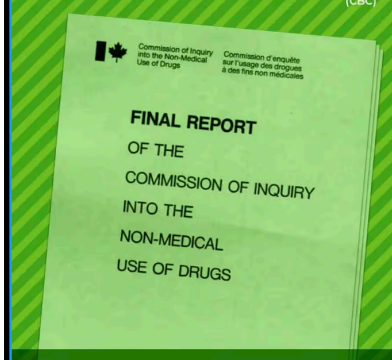
1923
Prohibition
William Lyon Mackenzie King's Liberal government add marijuana to the Opium and Narcotic Drug Act, making it a criminal offense. (It's unclear why it was added to the act. Marijuana didn't appear to be a social problem at the time.)
*Source: 'Hop Heads' and 'Hypes': Drug Use, Regulation and Resistance in Canada, 1920-1961 (2009)

(Duncan Cameron/Library and Archives Canada)



1960s
Popularization
The number of people charged with possessing marijuana in Canada goes from 20 cases in 1962 to 12,000 cases in 1972.* This boom in popularity is most attributed to the counterculture or "hippie" movement of the 1960's.
*Source: Cannabis: Report of the Senate Special Committee on Illegal Drugs (2003)

(CBC)



1972
The Le Dain Commission
A rise in criminal charges for young Canadians using marijuana becomes a growing concern. This contributes to the formation of the Le Dain Commission to investigate the "non-medical use of drugs" in Canada. After a three-year investigation, the commission recommends the decriminalization (no criminal charges) of marijuana possession, but marijuana laws do not change for nearly 30 years.

(Shutterstock)



July 2001
Medical Marijuana
Pressures from Canadians living with chronic illness lead to Canada becoming the second country in the world with a government-run medical marijuana program.

(Adrian Wyld/Canadian Press)



April 13, 2017
The Cannabis Act
A new bill to legalize cannabis (the Cannabis Act, Bill C-45) is presented to Parliament. The bill is heavily debated, but is passed by the House of Commons the following November and by the Senate in June 2018.

(Justin Tang/Canadian Press)



June 21, 2017
Becoming law
Gov. Gen. Julie Payette gives Bill C-45 royal assent. This is the third step, after going through the House of Commons and the Senate, for a bill to become law. Legalization (putting the law into effect) is set for a later date, giving provinces and territories time to prepare for the changes.

(Chris Wattie/Reuters)



Oct. 17, 2018
Legalization day
Canadians of legal age can now consume and possess marijuana.



The whatta ya at? ended with another quick glimpse of their new *Pain Free Living* video. When they return live, “Yes folks we went full on Shoo Be Doo. We did it as a joke one night when we were doing back ups. We sat on it for a while and when it came time to do the actual recording it was like yes that Shoo Be Doo has got to be there. I debated it, we did it and I put it in. Then I listened to it with and without.

Actually the night of the party I was so nervous because nobody had heard it. This song is already kitschy enough. It started playing and everybody was smiling. Nobody jumped out of their skin and said OMG what are you guys doing. By the third take people started singing along with the Shoo Be Doo’s.” I’m sure viewers were singing along too.

Back to the Setlist and **The Whiskey Wednesday Show Guide.**

5) *KenCon-Original (played often)*

-**End Of The World** from the upcoming *Dagg Sessions*

Introducing the Goats



Ken begins the introductions, “For those of you who haven't tuned in for a while or those that are new, there is somebody different behind the kit. Dave is still kind of new to this whole thing.

For those who have been following we have had a tough year with our drummer Steve with his battle with cancer. He passed away in the spring and that was a horrible time. It maintains to be a horrible piece of news to even talk about. It's still seems surreal to me.

I know regulars right away noticed Dave's new drum kit. How could you not it's so shiny. And he looks great sitting behind them. He's been anxiously waiting for them to arrive. Dave was trying them out in preparation for the weekend's two live shows. This kit will be going upstairs to the Recording Studio.



At the same time we have been playing music and Dave just lives down the street (literally, we live on Booth N. and he lives on Booth S.), he's become a new buddy and he plays drums. He's been helping us out which is great.

At Caper's we have our first live show. I don't think you have played any more than six songs at a time. So that will be a good 30 songs.” Wow the audience at Caper's have a wonderful night of music to look forward too.



Neil pointed out, “It's been a long time since any of us have.” Ken is optimistic and has a plan, “I think you guys can do it. I've got some Boost energy drinks coming. Those liquid meal replacements are coming for you. And again if this is your first time, this is Mr. Ken Grant right here on my right, looking very energetic. And to my left is Neil Lucy who you all know.”

“I think you guys can do it. I've got some Boost energy drinks coming”

Ken does another great job building excitement for the telethon but again when you're reading this the event has happened so I'm going to jump to the end.

Ken and Neil have the most entertaining banter back-and-forth. Ken says it often Neil is his BFF.



"I'm really looking forward to the telethon it's been a lot of fun putting it together. Allison has got me going through all these videos. Wow you can't believe the difference in what's happened with the Show from the audio and visual point of you. From an iPhone on the couch to where we are now has been great. Thank you to everybody."

Neil reflects, "I believe it, I remember black-and-white TV." To which Ken responds, "I remember black-and-white TV, I'm surprised you remember electricity."



Neil, "I think electricity has been around. It became formalized over my lifetime." Ken was proud to share his knowledge, "The harnessing of electricity." Without missing a beat Neil responds, "Yes indeed, thanks to Adam Beck."

Ken's impressed and then shares a surprising fun fact, "See you are just full of information. I couldn't believe it I asked you something last night and you did not know the answer. I forget what we were talking about. And I said 'is there a word for that Neil'. He had the weirdest look on his face, I thought he had a stroke. And then I realized I asked him something that he doesn't know."

Sir Adam Beck (1857–1925) was a Canadian politician and hydroelectricity advocate who founded the Hydro-Electric Power Commission of Ontario. It's amazing the crazy and interesting facts Neil knows.



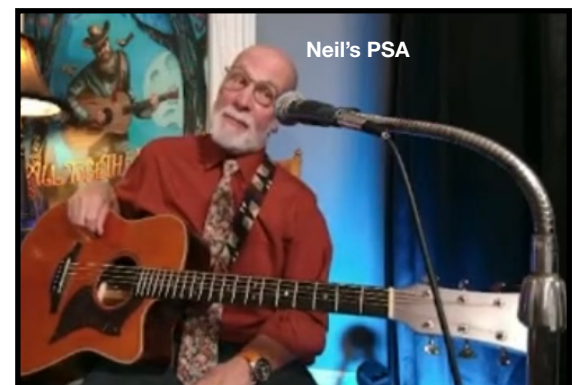
We are going to keep going because the skit is not done yet, Ken moves to the next topic, "We want to thank Eric from Spiritleaf for coming on the Show and also for sending over the treats."

Neil was still thinking about the previous conversation and blurts out, "Are you saying I'm a know it all?" Ken answers carefully, "Not in a negative way. Not like (points and says in a teasing voice) 'you're a little know it all'."



Wise Mr. Grant always contributes a one-liner to the skits, Neil is an "almost all" you know it. Ken, "You know almost everything."

Neil looked and spoke directly into his mic and shared an important PSA, "Stay in school kids, you too could be like me."



A field trip to *Spiritleaf Campbellford*

6) *KenCon-Original (played often)*

-**Dollar A Day** from the upcoming *Dagg Sessions*

Ken begins, "A little *Dollar A Day* for you ladies and gentlemen. (picks up glass and takes a drink) Ahh, I'm on this special juice tonight. It's made of some kind of brain. It's some new smart water. It's not goopy and sloppy like you would think with brains. It's actually quite refreshing."



Neil decides to get involved and asks the all important question, "So how long have you been drinking this?" Ken hesitates, "Hmmm." Then Neil delivers the best one-liner of the night, "Not long enough, obviously." Lots of laughter.

In true Ken style he's not done, "It's a new university course. I found the website online, it's quite expensive. You drink the knowledge. I'm currently doing a science course. It's so powerful."

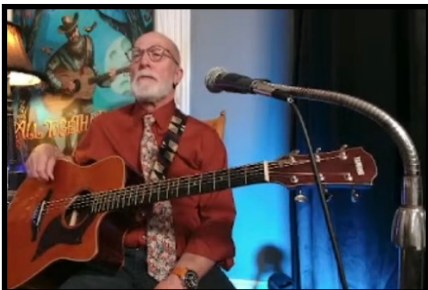
Neil delivers another one-liner, "For some reason I'm reminded of the products I sell in my day job." In case you have not figured it out Neil sells ostomy supplies or as Ken explains, "Bags of crap!"



I try to decipher his stories. I'm thinking he got this idea from a show we watched years ago called *iZombie*. If you've seen the show you completely understand the connection. If not use your imagination, a zombie who works in autopsy gets creative when looking for a meal. I know sounds creepy it's actually a well done show.



An interesting segue into the next song, "You know what goes good with science, heartache." Neil was very confused with Ken's introduction.



7) *KenCon-Original (played often)*

-**Over You** from the upcoming *Dagg Sessions*

Ken explains after the performance, "A little song called *Over You*. Now it's told from the male perspective, yes it's about sex. But it is about clichés. It's about clichés, it's not about the sex. It's about the worst cliché, 'you broke my heart, you've been untrue, I can't bear to stand another minute with you'. These are all clichés we've heard a thousand times. But the biggest cliché is that having sex with somebody else will cure your heartache. It's just a lead up of clichés. It's not a male or female thing." Ken always feels like he has to justify this song.

Storytime with Ken Today's edition- *Brain Juice*

Ken will often have a story which combines both fiction and non-fiction and the later it gets in the evening the more entertaining the story gets.

A field trip to *Spiritleaf Campbellford*

The final song of the evening was the perfect way to end an episode celebrating weed.

8) *Ken Con-Original* (played occasionally, a lot in the Fall)

-**One Frost Away** from the *No Dark No Light* album (2015)

Ken's build up, "Somebody had mentioned it's *One Frost Away* time and I think it is. Ladies and gentlemen it is that time of year and we had Eric on the Show. He mentioned at one point, what was the word that he used (Dave reminded him, 'vintage'), yes people of a certain vintage and I am of that vintage. However I did pick up this great little vaporizer. See nobody even knew that, I just had a toke. Now if there are laws about smoking online I did not have a toke. This is just 'After Effects' in Adobe." I shall explain. Adobe is animation software that allows you to add an after effect, such as smoke.



Mr. Grant leans into the mic and delivers the perfect one-liner...

"Good luck getting our video out there if there is a law against it"

Yes I can confirm their *Pain Free Living* video would definitely be banned.



