

A guide (and love letter) to Kingston's
creative scene by its resident makers

The MAKER'S GUIDE to Kingston

KINGSTON
visitkingston.ca



Photos by Scott Adamson

EDITOR'S MESSAGE

WELCOME

On behalf of Kingston's makers

As a member of Kingston's creative community, I've sometimes found myself serving as an accidental secretary of the scene. I'm not alone in this role, of course. Anyone who makes a recording of their Kingston-based band or who films a movie on our streets is, as well as making an artwork, preserving a moment in the city's cultural life, creating a document or communicate from the collective artistic now.

As a printer and designer, my document usually takes the shape of ink on paper (like the object you're holding). It also requires correspondence with my colleagues and neighbours – the contributors to this publication. While our correspondence unfolds and the pages in front of you coalesce, lovingly typeset and laid out for your readership, so too does a picture of a dedicated set of makers at a high-point in their practices.

I'm so pleased to be able to present this vibrant record of our city and its artists to you. I hope it inspires you to come see for yourself.

VINCENT PEREZ is a graphic designer and the proprietor of Everlovin' Press, a letterpress print shop specializing in premium custom stationery and readymade retail products. See his work at everlovinpress.com and shop for it online at greetingsfrom.ca or fine stockists near you.

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HOW-TO

THE POWER OF 1



See Kingston through Sherry Jeffery's eyes (and phone) as she shares her tips and tricks on the art of "smartphoneography."



My name is Sherry Jeffery and I am a Smartphoneographer. Simply put, I capture and edit all of my images with a smartphone. It's like being a traditional photographer, but the photo shoot never ends. I always have my gear with me so there's more chance to be spontaneous and less structured.

Early on, Instagram became my platform of choice and it is this process of growing a community around my art that continues to build my confidence and provide me with great, instant, feedback. @SherryJeffery brings my images to a global audience and connects me daily with inspiring peers and industry opportunities.

Exploring Kingston and beyond, there will be much beauty to take in, but as you do, I would like you to also think about the number 1.

I am a minimalist. When capturing meaningful moments I believe it is most powerful when the image focuses the viewer on a single element.

1 focal point, 1 mood, and 1 message

I use smartphoneography to take the noise of my own life and surroundings away. There can be no distractions within my compositions. That is what I mean when I say think about... 1. It's my friendly photo challenge to you. Strip away the noise and move your audience with the power of 1.

Let's begin:

THE SET UP: LOOK UP, LOOK CLOSE

Everyone will be moved by something different so this is a personal journey of exploration. When I'm shooting, I say to myself:

- What is my subject?
- What will the perspective be?
- Will I set the shot up or shoot spontaneously?

SUBJECT

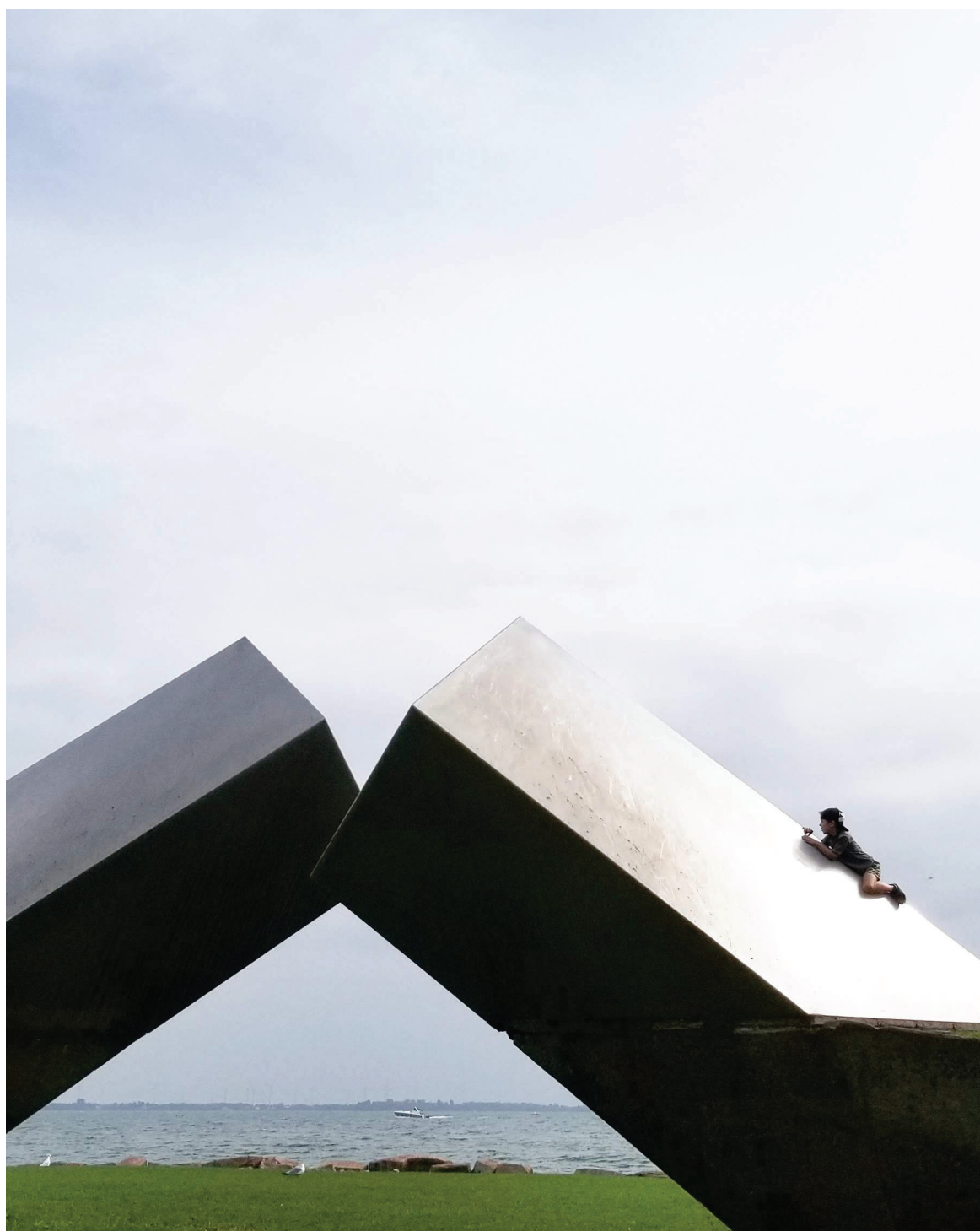
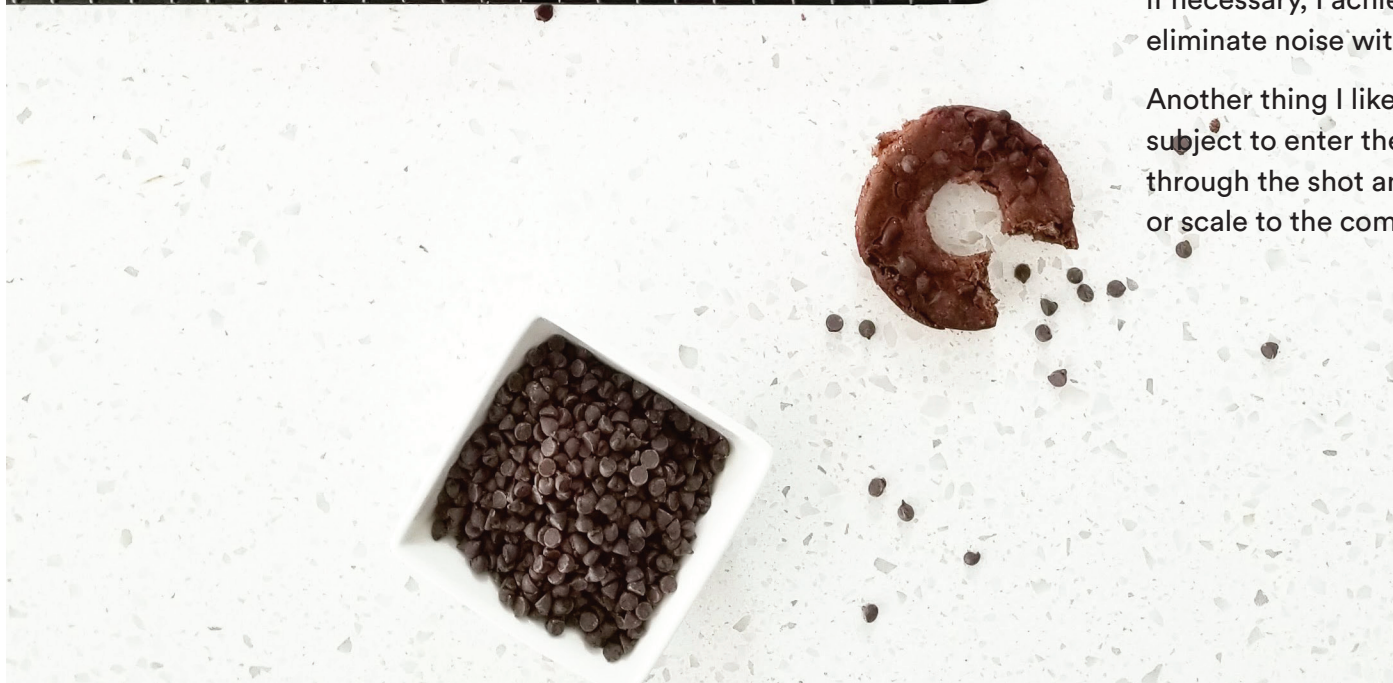
Regardless of which subject becomes your focal point it is important to analyze everything that surrounds the subject and identify what will complement it versus compete with it within the frame.

