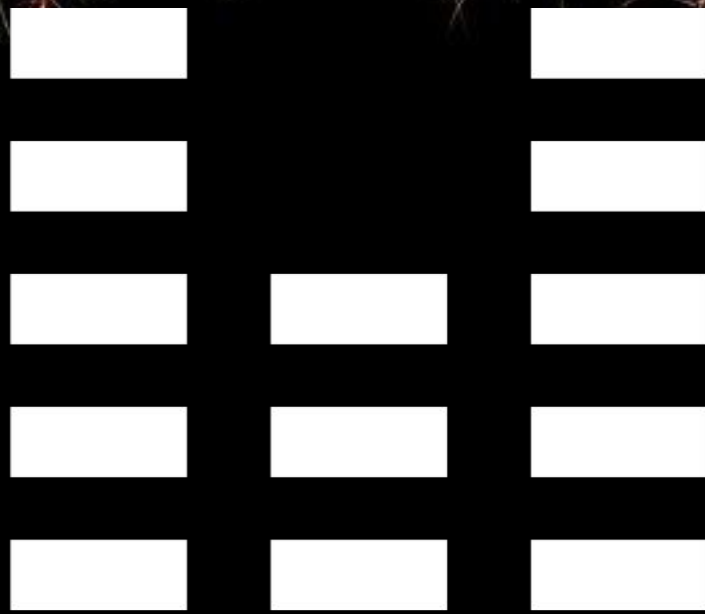


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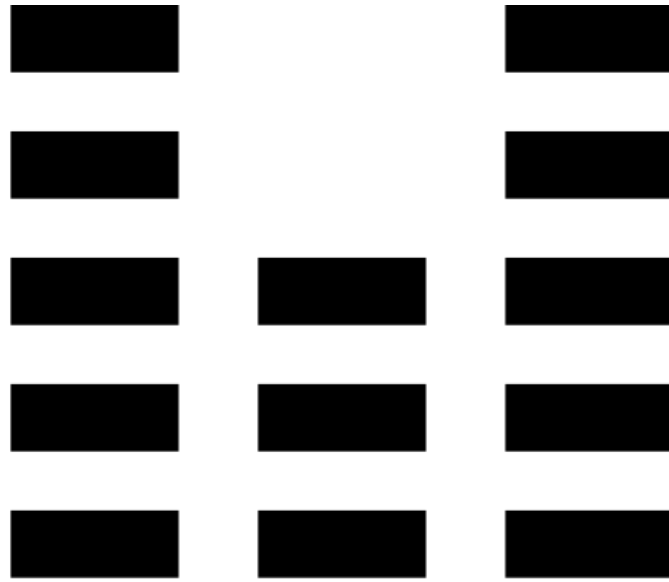
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Thank You 2017! You Have Been Amazing!

2017 was truly the beginning for us at The Edmonton Muse. What started off as an idea in my kitchen has quickly grown into something that I don't think any of us were thinking it would be... already. We started with Jazz of Dog Rump Creek Music doing the Over A Beer Column. He has given us the intel of Stony Plain and Spruce Grove which has a growing music scene of it's own! Stephie (Wynterdollie) is the lead of the Health and Wellness section, giving us athletic routines and advice along with her monthly Athlete of the Month interviews. Her contributions have really opened doors and created a unique opportunity where athletes and entertainers grace the same pages. Rebecca (YEGfoodie) has given us a very in depth look into her foodie self, along with her eclectic interests of metal, horror and alternative lifestyles. She volunteers to many shelters and human services, while keeping up with communications and administrations with the Muse. Shauna is an artist, author and photographer. She has really implemented unique styles and amazing pieces to the magazine and somehow manages to be everywhere... all the time. She was actually the first recruit!

We now have Quin with her Quintessential Tarot, Julian doing videography, Tania doing a little bit of everything (seriously, she's amazing!), Ian and Judy from Pen and Lens, MJ with her inspirational messages and soon to have Marni launching a fashion section. We also can't forget our new marketing team with Bob, Marc and Shane.

What cant be ignored from this past year is the incredible support that we have been given from the Edmonton Music Scene, the arts communities, the health and wellness groups and our dedicated readers. It is because of them that we are who we are today! You have created partnerships that have opened doors to opportunities that we can offer our communities in return. It's a perfectly cyclical relationship that has benefits to all of us and we plan on keeping it that way.

For 2018 we hope to make paychecks, have a real home/office/community centre and continue to offer more of what we already do.

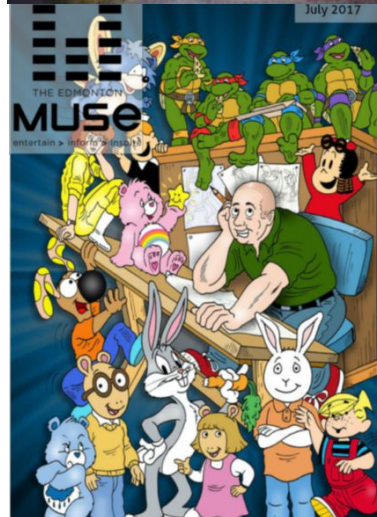
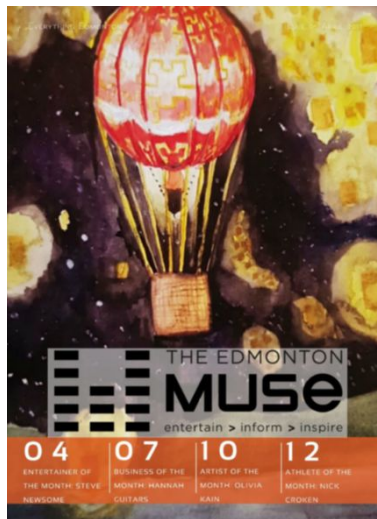
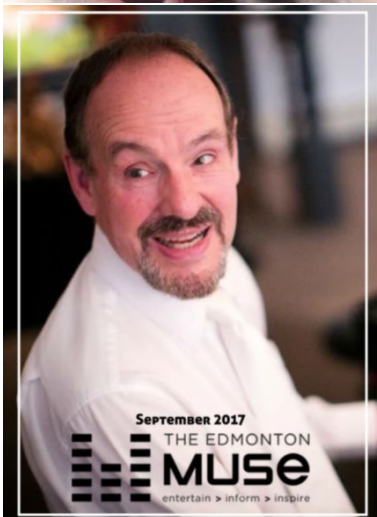
Thank you Edmonton! We are thankful for you and 2017!