One Frost Away...

It's a Wednesday night in September
Falls settling in its 2013
And I'm here at the Rose
With some good friends of mine
Chasing laughter living the dream
The night moves ahead and I'm
talking a break between sets
Drinking whiskey and beer
With each line I song
And each shot I down
I try to forget you're not here

It's all I can do and it's all I can say
That I'm dry this time of year
And it's all I can do just to sing you to bed
With the words from some guy in the alley

Just one frost away
It's been a good year
There's lots of good rain in the ground
Days getting shorter
Harvest is near

So Saturday night at the party
At Fischer's just over the bridge
And it's not hard to find you a good time
But no one's got extra to give
So Sunday morning with coffee
A little piece might be harder to find
So I'll sit here and read on my lonesome
With only one thing on my mind

It's all I can do and it's all I can say
That I'm dry this time of year
And it's all I can do just to sing you to bed
With the words from some guy in the alley

Just one frost away
Its been a good year
There's lots of good rain in the ground
Days getting shorter
Harvest is near

For all that you've lost and
for all those who passed on
I can take you away from it all
For all that we've lost I can sing you a song
I can take you away

Ken continues introducing the song, "Back in the day when people of a certain vintage use to roll we also use to grow. I didn't so much, I grew in the later years. I used to do the Whiskey Wednesday Show for 11 years at That Little Pub. It used to be called The Stinking Rose. Then it was Church Key Pub and Grindhouse for a while. Wednesday nights between sets there were always half dozen to a dozen people in the alley passing around a joint or two.



There was this one Wednesday in September, I was playing there and went out. There was just one guy in the alley. Nobody had any weed, what's going on. I was complaining about it. He looked at me and said 'well we're just one frost away'. I didn't know what he was talking about. And he proceeded to explain to me that just before the first frost everybody harvests. After the first frost there will be lots of weed. Shortly there after once everybody starts drying, experimenting with their new drugs and wanting to share it with their friends. And I thought that's fantastic so I wrote a song about it.

Growing is no longer a necessity, it's easy. Ask some of your neighbors if you are curious, you may be surprised who's growing. Most have thrown a seed or two in. I have one friend I won't say where he is, I was over recently and he brought me out and showed me this Christmas tree. It's right in the middle of his backyard, 15 feet of nothing all around it, then there's this massive weed plant. He said I came out in the spring, I poked my finger down, dropped a seed in. I haven't watered or done anything to it.

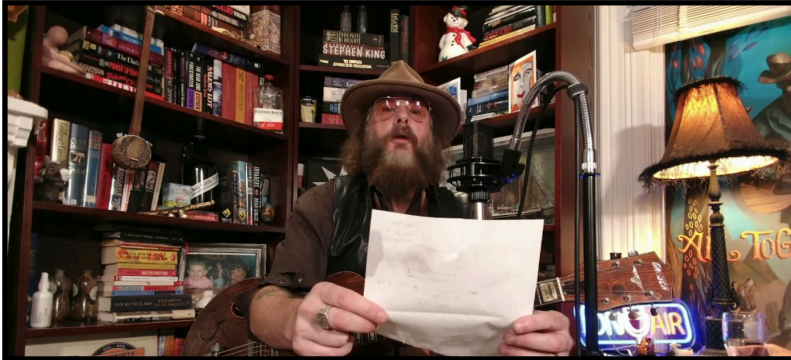


Our wise Mr. Grant ended with... *"It grows like a weed"*

Ken does a beautiful job painting a picture of the pub, on Wednesday nights in September. *Debbie Pارسan* posted "Good Old Days at The Pub!" And (GT) *Mike Steenburg*, "A great spot. Best 4 walls in Campbellford."

Let's see a part of Ken's wrap-up for tonight's Show, "OK it's time for bed ladies and gentlemen, thank you very much, we've had a great time.

Ken's closing monologue often involves the Goats, always involves laughter and usually averages three minutes.



I'm going to check my notes to make sure I'm not in trouble with my wife. I'm like a kid in school (starts reading), 'Ms. Edwards says Duran Duran are back on tour. Dwayne Gretzky'. I've already talked about all of this. See I haven't missed a thing. I'm so on top of it.



"You see it's this brain juice. I'm coming back to the brain juice."



"I'll finish the whole glass (lifts up) oh the little chunks and cartilage bits at the bottom."



Ken always ends the Show with...

"Be Like Steve"

Vision Boards

I planned September's Whiskey Wednesday Shows to be quieter with no guests and anticipated the magazine would be shorter. The universe had other plans. Not to worry it did not mean any extra work for me. All the talk about the pub inspired me. I remembered I wrote about the pub in one of my vision boards so I went on a hunt. I'm sure new viewers are probably wondering what are vision boards?

Vision boards are my opportunity to reflect and journal using photos to share my journey. I have included vision boards in past magazine editions. This time I'm including one of my very first vision boards from October, 2021. You will read it coming up or you can skip to page 69. Appropriately I placed it in the whatta ya at? section because both new viewers and regulars will learn a lot about us.

THANKS FOR TUNING IN...
 WE APPRECIATE THE COMPANY

MUSIC FOR GOATS

THE WHISKEY WEDNESDAY SHOW
STEVE DAGG - DRUMS
KEN GRANT - BASS
NEIL LUCY - GUITAR
KEN TIZZARD - VOCAL/GUITAR





Just like the start, I know the Show has officially ended when I hear the theme music and Ken says, "Once again thanks for spending another Wednesday with us here at Storey House Studios..."

I wouldn't be surprised if others, especially regulars are like me and stay tuned to the very end. It just doesn't seem right to turn channels.

Video fades away with Ken singing familiar lyrics... "Last night I broke the seal on a Jim Beam decanter that looked like... Elvis"



*Post-Show Routine
a.k.a. the kitchen party*

After Ken and Barry "power down" the Studio, the Goats go out onto the front porch to chill. Ken always comes in to me to check how I'm doing and we talk briefly about the Show. Sometimes Ken has to turn on the oven before he heads out to the front porch as well.

The boys stay out for about 20 minutes and then head in for the kitchen party.

The boys gather around our "newish" upgraded kitchen island. The countertop was changed so that I could access the kitchen in my wheelchair and it was also raised for Ken who is 6'3. He does all meal prep here so it's great for his back and it's at bar height so it's perfect for the kitchen party. You can read more about making our home accessible in a vision board in the February 2023 edition.

Ken always has an album picked out especially for the Goats and we enjoy a special culinary treat prepared for the evening. Lucky for us my Wednesday PSW absolutely loves to cook so she brings my ideas to life. I try to be creative each week. The boys always seem to enjoy, it's absolutely quiet in here while we are eating. The boys usually stay for about an hour, it's a lovely way to decompress after the Show.

(Below) Parmesan Panko covered zucchini chips with Sriracha dip



(Above) Tomato, Bocconcini, Basil skewers & tomato pine nut dip with pita chips
You can read more about my dream PSW team in the May 2023 edition.

*Hope you enjoyed The Whiskey Wednesday Show Guide
(and interesting look at a wonderful plant, a.k.a. weed)*

Episode 38-Wednesday, September 20th

- 1) FMNL/Pain Free Living- Ken Tizzard
- 2) Shelter From The Storm- Bob Dylan
- 3) Crazy Love- Van Morrison
- 4) Pain Free Living Video Premiere
- 5) Weight Of The World- Ken Tizzard
- 6) Old Dog- Ken Tizzard
- 7) End Of The World- Ken Tizzard
- 8) Dollar A Day- Ken Tizzard
- 9) Drunk Stoned And Broke- Ken Tizzard
- 10) Barstools And Broken Hearts- Ken Tizzard
- 11) Morrissey- Ken Tizzard

“Tonight is a special night, it is the telethon pre-show. I have got lots to tell you, we've got great music to play and I even put on new strings on my guitar this week. New strings, we will see what will happen here, lots of tuning I'm sure.”



It was then time to check in with the Goats and Dave was first up. He has been fishing but with the change of weather “the fish have been completely off” and Ken asked him the name of his instagram fishing page he's planning to launch over the winter. Ken so hip and current announces, “Check out Esox Hunter, coming at you on the ‘gram’.”

Word Of The Week- Esox (noun) is a genus of freshwater fish commonly known as pike or pickerel.

It was Mr. Grant's turn next who “is doing great” he had a complement for Ken, “I love the new shirt man, it is fantastic.” Oh this old thing was his reply, it's been in his closet for at least 15 years. I agree with Mr. Grant I've always loved this shirt.

Neil was unusually quiet, he's doing well nothing new to report. Barry had a fall on the weekend, hurt his shoulder, gratefully it's starting to heal.



1) KenCon-Original (played often)

-Pain Free Living from the upcoming *Dagg Sessions*



Ken and the Goats had a busy weekend, "We haven't played in months and Dave has played with us once and that was six songs. We went down to Capers Friday night and had a blast. Everyone made reservations came got their seats and we played, and played, and played. We played 30 odd songs that night."

How wonderful guests enjoyed a fabulous dinner (our favourite is the schnitzel) while watching three hours of music. Ken brought in sound and lighting for the event. We have an idea for next summer so stay tuned for exciting plans.



From FB, "The Goats and I had a wonderful time last night performing at Capers Tap House. The weather was splendid, the vibe was great and this was the first full evening of music with drummer David Lawrence. Music aside, it was fabulous to get out to see old friends like blues man Mick Manning... cheers all and thanks for a wonderful evening."





Ken continues explaining their busy weekend, "Then I went to the Promised Land Animal Sanctuary on Saturday (solo performance for fundraiser). That was excellent as well.

Then we had Crowestock. Crowestock is a new thing happening up this way hosted by our very own Neil Lucy out on the Crowe River. It started with Neil's friends and neighbors and it's now grown into friends, neighbors, extra friends, some people from town.

Neil added, "It started as a little garage party and it's grown into a big garage party. We had over 100 people come out on Saturday night and cash donations for the local food bank. We managed to raise \$1004.75.



Ken naively suggested, "Let's just say \$1005." To which Neil responded, "Well we could but that wouldn't be precise." Lots of laughter in the room including Ken's signature giggle. Neil is precise in everything he does and Ken knows that.



After Ken takes an extraordinary long gulp of beer Neil declared, "Same time, next year."

Would you like to attend? Ken explains how, "If you want to get on Neil's friend list find him online, befriend him over the next 12 months and you will get an invite to the party." However this may be tricky because Neil shared, "I'm disguised online." In other words he does not go by Neil Lucy.