PERSPECTIVE

Be willing to do what it takes (even if it's a bit embarrassing) to give your audience a unique perspective. I lay on the ground, stand on a wall, reach over, under and around to get the shot. Think about the thousands of possible pictures that have been taken of the subject before you and how you can make yours different.

I prefer a straight horizon so I will work to get that with the shot but, if necessary, I achieve it with editing. I also adjust my perspective to eliminate noise within the frame.

Another thing I like to do is create my scene and wait for a transient subject to enter the frame. Sometimes the focal point is the thing moving through the shot and sometimes whatever is moving is just adding depth or scale to the composition. Be patient... the shot will come.





SHOOTING

You're in position and you've set up the perfect scene. Now take the picture and take a lot of them. Take your time and make subtle adjustments as needed. Many times, happy accidents will occur and you can simply take credit for the amazing outcome.

EDITING

I edit every single photo I intend to share. Even with all the work involved in setting up the scene and capturing the shots, it isn't until I edit the photo that I am able to express my personal style and communicate my message.

I don't want to tell the whole story, I want people to fill in the blanks and make a deeper connection.

I edit all of my photos within Instagram. Below are the tools I use most and the order in which I use them:

ADJUST - This is where I straighten and crop. Cropping allows you to control the viewer's focus and you should definitely experiment because sometimes what you can't see is more powerful than what you can.

BRIGHTEN - as with all editing, this comes down to personal taste. I tend to brighten and highlight more often than not because it feels to me more soothing, calming and happy.

SHADOWS - I always play with this feature and usually I am taking the shadows down which means I have to up the contrast.

SHARPEN - as a last bit of fine tuning I sharpen just a little bit. I find that when I brighten, highlight and then take some of the shadows out it leaves the subject with soft edges and so I like to sharpen them up again.

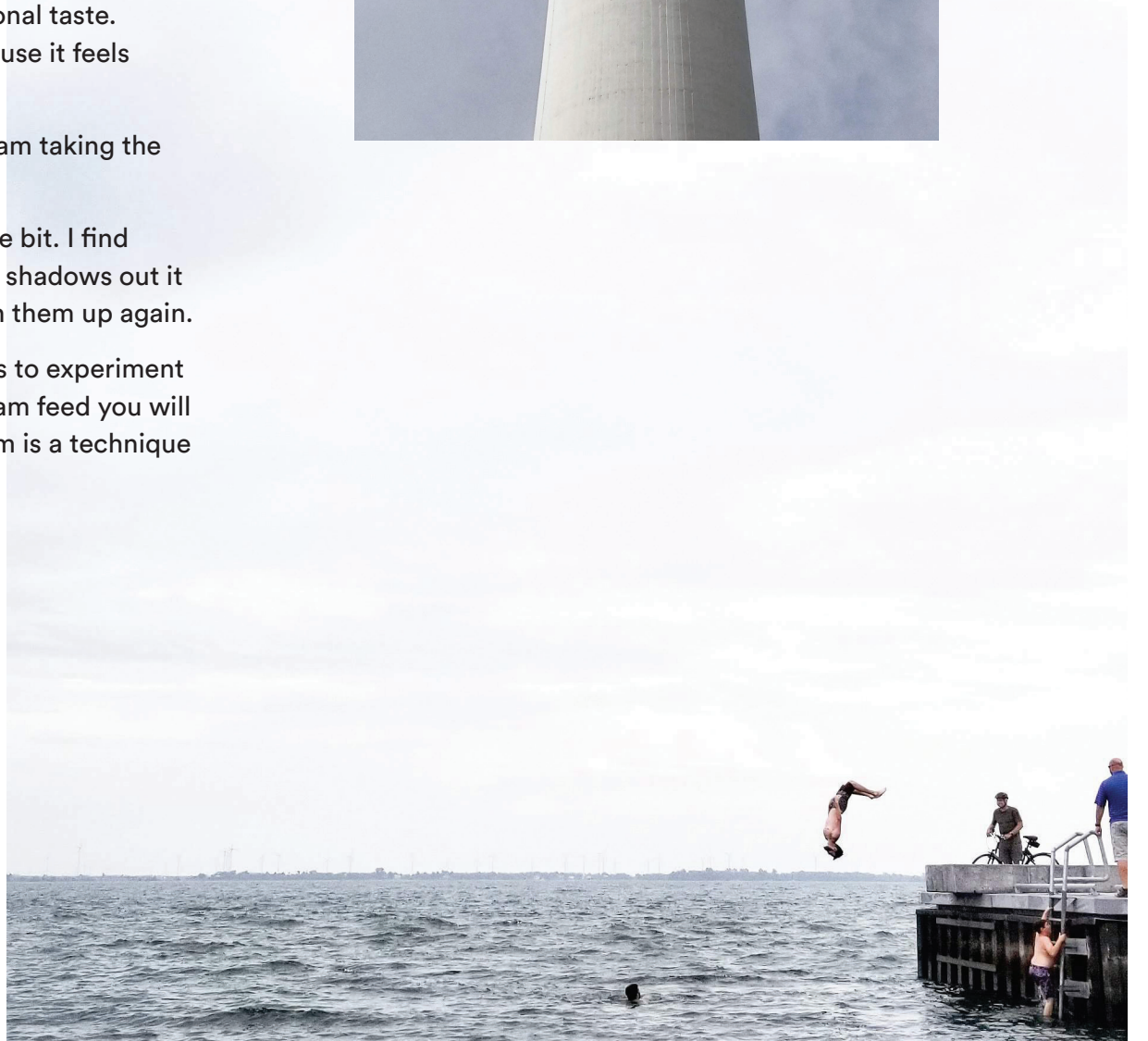
Ultimately, you should use these editing tools and/or apps to experiment until you find your own unique look. Scrolling my Instagram feed you will quickly see that I am a fan of a consistent feel. Minimalism is a technique that I employ in every aspect of my life.

I hope you will also enjoy the power of 1.

SHERRY JEFFERY's first year of snapping photos on her phone was spent honing her craft and growing a community of supporters on Instagram. Quickly, her minimalist eye drew international attention, including a spot in *Moment's* Top 10 emerging mobile photographers.

Since then she has begun working professionally shooting product and lifestyle photos for a diverse group of clients in Kingston.

Sherry has also built a unique jewellery line which can be seen at sherryjeffery.com and in person at festivals in the Kingston area.



LOCAL LEADS

DANCE PARTIES & RECORD DIGGING

Laura Kelly discusses the power of the party, her education on the turntables and the best record scores to be had in the Limestone City.

As a DJ, I've always been a curator more so than an artist in my own right. I love building a set of music to suit a specific mood or event. I don't do remixes or produce my own tracks in the way that some other DJs might. I simply enjoy bringing the music I love to a crowd and mixing genres that you wouldn't typically hear played in a single setting. Vibing with the audience and making sure that everyone is having a good time is an important part of that. If the party isn't feeling what I'm feeling, I try to switch it up – I'm conscious that DJing shouldn't be solely about what I want to hear. For me, DJing is about appreciating incredible music *together* and, of course, the communal experience of losing yourself in that music.

Organizing and DJing events where people gather in this way can feel like a defiant act to me. We are not often enough afforded the pleasure of going out to enjoy music in spaces that appeal to and are welcoming of diverse groups. It feels essential rather than just fun and frivolous to create these spaces. In Kingston, many partygoers are looking for venues outside of the typical bar or club scene. There is an appreciation for DJs that play music outside of the mainstream as well as an absolute need for events to be thrown where people of all kinds feel invited and safe. We cannot forget that coming together to celebrate is a part of what builds strong and healthy communities.

CFRC 101.9 FM

I became a DJ by volunteering at CFRC 101.9 FM, a campus and community radio station here in Kingston. I was just 15 at the time. I had been a long-time listener of the station because its DJs aired music that I'd never heard anywhere else. This was music that consistently blew my mind and a lot of it was simply independently made rock, pop and dance. I was hooked. I applied to volunteer, went through the training process, and hosted my own show as of age 16. It was such a refreshing and positive experience for me. Nobody made me feel less worthy because I was young or female. At CFRC, whether you're 15 or 95, you are granted full access to their equipment and music library after completing the necessary training. By volunteering at CFRC, not only was I given a free education on how to use the gear I needed to become a DJ, I was encouraged to DJ events in the community under the CFRC banner. Soon, I built the confidence to put on parties of my own.

For more information on CFRC (or even a tour), I recommend checking out cfrc.ca or dropping by the station in Lower Carruthers Hall on Queen's University campus during business hours.