Sincerely,

Jessi Toms

Founder/ Owner







Health & Wellness



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ENHANCE YOUR BODY, MIND & SOUL



Athlete of the Month: Meghan

As fitness continues to grow every year, more and more people are starting to look for alternate ways to work out. Many seem to wander into the world of the aerial arts such as silks, hoop and pole fitness. CircoFit has become widely known around Edmonton for its classes offering anywhere from silks, straps, rope, hoop and even circus bootcamp classes as well as the occasional contortion workshop and trapeze. With 6 coaches running these sessions, they've continued to grow and build a very warm community. We had the greatest pleasure to sit down with Meghan Schech, the owner of CircoFit and aerial artist herself.

WD: Hi Meghan! Tell us a little bit about yourself, what got you started with the aerial arts?

MS: In high school a friend of mine invited me to his circus show. I was expecting it to be clowning, but actually he was performing on aerial rope. It was amazing to me that "real normal human beings" could do these incredible acrobatic feats. I always assumed that you needed to be born into the circus or something - which actually would have been the case a decade earlier. So I started taking classes and it became my main hobby for about

2 years. After my gap year I still didn't know what I wanted to be when I grew up, but I knew that I liked doing circus, so I took all of the money I had saved for tuition and went to live and train in San Francisco at The Circus Center. In 2015, Reaper in Rouge, a rock band that I was very much involved in ended, and I knew EXACTLY where to channel my energy, and later that year I launched CircoFit.

WD: What is one of the most challenging things you face when it comes to silks/ropes?

MS: Making the time and energy to train while running a business. I know a lot of yoga and pilates instructors that struggle with the same thing: the more you coach the less you want to carve out time for your own practice.

WD: As a pole fitness instructor myself I can definitely relate to that! So do you participate in any other sports?

MS: A few years ago I started weight lifting. I really enjoy Powerlifting specifically, though I still consider myself to be a novice. I have no ambitions to compete but I enjoy it, and it helped me to become stronger overall and therefore aerials became easier.

WD: In the world of aerial arts, is there someone you idolize?

MS: I really hope to get to train with Terri Crane one day! His Paper Planes rope act has been my favourite for years. He's very creative and theatrical. Kerri Kresinski was my silks coach in San Francisco and she's another circus person who's acts make me drool. She comes from a dance background and also incorporates quite a bit of drama and character into her acts.

WD: What has been the most memorable part of your life as an aerial artist so far?

MS: Starting a business has been the biggest thing I've ever taken on, so that would probably qualify as most memorable. In terms of memorable performances, I was given the opportunity to perform at The Governor General's Awards a few years ago. It was held in the Moonflower Room at The Enjoy Center just before it was open officially.

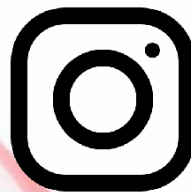
WD: What is your muse? What inspires you to do what you do?

MS: I absolutely love performing. It's an extra thrill if I can make the audience gasp or scream.

I can also see myself coaching for the rest of my life. It's incredible to watch how far a new student will progress in 6 months or a year. I love to see them get more confident and surprise themselves with new strengths and abilities.

WD: And Finally, if you had a message you would like to send out into the world, what would it be?

MS: Firstly, find an activity that you love. If your goal is to get fit or stay healthy, you'll be more likely to stick with an exercise routine if you are doing something you enjoy. Secondly, whenever you start a new sport find a coach! That includes jogging! A coach will teach you the proper techniques, and if you start with a good foundation you'll advance more quickly, avoid injury, and potentially avoid having to relearn everything later and undo bad habits.



--Wynterdollie

Let Go of Ideals

From computer screens to mobile devices, social media constantly exposes us to pictures of men and women with beautifully chiseled bodies like broad shoulders, tiny waists, carved arms, and washboard abs. These are just a few ideals many of us wish we could see in the mirror; The "perfect body image".

We must admit: We're bombarded with hundreds of ideas about fitness and the rock-hard body that we think should come with it, right?

Instead of approaching our fitness journey with self-love and care, we approach it with some kind of expectation that those pictures are how we have to look right now. We might even be guilty of making it the only reason why we bother to start.

We don't hit the ideal right away. Most ideals are months and sometimes years in our future. It is no fun when you have started dieting and exercising day in and day out and for the first few weeks, we hardly notice a change.

None of these ideals happen overnight anyway.

Once you reach your goal, you might start thinking to yourself, "That's not enough." You're not content.

*"My waist still isn't like hers."

*"My shoulders aren't big enough."

You still don't have that picture-perfect body you think you should have.

Maybe if we stopped focusing on the illusion of the ideal, we could look ourselves in the mirror with love instead of disdain.

Striving for an ideal can cause unnecessary stress in both our mind and body. It might even cause us to give up on any efforts we have put in so far. Being over critical of yourself is *just* as unhealthy.



Think back to when you first started your fitness journey. Did you start for the purpose of improving your self-image?

While our physique is a bonus of being active, think of the other great benefits you'll reap just because you started and *didn't* give up. Think of what you'll be able to do in the future, and the physical potential you can uncover. Think of the mountain you've always wanted to hike, the marathon you've always wanted to participate in, or something closer to home like wanting to keep up with your kids.

These are all things to celebrate! As your fitness improves, you'll start to see and feel your body change. How our bodies look is truly just a bonus in the midst of conquering these victories we're so quick to dismiss. Let go of the ideals and appreciate what you see in the mirror at this moment.

Fitness loves your body. It doesn't care about your shape or size – it just cares that you're doing it.

Stop comparing yourself to others and love yourself through each stage of YOU, in all its shapes and sizes.

-- MJ

Fast Track to Fitness

December is over and the holiday season has passed. It was a time of family, friends and... indulgence. It is a joyous time that isn't always as friendly to our waist lines.

Kick those sugar rush, dinner-diving guilt trips to the corner with January's quick 30 minute workout!

	Workouts	Reps	Sets
	Plank	1 Min	
	Crunches	15 - 20	4
	Sumo Squats		
	Alternating Lunges		
	Calf Raises		
	Jump Squats		
	Curtsey Lunges		

Did you get your workout in today?
Share your results with us on Facebook!



Aradia Fitness is Edmonton's largest locally owned and operated Pole Fitness studio. This means that we can offer the most to our customers - with over 150+ different classes to choose from each month.