Ken was quick with his come-back, "They have to figure that out, that's part of the whole Crowestock thing." Don't worry Ken tries to help, "Hint, (he looks down) Stanley how are you doing tonight? See what I did there, nobody else got it, except for the people that know."

Yes I agree, a very confusing hint. I'm going to send you on a scavenger hunt. In a previous magazine article I explain the correct spelling of Neil's dog Stanley. That's how you can find Neil on Facebook.

Ken is laughing at himself as he reaches down for lyrics and says, "I don't even know if they got it (the hint) to be perfectly honest." Neil agrees, "I'm not sure if I did."

From FB, "Three years ago Neil hosted a party for his neighbours. He invited some local musicians and everybody had a wonderful time. Last year it got a little bigger with a few more bands and a larger group of neighbours. Last night was year 3 and we had a great crowd from the Crowe River and surrounding towns. Word is spreading and the event gets more involved and spectacular each year. What a fantastic community we have here... thanks to the Janet Jeffery Band, Dave Mowat and the Curbside Shuffle and of course the Goats for a great load of fun. Also thanks to David Hirst and Barry Twohig for all the set-up and work on sound and lights. Thanks to all who came out and those who contributed to the \$835 raised for the local food bank."

2) KenCon-Bob Dylan (played occasionally)

-Shelter From The Storm from the *Blood on the Tracks* (1975)

The Camera

(a Seinfeld inspired skit)

“Did my camera zoom in or do something weird. Or is that just me?” No I agree, he was definitely closer than usual so he tried to correct it using hand signals. Let's enjoy the always animated Ken Tizzard...



The OBS cameras can be readjusted using hand signals. However during the live Broadcast Ken is supposed to turn off the “auto zoom” option, otherwise the camera has a life of its own.



So Ken had to move the camera in the old-fashioned way, "I'm going to move it back a little bit, it seems like it is right in my face. Not that there's anything wrong with that."

But you can't see the beautiful stuff like this Campbellford Spiritleaf logo." This one was handmade for the store, we have it on loan until Eric makes one for the Show.

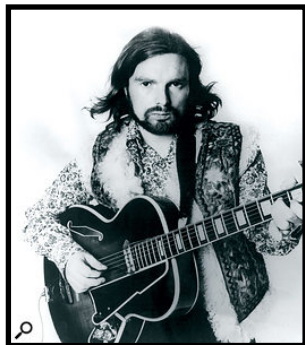


3) KenCon-Cover-Van Morrison (played twice a year, February for Valentines & September for anniversary) -Crazy Love from the *Moondance* (1970)



Ken had a special dedication for this song, "This week is important for some friends of the Show. Neighbors of ours (the ladies next-door) Kim and Charmaine, for one of them it's Christmas and the other is Easter I do believe. Is that what's happening Neil?" Neil clarified, in reality, "It's their anniversary on Saturday, Charmaine's birthday on Monday and tomorrow is Tony Arkell's anniversary."

Ken is surprisingly amazed, "You are right, you remember all this stuff." The secret Neil writes them down. Ken on the other hand, "I wish I had something to write things down in." As he says, he has his phone and numerous notebooks around the house, trick is he needs to remember.



Neil had a PSA, "Here I am ladies and gentlemen, rhythm guitarist and secretary."

Crazy Love is now officially Tony Arkell's song.

Van Morrison, is a Northern Irish singer-songwriter and multi-instrumentalist whose recording career spans seven decades. At the age of 77 he is still out touring.



Crazy Love has been performed by many artists. Notable cover version are Helen Reddy who had considerable chart success in 1971 and the highest charting version came in 1995 from R&B singer Brian McKnight. Two interesting duets. Van Morrison and Bob Dylan sang a duet of *Crazy Love* on the BBC film, *One Irish Rover* in 1991 in Greece. Ray Charles introduced Van Morrison by starting the first verse before Van's appearance when he was inducted into the Songwriter's Hall of Fame in 2003. Morrison and Charles then finished with a duet of *Crazy Love*.



Crazy Love ended with smiles and everyone looking in Neil's direction, apparently he got a little distracted during this song, "I know, I know. Stan got up and I thought for sure he was going to knock your camera tripod. So I was busy watching him."



Ken explains, "What you all can't see is the wealth of cables and wires, microphones and cameras. It's amazing when I look at the screen (there are two large TV monitors in the Studio) I don't see any of that. I just see us doing our thing."



Wise Mr. Grant described Stanley's performance the best, "He did the perfect four legged limbo underneath the stand."

Ken observed, "Actually I think he put the camera back in the right place."

4) Pain Free Living Video Premiere

"It's time for the PFL video premiere. I want to thank a bunch of people who came out. I sent an email out to a select smoking friends of mine and a few drinking friends who don't smoke but enjoy being around that.

There was about 15 there for the entire night and probably 20, 22 who came throughout the night. We captured different people at different times. Some people didn't want to be on camera so they lurked in the background like lurkers. They had a great time too. This is a video for *Pain Free Living* filmed by Satch."

I have captured some of my favourite images from the video.

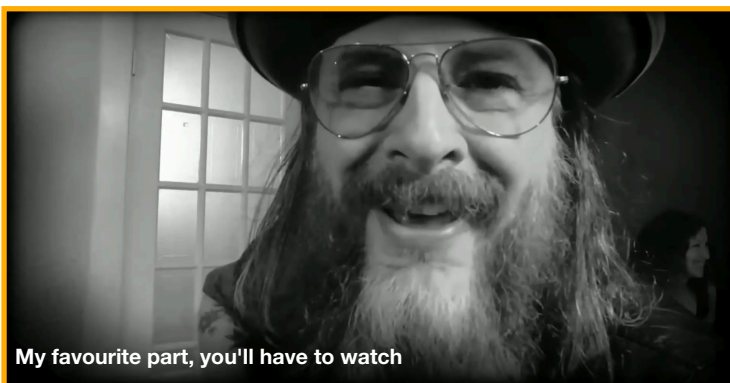
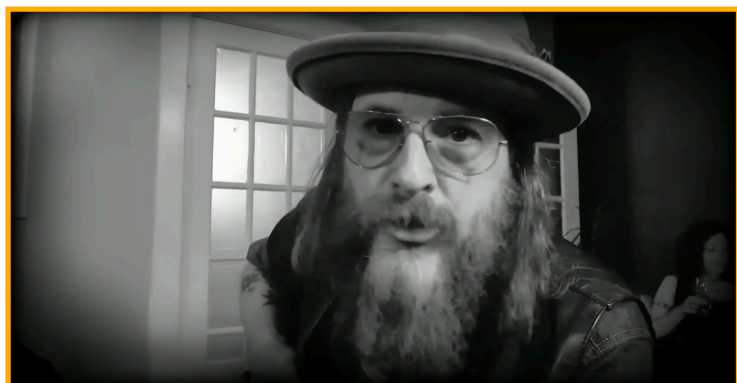




Charlie, Kim and Steve's dog is the official mascot for PFL



Neil with his tattoo petting the goat that inspired it





“Great acting you would almost think we were really getting high”
Mr. Grant made this observation when they returned back to the live broadcast.

Ken did some reflecting which included Aunt Betty, “Richard says love the Shoo Be Doo. We argued with the Shoo Be Doo back-and-forth but it won in the end. I'm glad we kept it that way.

Aunt Betty I posted a message, not sure if they're going through. I remember Boyd (Aunt Betty's husband), dad and all the uncles when they would get together, the kitchen table full of ashes and cards and beer bottles and rum, no weed.”

Ken looks directly in the camera and points his finger reassuringly,



“No marijuana Aunt Betty no marijuana. That's the devils plant”

5) KenCon-Original (played occasionally)

-Weight Of The World from the *Between The Lines* album (2010)



As always this song has a special dedication, "Oh that's sum good cold beer right there, that's sum good cold beer. We are going to play a song right now called *Weight Of The World*. GT this one is for you buddy." Ken certainly enjoyed his beer this evening.

During the song, (GT) Mike Steenburg posted, "My back is still killing me but music is a great healer."

Also during this song Ken started laughing alone while singing. The Goats looked focused they were not in on the joke. I was curious to find out what funny thing popped in Ken's head, he explains, "Sorry I laughed I was looking down at the (iPad) screen. I saw a post come up from *Richard Grechulk* who posted, 'My back hurts from carrying *Tony Arkell* to a softball championship a few weeks ago' (lots of giggling in the Studio). I thought that was funny. That was laugh out loud funny." Ken then took another big gulp of beer. By the way *Tony* replied, "It's true. U don't want to see my leg from a pulled hammy. I've never seen so many shades of purple."



And the Emmy for the most dramatic performance goes to Ken Tizzard. He starts by taking another big gulp of beer, puts his hands on his legs so we know he's serious, "It took me the longest time tonight to make a decision, I'm usually pretty good with things but..." He pauses, for the life of me I was trying to figure out what decision. Ken continues, "I was trying to figure out whether I was going to wear socks and shoes."

Oh Ken, now it's time to build the story, "It started at about 4 o'clock this afternoon.



Hhmm, and it was really just about 10 to I decided to go with shoeless. Then I thought no my camera is far away you can see my feet (so he went with shoes). I was wrong." He looked up at the TV monitor you can't see his feet so he has made another decision, "Now I know so I can actually go pantsless for these things."



Neil spoke clearly and directly into the mic and wisely suggested, "Please don't do that." I know very early on, way back in 2020, Ken had mentioned on the Show he has an unusual choice of underwear. Viewers can ask Ken or Neil to elaborate. They do share hotel rooms when on the road with the Watchmen.



6) KenCon-Original (played often)

-Old Dog from the upcoming *Dagg Sessions*

Second time tonight, Ken laughing in the middle of the song. This time Neil was smiling and you could hear him quietly say, "You get what you pay for." Ken did not explain during the Show what happened so I asked him. Neil had made a mistake and at the same time they locked eyes so he was caught and couldn't cover it up, lol. As you can see Mr. Grant was clueless.



The Whiskey Wednesday Clubhouse

Let's see who's in the clubhouse with me!



Tonight Ken had the iPad on the floor, "Steve Astolfo how are you doing? A new friend, I know he's been around for a couple of months, he's talking now, good to see your brother." Steve posted, "Man, I'm feeling awfully comfy and cozy over here right now. WW POWER!!!"

A few other comments to share. Earlier in the evening *Tony Arke* posted, "Late to the party! At another volleyball tryout with my son." To which Richard Grechuk replied, "No excuses on Wednesday night." Our regulars take things very seriously, lol.

