AINSLEY FRIESEN

Scattered... Inspired
1998

Doucement
2011

Ainsley Friesen has been performing throughout Canada for more than fifteen years, primarily as a solo musician but also collaborating with other artists whenever possible. Lessons learned from life's victories and defeats and from professional influences have infused her musical style with a confidence and beauty that grow richer with time. Her unique style harmonized with brutally honest and sometimes comedic lyrics creates a sound that is as compelling as the artist herself.

After the release of her debut album, "Scattered…Inspired" in 1998, Ainsley toured eastern Canada and moved to Halifax to attend NSCAD, where she completed a Bachelor of Fine Arts in Film. Upon returning to Manitoba, she worked as a sound technician before deciding to invest herself completely into her music career, and in 2011, released the EP, "Doucement". Ainsley has since played with a community jam group and collaborated with other local artists at such venues in Winnipeg as the Park Theatre, and Times Change(d) High 'n Lonesome Club.

In 2014, Ainsley paired up with Winnipeg singer-songwriter Bobby Stahr for a two-week tour across the Canadian Prairies. She toured the same route again in 2015, this time with another Winnipeg singer-songwriter, Raine Hamilton. Ainsley Friesen currently resides in Brandon, MB, where she teaches piano, guitar and voice, while continuing to write new material and perform locally.

WWW.AINSLEYFRIESEN.CA

AINSLEY FRIESEN

YouTube

Facebook

CBC Music

"Ainsley has a voice that reaches into your tender heart, a deep feeling story teller, great piano and guitar playing."

-Ben Sures

PERFORMANCES

Brandon Folk Music and Art Festival (MB) • Treesblood Festival (MB) • Regina Folk Festival (SK) • Pan Am Games Winnipeg (MB) • Trout Forest Music Festival (ON) • Back 40 Music Festival (MB) • The Works Art and Design Festival (AB) The Ironwood Stage & Grill, Calgary, AB • Village Guitar and Amp Co., Saskatoon, SK

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Friesen setting out on summer tour

BY JILLIAN AUSTIN

Brandon-based singer-songwriter Ainsley Friesen is teaming up with Winnipeg musician Raine Hamilton to perform across the Prairies this summer.

The Prairie Songstress Tour will take the pair through Manitoba, Saskatchewan and Alberta, making stops at a variety of venues ranging from house concerts to an outdoor festival.

"One of the most exciting things about touring is the people you can meet on the road and the connections that you make," Friesen said. "Just through venues, organizers, audience members … it's definitely about the people."

Friesen began writing songs as a teenager and first went on tour about 15 years ago. She took a bit of a break while attending university, but later realized she wanted to make music a higher priority.

She released an EP in 2011 called "Doucement" — French for "tenderly, "softly" and "take it easy."

Friesen, who currently teaches piano, guitar and voice lessons in Brandon, went out on tour last summer with singer-songwriter Bobby Stahr and enjoyed it so much, she was determined to go again.

"I wanted to find a female singer-songwriter … kind of on the similar vein," she said. "I asked (Raine) and she was really thrilled … It was all very serendipitous, it really worked out for both of us."

The soulful singer, who plays guitar and piano, is inspired to write from her own victories and defeats, and as her bio states, "her unique style harmonized with brutally honest and sometimes comedic lyrics creates a song that is as compelling as the artist herself."

Visit ainsleyfriesen.ca for more about the local artist.

Meanwhile, Hamilton is looking forward to performing songs from her debut album, "Past Your Past," which was released on May 27. It can be purchased through her website rainehamilton.com.

She describes her sound as folk music "in the Joni Mitchell kind of vein." The Winnipeg artist says she is also greatly influenced by Canadian singer Sarah Harmer.

"I'm looking forward to connecting with different communities and sharing music and art with people I have not met before, in places I have not visited before," Hamilton said. "It's going to be great."

Hamilton's deep, honest lyrics find inspiration "in the rough and beautiful places" of life.

"I come across little bits of ideas and inspiration, and I feel a responsibility as an artist to collect those and to be a caretaker of those treasures," she said. "I feel like they speak to me — that's part of my creative process, to notice when those appear and to take good care of them."

The tour kicks off in Winnipeg at a house concert on June 19, followed by a house concert in Brandon on June 20. Due to limited space, those interested in attending are encouraged to contact ainsley@ainsleyfriesen.ca.

The Prairie songstresses will also perform at a Swift Current, Sask., coffee house, in Saskatoon at the Village Guitar & Amp Co., The Works Art & Design Festival in Edmonton, The Olive in Red Deer, Alta., and the Ironwood Stage & Grill in Calgary.

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Ainsley Friesen, left, will be hitting the road with her guitar for several shows across the Prairies this summer. She will be joined by Winnipeg musician Raine Hamilton, above, for the Prairie Songstress Tour. *(Bruce Bumstead/Brandon Sun; Megan Steen Photography)*

Proposed new nutrition labels would highlight sugar, standardize serving sizes

TORONTO — Health Canada is proposing redesigned nutrition labels that would highlight when food products contain a lot of sugar.

The new labelling rules would also standardize serving sizes to make it easier for consumers to compare nutrient contents of similar products.

Ingredients lists would be easier to read and when sugar is listed, a manufacturer would have to spell out all the sugar-related ingredients in the food, such as molasses or fruit juice concentrate.

Along with stating the amount of sugar per serving, labels would include a percentage of how much one portion represents of a person's recommended daily intake.

A guideline on the label would state that under five per cent is "a little" and 15 per cent or more is "a lot."

Canadians will be able to comment on the proposed regulatory changes until Aug. 26.

» The Canadian Press

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