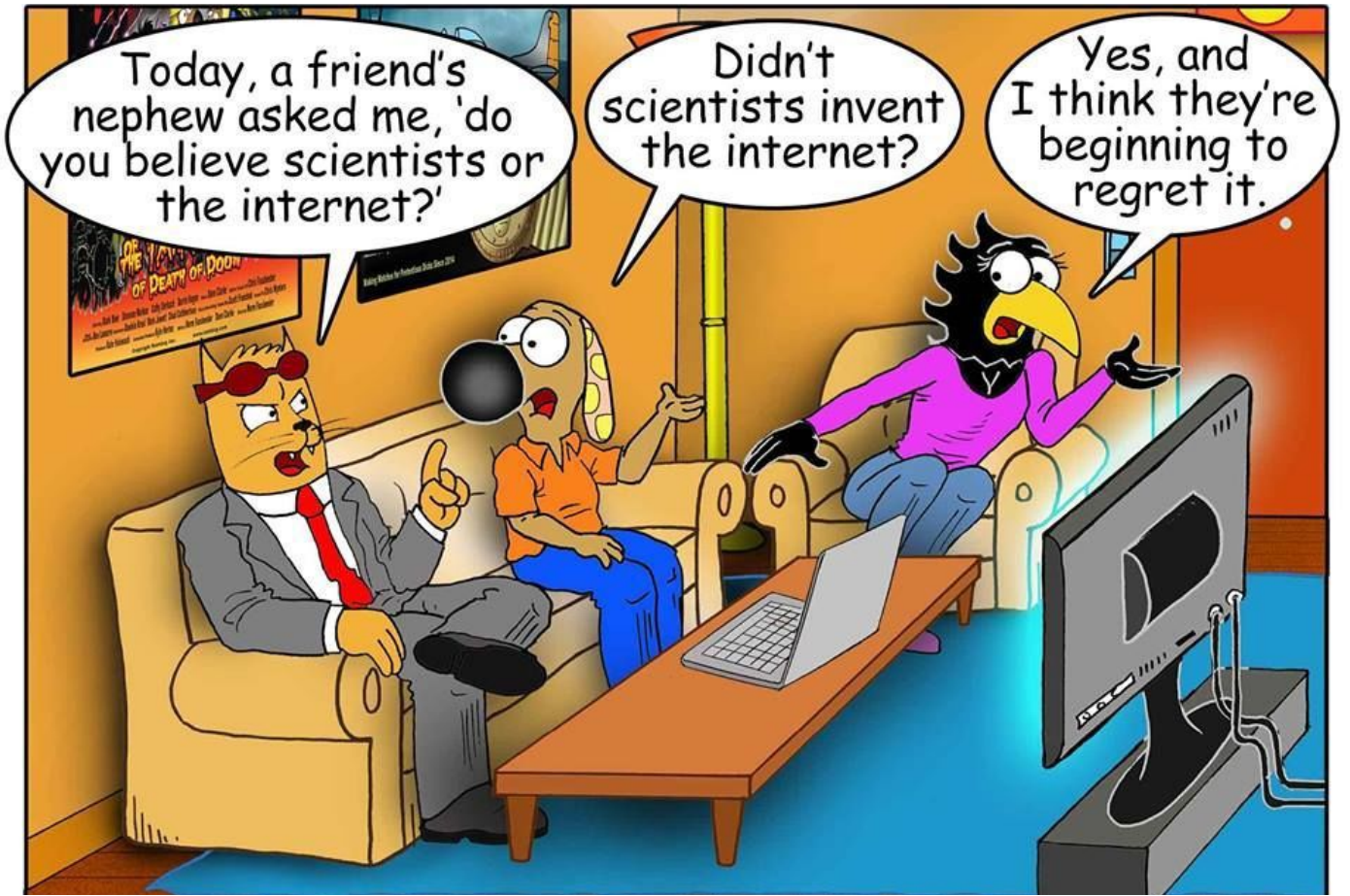
We specialize in Alternative Fitness; offering Pole Dancing, Aerial Yoga, Aerial Hoop, BellyDancing, Stretching/Flexibility, Bootcamps, and choreography classes.

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Parkland Food Bank



The background of the page is a white canvas with two large, vibrant watercolor splashes. The top splash is a mix of red, orange, yellow, purple, and blue, with some darker, more saturated areas. The bottom splash is primarily red and orange, with a yellow base and scattered blue splatters around it. The text 'The Arts' is centered in a black, cursive font, overlapping the middle of the two splashes.

The Arts

The Way We See It

-Judy Piercey-



Glenise Harvey had a dream of opening an art gallery to celebrate children's art. Theodora Harasymiw dreamed of having a space to help children express their creativity through visual art.

The two women met through their work in Edmonton Public School Board schools, Glenise as an educator and principal and Theo as an artist in residence.

Like most dreams, theirs took many conversations over time, and a bit of luck, to solidify into Dandi-Lines Art Gallery and Studio Theo.

Since opening in March, their concept has evolved beyond children's art and into a larger sense of community. So far, Theo and Glenise have put together two shows. The first, "From the Fridge to the Wall," featured 24 children in the all-day kindergarten program funded through the Edmonton Public School Foundation.

The second, "Our Journey Thus Far," followed a weekend workshop with Syrian refugee women and their high school-aged daughters.

As a non-profit gallery, Glenise reinvests all profits into buying materials and covering the costs of future shows, workshops and events. "I don't like the word 'marginalized' people. But we haven't figured out a better one yet," says

Glenise. "So, it's about giving 'marginalized people' an opportunity to create in an environment like this. One of the things we really wanted was to provide a nurturing and safe, almost sacred place, for them. The youth, right from the conception of this idea, was a group that we wanted to work with."

Their dream of working with youth was realized in November when some young people involved with the Youth Empowerment and Support Services (YESS) participated in a print-making workshop. Their work, and that of others from YESS, will be showcased this month in a show called "The Way We See It." It opens at Dandi-Lines on January 25 and runs until February 25.

"With Dandi-Lines gallery, we elevate and celebrate the art by putting it on the walls," says Glenise. "So my purpose is to elevate and celebrate the artists who we host here."



To create the show, Glenise and Theo worked with social worker Lindsay Ames, as well as Allison Tunis, the artist in residence at YESS.

Allison, whose background is in art therapy, values art activities as a way to help youth at YESS cope with the circumstances of their lives.

"A lot of the youth here at YESS are in very tough situations," says Allison. "They're homeless, a lot of them have issues with addictions or trauma. And art can provide that outlet where 'I just need something to get my mind off it, deal with something else for now.' Or for others, it's a bit more of an expressive outlet, so it's more like 'Where can I put my feelings? How can I express them instead of hurting other people or myself?' And still others are serious about their art. I have a few youths here who are looking at art as a method of financial gain, or as a career, or something that they might like to go to school for."

One of the ways Allison helps youth work toward those goals is through keeping an eye out for opportunities to expose their art, applying for grants and entering shows.

"A show is a big deal because they can see that

they've made something valuable and that other people value it enough that they will buy it."

Allison's work with Tianna LeBlanc has led to success with a city-run public art program that will see Tianna's work on a billboard. Tianna also felt the thrill of making money from her art at the Art Walk on Whyte last summer.