Joe Murray, "No better place to be on a Wednesday evening!" I tend to agree. *Ed Frankowski*, "UTUBE on the 65". Like a live show." To which *Derek Mellor* replied, "I've got the Jays on the tele." Wow 65", I'm thinking the *Pain Free Living* video must've looked great and with the Jays doing so well there may be a few people doing double duty on a Wednesday night. And *Ron Bissonnette* informed the clubhouse, "Packing up to go to San Fran !!!" Safe travels and what a great place to celebrate your birthday.

Ken explains his dilemma with the iPad, "It's distracting and somehow part of the Show. When I look at it when it's here (pointing down), this is kind of like the audience heckling me while I'm playing. It's good. This is the first time I've kept it in front of me and I've have been watching." Neil suggested, "It might be a good idea not to." Ken disagrees, "I don't know, it's kind of fun." I agree, Ken interacting with viewers for me is what makes The Whiskey Wednesday Show unique and special.

Tonight it seemed like Ken was either drinking a beer or tuning his guitar. "Tonight we are celebrating new stuff, new video, new telethon, new season (don't get confused it's still Season 3), new strings. Dave's got new drums which we used on the weekend. Some Mapex drums which are forking fantastic, those are groovy drums. We are setting those upstairs in our rehearsal/recording studio. What else is new, new frontiers (whatever that means)."



We then enjoyed three songs back-to-back...

7) KenCon-Original (played often)

-End Of The World from the upcoming *Dagg Sessions*

8) KenCon-Original (played often)

-Dollar A Day from the upcoming *Dagg Sessions*

9) KenCon-Original (played often)

-Drunk Stoned And Broke from the upcoming *Dagg Sessions*



Ken was happy to share, "Allison bought me tickets for Jim Jeffries for Christmas last year (actually it was for his birthday) we're going Friday night in Kingston. I'm excited for that. I can't remember the last time I saw a comedian." Neil didn't agree with the last part, "What are you talking about man, I mean look at us." I agree, I laugh every week at their comedy act.



Ken introducing the next song, "This is called *Barstools And Broken Hearts*. Comedians work on the road they know this song as well. This is what we get after spending too many years with a light on us looking at people in the shadows drinking and hiding, burying their sins and their sorrows."



10) KenCon-Original (played often)

-Barstools And Broken Hearts from the upcoming *Dagg Sessions*

Deep Thoughts by Ken Tizzard



A simple song introduction turned into a philosophical reflection, “This is another one of the new tunes which we’re going to end with tonight. A song called Morrissey. This one came out really interesting in the recording.

I hope you are enjoying the videos and the singles. I said to Allison last night what’s the end goal, what am I doing here. There is no money to be made in touring for me. I like hanging out with my friends and playing music.

The excitement of recording a song, releasing it, making a video for it, shooting it, editing it. OK what did I do that for. Allison keeps saying you are doing it for yourself. Yeah but is there a bigger picture.

I don’t know, it’s the existential quindry, it’s not quite a quandary (photo #1). It’s a quindry, a small quandary. I’m dipping my toe into the pool of existentialism (photo #2). You know the reason for being.

Words Of The Week

- quandary (noun)-uncertainty over what to do
- quindry-a made up word from Ken’s imagination



A special thanks to Jake Gold (photo #3). I called you like three years ago, I said, ‘I’m having a musical existential crisis, I don’t understand what I’m doing anymore’. Jake Gold was the manager of the Hip (and the Watchmen) for years. I knew he would be honest and tell me the truth.

Mr. Grant had a piece of advice, “Don’t worry so much about it just do another song.” Ken shared, “That’s kind of what Jake said. That’s the best music industry advice that I’ve ever heard from anybody. What you just said in its simplest form, just play another song.”



And that’s exactly what they did, played the last song of the evening.

(1) KenCon-Original (played often)

-Morrissey from the upcoming *Dagg Sessions*

Three minute Closing

Both my boys, Ken and Jack had boo-boos this week. Ken tells viewers all about it in tonight's closing,



“Well ladies and gentlemen it has been another fantastic Wednesday night. I made the erroneous mistake of pulling a weed out that happened to be a stinging nettle. It has been hurting me all day, even six hours later.



Right now I don't feel any pain. So music has washed away the pain of the stinging nettle.”
Dave had a quick observation, “Pain Free Living.”



We are all excited for the telethon that is happening in four sleeps, “I'm really looking forward to it, Allison is super excited about it. Jack is really excited about it because by Sunday he will be feeling better.



He went in to have his teeth cleaned today and they cleaned them so much they disappeared. So he only has four teeth left.



We'll see you on Sunday and until then remember Be Like Steve!



It was a very special Show this evening. An original Goat Luke Mercier was back live in the Broadcast Studio. We also celebrated the telethon, "I'm recovering from the weekend. Good Lord we did a 12 hour marathon (he meant telethon but he might be onto something) on Sunday. It was so long (he repeated this 4x). Thanks to everybody for coming and watching, it was a blast. It was really neat to look back. We had a really good time building this Show during Covid and to look back and see all the changes. Also Allison took a deep dive into my evolution as a solo artist. It was really interesting to see all the different variations that I've had and the people that I've had with me.

Tonight we've got here with us Luke Mercier ladies and gentlemen." Luke was quick to bring something up, "Wait a minute where did you find that photo, where did that come from?" Luke is referring to the photo in the FB post.

Ken is laughing, "Did you notice anything about it?" Luke noticed the changed background. Ken explains, "Remember one night we were over at Mr. Grant's house and you picked up his old Vox guitar. You were sitting in his kitchen and there is all this stuff behind. I was playing with it and suddenly this thing came up that said remove background. I went what's that (pretends to push button) that's cool. I went hold on, I started putting other pictures behind it. I did about 10 of them before I finally put you in the woods. It was a great photo and the guitar looks amazing."



Luke was double checking, "So it's not Adobe Photoshop AI Beta, you didn't use that?" Ken confirmed quite the opposite, "No, no I just pushed buttons like a monkey."

Ken really does sound like a 14 year old boy excited to discover something new. What's your opinion of Ken's creative photo transformation?

Episode 39-Wednesday, September 27th

Whatta ya at? Live in Studio with Luke Mercier

- 1) RPD/This Town Of Mine- Ken Tizzard
- 2) Pale Blue Sky- Ken Tizzard
- 3) Black Cat/Cat Tracks- Luke Mercier (song#1)
- 4) Home- Ken Tizzard
- 5) Fare Thee Well- Ken Tizzard
- 6) Ragtime Annie- Luke Mercier (song#2)
- 7) On Your Mind- Ken Tizzard
- 8) Cherokee/King Is Gone- George Jones
- 9) Five Miles of Ellum Wood/Big Sandy Boys- Luke Mercier (song#3)

WWW.YOUTUBE.COM/KENTIZZARD
SONGS AND STORIES
THE WHISKEY WEDNESDAY SHOW
SPECIAL GUEST LUKE MERCIER
LONGHORN Beverage Co. Yorkville Traynor
SEPT. 27, 2023 8PM EST (9:30 IN NL)

Live in Studio with *Luke Mercier*

Now to a familiar whatta ya at? introduction, “Ladies and gentlemen we have Luke Mercier here with us tonight. Luke is an old friend, he’s been on so many of my recordings, he’s been involved in so many of my projects.

Luke was actually one of the OG (Original Goats). Back when Ken Tizzard was recording the Ron album and doing the *No Dark No Light* touring, the three of us, you, me and Mr. Grant toured a lot. Then we had Steve come in and Ken Kelly. Then Neil was hanging out.



It sort of started out as a side thing because we used to get together at your place. I was learning how to play a little Bluegrass, learning to strum the chords, trying to keep up with it, trying to follow it. We started playing these fiddle tunes with you. Neil at that point was a friend and we realized that he played a little guitar. Neil came out and started learning these fiddle tunes.



What just started out as us hanging out turned into a thing that opened up for Ken Tizzard. We had this one show which I thought was a storyteller circle, it was the Yarns at the Mill. I thought they hired us so I could tell my stories and play songs. We found out the week before that it was actually a ‘shearing’ convention. I was talking to you on the Thursday night before we went down and you said ‘what are we doing tomorrow?’ and I said ‘as far as I know we are playing music for goats’. And that is what we started calling the fiddle outfit, Music for Goats.



Luke is one of the original Goats and as you have heard me many times, Luke is the inspiration behind all the fiddle tunes that we play. I always say this is something inspired and taught to us by Luke Mercier.”

Neil delivered the perfect one-liner, “So the name Music for Goats is just ‘shear’ luck.” Followed by Mr. Grant, “You were spinning a yarn.”



Let the music begin, “We are going to play some tunes tonight that are going to reflect where we are now and where we’ve come from.” Luke was wondering how long it has been since they played together. “I think it might’ve been the Rivoli. And then after that things changed with Allison, I was out of it for a little while, then Covid hit and now here we are. The biggest part of tonight is just being here, it’s so great you’re here. The first time for Dave to play with you.



We're going to get her going here now with **Red Prairie Dawn** into **This Town Of Mine.**”

It sounded wonderful to have the fiddle back in the band and I must say they looked very well coordinated this evening. You would think I had sent out a memo to tell them what to wear.



The song comes to an end and Ken sums it up perfectly...

“It’s like a little piece of the puzzle is suddenly back in and it fits perfectly”

Live in Studio with Luke Mercier

The whatta ya at? begins with a show & tell, “Luke I'm going to ask you some questions about the fiddle you are playing because I'm always interested in what you are playing. He is what you would call a Luthier, he makes and fixes these things. But he works at a level that I cannot understand so I always like to ask him what he's playing.”

Luke shares, “I'm playing on a fiddle that would have probably been made in Amsterdam, early 18th century, it's had extensive varnish restoration. That's why I own it.” Before we get into the technical restoration process let's learn more about Luke.



Restorer, Maker, Dealer and Appraiser

I really enjoyed researching and learning about Luke Mercier, the Luthier.



My name is Luke Mercier. I am a violin restorer, skilled in all manner of restoration, as well as in the building of all instruments from the violin family. I have built many violins, violas, cello, and double-bass.

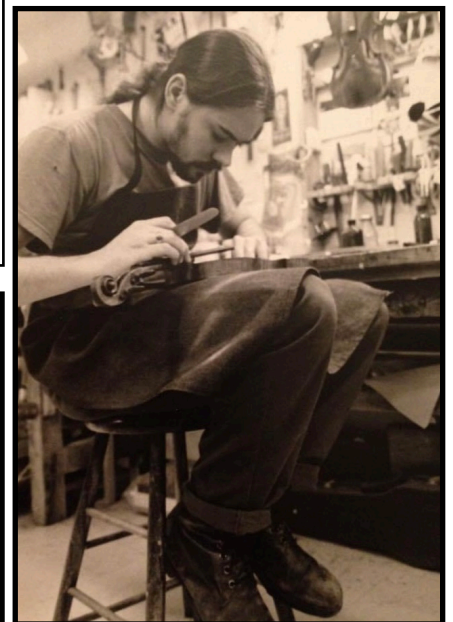
In 1991, I began my training in the renowned restoration rooms of Geo. Heintl & Co. Ltd., in Toronto, Canada, where I remained as a full-time employee until 2006.