PARTIES

Over the years, I've organized and DJed many different events in Kingston, but my favourite is called Slow Dance, an over-the-top Valentine's Day themed ball/raging and festive dance party peppered with slow songs pre-selected by DJs. These tracks are printed on dance cards that you can use to book slow dances with fellow guests. Slow Dance feels like an adult prom or a re-do of a middle school dance. At each of these events, designated dancers make the rounds, adorned with decorative sashes and inviting wallflowers on to the dance floor. This has been key in making our audience feel comfortable regardless of whether they attend alone, in a group or with a partner. We indulge in cheesy Valentine's Day décor and run a photo booth on site for those who choose to dress to impress.



LAURA KELLY, AKA DJ LK is the founder of innumerable dance nights in Kingston and Toronto. When she's not DJing, you can find Laura playing drums in local bands, commuting back and forth between her home base of Kingston and McMaster University where she teaches and studies philosophy.

We cannot forget that coming together to celebrate is a part of what builds strong and healthy communities.

ZAP RECORDS

Zap Records is a mainstay in downtown Kingston. Whether you want to dig through their sidewalk bargain bins or venture inside to look through the carefully selected categories of rare and classic albums, you're sure to find a gem.

Since LPs have increased in popularity and musicians are releasing their music on wax once again, Zap has been carrying more and more new music on vinyl as well as new reissues of older records. No matter what type of music you're into, the inventory at Zap Records is constantly changing and won't disappoint.

As a bonus, Zap's owner Gary LaValle also organizes the Kingston Record Show every spring, with over a dozen vinyl sellers in attendance.

BRIAN'S RECORD OPTION

Brian's Record Option has been open in Kingston for nearly 40 years. I grew up navigating the store's beautiful chaos. It's the type of place that is enjoyed by music enthusiasts and novelty seekers alike. Owner Brian Lipsin is famous for packing so many records, tapes, CDs, music literature and posters into his store that they overflow into the aisles or pile up in tight stacks. This is record digging at its most extreme. You've got to work for your finds at Brian's, but that just adds to the reward.

Brian is a real part of the shopping experience at his store. Despite the looks of things, he often knows exactly where to find a record on request. Brian's laugh is infectious and he enjoys storytelling as much as engaging with people about music. He often receives gifts of beat tapes and mixes made by his DJ customers after they've sampled records purchased from his store. According to Brian, he has even played matchmaker between DJs looking to collaborate by trading their tapes and contact information between them.

Brian's genial presence in the downtown Kingston community has made him a beloved local figure. When a construction mishap flooded his store, damaging the inventory in his basement and some of the stock upstairs too, he was the beneficiary of a large outpouring of community support ranging from an online funding drive to a locally run benefit concert.

KINGSTON SYMPHONY VINYL RECORD SALE

The Kingston Symphony hosts record sales twice annually at 785 Sir John A. Macdonald Boulevard, unit 7A. Thousands of vinyl LPs and 45s, as well as CDs, tapes, sound systems and gear are made available at bargain prices. All of the records on site are donated to the symphony by local collectors of jazz, soul, funk, classical, rock and pop. Regardless of the record and its potential value, everything at these sales is priced the same. On the first day, that's a mere \$5 per vinyl record and it only drops from there. For DJs and collectors, taking part in these sales is a furious scramble through crates, especially during those crucial first 20 minutes. A line up forms hours before the sale begins with customers ready to dash to sections of particular interest. For those new to record digging, I recommend attending on the second or third day of the sale when, not only are prices better, but the crowds less intensely competitive. Full details are available on the Kingston Symphony's website at www.kingstonsymphony.ca/concerts-events/calendar/vinyl-records-sale/.

PRIZED FINDS



Aretha's Gold (1969)

This is an essential record to own and fairly easy to come across for a reasonable price. While it's true that every one of Aretha Franklin's full-length records is worth listening to from start to end, as a DJ, a best-of compilation is a handy solution. It means I have fewer records to carry with me to gigs (they get heavy!).



Gina X / Nice Mover (1978)

I was so pleased to find this while digging through stacks at Brian's Record Option a few years ago. "No GDM" is the go-to track. It's dark and dancey, combining post-punk with disco and all with a perfectly "euro" flair. This song has never failed me when thrown on at the height of a dance party.



The Pharcyde / Labcabincalifornia (1995)

When I started DJing with vinyl as a regular event, I knew I had to buy this record. It's a 90s hip hop classic! You're certain to find this one at Zap Records. While the album is mellow in vibe, it's packed full of Jay Dee beats that are DJ-perfect. To get a dance floor going, my favourite song is "Runnin".

BIOGRAPHY

NORTHSIDE STORY

Jess Huddle, co-owner of NORTHSIDE espresso + kitchen recounts coming home to Kingston and bringing a bit of Australia with her.

I've heard it said that those who feel the pull of home, that yearning for familiar ground, always find their way back. Like homing pigeons, no matter how far we travel, we're forever drawn to our own nest. My story and the story of how NORTHSIDE came to be is one of coming home.

When I left for Australia in early 2000, I was a young and naïve country girl from Sydenham, just finished uni, and venturing into the big, wide world by myself. I thought I'd be home in a year after travelling the sunny, aqua-blue coast of East Australia. I had visions of blonde, tanned surfers, sun and heat.

When I arrived in Melbourne, it was grey, cold and drizzling – my disappointment was palpable.

Despite the setback, I spent a fair bit of time in Melbourne where I had cousins who were my age. We did a lot of hanging about with their friends, wandering the bluestone lanes of the city, going to the footy (Go the Hawks!), exploring the botanical gardens, and venturing further afield to national parks and sanctuaries.

It was a ton of fun, but I was anxious to move on and to see the 'real' Australia (read: sun, sand and surf). I did the stereotypical backpacking trip travelling north up the east coast, Melbourne to Townsville, jumping from one coastal town and hostel to another. I was happy and sun kissed, meeting heaps of fun and interesting people along the way.

While my plan, once back in the city, was to take on temp work to fund my next leg of travel in Tasmania, I met a boy and stayed, and in doing so fell in love with Melbourne.

12 years on and I was working in a successful corporate career for one of the top four banks in the country. I loved it. I was in operational and team management, eventually transitioning to managing and coaching teams through cultural change (all genuinely brilliant experience for running my own business – whew!).

I'd been married to said boy for about 10 years and enjoying a routine life in our little house, with visits from friends on weekends and quick, cheap jaunts to south east Asia at the holidays. Then life threw me a curveball and everything changed.

As it happens, people grow up, come to want different things and to have different goals. They fall out of the love needed to sustain a lifetime partnership.

I met Cade just as all of this was taking place. We became fast friends, as though we had always known each other. Soon, we came to accept the love we felt for each other and started a brilliant life together.

We spent all of our weekends in cafes around Melbourne, but particularly in our neighbourhood of Brunswick. Brunswick is on the 'northside' of the city – it's gritty, with an edge to it, fun and full of an unpredictable energy. It's here that we formed our love for the café culture of Melbourne.

Breakfast was about socializing, taking the time to connect with friends, or even just ourselves as individuals. It was a conscious element of the day – like the Swedish concept of Fika, a coffee break/contemplative moment.

Cade and I would visit my family in Kingston (until we moved here, it was the only place she had seen in Canada!). We would always try to recreate our brekkie and coffee rituals while here, but as much as we enjoyed ourselves, it wasn't quite the same for us.



Me, as a little in Sydenham



Dad (Ian Huddle), Mum (Evelyn Huddle) and I



Cade and I

On our last visit home in 2013, and subsequently when my parents last visited Melbourne in 2015, it was evident that something was happening with my mum. She wasn't quite herself, got anxious in unfamiliar situations and couldn't remember things we had recently experienced or spoken about.

Cade and I began to talk about what it would be like to move home to Kingston – to be closer to my parents, but also to my brother, my sister-in-law and my gorgeous niece and nephew. I wanted to see the littles grow up, to know them properly and for them to know me.

After agonizing for months, we made the decision to move home.

A month or so before we left Melbourne for Kingston, mum got a diagnosis of Early Onset Alzheimer's. It was (and is) terrifying, with so much being unknown, but it solidified our decision, and we knew we needed to be there for her and my dad.

So that was it – we were moving to Canada! And to Kingston no less! The question looped through our heads: What are we actually going to do with ourselves?

NORTHSIDE needed to feel like home for us – and, naturally, for our customers too.

It didn't take long for us to work out that we wanted to introduce Kingston to Melbourne café culture. We were pretty sure that the city would give us a go – we live in a community of mostly progressive, curious, food-loving people after all.

We got ourselves studying coffee and completing barista courses at a few well renowned coffee roasters in Melbourne. We wanted to understand the science, skill and taste behind making an amazing cup of espresso, knowing it was a lot more than just pressing a button on a machine.

Along with this, we also researched the full service running and day-to-day comings and goings of a café. We knew we would have to get a chef with an open mind and ability to see our vision, food being a critical part of the cafés in Melbourne.

By no means did we have any idea of what we were doing though. We were passionate, keen and willing to put in the hard yards. We completely threw ourselves into the café – it was truly all or nothing. Absolutely everything we have is in NORTHSIDE.

Once we saw the old Turk's Antiques building in downtown Kingston, I knew it was the home we'd been imagining for the café. It was as if the building was waiting for us, having been vacant for a number of years prior.

We had some very specific ideas about how we wanted the café to look and feel. It needed to be bright, airy and most importantly, feel welcoming. NORTHSIDE needed to feel like home for us – and, naturally, for our customers too. They ought to relax as they pass through our doors, primed for yummy food or a smooth coffee.