Tianna, who will graduate from Centre High next semester, is starting to build a portfolio in the hope of attending the fine arts program at the University of Alberta.

"The art show at Dandi-lines has made me feel like I am a part of something bigger than myself," says Tianna. "I feel like an official artist having had the help of Allison and mentors at the gallery to show me how to put myself out there within Edmonton's art community and to really believe in myself and what I put on the canvas, so to speak."

Dimitra Georgiadis has also experienced the joy of selling her art, including a painting that someone saw on the wall and specifically asked to buy. "It makes me feel really good," she says, her face lighting up. "I just get very happy when somebody wants to buy my art."

Dimitra has no firm plans for her future as an artist. "I want to keep making art. I never want to stop learning about it and trying new things."

Alec Moses, whose art will also be on display, found a pleasant, small-world connection when he participated in the workshop: Glenise was a teacher at Balwin Elementary School and Theo did a residency when he was a student there. He still uses some of the techniques that he learned at Balwin.

"I like to draw as a way of putting my mind to work, to keep me occupied when I'm bored," Alecsays. He's grateful for the materials and space provided by YESS at its Armoury Building on 85th Avenue.



The Opening of "The Way We See It" is on January 25, 2018 from 4:30-8:30. The show will run until February 25, 2018. The Gallery is open on Fridays from 10:00 to 4:00 or by booking an appointment via the website.



Photographer: Ian Stewart

"People who have nowhere to go when they're on the streets usually have something to do by coming here to the Armoury to keep themselves out of trouble and themselves safe from gangs and that. This is like a safe environment and with the (YESS) shelter where I go it's a night program. It provides a safe sleeping place for homeless youth."

In expressing his desire for a safe space, Alec happens to echo the vision of Glenise whose own dream was to create a safe and nurturing place.

Theo points out that the Youth Emergency Shelter on Whyte Avenue is just a walk through the ravine from the gallery and studio in Strathearn. The space, in a strip mall at 95th Avenue and 87th Street, was once occupied by a seedy massage parlour above a notorious pub. Its reinvention as a non-profit gallery and studio came about because of the extremely affordable rent offered to tenants willing to take temporary digs until development in the neighborhood necessitates a move.

The rent is a lucky break and for now Glenise and Theo are focused on the present, getting ready next for the next show and enjoying the ability to give back.

"Community is important to us," says Theo. "Maybe by doing these sort of projects, we open ourselves up to meeting other people in the community. Every show changes. You choose a different group of people who don't often get an option to participate in a workshop that allows them to express themselves visually. And people might lose stories that should be heard."

Her words on community resonate with Tianna. She credits YESS, Allison Tunis and several others with helping her progress as an artist. "I've learnt the value of community endeavours in making any dream of yours possible," says Tianna. "There's community available in art fields and anything you want to do. All it takes is pushing yourself to get off the proverbial couch. I was able to make art that I've turned into prints and being apart of Dandi-lines is validation that anyone can be an artist and that in the Edmonton arts community we value all that come to be apart of it."





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Message us today and see how we can work with you to show the
city what services and products you have to offer!

In the mean time, check out these awesome local businesses!

Business

Business of the Month

Osaka Sushi Spruce Grove

Offering dine in, take out, catering, reservations and my favorite, all you can eat sushi and dim sum! Osaka Sushi is the newest place to go for delicious Japanese cuisine in the heart of Spruce Grove.

I was in this restaurant closer to it's opening. It used to be a Tokyo Express and the atmosphere was fast food at that time. The colors were simple, the decor was ordinary and the tables were unadorned. It was a place for a quick bite to eat. But that was over a year ago.

The new owner, Amy, came in with a much more sophisticated approach, giving Osaka Sushi it's own brand and a much more social atmosphere. You are greeted with bamboo, paper lanterns, geisha's and dark wood. It's open, comfortable and definitely a place you can sit, stay, eat and enjoy!

Speaking of eating, let's get to that menu!

As you can expect with a sushi restaurant, there are your basic rolls, a selection of sashimi, miso soup and seaweed salad. This place also offers some of their own concoctions, like the UFO: Deep fried eggplant topped with chopped tuna, tobiko, spicy mayo and green onion. Or the deep fried delicious large roll, Yummy, which is Salmon, tuna, cucumber, avocado, crab meat and cream cheese. (Named appropriately!) Let's not forget some more decadent dishes the like soft shell crab!

There is also a wide selection of Chinese dishes

like spring rolls, green onion cakes, ginger beef, sweet and sour pork, lemon chicken and wonton soup.

To top off the selection they also offer an 'All You Can Eat' (AYCE) menu. I was very pleased with this restaurant's selection and portions! When I say portions, I mean the fish to rice ratio in the sushi rolls. It was a normal amount of rice

for the rolls. I have had a few experiences where an AYCE experience turns into a rice eating contest! That was not the case for Osaka!

The selection was great! They added in some dim sum and you HAVE TO try their sushi pizza!

After a deliciously satisfying meal, I had the chance to have a quick chat with the owner Amy. She has been in the restaurant business for over a decade and has a love for food and hospitality. She loves it so much that she had to have one of her own. And

that is why Osaka Sushi came into Spruce! Amy is living her dream, building on it one day at a time.

The progress that I have seen this restaurant go through in a year gives me high hopes of a long and prosperous future. I personally highly recommend this place and you might even catch me at a table even though I live in Edmonton!

Have a bite, make a reservation, set up a party, support a local business and enjoy!



Monday, Tuesday & Thursday:
AM - PM
Wednesday: CLOSED
Friday and Saturday: AM -
PM
Sunday: AM - PM



B's Diner Christmas Dinner



2017



The Edmonton Muse was proud to stand behind Brenda Der for her 15th annual "Christmas Party for the Less Fortunate".

Brenda Der used to be the force of nature behind B's Diner. If you were down on your luck and needed a hot meal, all you needed to do was walk into B's Diner and Brenda would make sure that you were taken care of. Even though the Diner closed the doors almost two years ago, Brenda still continues to help the less fortunate here in Edmonton.

Brenda lost her son Jeremy in a drowning accident while they were out on a family trip about 7 years ago. The big Christmas Dinner is done in memory of Jeremy. It is a very important part of Brenda's year. This is my third year with Brenda, my second working alongside her as her Volunteer Coordinator.

What does it take to put on a dinner that feeds between 400 and 600 people? A lot of work!

The initial stages of planning are finding sponsors to get the food for the dinner and the hampers that go out to the families. Oh I forgot to mention – this isn't "just" a dinner. Brenda will generally do at least 50 Christmas hampers for families in need around the city. She also puts meals together for seniors and veterans. That is a whole lot of food!