In 2006, we established a home-based studio in Spring Brook, Ontario, situated in rural Hastings County. My continuing involvement with Heintls has kept me restoring a great number of fine antiques, many of which are part of the celebrated collection of instruments that comprise The Canada Council for the Arts Musical Instrument Bank.

Pre-eminent classical musicians from Canada compete for the opportunity to borrow and perform with an exceptional instrument from **The Canada Council Musical Instrument Bank** for three years. The Musical Instrument Bank comprises more than 20 exceptional instruments crafted by world renowned luthiers.

of quality stringed instruments of the violin family...

As a violin restorer of nearly 22 years, he has come to treasure his experience of having handled, studied and restored many rare and important violins, violas and cellos. His most cherished restoration projects to date are of the 1689 'Baumgartner' Antonio Stradivari, works by Francesco Stradivari, J. B. Guadagninni, J.B. Vuillaume, Amati, Guarneri and Tononi and the list goes on.



A Master Class With A Luthier



Ken asks, "Varnish restoration, what does that mean?" Luke does a fantastic job describing what he specializes in. I'm thinking a few viewers, especially *Joe Murray* enjoyed this technical explanation. I understood very little but again I have zero musical ability. Take it away Luke, "When I got it it was covered in a thick red lacquer. You couldn't even see the figure (grain) in the wood. (He raises his violin #1) this is what I'm talking about here, nicely flamed curly maple one piece back. Very much in the style of Niccolo Ahmadi.



Then Ken came up with a new fiddle term, "Is the bridge and I'm going to call it a neck shoe, is that what it's called?" Luke informs (#2), "That's called the chin rest." But everyone in the room agreed they like Ken's creativity it's now going to be called a "chin shoe". Luke does not make these they are a commercial add-on and not part of the instrument.



Luke explains something interesting, "If you changed the neck on your Martin guitar that's a big deal. But you can change the neck on a violin and it won't devalue it in any way. In fact a lot of these old instruments have been modernized over the years.



The way the neck was set into the body has changed since early baroque times. In order to keep up with the demands of the repertoire changing, higher string tensions, bigger orchestras, more volume required. Early baroque instruments would have been strung with gut (strings typically made from sheep intestines).

And the neck would have been set into the body in the same plane as the ribs (#3). They made up the neck elevation by thickening the fingerboard where it meets the neck and keeping it thinner at the nut.

They also increased the pitch, the back angle. This relationship from the neck foot, which is inside the mortise (#4) and the fingerboard gluing surface. This is 87° rather than 90° ."

Now we are involving math so I knew Ken would be lost, "This is what happens when you talk to Luke. It's pretty fascinating. I'm always amazed at the instruments you bring on."



Before we get back to music let's see what Luke creates unfortunately this one is sold. More fantastic technical information for any violin, banjo or guitar makers in the audience. Luke specializes in crafting modern versions of American banjos built in the second half of the 19th century. Offered here is a custom-built left-handed fretless model, based, on an early A.C. Fairbanks instrument. The 1/4" thick rim is built of two plies of cherry, with an outer ply of Indian rosewood. It measures 12.25" across and 2-1/8" deep. The double-pointed wall brackets are reproductions of original Fairbanks pieces and the pyramid nuts are reproduced castings from originals dating to circa 1870. The instrument's



single-piece neck and dowel-stick are hand carved of Walnut, with a rosewood veneer fingerboard with flush violin purfling frets. Ebony friction tuners and a simple 8-pointed star adorn the headstock, while a hand-carved bone tailpiece and gut hanger fasten on the end of the dowel-stick. The instrument is finished in a traditional rubbed varnish. 25.7" scale.



The second song of the evening is an original that is not played very often called **Pale Blue Sky**.

The lyrics in this song are perfect. One of these days I will include the whole song ...

When I heard the news today
my heart dropped to the floor
Three brothers left standing
where there rightly should be four
I can never take away your pain
for a murdered son, lost love stained
And nothing is ever going to be
the same again

Reflecting after the song, "Very nice, I remember recording that. Do you remember when Jane came in the studio to record that? (Luke, 'absolutely, I'll never forget it') We recorded that song for Jesse Archer and Jane came in to sing some backgrounds and oh my Lord."

I will give you a brief background. Jane is a part of the Whiskey Wednesday family, she is the Jane in Jane Archer and the Reactionaries who have been on the Show. Tragically in 2010 her son Jesse was murdered. You can imagine in our small town what an impact this had. Jesse was very active in the music community. If you have not had the opportunity you should listen to *Pale Blue Sky*, Jane's performance is breathtakingly powerful.

It was time for some fiddle music with Luke leading the way, Ken asks, "**Black Cat** and **Cat Tracks** what's the story?" Luke explains, "They were both tunes that were composed by Owen 'Snake' Chapman from Chapman's Hollow in Canada, Kentucky. I thought they were fitting tunes for a Canadian fiddler to learn."

I love watching Ken and the Goats accompany a visiting musician in the Studio. Tonight they were all intently following along with the music.



Owen 'Snake' Chapman was born in 1919 near Canada in north-eastern Kentucky. His personal story is almost an archetype for the experience of the Kentucky mountain people in the 20th century - born and raised in a log cabin, he worked as a coal miner from late teens to middle-age, retiring early with black lung and working briefly in the auto plants of Detroit before returning to the family home in Chapman's Hollow sometime in the late '60s.



The song ended with smiles all around and Ken sharing, "That was so much fun." To which Luke replied, "It's supposed to be fun." Ken agrees and uses it to segue into the next topic.

Ken reflects, "That brings me into something. It is supposed to be fun. Let's talk about the telethon, we have one pic from the telethon. Out of the 80 hours of planning that we did collectively to put together 12 hours that flowed seamlessly. We were in seconds at the top of the hour. The thing that got the most response out of the entire day was..."

Allison came in to do some switching and she is sitting where Barry usually sits. She's just about to start and both animals are on her. I posted this at the top of the telethon it got more attention online which I think is fantastic.



Deep Telethon Thoughts by Ken Tizzard

"It was a really interesting thing this telethon, it was really great. We did end up raising a good chunk of money. I don't know what the total is yet, we still have another week to go before we have the draw.

We set out the lofty goal, 15 grand would be great, get some new cameras, money into advertising, make the Show bigger, make the Show better. All dreams, all great. The reality is the Show costs between 1200 and 1500 a year out of pocket and that is the number we hit.

We've got such a great thing here already. Those would be candy for me. It got me thinking about things, the last 24 hours have been really weird. I was thinking about the idea of candy, you know how much I love candy. We were at Barb's sister's wedding on Saturday night and they had a candy bar. I had smoked a little too much of the Devils lettuce. Sorry I got distracted by the idea of candy.

It reminded me there's a lot of stuff, as artists these days, we are encouraged to do. Self promotion, self radio tracking, all these things. It can get consuming. Back in May when I put out the first single I had ideas based on how things used to work, how it can roll out.

I have realized the internet is mire of everybody wanting \$5-\$30 to do something. I've got journalists writing me saying I love your album man I can write you a 200 word review, it will just cost you \$35 (no need to pay he's got me). I have been inundated with that since May when I started putting the singles out on Spotify.

It really got me thinking how much stress came into my life in the last six months from doing that, trying to be a part of that culture. I'm not a part of that. I'm older now, the music is different. It's not like I'm breaking Spotify algorithms. No matter how much I put into that I'm never going to get back the time that I miss. Like this summer, Neil doing all that gardening out front while I was inside sitting on the computer. An entire summer I could've been hanging out.

The fundraiser and going through the emotional attachment that doing something like that does. Going back through the history really gets you thinking. At the end of the day if I was to write down on a piece of paper what my dream life would be right now, it would pretty much be this aside from Allison being sick of course. When it comes to music and people around me it's kind of what it is. The telethon was a success and thank you all for being a part of it. It was a great eye-opener for me. Really cool day, really cool time. I want to get back to writing music, spending time with people that I like, pulling songs out of them and less time on the computer."

I agree 100% with everything Ken said. I loved the telethon and I would not have changed a thing. Ken has successfully recreated the pub in our home with his best friends around him and an amazingly supportive virtual community that tunes in every Wednesday night. I think we can say he's living the dream!



Back to the setlist and their original **Home** was up next. When Luke came in with the fiddle it sounded like it was always meant to be there. Ken agreed, "That's just beautiful." He then explains perfectly the anticipation of waiting for Luke to come in with his fiddle.

"I like how we go through the entire first verse and I'm like, here comes Luke, here comes Luke. The entire first verse you played three long notes and two short notes." Luke was double checking, "Were they the right ones?" Ken confirming, "They were the right ones..."

"It's such a Luke thing to do"



Ken explaining the next song to Luke, "**Fare Thee Well** I wrote that one when we were sort of working together, all the stuff on *No Dark No Light*. Mostly me, you and Mr. Grant when I was writing that, while I was on tour with Ron. I used to come back with bits and we would put it together. We play this one a lot."

I like hearing how Luke is a part of songs that we are very familiar with. I was really looking forward to hearing fiddle on this song and it was beautiful. It really reminded me of Elly's accordion. It was so exciting to hear a Ken Tizzard and Goats classic in a totally new way.



Fourteen year old Ken had a question. From the look on Luke's face I bet you are very curious what it was. "I love these little things what are they called?" Luke replies the obvious answer, "Pegs" Ken, "No, I know that. The little white things on the outside." Luke with another one word reply, "Pips." Ken is still curious, he learned the pips are purely decorative and then asked, "What are pips made of, they look like they are made of something valuable?" Another one-word response, "Plastic." Ken's response, "Excellent, the most valuable thing on earth."

Luke did have a little more to say, "They were probably ivory originally and bone and now plastic and wood. Actually this probably isn't boxwood, it's probably lemonwood, it's softer." Ken thought he would contribute, "I've got some lemonwood in my bedroom actually." You can hear Neil's deep voice correcting, "It's lime." That does not persuade Ken he keeps going, "It's lime actually. If you ever need any limewood." Luke suggested, "I'll just come over and we'll make some violin pegs." Ken agreed, "We'll make violin pegs with my lime plant. That sounds like fun." You just never know what you are going to learn or not learn on a Wednesday night.