NORTHSIDE wouldn't be what it is without the people that come through those doors – from our brilliant and sassy team to the customers that find us for the first time, and our beloved regulars. It is so special to be able to call many of these people our friends and to have our days filled with smiles and chats. The support and reception we have received from the community, small business owners and enthusiasts, is extraordinary and humbling.

Cade and I feel immense gratitude for the team we have surrounding us each day – without them we wouldn't be able to do this. They keep us laughing, they challenge us and they've become our family.

NORTHSIDE has allowed us to start to have the life we want in Kingston – with the flexibility and time to spend with my mum and dad, and with my brother and his family, to be able to explore the beauty and depth of this city, and to understand our true place here – a home in this community.



NORTHSIDE, indoors and out

Co-owner of NORTHSIDE espresso + kitchen, **JESS HUDDLE** has recently returned to Kingston after 16 years of living in Melbourne, Australia. She has loved creating a welcoming space for people to congregate and eat yummy food, but most importantly building a life in Kingston with her partner Cade. Jess enjoys quiet time and the outdoors, loves her family, friends and her dog.

TRIVIA

YGKPOP

Designer and musician Benjamin Nelson illustrates Kingston's connections to pop culture, both real and apocryphal.

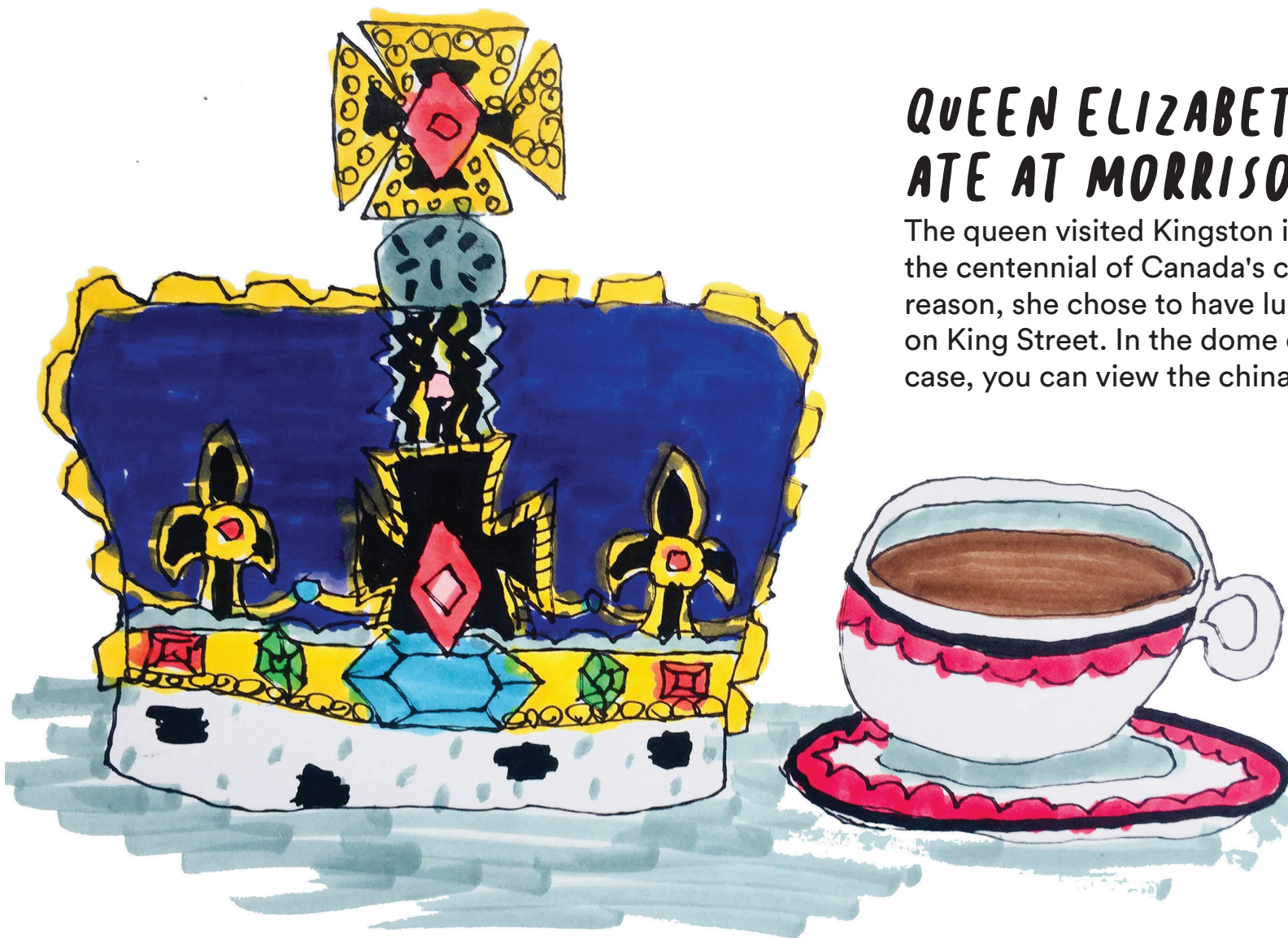
GHOSTBUSTERS (1984)

Rumour has it that at least half of the original script of the film "Ghostbusters" was written by Dan Aykroyd and Harold Ramis in a hotel room at the Queen's Inn on Brock Street.



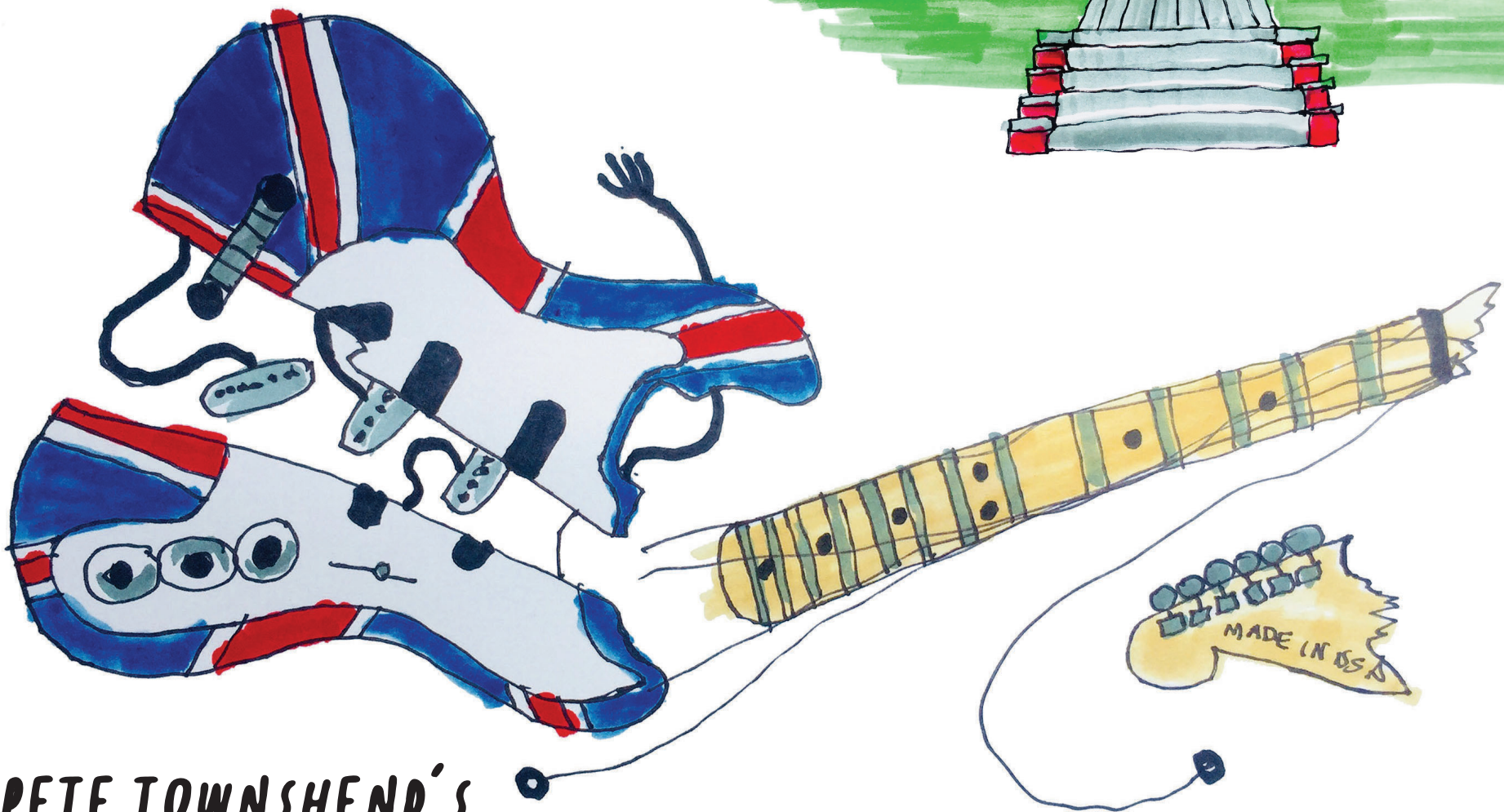
QUEEN ELIZABETH II ATE AT MORRISON'S

The queen visited Kingston in the 1967 to celebrate the centennial of Canada's confederation. For some reason, she chose to have lunch at Morrison's Restaurant on King Street. In the dome of city hall, under a glass case, you can view the china set that Liz ate from.