This year we were fortunate enough to have the Forester's Foundation as our corporate sponsor for the dinner portion of the event. Many thanks to Jeremiah Renner for putting all of that in motion. They have to submit a proposal to get the funding and then they go through all of the organizing and work to pick up all of the food items that are needed for the dinner. Thank you Jeremiah and all of your Forester's!!





We don't just provide our guests with a hot meal. We want for them to be able to relax and enjoy a holiday environment. Musicians are a must! We source talent that is willing to donate their time to this worthy cause. This year we were lucky enough to have Chantel Hilton back for a second year, and now she is part of the family; we are keeping her and never giving her back. If you have not heard of Chantel, she is a celebrity impersonator. Her favorite character is Marilyn Monroe. We caught her performance on camera!

What a stone cold doll! She worked through our technical difficulties (no bluetooth for the sound system – fancy new Iphone!)

We also try to make sure that we have warm clothing available for our guests to take if they need it. In previous years we have had photographers to take photos and the photo printers on site to make sure that the guests had prints that they could give for gifts to family and friends. We would love to bring this back again next year but we will need to find a corporate sponsor for the printers/ink/paper/SD cards. It takes a lot of people to volunteer as well to make all of this possible. We can't thank our volunteers enough! We are thankful

for every single one of you that took the time out of their busy holiday season to give back to the community. It takes close to 100 people to put this kind of event on.

This is not the only event that this lovely lady does during the year either. The church that provides the space for the big Christmas dinner also does community dinners for the less fortunate on a regular basis. Brenda participates in those a few times a year as well.

Are you a musician, good in the kitchen, good with people, a photographer, just want to give back to the community? Come out to one of the events and lend a helping hand!

This year we fed 438 people. 50 Christmas meal trays went out to families (not enough donations were received for hampers this year). Several veterans meals and seniors meals also went out for Christmas dinner. We were able to help a lot of people to just pause and relax.

Cheers to Brenda and all of the hard work she puts in throughout the year. We love you Brenda!

-- YEGfoodie

The Naked (Cyber) Truth

- The Way Things Should Be -

One of the things people don't always know is the "history" of Naked.

Over twenty years ago, Bob started Naked Cyber Cafe with his son and it was opened on Whyte Avenue.

That was back when smoking was allowed inside businesses and when cyber cafes were new. In fact, I believe that Naked was the first in Edmonton and possibly in Canada.

The computers were busy 24/7, there was an open stage and shows from the very beginning. In fact, some open stage Thursdays wound up going for several days! Musicians would show up and play, followed by more!

Naked was definitely then, what it is (and wants to stay) - a "community joint".

Bob has always looked to provide just a local place that the "community" can call their own. People from the neighborhood who regularly drop by to drink a latte, talk about current events, use the wi-fi and maybe catch / play some tunes.

They'd regularly walk from Naked to a restaurant, then perhaps a bar or some dancing and then perhaps pop back to Naked later for a tea, dessert, or maybe a lan game or board game.

From the beginning, Naked has been welcoming and totally open with anyone. In fact, each of us (me included) and our various sexual orientations, genders, ages, religion etc. etc., have never even been considered. Which is the way it should be. We've always been just "us" and accepted.

After being on Whyte for a while, they opened up a second location on Jasper Avenue and 104 street. Eventually, the smoking bylaw came into effect, which effected a lot of local businesses.

In addition, more people were getting computers, laptops, and eventually phones with browsers - which had an effect on cyber cafes.

Still popular for underground culture, music, spoken word and more, but not as busy as they once were.

Eventually when the downtown business people were starting to consider/plan the arena and deciding to manufacture a 104th street "downtown entertainment district" that didn't exist in the first place, they started "cleaning house" of small locally owned "Ma and Pa" businesses, and kicked out Naked Cyber Cafe, Hole in the Wall Cafe, New City Suburbs, Front Page Mazazine... the list goes on!

In fact, I'm told that one of their representatives actually came into the cafe one day and said "you're not the type of people we want around here..." and didn't renew the lease.

Naked then, as well as now was a motley crew of artists, musicians, students, some street kids who grew up at the cafe, as well as professionals, all orientations, genders, colors and religions.

Apparently kids with green hair and the occasional safety pin through an ear weren't the "right type".

Bob was able to find a landlord who was very supportive of local business, and welcomed the "Naked Family" with open arms.

We even got control of the parking lot after dark, which is almost unheard of in the downtown core.

Through all this, from the very beginning, Bob's kept the music going, and supported local artists.

Today, even though the income isn't what it used to be and not everyone has found the new location, we're slowly building up awareness of the place (directly across 104 avenue from Grant MacEwan).

A lot of young people today can tend to be "franchise kids" and go to Starbucks and other chains. Some though, are very aware of their local businesses and neighborhood and find their way to Naked.

Now, as it has always been, once they find Naked and realize what a treasure it is for downtown arts, they become part of the family. It takes a moment to realize how unique the place is and how it's a place they can come and just be themselves. Hang out in a big chair and keep to yourself, or head up to the centre of conversation and debate at the main counter.

I've learned a lot from Bob, despite being in retail and business for about 35 years (and thinking I knew it all). For example, when you have a business where you don't turn anyone away, you wind up with the occasional colorful character from the street dropping by for a coffee. Bob welcomes everyone.

In all this time I've never even seen him remove anyone in a "kicked out" kind of way. He's always been respectful. For example one time a visitor had obviously had way too much to drink, Bob said to them "you're always welcome here - just not like this." I would have been way less respectful and learned a lot.

When discussing it with him, Bob has always said that there are only a few things that can cause an issue. Walking in with say, a tray of Tim Horton's coffees and food (which to me seems so disrespectful - I couldn't imagine doing that myself!), or being an ass. That's it.

We've run into that a few times in recent history actually, where one or a couple of people walk in with their Starbucks, sit down and ask for the wi-fi. Myself, I'd go more ballistic probably but Bob talks directly to them about it. Most "get it" and purchase a dessert or something, and think about it for when they return, and they DO.

Occasionally we get one who gets all indignant, and runs off to make a 1-star Yelp or Google review to voice how traumatized they were, but most DO get it.

Bob keeps the place going with some of his own money and willpower to make sure there's an accepting place with a fully (and I mean fully) equipped stage with sound system, lights, many vintage instruments, (even a baby grand) for local musicians to jam with/use. The place is truly one of Edmonton's best kept secrets in the development of grass roots music.

After furnishing a place for young people to hang out for two decades, it's also one of the most caring places. Many of the original "kids" have grown up, gotten jobs and have brought their OWN kids to Naked. Many of them drop by to pay Bob back for money he lent them a decade ago, or for all the coffees he let "slide" for a young person.