Words Of The Week- lemonwood (noun)-light-colored wood, good substitute for boxwood
-limewood-a made up word from Ken's imagination



Ken reflected on our weekend, “For my birthday Allison bought me tickets to go see Jim Jeffries. I’m not even going to try to do his stuff. He had the arc of the joke, he came out and his first punchline also ended the show. And everything in between was interconnected, it was just one big story. It’s just him talking about his life.”

Jim Jeffries is an Australian comedian that Ken has followed for years. He was a little worried how a comedy show would be in an arena with 5000 people in attendance. Jim had the audience engaged as soon as he walked out on stage. We had a fantastic time and it was fully accessible, a breeze to navigate.

Ken now sets up and tells one of Jim Jeffries jokes. Pay attention as the Goats start to figure out the joke.

The Husband

(a Seinfeld inspired skit)



“At one point he was talking, how forking great would it be to have a husband.”



“How forking awesome to have a husband and a wife.”



“I looked at Allison and Allison looked at me...NEIL”



“That's right, we've got a husband.”



“Jim you're absolutely right it's great.”



“The ironing needs doing, Neil does it (he actually just did iron a pillow cover for me). Oh we need some shopping done, Neil does it (he has been known to drive around to a few grocery stores to get Ken the coffee cream he loves). Jim was talking about how great husbands are. It just sort of occurred to me how lucky I am to actually have a husband as well.” Which means I'm doubly lucky, I have two husbands!

Ken stops to answer a quick question from the Clubhouse before returning to the weekend, "What T-shirt do you have on Tony Arkell says. Oh it's a Circle Jerks T-shirt that Sammy bought me at the show. I couldn't make it because I was busy with my husband and my wife." Luke was wondering who is Neil's husband. Ken reassured him, "Neil is a husband for himself as well."



"While we were in Kingston, Caitlyn came down with us. There's a picture of us, after dinner down by the water. There's my girls, look at how grown-up they are. Allison had her very uncomfortable wheelchair with her but she's smiling. It took a while for me to get that picture together because they are on the bench and Allison is in her chair. There's always a big gap so I figured I would fill it with my big ugly mug.



But again that was one of those moments when I realized all summer has gone and I really haven't spent much time with my family. I just feel like I have been robbed by something a little bit. I'm not going to let that happen again because there is lots of great stuff going on and I don't need to be looking for more of anything.

Kingston was great to us, thanks to the girls for hanging out. Cassidy was a little drunk in that picture you can kind of see. She went to one of her engineering things in Kingston. There is an engineering bar that if you go so many weeks in a row you get a banner for your jacket. She is determined to get all the banners."

Back to music, the boys were in a little bit of a panic trying to prepare for Luke's next fiddle tune. Not to worry they figured it out, they are doing three repetitions of **Ragtime Annie**.



I tried to capture the exact moment they finished. Ken sums it up, "I can't tell you how much joy that brings to me. It really does, it's such a joyful tune." And yes you did hear a well-timed "he haw" from Neil during the performance.



Ken returns to the whatta ya at? with an observation, "Recently through instagram this band started popping up, it reminded me of King Crimson and the Look People from Toronto and it's actually your old band, Magnificent Octopus from 25 years ago. So you are saying you have dug out all of these old tapes that you have been bringing from hard drive to hard drive." Luke confirms, "Yes hard drive, to hard drive, to hard drive and finally after 25 years, this stuff is going to die with me if I don't do something with it. So I figured that it should be put to bed somewhere safe. Now it can be found."



Luke shared the inspiration behind the name, “Whenever you hear the term magnificent octopus it's almost synonymous with Black Adder, the Rowan Atkinson series. There is a scene where Rowan Atkinson comes down to Baldrick, he's got this new master plan. It's going to be my Magnus Opus, my great work.

Then Baldrick his servant pulls out a crumpled piece of paper from his pocket and says (in Luke's very impressive English accent) ‘I wrote a poem too Black Adder, it's going to be my magnificent octopus as well. So we actually used the Black Adder font for the last release of Magnificent Octopus.



Black Adder is a series of four period British sitcoms, which originally aired on BBC1 from 1983 to 1989.



I published a double LP's worth and an additional album. Two albums, one is called *Pony Ride On The Moon* and the other is called *Mussel Memory*. So there is a lot of nautical and spacey Star Wars themes.”

Ken shares, “The music is fantastic, it's really intricate, professional but it is also wacky and off the wall. Lots of groove and funk and harmonized noodling and stuff.”



Music has played a significant role in my life. Included, was a healthy dose of jazz and classical piano from my mother since my consciousness began. Two decades later, In 1991, I began to further my piano studies with the late Czech-born Canadian pianist, Antonin Kubalek at The Royal Conservatory of Music, Toronto.



During this time, I began to compose for classical piano and small chamber groups. Among these works were ‘5 Meditations for Pianoforte’, for Kubalek which were performed to critical acclaim, and in 1996, ‘5 Waltzes for Pianoforte’, which were recorded in 1998 and are currently being released. Other early compositions were performed and toured by The Gryphon Trio, and also by The Martin Beaver, Jaimie Parker Duo.

There was a lot going on during the years leading up to Y2k. I was quite involved with late 90's Alternative Funk Rock supergroup, ‘Magnificent Octopus’ while also getting immersed in Traditional Folk Music with a focus on Appalachian fiddle/fretless banjo, African American Stringband, Old Time, Blues and Pre-blues Music, and Celtic Music.

A more recent focus has been on West African music and the stringed instruments of our ancestry.

We are down to the last three songs of the evening. I was most excited to hear their country classic **On Your Mind** and tonight's performance went way beyond my expectations. First it was great to hear it on Ken's Martin guitar for a change, not only did we hear Ken say "help me out boys", he also said, "take it away Luke" before his fabulous solo but then Ken slipped in a solo of his own. Ken was so focused and in the moment he forgot to sing and Neil and Mr. Grant came in to save the day!

This performance was quickly followed by, "We're going to play **Cherokee** and **King Is Gone**. So as I have mentioned every time we play this song, the intro was taught to us by Luke Mercier and tonight I have the pleasure of saying Luke Mercier is right here with us."

I loved watching all the boys interact with each other all evening long. This photo on the right, captures the moment Cherokee finishes and Ken starts singing, "Last night I broke the seal..."



Ken is starting to wrap up the evening, first a sincere thank you, "We have been lucky to have really good musicians in here. Steve Piticco, he came in and just sat down and just ripped with us. We learned three or four of his songs and had a blast just following him. We had Melissa Payne in here as well, she's another great one. We did the live show with Dave Mowat as well. It is so great to sit in with people we have history with, a similar repertoire. It's just such a treat, just a forking treat to have you here tonight. Thank you very much for taking the time. It's been great fun."



Then it was time for Ken to do his usual end of Show check-in with the boys to see how their week has been. Neil has had a good week, "I finished up with your gardens on the weekend and started on mine on Monday." Mr. Grant is, "sitting on top of the world." Dave did not tell us about his week he was just amazed by the evening. Ken suggested, "Tonight you are doing a whole bunch of stuff you've never done before. You're just trying to hold on (Dave, 'by the seat of my pants'). It's great, you're doing awesome." Barry is starting to take his deck apart while being careful to not injure his shoulder.



Live in Studio with *Luke Mercier*

The last performance of the evening combined two fiddle tunes, **Five Miles Of Ellum Wood** and **Big Sandy Boys**, repeated three times getting a little faster each time. The Goats all hung on and had a fabulous time.



Whiskey Wednesday keeping us alive once again distracting you for an hour every week. Thank you to my good friend Luke Mercier for coming out, it's been really too long. Ladies and gentlemen thank you very much, thanks to the band, thanks to Allison. We will see you again next week and until then remember Be Like Steve.

Thank You!

As the end of the year approaches we are reflecting and wanted to thank you for your generosity!

So first a little background. I'll try to make this quick, lol, you may want to go and pour yourself a glass of wine or make a cup of tea, it is very, very long. I was diagnosed with multiple sclerosis seven years ago at the age of 45. The hope was that any relapses would be minimal, sadly I was getting relapses three times a year and after each I would lose more mobility. Two and a half years ago, I had the opportunity to undergo a bone marrow stem cell transplant as my last option for trying to stop my relapses.

I wrote this text message to friends and family on March 16, 2019 after we met with our medical team at Ottawa Hospital...

Hi everyone, we met with Dr. Atkins yesterday and he is recommending me for the transplant. He needs to take it to his team this week for approval but feels very confident. We really liked him, after doing my research he really is the stem cell guru of Canada. Along with Dr. Rush, my neurologist I am in good hands. I did a lot of blood work yesterday and I have a few tests to undergo (heart & breathing/lung) for final approval. He thinks it could be as soon as a month but really doesn't know yet. Dr. Atkins, is the leukemia doctor so they fit the MS patients around the cancer treatments.

So from the information we think we understood, here is the best summary of the transplant for you science buffs.....

Using high intensity chemo, my immune system will be removed and replaced by stem cells which have been gathered from my bone marrow. These stem cells will be purged of disease causing MS cells. The goal being a new immune system that no longer attacks the central nervous system. There are, as you can gather many, many risks but Ken and I feel the hope of stopping attacks outweighs everything. So we are going for it!

As you can imagine we are getting our heads around this and figuring out what we need to organize. We will need to move to Ottawa for around six months.

Caitlyn is coming home Monday and we are going to tell the girls. I am not looking forward to this.

Ken is being my rock as usual. He's going to put his energy into organizing some fundraising events. We are so thankful that the procedure will be covered by OHIP. We need to cover costs for apartment rent/mortgage, transportation, etc.

As always thank you all for your support, prayers and thoughts I will try to reach out when I can.



Five hectic weeks later, apartment rented, girls taken care of, car packed, we moved to Ottawa on April 23, 2019. We moved back to Campbellford on August 4, 2019 and I started my recovery. At this point I was able to walk using a walker.

Arriving home, Jack was very happy to see me after being away for months



Fast forward to May, 2020, yes, the start of Covid, but for us we were already in lockdown because part of the transplant is wiping out my immune system. I am still in the process of getting all my “baby vaccines” re-done.