FRANCIS CONROY SULLIVAN

Sullivan was a Canadian architect born and raised in Kingston, Ontario. He was the only Canadian pupil of acclaimed architect Frank Lloyd Wright, and helped bring the Prairie School style to Canada, mainly Winnipeg, Ottawa and Pembroke (Pembroke public library pictured here). Sullivan also happens to be my great-grandfather's first cousin. Oh wow bud!!!



PETE TOWNSHEND'S SMASHED GUITAR

On July 15, 1968, the British rock band "The Who" played a concert at the Memorial Centre on York Street. Like every performance, the show ended in a fury of toppled amplifiers and broken instruments, mostly borrowed from local openers, "The Fifth Column". Pete Townshend smashed his 1958 Fender Stratocaster to bits and left it on stage where a CKLC radio DJ scooped it up for a giveaway contest. My father told me once that he ended up at a sort of after party where he watched the new owner of said broken guitar trade the museum piece for a two-four of Budweiser beer. Life is full of regrets.

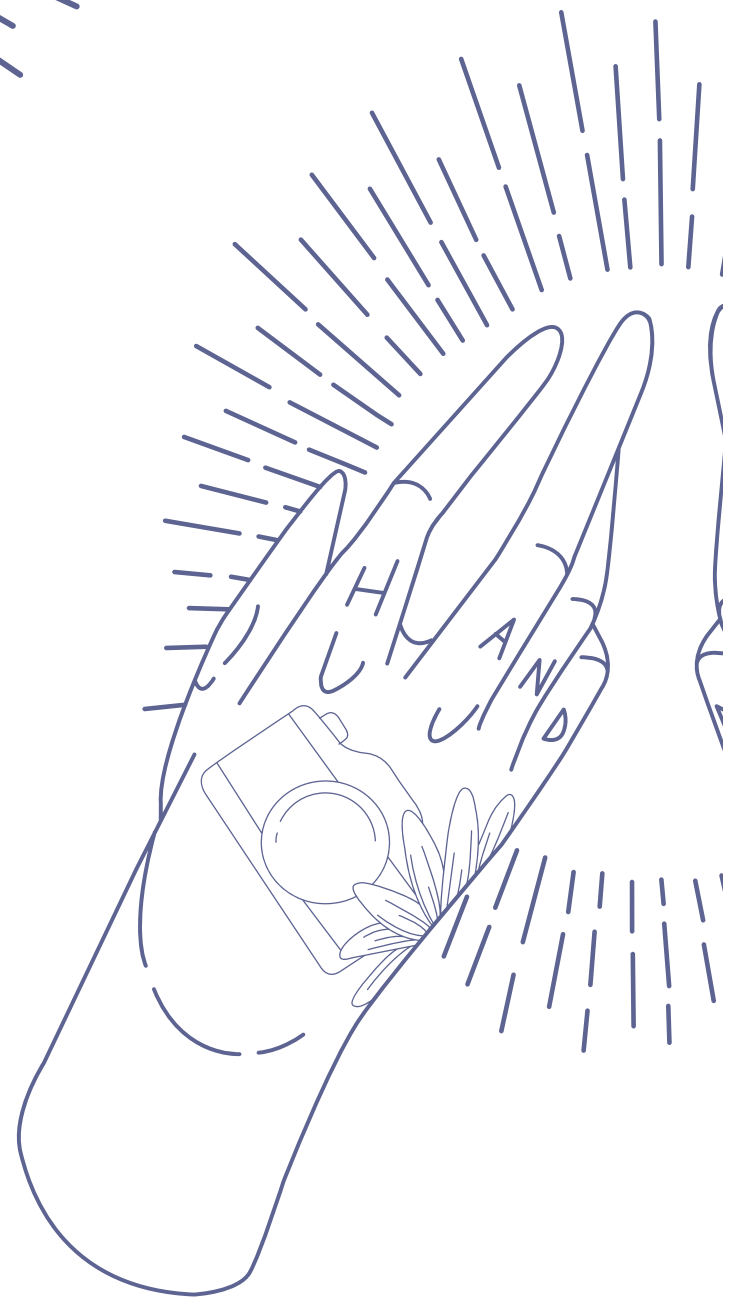
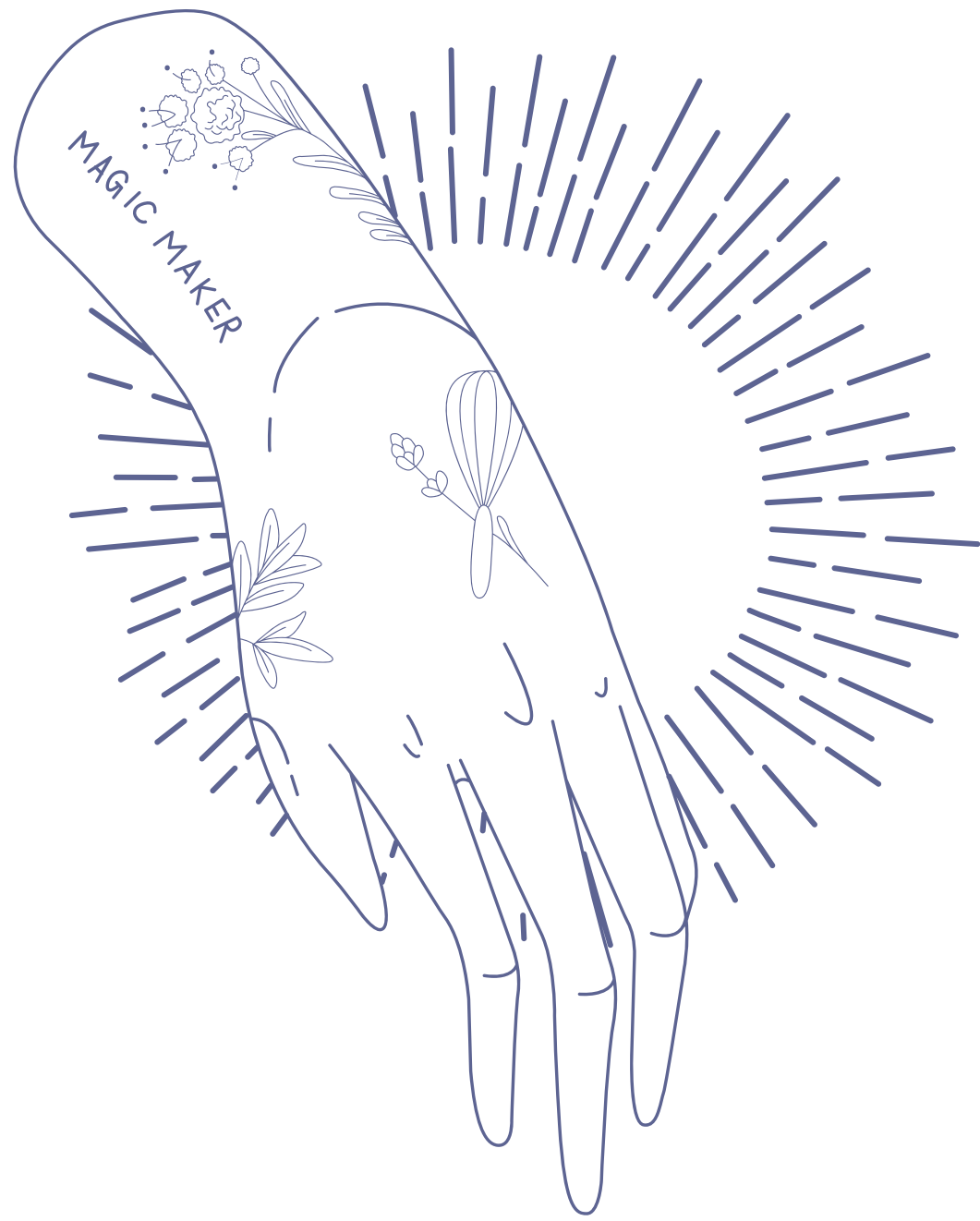


HEAVY METAL THUNDER

John Kay, lead vocalist of 1960s rockers Steppenwolf, lived in our fair city while his dad was stationed at CFB Kingston. In the song "Born To Be Wild", the term "heavy metal" is mentioned. This is where the music genre got its name.

BENJAMIN NELSON hopes to trigger memories and feelings through his design and print work. He communicates information using familiar or neglected images, jagged shapes, metallic inks, eye-catching patterns and vibrant colours.

COLOURING PAGES





Born and raised in Kingston, **JENNY MORING** is a self-taught illustrator who loves exploring her surroundings through art. Using natural elements in surreal combinations to create small moments of wonder for her viewers.