I look after 100% of the online presence of the cafe and have been able to bring more eyes on the place and help with finding more bands and artists who use the booking calendar on our website, which is helping.

If our goal as a society is to progress to the point where we're all equal and our individual specifics don't matter, Naked is a bit of a blueprint.

When we all walk through the door, we're all the same. None of us care what color we are, what our orientation is, gender, age, weight, religion

When I walk in, I'm not "David the gay, married, polyamorous, pagan witch". I'm just "David" and I think that's how it's supposed to be.

**--David Lee
Naked Webmaster**

MUSE MUSIC MINUTES

January Winners

BRIDGE MOTEL - Her STRUT

GHOSTEARS - The Monster

OLD JACK TAP - She FIGHTS

Sudden Love - DELIGHTFUL

WHYTE Ave Womp Rats - DRINK WITH Me

**You can hear them on air every Tuesday and Thursday,
between 7AM to 10AM and 7PM to 10PM**

Thank you Revolution X Radio!

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Respecting the Music 1 spin at A time!

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A dark stage with four spotlights shining down. The word "ENTERTAINMENT" is written in a glowing, stylized font in the center, flanked by two horizontal lines. At the bottom, four circular patterns of light dots are visible, corresponding to the spotlights.

ENTERTAINMENT

Entertainer of the Month: Electric Audrey

All the way from Edmonton, Alberta, these feather pluckin', music lovin' sons-of-guns are tearin' up the stage and rockin' right into your stereos. After two years, an EP, an awesome music video and a couple festivals, these guys are ready to take on 2018.

We got a sit down with Oakland Valleau, lead singer of the band to get an insiders view and the dish on their goods.

EM: Why did you start Electric Audrey 2?

OV: I was so tired of record executives tryin' to sign me up so I figured, 'Hey, Ima start a new band and keep it low key', but it didn't work. My security cameras picked up three Sony record executives on my front lawn last night.

EM: Can you tell us a little bit about the rest of your band?

OV: According to body mass index chart, we are all over weight... except for Jarret. He plays the fiddle. Then there is Derek on drums. Stacy plays the lead guitar, Zerk is on bass and Jason is the trumpet and keyboard player.

EM: I heard you mention something about secret shows?

OV: I don't know what you are talking about.

EM: What was your favorite gig so far?

OV: I would actually have to say playing Tavern on Whyte. Small venue, packed with people and everyone had a ton of fun.

EM: Do you plan on playing festivals this year?

OV: Yes! Jason applied for every festival in Canada this year. So hopefully we get one.

EM: Any plans on releasing a new album?

OV: No. We have sold about eleven copies of Garden of Eatin', at this point I am just going to give them to homeless people to use as a drink coaster.

EM: We announced that you won a comedy award with your video, Chicken Lover, from the Edmonton Short Film Festival. What do you have to say about that?

OV: Bok-bok-b'kawkw. Bok BAWK! -- That's chicken speak for Beyonce should have won. But yes we did win and our trophy is sitting next to all of our other ones in the trophy room in the east annex of the trophy castle on trophy manor. And actually, it's a paper certificate, but close enough.

EM: Do you have anything that you would like to tell your fans?

OV: My advice is not to take anyone's advice. Also, 'Live long and prosper', quote:



Well there you have it folks! Be sure to check out their website and Facebook page to stay up to date on the Electric Audrey 2 shows and upcoming events!

Oh, and here is Chicken Lover!



**Buy me
Seymour!**



WIL REVEALS A DEEPER TRACK OFF HIS FORTHCOMING ALBUM

Vancouver Island based contemporary roots rocker, WiL, knows a thing or two about being in a long-term relationship; after all he has been with the same gal for 30 years and in that time has gathered some serious insight and perspective that he used to help him pen the intensely personal, 'A Long While', a deeper track off his forthcoming LP 'Gold Mine'.



In this track WiL, fearlessly delves into and addresses the complacency that can settle in after being with one partner for a very long time.

"I think if you have established that you deeply love someone and can't imagine life apart then you've got yourself a challenge worth facing head on. It is not possible to go back in time but it is possible to ask yourself what it was that made you fall in love in the first place. I would argue more than not it is because we saw the some kind of gold in that person."

"So yeah, It's no secret that this song is about my wife and I. I think the most amazing thing is that she was OK with me airing my laundry. I mean, everyone goes through hard shit. It's real. It's life. I think the main thing is that I care. I care so damn much that I addressed it in a song!

WiL's music holds beauty, passion and intelligence like offerings of Paul Simon by wiL is more aggressive... his music contains elements of some old school country that his parents showered him with in his youth. His music is honest and filled with energy.

-The Free Press

All photos courtesy of Jodie Gallant Photography

'A Long While' is a preview from WiL's 7th studio album, written, recorded and entirely self produced at his home studio over the course of fourteen months. Each song came into fruition at different times while juggling stints writing commercial compositions, commercial fencing (the kind that keeps cows and horses from roaming around freely) and playing live shows with his steadfast band mates, Keith Gallant (drums) and Lena Birtwistle (keys and vocals). The workload may sound daunting but its the balance of those three that help WiL focus on his ultimate goal and that is to play music live - on stage - to people who care enough to listen - until he's dead and buried. If you're a fan reading this, don't worry! He's alive and quite well. In fact, his weekly sessions in the dojo help him stay fit so that he retains his reputation for putting on a live show that has been coined by more than a few critics and fans alike as 'legendary'.

WiL hits the roads of western Canada January 27 – March 2nd with stops that include Edmonton's The Starlite Room and two nights at Calgary's Ironwood Stage & Grill



WESTERN CANADA TOUR DATES



- 1/27 – Char's Landing, Port Alberni, BC
- 2/02 – The Dream Café, Penticton, BC
- 2/03 – The Dream Café, Penticton, BC
- 2/05 – The Ironwood Stage, Calgary, AB
- 2/07 – The Arts Station, Fernie, BC
- 2/08 – The Ironwood Stage, Calgary, AB
- 2/09 – The Starlite Room, Edmonton, AB
- 2/10 – Borderline Culture Series, Demmitt Hall, Demmitt, AB
- 2/12 – Village Guitar & Amp, Saskatoon, SK
- 2/15 – Revelstoke Performing Arts Centre, Revelstoke, BC
- 2/16 – The Bassment, Kamloops, BC
- 2/17 – Tractorgrease Cafe, Chilliwack, BC
- 2/18 – The Railway Stage, Vancouver, BC
- 2/23 – The Waverley, Cumberland, BC
- 2/02 – Oak Bay Recreation Centre, Victoria, BC





EDMONTON MUSIC AWARDS

EDMONTON, AB (August 29, 2017) - Monday, August 28th, submissions for the 8th annual Edmonton Music Awards (EMAs) officially opened...and this year even more Edmonton recording artists have the opportunity to have their music recognized and celebrated.