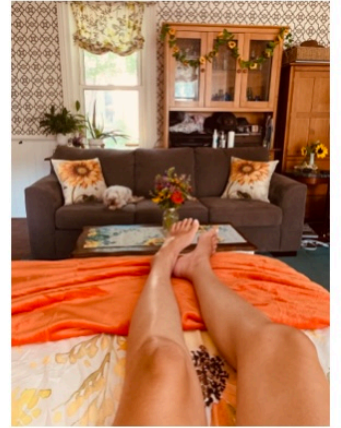
Sadly, I fell and broke my hip, which was a known side effect of the high doses of chemo used. Recovery from my hip has been veeeery slow. Basically I am learning to walk again. I can now, with assistance, stand and pivot into my wheelchair. We rearranged our house and I now have a hospital bed (graciously on loan from a friend) in the middle of our dining room which is now our living room/kitchen.

Enough with the drama! Everyone needs to walk right past me to get to the kitchen, so I’m in the centre of everything and I LOVE it! We have two daughters, 19 and 21 and of course with Covid they were back living at home. So last Christmas when we were about to pull the Christmas tree down I thought I’m going to miss that so it became a theme tree.



Over summer I had fun with flamingos!





One of the hardest parts of my recovery is that my body is so slowly healing but, my mind is ready to learn and grow, I'm not ready to "retire" just yet! Here are some interests that have kept me grateful, grounded, mindful and let's face it sane!

🕊️ Path 1-Journaling 🕊️

All through my transplant journey I had a remote group of 13 women who supported me mainly through texts, sometimes multiple times a day. I have found journaling a really important part of my healing. Most days I would reflect on my day, in a journal format and send it out to the ladies almost like a blog. It's interesting we were doing this about a year before Covid and all during lockdown we became a support for each other. I am the common thread so I am guiding and mostly initiating the tone (I'm not sure if you could tell I try to use humour and positivity) and the content mostly based around the ups and downs of recovery and living with a chronic disease, but I took an interesting turn in the spring.....

💖 Path 2-Social Awareness and Education 💖

After the tragedy of finding 215 children I felt I had to do something. So I thought I'll educate myself and then share that with my group of ladies and there's a few men as well, lol, about 25 people. I am doing an Indigenous course through the University of Alberta and I listen to podcasts and then I share this information (in my journaling style of course). I'm trying to do my little part from bed, I know that sounds pretty dramatic, lol

🌸 Path 3-Loving Nature 🌸

The other life-saving passion I've discovered through this journey is my love of cut flowers and plants. I think it's because I cannot physically get outside easily so I'm bringing nature in to me. Maybe also I can see the hope of growth in the plants growing, symbolizing the hope in my own growth. It all started with the gift of a bud vase of fresh flowers from Caroline's Organic Floral Design every two weeks when we arrived back from Ottawa.

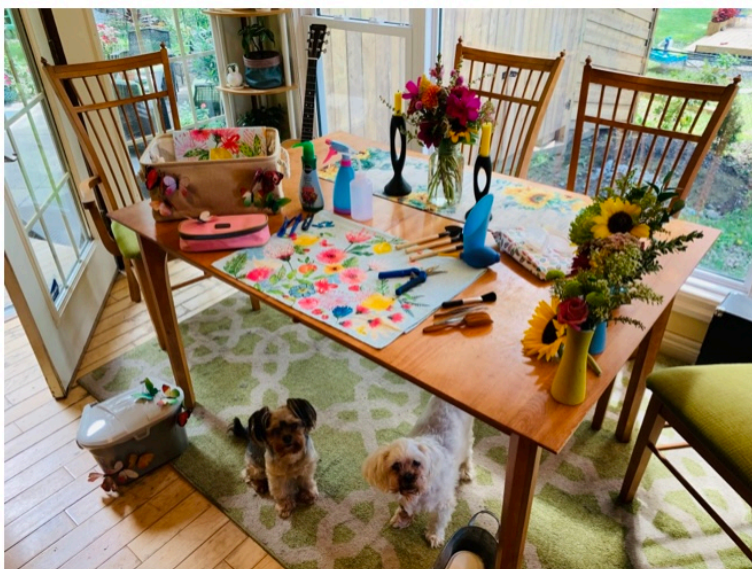


DAHLIA MAY

I was not a Facebook user, but I found myself 24 hours in bed or my wheelchair, in the same 2 rooms, so I thought I would explore social media. Thankfully I discovered Dahlia May Flower Farm Facebook page in November, 2020. Reading her posts and dreaming through her photos made my life so enjoyable and really helped me get through a dark winter and I excitedly waited for the spring to arrive! Fortunately, Dahlia May is only in Trenton, I strongly encourage you to visit. Another wonderful discovery, was Sweet Bees Cutflowers in Hastings, a lovely young home gardener, I enjoyed her flower subscription all summer!



Sweet Bees Cutflowers
Hastings, ON, Canada



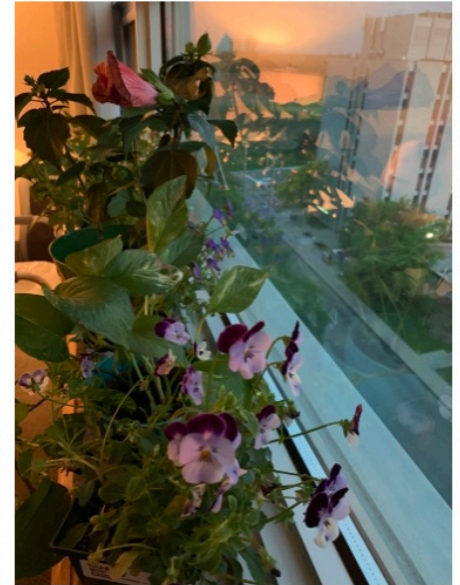
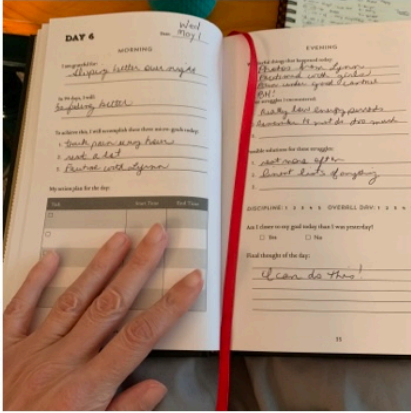
This is my personalized indoor gardening space I put together...



We wanted to share some ways your generosity have helped to support our journey!

Ottawa

From costs related to relocating to Ottawa for 6 months, to paying rent (and a mortgage too, lol), even the costs of Ken travelling back and forth between the girls and I. Your support was invaluable and allowed us the freedom to not worry about the costs like getting me that (ridiculously expensive) Häagen-Dazs ice cream I craved, to ordering take out when we had a rough day to Ken who would often go to the local flower market to pick me up a bouquet to lift my spirits! Thank you!



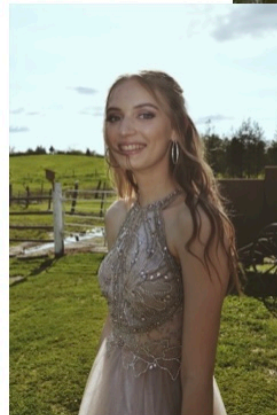
It Takes A *Village* to Raise A Child

I have often heard this African proverb, as I am remembering back, I am truly astonished how our village came together and took care of Cassidy! You see when we had to move to Ottawa, we had to leave her home on her own, she still had three months of grade 12 high school to complete and then the summer before University. Caitlyn was away at school. From making sure she had meals every week (for those who know me well, I put together a rotating weekly schedule for all six months, eight women, a timetabling masterpiece I must admit), to making sure the grass was cut (thanks Barry!) and even helping her catch a bat in the house. CDHS also went above and beyond to make sure her final days at Highschool went smoothly!

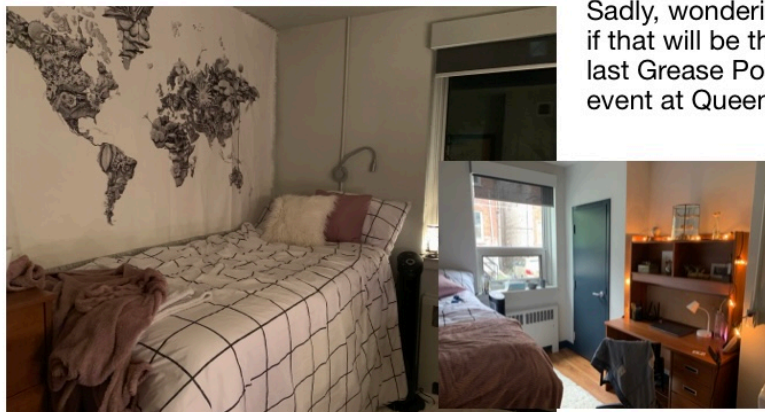
Missing Out Yet So Grateful



Yes, I missed out by not physically being at some special milestones but thankfully with technology I was able to experience a lot of it! I did a pretty good job orchestrating prom from a far, organized her grad gift, her flowers, her hair, her jewelry (yes Amazon). Her sister was by her side! Thankfully Ken was able to attend her graduation and move her into university. He was able to take lots of video and photos for me. Pretty proud mommy moments! The hospital staff got pretty sick of me showing off photos and videos, lol



And on reflection, oh how the world has changed, again so grateful that Cassidy had the opportunity to experience all these special events.



Sadly, wondering if that will be the last Grease Pole event at Queens!



It Takes A *Village* to Raise Us

We realized quickly that we needed to surround ourselves with people who would uplift, support and nourish us, we are so lucky to have so many amazing friends in our lives! I have the unique opportunity to really thank the people that are important to me!



My group of ladies, that span my life, from my aunt who we lived with as a baby; to a cousin who is my sister; to best friends I met on the first day of university; to amazing sister-in-law's, to a friend that is always around; to work colleagues who became friends; to the newest members, the ladies next-door, who just entered our lives a year ago. They are my audience, they are my cheerleaders!



You know the saying when it rains it pours! Of course, while we were in Ottawa, we had a bit of a sewer backup into the basement. No worries, our friend Barb and Caitlyn stepped up and for many days cleared out our basement that has been collecting junk for 20 years. Kirkland Plumbing laid new pipes and we came back to a clean and sanitized basement!



In order for Ken to attend special milestones and perform shows we had angels come in to look after me or as I would lovingly say "babysit" me! I always make sure we have treats, drinks and there is always lots of laughs! Talk about being grateful!

It's funny you don't think you'll meet a new friend, nevertheless a best friend in your 50s, but Ken sure did! He met Neil only four years ago and his "friend soul mate" has now become a significant part of our lives. Ken was talking to a friend over the summer who was reading a book about how in today's society there are many different family groupings, not just the typical nuclear family (parents/children). Covid allowed a new opportunity. Neil has had dinner with us every day since the start of Covid, he was and still is our single person in our bubble.