HOW-TO

THE LOFT GIRLS GUIDE TO SECOND HAND CLOTHING

Thrifting clothing items for the Loft Girls is much more fun than it is work. We get excited when we find a piece of clothing we know someone will just love. It can also be an overwhelming experience for many people, sifting through racks of clothing to get that one special piece. But the benefits of eco fashion versus fast fashion are plenty – you are shopping sustainably, supporting locally, and saving money. In Toronto or Montreal, there is a vintage boutique on every corner with carefully curated outfits. But in a smaller city like Kingston, you can be left to your own style devices, so where do you start? When we style our collections, we stick to a few fashion philosophies:

Mix your highs and lows.

One of our favourite things about thrifting is getting quality pieces for less. We are drawn to timeless, high quality fabrics, and items that feel great and fit well. We keep an eye out for linen, cashmere, and quality denim when we shop. Here in our fall collection, we paired a luxurious second hand cashmere sweater with homemade denim cut offs, tied together with a statement belt – note the gold rosebud detail! For everyday essentials, we favour locally run thrift stores, like the Goodway or Phase 2. These stores are super affordable, and filled with great finds.

Shop your friend's closets.

Both of us grew up receiving second hand clothing from friends and family members. We have fond memories of clothing being dropped off to our houses in garbage bags, tearing into the bags and seeing what treasures were in there. On that note, we highly encourage clothing swaps! If you have a wedding to go to, consider borrowing a dressy piece of clothing from a friend instead of heading to the mall to spend money on something new. Clothing is meant to be worn, so why not share a piece that only gets the opportunity to be worn once or twice a year? As both of our wardrobes convert into entirely thrifted items, we notice that we have become less attached to pieces and more excited to see the different ways they can be styled and shared. When clients come into our mobile fashion boutique, it is so interesting to share the clothing story, and how each woman wears it with her own personal flair.

Check out local designers.

Most of our outfits incorporate locally made accessories. It is such a great feeling to know who made what you're wearing, and the time and creativity that went into creating those items. We love Whitney Haynes Designs for her Canadian birch anklets that can be worn day in and day out without snapping off, and her simple and stunning molten silver stackable rings. Another great Kingston designer is Danielle McAllister of Rebellious Clove, who designs and sews upcycled plus-size clothing. Each piece is one of a kind and tailored to your body type – something you won't find at any fast fashion retailer.

Make your own style rules!

It is so important to feel comfortable in what you're wearing, and to make it your own. It's fun to keep an eye on trends but have an open mind when you're second hand shopping. We incorporate seasonal trends into our outfits, as opposed to purchasing only "in" pieces and wearing them for a season. Some of the favourite items in our closets are pieces we have owned for years, and which we find ways to update and give new life. For our collection, we styled the oversized black men's sweater (a Fall staple), with flowy white pants to give it an elegant vibe. White after labour day? Pssh. We also shop the men's section and the lingerie section, which are always filled with hidden gems. As stylists and co-owners of a second-hand clothing business, we take turns with style risks and tend to find a happy medium between "fun" and "wearable". We also dress for ourselves, and know that each of us have completely different styles and body types.

Like anything in life, fashion is all about balance.

People are becoming more drawn toward sustainable lifestyles, and developing your personal style is a great place to start. It's also okay to purchase new clothing, but it's rewarding to find great secondhand pieces you can feel good about both buying and wearing. Try incorporating secondhand clothing into your wardrobe whenever you can, and have fun with it!

Creativity and imagination will always go further than any dollar.

Niki + Claire

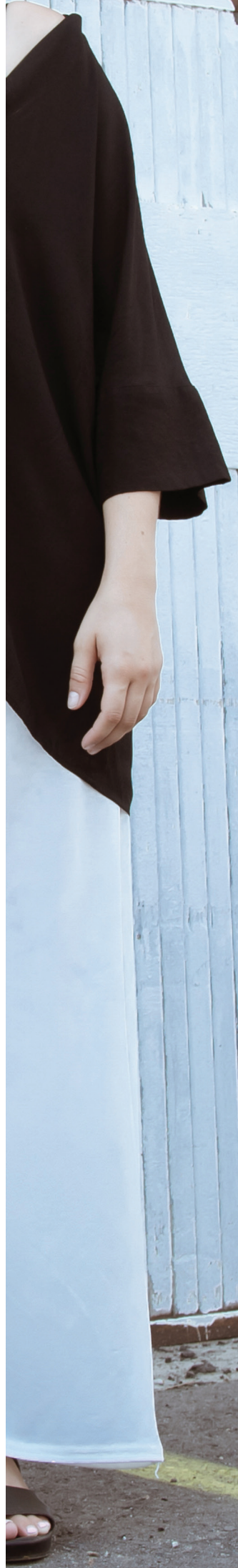
Photography by Natalie Blasko, The Kingston Flying Club, and Autobuf.

SHOP THESE LOOKS:

The Loft Girls Mobile Boutique / theloftgirls.com
Whitney Haynes Designs / whitneyhaynes.ca
Rebellious Clove / rebelliousclove.com







CLAIRE BOUVIER & NIKI HODGSKISS are co-owners of The Loft Girls mobile boutique. The girls first met as neighbours and decided to develop a business based on their mutual interest in sustainable fashion and entrepreneurship. The Loft Girls were recently featured in FASHION magazine, as “Canadians Who Take Sustainable Fashion Very Seriously”. As well as running the mobile boutique together, Claire is focusing on producing her first TV show, while Niki oversees Venture Food Trucks, an international manufacturing company.

BIOGRAPHY

SONGS LIKE BREATHING

Michael C. Duguay considers his experience as an emerging musician in a city with a hallowed, pervasive musical legacy.

The most significant moments in one's life rarely feel anything more than casually reflexive, reactive, and rhetorical as they occur. At its best, my art-making practice, my song-writing, can be like this; an instinctual response to my environment and life around me, not obligatory, but a sort of automatic catharsis resulting in work. My favourite artists are those who live in this practice, those who leave a trail of creation in their wake, for whom producing art is as customary and as constitutive as breathing. They inhale life, and exhale work. I aspire to this, although I suspect (in fact, I hope) that it cannot be achieved deliberately or self-consciously; it can only develop in nature.

What, then, is an ideal climate to cultivate and nurture this sort of artist and this sort of practice? What is the formula? What are the qualities of a cultural ecosystem which breeds this sort of creative credence? These questions are reflexive, reactive, rhetorical, but they are on my mind often, especially since I have started producing work again, which is something I truly thought I would never return to.

I am an itinerant person by nature, and my work reflects that. Prior to moving to Kingston in January of 2016, I had lived, throughout my twenties, in seven cities, five provinces, two continents. I had lived in tour vans, and I had lived on trains, I had lived on the street. Failing health reunited me with central Ontario and, two months to the day before my thirtieth birthday, I arrived, adventitiously, in downtown Kingston. I lived in a shelter, with no intention of remaining in the city. I regained my health, I made some friends, I stayed put, and I'm still here. Somewhere along the way, I started creating again. Somewhere along the way, something about the bustling creative affluence of this city no longer accepted my delicate excuses any longer and, eventually, I willingly caved.

This city is wreathed in legacy, of all variety, not the least of which is musical. There are traces of it everywhere, etched into the limestone courtyards, and the skeletal park benches, and the river ferries. As an artist in Kingston, I inhale not just the minutiae of waking life, but this artistic legacy, a steady diet which provokes and fortifies my practice, so how, then, would I not, or could I not, exhale art as well? I feel this, palpably. The opportunity to contribute to this ongoing legacy, however marginally, is a privilege, not an obligation, and I can not deny it. The fact that I needn't name names, that we all inherently acknowledge and exalt our shared musical pantheon, speaks directly to this very legacy, and speaks furthermore to what I find most crucial to those of us who produce work here and now.

Each new artist I met led me to the next.

We are not a large community and it borders on unfair that we have been and continue to be home to such talent per capita. I struggled when I first moved here; anonymity in a city where there exists such visible support, acceptance, and camaraderie was challenging. I stumbled as I attempted to find my social and creative footing. I carved out a new identity piecemeal. I moved in progressively widening circles. Each new artist I met led me to the next, like some wonderful treasure-hunt. I discovered that there was an identity waiting here for me the whole while, that there was a small crack in the limestone for me to fill with my sounds. Kingston by no means needed me to start writing songs and putting them out into the world again – there are a lot of extremely gifted and generous folks doing that already – but it certainly has encouraged them, and supported them, and included them in its canon. In the moment that I finally felt compelled to produce work, I finally understood the fascinating cohesion of this music scene, because it was entirely laid out in front of me with open arms. It immediately became familiar, and this small-town familiarity has become the most formidable resource available to me. The city is small, the landmarks are pillars, the support is ubiquitous, and the music is good. The music is very, very good.

My perspective has shifted, and I am a better artist because of it. I am a better artist because this community has provided me with the support and resources to allow that shift. I am living in that ensuing sacred momentum, having taken one small step, and my life is rich and warm with creativity, familiarity, and support. I write songs naturally now. Sometimes, I write songs accidentally, like breathing, which is a wonder, and to have, one day, maybe, even only one of my songs included in the canon of the Kingston songbook, amongst such esteemed company, would be a privilege of the highest order.

MICHAEL C. DUGUAY is a musician, artist, and writer currently based out of the inner harbour of Kingston, Ontario. His new album, 'The Winter of our Discotheque' will be released in 2019 on So Sorry Records. Hear his music at michaelchristopherduguay.bandcamp.com.