Francophone Recording Of The Year, Latin Recording Of The Year and Instrumental Recording Of The Year will be added to the annual gala celebration for 2018 and with the resurrection of the **Blues Recording Of The Year** award will bring the total number of awards to be handed out to 28.

"We're constantly working to make sure we're giving as many Edmonton recording artists as possible the opportunity to be represented, recognized and celebrated," says EMA Director, Steve Derpack.

We look at what other musical genres and communities need to be represented and would be strong part of the event. We know Edmonton's vibrant Francophone and Latin music communities produce some amazing music, so we were certain they would be an excellent addition this year," Derpack says.

2017 was the inaugural year for the Indigenous Recording Of The Year, awarded to Edmonton trio nêhiyawak. Magalie Bergeron, Regional Director, ACFA régionale d'Edmonton and actor, producer and writer of Woodland Cree descent, Gerald Auger, presented the award.

About the Edmonton Music Awards

- 2018 will mark the eighth year of the

Edmonton Music Awards.

- The annual Gala began in 2011 as a small intimate event in the Haven Social Club with the goal to bring Edmonton's music community together – and acknowledge Edmonton and area artists.

- In 2012, the event moved to the Royal Alberta Museum and then to the Francis Winspear Centre for Music in 2016. This upcoming year will mark the third at the Winspear Centre.

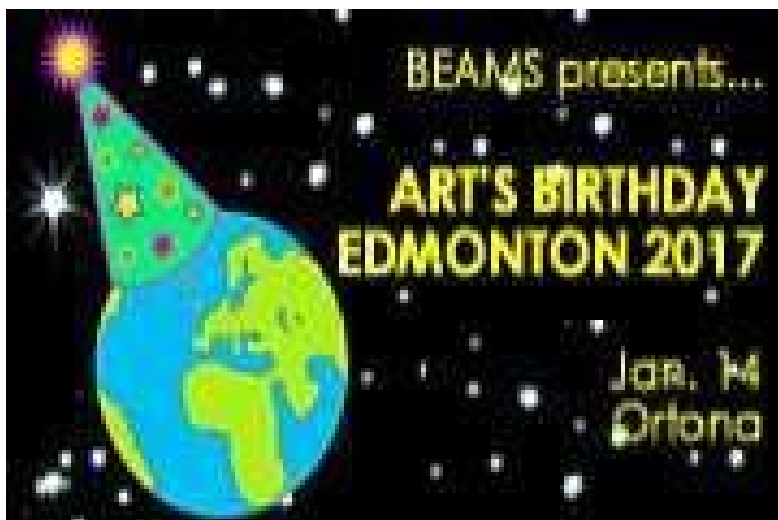
- Every award is the result of votes submitted by the Edmonton Association for Recording Selection (EARS) Committee – 111 members of the music industry and music community and includes writers, radio station hosts, producers, musicians, music instructors, venue managers and others who love and support the advancement of music in Edmonton.

- EARS Committee members spend countless hours carefully listening and re-listening to over 300 submissions to determine award nominees, and then the eventual winners.

- The Edmonton Music Awards is a registered not-for-profit society run by volunteer directors who put in well over a thousand hours to make the event happen every year.



© 2018



In Edmonton, Canada, local musicians pair up with works by overseas composers for a night of improv and experimentation.

Locals include Allison Balcetis, Harshmellow, Himiko, Gene Kosowan, Mike Ross, SkruntSkrunt and Dave Wall. Composers are Dai Fujikura, Hari Maia, Marymotto, Mental Escape Pod, Nobodisoundz, James Shearman and Tamayurakura.
Event is \$10

CAPITAL CITY RECORDS

EDMONTON LOCAL MUSIC

With Muse Reviews

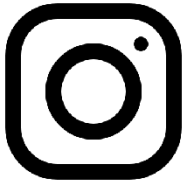
2018 is here! A new year, a new beginning!

The Edmonton Muse has been fortunate enough to have been involved with Capital City Records for a few months now. Reviews, supporting the local Edmonton Music Scene, being a part of the Capital City Records Winter Showcase... It's been an adventure already!

To top things off we are happy to announce that Jessi Toms, the founder of The Edmonton Muse, is now a juror for them too!

The support that the Edmonton Public Library has for the local artists is incredible and they are continuously creating more windows of opportunity for them as well. Don't forget to support them back and get your library card today! You will be amazed at what is offered for individuals and communities alike.

Have a read, download and share! Keep our local music scene hoppin!



Listen Now
On Capital City
Records!



Many artists will have the ability to throw down a thick and hearty blues rock rhythm but how many more can then overwhelm that stew with their own vocal instrument like Kimberly MacGregor? On her 2015 album *I Am My Own*, Kimberly MacGregor's opening track *Trouble* takes a sledgehammer to a distinctly familiar sound, reconstructs it then catapults the listener into a euphoric state of bliss as luscious alto vocals pour over the soul. You may want to hit pause at this point to search tour dates and ticket availability. You may want to stop just to catch your breath, too.

Whatever label one wants to tack onto Kimberly MacGregor's sound is up to the listener as she and her sturdy band move through the gamut of roots, blues, rock and folk. No matter what you call it, it's a sound that's been collected on many a groove over time but not quite like this. Like the difference between 2017's movies, *Star Wars* and *The Big Sick*, *I Am My Own*'s collection of songs stick to you where something more spectacular for the sake of spectacle sits alone & forgotten, dusty on the shelf after only a few listens.

'*Nicer Gentler*' is a perfect example of an artist opening the book on their own personal story that all of us can relate to. A lover, a friend, a neighbour, whoever Kimberly may be singing to, I certainly have made my attempts at being nicer and gentler, too. As Kimberly sings on it might dawn on the listener that it doesn't get much nicer or beautiful. "Maybe our lives are tough enough" is a gorgeous understatement to go along with the 'gentler' guitar stings that accompany *Nicer Gentler*'s examination of love in a time of self-discovery. It dawns on me after a few more listens that Kimberly may even just be singing all together about herself. We could all stand to be nicer and gentler to ourselves, couldn't we?

"Our lives are tough enough" with all that is dark in the world these days, dampening the light. 'I'm Ok' reminds us that we, like Kimberly are going to be just fine. Let's "move on to that better stuff". If you're listening to the song, you're already ahead of the game. Though it may

feel like it sometimes "we are not alone". Kimberly MacGregor reminds us of that track after track.