We officially became empty-nesters again for the second time this September. You see Chef Ken prepares all the meals in the house (yes he is incredible). We purchase a 4 person/three meals per week from HelloFresh. This is such a timesaver, Ken does not have to go grocery shopping, think about what to cook, ingredients prepared and a recipe to follow. We now have an extra meal so we opened up our dinner table, now once a week Mr. Grant (Ken's bass

player) joins us for dinner before rehearsal and every Thursday our dear friend Barb, also experiencing empty nesting, joins us. So lucky for Ken, our new neighbors, Kim and Charmaine (also brand new friends, yes we feel we hit the new friend lottery), one is from Newfoundland and brings over meals (good ole "Bayman scoffs") quite often, giving Ken a well deserved night off!



Embracing new family groupings is fun, you should try it!

Recovery Journey *Once you choose hope, everything is possible!*

I had sort of an epiphany this summer and realized I need to “move on with my life” which means embracing accessibility equipment. It was really difficult for me to accept having to go into a wheelchair last year, but now I love it and rely on it. I now need to figure out how to “roll” back into “life” again. I miss going out into the world. I counted the other day, I have left my house 9 times in the last year and a half, all for doctor or vaccine appointments. Thankfully the last few trips we included stops to garden centres! So it’s time for me to get back out there!

Of course, I still have the hope and determination to walk again but do realize I will always have limitations. It’s hard living each day wishing it was different, I find comfort **accepting** where I am today and then have dreams, make plans and work on achieving those dreams!



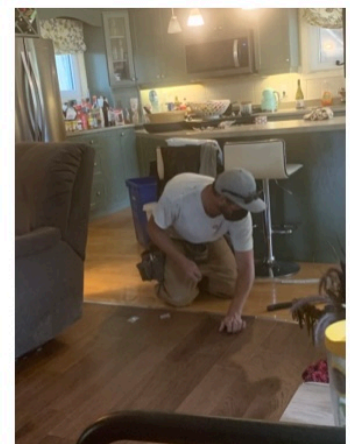
My manual wheelchair, which I use all day, is fantastic. Photo is from July 23, 2020, the very first day getting fit for my new wheels. Wow, I can’t believe I wore those sad hospital gowns for so long, my themed pyjamas were a much needed improvement. It’s amazing how things change when your spirit changes. Also, what’s up with that hair!

This wheelchair is very comfortable but is very heavy and cannot be taken apart to take in the car. We did install a ramp last summer so I can get out to enjoy nature, and also, I’m proud to say, I was able to get into our pool about 15 times, it was great to move around so freely!

In August, I set **two goals** for myself, purchase a power wheelchair that we could keep in the car and second figure out how to get me in and out of the car safely.

But the first step towards my goal of more independence is to deal with transitions in my house (you don’t realize until you’re in a wheelchair how tricky things can be). All

transitions were changed so I can now freely wheel myself from room to room.



First goal ACHIEVED.....here are my new wheels



Folded up (like a stroller, yes I see the irony)



This is what I had to use when I got to my destination, you can understand why I'm so happy with my new comfortable ride! But we are so lucky in town, the Independent Order of Oddfellows have a program of giving out free used medical equipment, I've benefitted quite often!



Some cool accessories



You would think the cupholder and storage bag would come standard, but no, just kidding, they are great!



Thought this phone holder was necessary, I know you want me to keep you updated!

This caregiver support control will allow Ken to steer me (this might've been a mistake) but thinking long-term!



It comes with a standard foot rest, but I lack leg control so I bought these leg extensions which were expensive but well worth it!



OK, this was a real splurge but again thinking long-term, this is a phone charger and flashlight, you know for those night hikes I take all the time!



Now narrowing it down to which power wheelchair was very difficult, it really came down between the one I got and this one.....



Yes the gun mount comes standard, and they start at a reasonable \$15,000! I would fit in perfectly for the fall hunting season don't you think!!!



Second goal in the works....

I found an amazing car power seat that will literally lift me out of the car, turn me and put me on the ground. You replace your existing seat with this one!



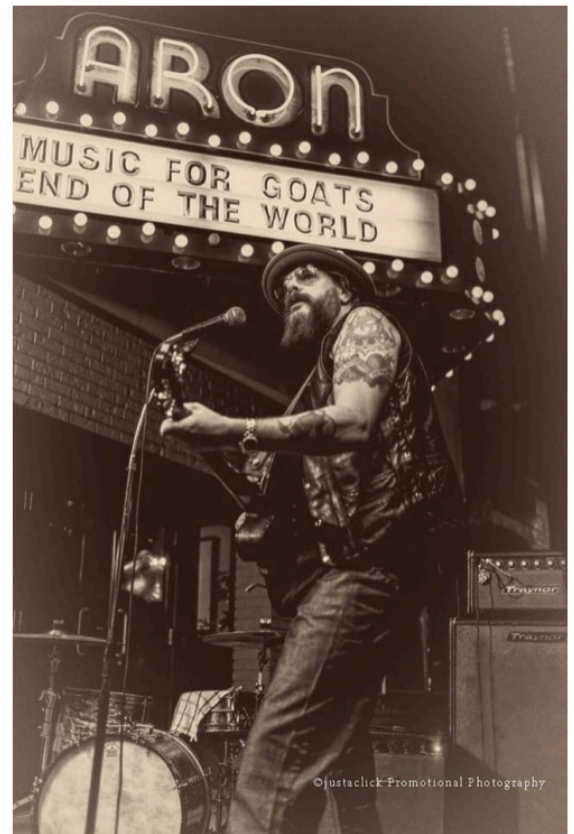
Ken, now has to physically lift me in and out of the car which long-term is very risky. Visualize... it's literally like playing Twister to get me in and out sometimes. You would think the way that Ken (used to) play bass it would be so easy! I couldn't resist...

2004- He could definitely not bend down that low now he would never get back up.



But I think in this other photo, taken in September, Ken looks pretty amazing!

I am going to really digress here, but you will soon see why. This past August, Ken at 52, announced to me that he wants to take up skateboarding again. Because, if you did not realize, he was St. John's, Newfoundland's 1983 skateboard champ; which he likes to remind us often of. I was stunned, I literally did not know what to say, so I said as long as you wear full headgear, hand, elbow and kneepads, go for it (I am going to let you all pause and visualize Ken at our very own Kennedy Skate Park with his full safety gear on), so all day he researched it, struggled and struggled and finally at the end he decided it would not be a wise idea! But you can see my concern considering he is my primary caregiver, of which we can all agree he does amazingly at!



I have submitted an application for funding to March of Dimes to cover the cost of the car power seat and installation, they have a vehicle modification program, fingers crossed 🙏



Back to my new power wheelchair.....so I was excited to try out my new wheels. I'll set the stage.... we got our stuff together, think of packing up a baby diaper bag, we didn't want to forget anything for our big trip out. Anyways, Ken got my shoes on, pants on (in case you don't know, I live in my themed pj dresses), cardigan on, wrapped up in a blanket, we were ready for anything or so we thought.

Last summer, we installed a concrete sidewalk so that we could get me into the car. So, we got out onto the sidewalk and Ken gingerly lifted me down on to the ground where I proceeded to get completely, utterly stuck in the mud! You can sort of see the rut, lol, it looks so easy but it's deceptively high and rough terrain.

I really wish I got an actual photo of this it would've been quite funny. So this photo will have to suffice. I think I had a similar look on my face, the look of OK what are we going to do now. Anyways, Ken used his mighty strength to lift me and my chair out of the mud and we had a good chuckle and went back into the house.



Remember when I said there's so many things to think about when you start using a wheelchair.

First step, make sure there is a way for you to get from your house and out onto the street, lol.

We love Campbellford, we called Tim and Diane at Trent Hills Concrete and they came quickly over and now I have a way out!!!!





I finally made it out in my new power wheelchair, so fittingly on Sept. 30th! We wheeled down to the library, yes we took the path down the big hill through the park. There was a wonderful speaker from Alderville First Nations talking about the National Day for Truth and Reconciliation. And yes doesn't my orange blanket fit in perfectly, it was like it was meant to be!



Since then, I have been places like Dollarama and a convenient trip to the Campbellford Memorial Hospital for tests.



Just wait until I can get into the car then I can go many places!

I did not have to wait very long...

Second goal **ACHIEVED.....** **March of Dimes Car Modification** **application **SUCCESSFUL!****

Yes, you are reading this correctly, the March of Dimes paid \$8650 for the purchase and installation of the Turny EVO car seat into **OUR VERY OWN CAR!**

The Design Counsellor from March of Dimes, that we were working with for our application was so patient, gave clear instructions and quickly answered any questions we had. The whole process was seamless, we applied August 23, so efficient, I am so impressed!

A Turny EVO car seat has been ordered and when it arrives our installation date will be set in Kingston at Eureka Solutions!

I found out the Friday before Thanksgiving so we definitely had a lot to **GIVE THANKS** for on Thanksgiving weekend!

Thank You March of Dimes



Adapting *is the simple secret of survival*

So when you're living with a chronic disease such as MS you have to make changes and adapt along the way. Luckily for me there are many amazing caregivers (you may be surprised at what services are out there), innovative technology/ devices and of course, Amazon!

I thought you might like to see a lot of our successes and a couple failures!

Let your **HAIR** be messy and your life **MEANINGFUL**

So let's reflect back first.....



May, 2019

After the intense chemo, my hair started to fall out in clumps. When there was not a lot of hair left, I went to get my wig fitted, she was so patient, kind and made the whole process very pleasant.



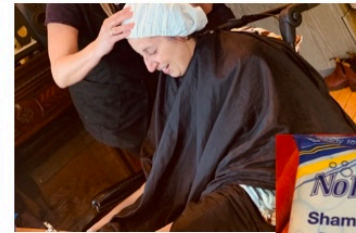
September, 2020

Just like everyone else I had to wait to get my first Covid haircut, so lucky Jen came to me!

October, 2021

Second Covid haircut, look at how long my hair is!

While we're talking about hair, I'm going to share two more things I have discovered that make my life so much easier. Did you know that there is a no rinse shampoo cap, put in microwave for 15 seconds, massage head, hair gets washed?



I have lost a lot of mobility in my hands so it makes it difficult to brush my hair so I found these long handled ones on, you guessed it Amazon! The brush broke the second time I used it (a fail) but the comb is fantastic and I use it everyday! Also, I discovered that the comb can be used as a helpful tool to reach things like an itchy toe OR for example, to close the lid on my next fun Amazon find. Did you know that they sell a baby wipe warmer (with a convenient night light)? But Ken always forgets to close the lid (hence defeating the purpose of warm wipes) so I use my handy-dandy comb to close it daily!