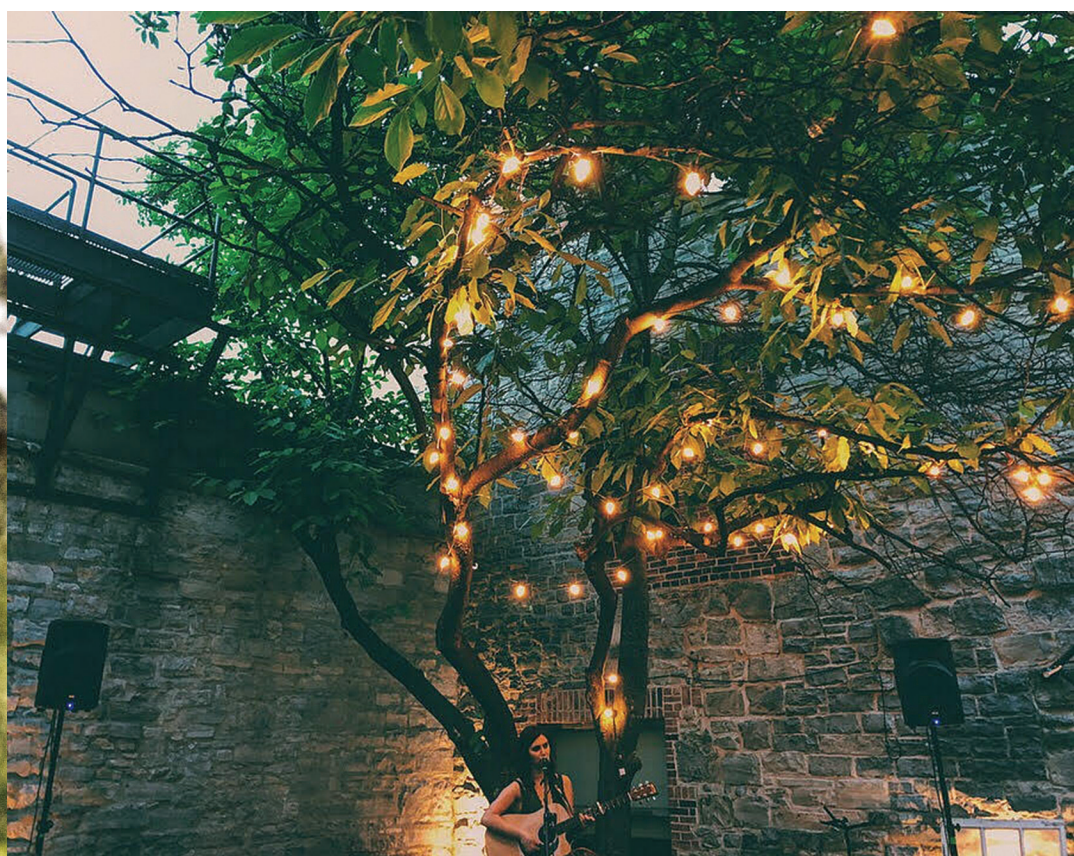


LEFT COLUMN, TOP TO BOTTOM:

Dayna Pirso picks traditional Appalachian folk music at 12CAT Arts Collective

Julia Finnegan captivates the crowd at local music hub, Musiikki Cafe, with her earnest and thoughtful songwriting, and one-of-a-kind vocal performance

Rae Corocoran delivers introspective, melodic pop-folk at the jewel of inner harbour, the Elm Cafe



RIGHT COLUMN, TOP TO BOTTOM:

Major Love wows the crowd with their personal brand of pop-rock at Wolfe Island Music Festival

Ciara Roberts plays her sweet, chorus-laden pop in an empty storefront at the Storefront Fringe Theatre Festival

Emilie Steele & The Deal reel out earnest indie folk at Queen's University illustrious music venue, The Grad Club

FOCUS

MAKING PLAYS IN WEIRD PLACES

Mariah Horner of the Storefront Fringe Festival presents Kingston's (re)emerging theatre scene.

On a mild summer night last June, I sat on a bench at Princess and Wellington and anxiously awaited the arrival of Ewerton Martins, a Brazilian clown-magician that I had never met but with who I would soon become fast friends. He had no working cell phone, but I knew he was either stuck in traffic on the 401 or aimlessly wandering the streets of downtown Kingston. I was waiting for Ewerton to introduce him to the person he'd be staying with, Mary, a local arts lover and turtle activist living in Kingston's Swamp Ward. The next day, Mr. Brazil and I would be spending most of the day visiting local media, advertising the imminent start of the Storefront Fringe Festival, a live performance festival happening on the streets of Kingston. He was the first (and only) international artist involved in our first official year. Organized by Theatre Kingston, The Storefront Fringe Festival is part of a movement of festivals around the world that share 5 core values:

- Participants will be selected by lottery or first come first serve
- 100% of ticket sales goes directly to the artists
- Fringe Festivals have no control over the artistic content of each show
- Tickets and festival fees must be accessible
- Festivals will promote and model inclusivity, diversity and multiculturalism

Founded by Brett Christopher and Theatre Kingston the year prior, I had recently been tasked with running the first official year of the open-sourced, lottery based, performance festival. We would have 18 shows, half from Kingston and half from away (and sometimes, apparently, as far away as Brazil). These shows would range from children's and magic shows to shows in camping tents or nipple-tassel-toting-burlesque. The Storefront Fringe would run for 8 days and take place entirely in empty storefronts on Princess Street. Most importantly, the line-up was pulled out of a hat.

I know. What kind of cultural influencer signs up to run a festival that has no vetting process, no bathrooms, and no control over the festival's content? The answer? A brave one who believes in her community's ability to appreciate live performance that is playful and risk taking.

When I was asked to come back to Kingston to act as the Festival Director of the Storefront Fringe, I had graduated from Queen's Drama and just finished my Master's in Theatre at uOttawa. Although at that point I was telling collaborators in Ottawa that I would be making the expected move to Toronto, I always knew I would find my way back to the Limestone City. In 2012, I had founded Cellar Door Project, a site-specific theatre collective that makes plays in weird places. At this point, we've made shows in and about Brian's Record Option, the Royal Tavern, the basement of City Hall, a cemetery at Queen and Montreal streets, and on the steps of a 200-year old observatory in City Park. I started making theatre outside of theatres because I wanted to engage with regular people. I wanted the same people who would go to see a band play at the Grad Club, come to see a new play. I wanted to make work that cherished the city's long history while complicating it with contemporary practices and an unparalleled understanding of our ever-changing community. These are the same reasons why I felt the Fringe was a natural fit for me – the programming represented many kinds of live performance creators, tickets were only \$10, and the whole festival took place on Princess Street.





I'm proud to report that we've now had two Storefront Fringe Festivals and have grown substantially between 2017-2018. We nearly doubled our artist applications to the festival and gross ticket sales, paying over \$20,000 to artists from Kingston and elsewhere. Ewerton Martins, Mr. Brazil, had our first ever sell-out and lucky for us (and him), he was again selected to join us in 2018, selling out four of his six shows in the most recent Fringe.

From the perspective of a freelance artist, Kingston has long been a city that supports her creatives. Every weekend in June, July, and August boasts a different festival – from BuskersFest to Women's Art to Skeleton Park Arts and Wolfe Island Music, we are happy to find a home for local artists and artisans while also introducing local folks to makers from outside of town. Although I'm speaking from my experience with the Storefront Fringe, I'm sure other arts organizers would agree that Kingston's audiences are warm to new ideas, styles, and ways of working. Artists are supported in traditional forms as much as they are supported to take risks. During the Storefront Fringe this past year, local and out of town companies sold tickets on par with one another. Kingston audiences didn't need to know someone in a show to buy into their craft – it wasn't about friends or familiarity or recognition. Audiences took risks on things they had never seen before and people they had never met before. Besides its emphasis on artists, their successes, and the opportunity to develop new work, whatever it may be, what I love about Fringe is its acute focus on the local. Many Fringes mandate that half of their programming be local. Especially in newer smaller Fringes like Kingston, for out-of-towners to be successful, they must insert themselves into the local imagination, handing out flyers on street corners and meeting new folks at bars and Fringe clubs.

When talking about his experience as an out of town artist performing in the Storefront Fringe, Toronto based actor-composer Johnny Salib said that he had "never felt this accepted and loved, especially so quickly by a community." Kingston-born but Toronto-trained artist Alex Montagnese believes "there is a hunger for experimental, non-traditional theatre in Kingston and the Fringe is the perfect place to celebrate this diversity in live storytelling". Artists feel willing and inspired to make their work in weird ways here because we're lucky to have an audience that is hip to change. With Queen's University, our long history of growing inspiring artists, and our proximity to major cities like Ottawa, Montreal, and Toronto, we have arts consumers with a high cultural capital, but during my experience in Kingston, they are a little more likely to take off their shoes.

Part of the reason I was so interested in staying here is that there is something starkly "not-elite" about the kind of theatre we make in Kingston, a plague that has effected the theatre for a long time. I'm not talking about calibre – even if this work is not elite, even if the shows are silent shoeless disco-dance parties in the market or a romp through a tumbling record store, the work is still high quality and professional. As a theatre artist in Kingston, I find a way to make work very friendly to regular people (cheap, embracing of difference, etc.), but it's also my top priority to pay artists. Because so many of the theatre artists in Kingston are interested in making work in non-traditional ways, we are finding audiences who have never seen plays nevertheless attend a night at the theatre.