The familiar feeling persists on the track '*Bigger*'. MacGregor has "opened her chest". She's revealing her heart to us and it's not difficult to find beauty there. Not claiming to be perfect, she, "needs to be bigger". I'm hearing a voice that's asking as much from herself, more-so really, than from anyone or anything else. Her music, voice and lyricism are in process. She's learning about all of it and very actively and aggressively. Where does one sign up for this honest path of self discovery?

'*Implode*' is a sorrowful examination of what we all probably feel at some point in our life's journey. "I think that it's time to decide what it is you are made of" is as universal a choice as not making any choices at all. My mind drifts to our relationships with ourselves and how that impacts every other relationship we ever have as the accompanying groove laid down by MacGregor's guitar and band is in an almost direct contrast to the idea of imploding. As we are moved inward by MacGregor's lyrics the music steadily builds upon itself – reaching out in glorious expression of equal parts pain and joy. *Implode* may be one of the more subdued of tracks on *I Am My Own* but to me it is the album's quintessential track.

For those of you who may just have the same prowess for guitar, lyricism and performance, Kimberly MacGregor's album may not feel as personal as it will for the rest. Mind you I cannot imagine the world possesses too many that have MacGregor's chops and who are also willing to lay their heart out for all to examine. She's 'exorcising her demons' and it sounds as if she has been for quite some time.

I Am My Own is as honest an album as one might like to hear. It's a bold and literal expression – "I Am My Own". Yes you are, Kimberly MacGregor and all those who love music will be happy to have heard your very personal offering.

-- Val Christopher



JANUARY LISTINGS

SEVEN SINS CASLER SPACE HELLO PICNIC EARTHLINGS

Live Music at Hilltop Pub!
8220 106 Ave NW, Edmonton
Friday, January 5, 2018. Doors 8pm

Space Picnic - Melodic eclectic grooves, dope rags & heartbeats.
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Buster - All about guitar driven music to entertain every crowd.

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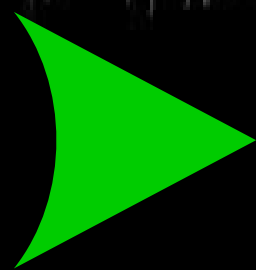
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CHAD VANGAALLEN AND THE BLEACH WIPES

w/ MAUNO

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Quintessential Tarot



Reading of the Month

Hello again everyone and welcome to Quintessential Tarot's reading of the month for January 2018! Here's hoping all of you lovely people survived the retrograde of mercury during December and are now feeling a much smoother energy since it went direct on the 23rd. Moving into the new year, I personally feel very excited to be leaving 2017 behind us and I look forward to the brand new energy that's about to enter with the turn of the new year. Speaking of new energy, our question this month is from Lisa who wants to know about the future of her new romantic relationship. Let's take a look at what the cards had to say about this connection!

The first card we see representing the energy that's passing is the card of Judgment. This is usually a card that comes up when it's time to reflect on things before making your next move. Taking the time to do this will actually reveal something about yourself previously hidden. These revelations can sometimes be uncomfortable and maybe even painful for you to discover. By taking a good look at this part of yourself, it allows you to make peace with past lessons and move forward in a stronger and healthier manner. In my deck this is also a card of soul connections and can sometimes predict the reconnection of soulmates.

The next card we see sitting in your present energy is the Seven of Cups. It's a favourite card of mine in this particular deck. Many of my repeat clients may recognize this card as the one I've nicknamed the booty card. It brings with it an intensely sexual energy and very strong chemistry that is almost magnetic and undeniable. When I see this card come up in

relation to a romantic situation, I am assured that this is definitely something worth exploring. This card is all the really juicy parts of a new relationship and it brings with it the kind of excitement where you can't keep your hands off of each other. It's exciting, it's fun, and it's incredibly sexy. I think it's safe to say the current energy surrounding your new romantic connection is hot!



The next card we see is the card I like to call the surprise card or the card of unexpected events and we see it is the High Priestess inverted. This card in an inverted position is one of spiritual calling with strong sexual overtones. This is where you need to stop and listen to your inner voice! Have you been ignoring maybe, or is it something you just switched off? Well give that switch a flip and turn it back on because you need to trust in your own intuition here. Get back in touch with the calm within once more and remember who you truly are. Follow your instinct and trust that you are being guided in the right direction. In regards to romance, I feel this is a chance for you to manifest exactly what you need and want from your partner by listening to the voice within and fully trusting in your own sexual energies.

The last card and the outcome of the situation is the Prince of Swords. The prince is an energetic figure full of goals and ideas. He has a lot of ambition and strives for success in all areas of his life. In my experience with the prince of swords I have found that he may tend to rush into things head first and he could probably handle a lesson or two in compassion. He has good intentions but they may not always come across that way as he tends to miscommunicate his feelings especially if he feels vulnerable. If the prince can learn to trust and open up a bit, he becomes a much calmer person. However, expressing his innermost feelings may never be an easy thing for him. Look to his actions to figure this man out. He is a doer and will do the little things that are his way of saying he cares for you. If you can speak his language you may see him turn from a prince to a king in no time!

I hope you've enjoyed your reading Lisa, happy new year to you and to everyone thank you very much for checking out our reading for January 2018!

Card of the Month



Hello and welcome to Quintessential Tarot's card of the month! This month I've pulled one of my all time favourite cards in this particular deck, the Seven of Cups! Now this card may not seem like the most positive in some other decks I use but in this deck, what we're looking at is very much a card of love and relationships. To my reading clients, you guys will recognize this as the card I tend to refer to as the "booty" card if it comes up in a reading. We see an intense sexual energy with this card and it basically highlights all of the really juicy parts of a new relationship. This is the can't keep your hands off of each other sort of chemistry that makes a partnership exciting and very satisfying sexually. It also carries the vibe of genuine and honest love. A high, sexy vibration coupled with legitimate and honest love is definitely an excellent card to pull in regards to relationships! If I see this card come up in a relationship reading I always feel like no matter what, the genuine vibration of love makes it a connection worth exploring and investing in. The intense sexual energy is the icing on the cake!

It looks like January is starting off with a bang for both couples and also for those who are single, this is a definite sign to get out and mingle! For couples I suggest a romantic night in or if possible a weekend getaway to really ignite that fire between the two of you. For those who are single but open to a new love, accept that invite to the company party, go to that event you were invited to on Facebook or check out that local band you love next show they play! Whatever it is, get out of the house to socialize and be sure to dress to impress. You may be pleasantly surprised by the extremely attractive stranger you keep locking eyes with across the room finally approaching you!

-- *Quin Grace*