It's no surprise that theatre is not often high on a list of possible date-nights. As theatre artists, we know that our traditional audience is aging and often theatre chooses to be complicit with this fact, rather than challenging audiences with new styles and new forms. Not in Kingston. We use our strong community hive-mind to experiment with all sorts of work. I tell the story of Mr. Brazil to remind artists that, it only takes about 8 days to make over 200 friends in this town.



MARIAH HORNER is an actor, director, producer, and community organizer based in Kingston. She is the director of Kingston's Storefront Fringe Festival and produces digital content for SpiderWebShow and foldA (Festival of Live Digital Art). Co-founding the Cellar Door Project in 2013, Mariah has since produced fourteen new works with the site-specific company in Ottawa and Kingston in cemeteries, record stores, bars, parks and the Diefenbunker. Mariah played Kate Unger in George F. Walker's HBO Canada Series *Living in Your Car* and recently graduated from uOttawa with an MA in Theatre Theory & Dramaturgy. Visit www.cellardoorproject.com.



LOCAL LEADS

KINGSTON'S CUISINE

From the West end to the West Indies, blogger **Tianna Edwards** leads us on a foodie tour of her hometown's most delicious dishes.

First I'd like to introduce myself. My name is Tianna Edwards and I run the blog "Keep up with Kingston" where I talk about the happenings in this lovely city and share my favourite things. Typically, I talk about food because I love to eat and it's easy to find a good meal in this food-friendly town.

I am going to share my favourite eats with you here. These are purely indulgent choices, so you won't find any health tips here. Another common theme you'll find is that all of the restaurants I've picked are locally owned. I love our locally-owned businesses. We are lucky to have so many talented people who are great at what they do.



Beef Cheek Ragu on Gnocchi / Olivea

Where do I even begin? Fresh made gnocchi – doughy pillows that melt in your mouth – smothered in beef cheek that's been braised for eight hours. This dish is juicy, sweet succulence, topped with fresh parmesan. Of all of the dishes on this list, I crave this one the most.



Brunch / NORTHSIDE

Here's the thing about NORTHSIDE, they can do no wrong in my eyes. The menu is so thoughtfully curated and executed that I can change up my order and never be disappointed with my meal. I've had many items on the menu, all of which are amazing, but I will recommend the broccoli toast because it's loaded with nutrients, but tastes too good to be good for you. The fresh sourdough is soaked in extra virgin olive oil and topped with an array of veggies that make the most delicious melody on your tastebuds. Good stuff.

Roti and Doubles / Sally's Roti Shop

If you're not familiar with roti, it's a Trinidadian dish. The roti is a kind of flatbread and it's traditionally served with curry. I love the buttery flavour of the roti dough wrapped around the flavourful curried chicken and potatoes. If you've never had it, I can't compare it to anything, but I can tell you that you won't regret trying it. I usually order my roti with half chicken and half chickpea so I get the best of both worlds!

The doubles also deserve a mention. It's another dough-based dish but acts as more of a bite-sized appetizer and is filled with curried chickpeas. Highly recommend!



Duck Confit Poutine / Chien Noir

Leave it to Kingston's finest French bistro to elevate Quebec's most famous indulgence. When I say elevate, I mean swap out cheese curds for triple creme brie and gravy for juicy duck (cooked in its own fat) on top of crispy yet soft, thin frites. These ingredients were made for each other. I like to get the large order and share the calories with a fellow poutine-lover.

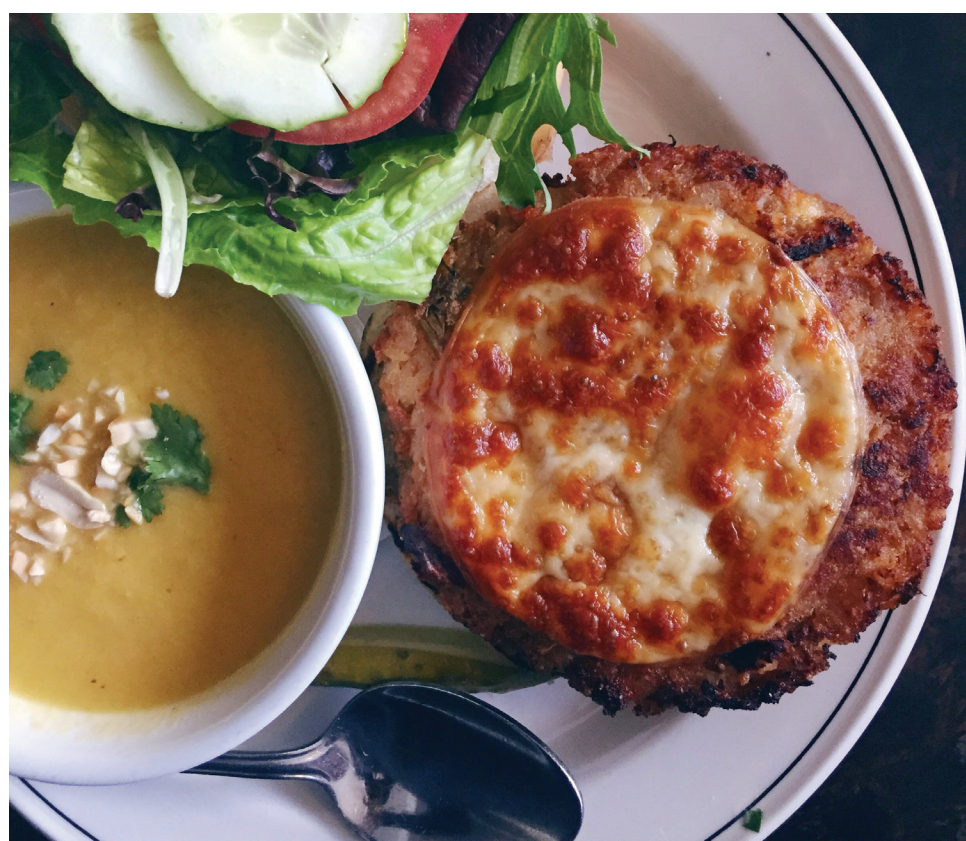
#11 Shrimp Curry (add veggies) / Pat's Restaurant

Pat's is an authentic Cambodian spot on Princess that can be relied on for the most consistent service. My favourite dish, the very spicy shrimp curry, tastes the exact same every time. There is comfort in the consistency of such a delicious dish. I love how spicy the curry sauce is. The spice can only be tamed by the perfectly fluffy white rice.



Suntech Cucumber Focaccia Sandwich / Juniper Cafe

Juniper Cafe is such a special place. They do an incredible job at making all of their baked goods in-house and sourcing local as much as possible. My absolute favourite sandwich on their menu (they are all delicious, to be honest) is the cucumber sandwich. It's a nod to the traditional British cucumber and cream cheese sandwich but they use their fresh-baked focaccia, pickled carrots, chevre, chive cream, pumpkin seeds and local greens. The richness of the bread and the cream pair so well with the freshness of the cucumber and greens and the acidity of the carrots. Yum.



Veggie Burger / Bella Bistro

Burger night at west end restaurant, Bella Bistro, is one of my favourite things to enjoy mid-week on Wednesdays. It's funny, but what I especially love about burger night are the veggie options. Every week is different, but they are always good and range from veggie patties that include mushrooms and barley to sweet potato, cauliflower or quinoa. They also make their own milk buns that can easily be enjoyed on their own.



Seafood Ravioli / AquaTerra

I love all seafood: shrimp, lobster, scallops. I'll take it all, anytime, any day. I also love a waterfront view! Fortunately, fine dining restaurant located in the Delta hotel, AquaTerra, offers both. The seafood ravioli made with Ocean Wise shrimp, rock crab and perfectly seared scallops is complemented by lobster oil, corn velouté, spinach, basil and roasted grape heirloom tomatoes. The serving of scallops is generous, and the shrimps are plump and juicy - oh, and the corn velouté is so rich and creamy. Yum. If you get a table with a waterfront view and time your meal with the sunset, it makes the visit that much more special.

Any baked good / Bread and Butter Bakery

What I love about Bread and Butter is that they know how to embrace seasonal ingredients. What's better than peach pie or a peach cobbler during peach season? Absolutely nothing. They also do the classics well: croissants, baguettes, a simple loaf - it's always good.



Fresh Focaccia / Pasta Genova

I mean, it doesn't get much better than fresh bread. Actually, it does when it's only 75 cents a piece! Pasta Genova is a super old school Italian market on Wellington Street, north of Queen Street. They make the most delicious focaccia and it's so popular that there is constantly a fresh batch coming out of the oven. More than once, I've picked up a piece that's still warm! If you're looking for a full lunch, pick up one of their focaccia sandwiches. They offer vegetable and meat - both very good!

TIANNA EDWARDS is the writer behind Keep up with Kingston, a blog dedicated to sharing her favourite parts of her hometown and supporting locally-owned businesses. She's passionate about good food and proud to call Kingston home.

COMING AT 11:30

OPEN

BUSINESS HOURS

WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

