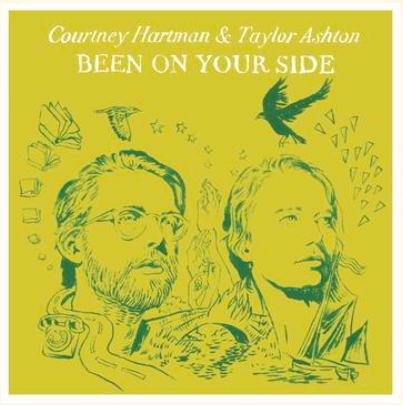
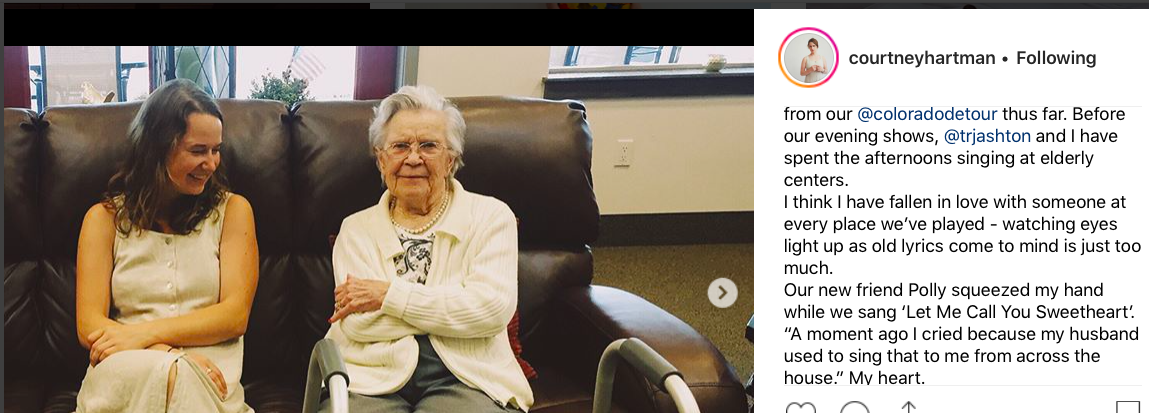
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| **DEVELOPMENT**  Based on the **‘slow food’** movement ideas:   * Savouring food and company * Using local – home grown ingredients * Building a longer table – inclusive * Cooking together * Conversation/dialogue   **April’s vision**  Music tour with musicians on bicycles on the Kettle Valley Railway grade in interior BC, carrying instruments on backs; local produce and wines in their panniers. Camping and connecting with communities in old village halls, schools, community centres, historic churches. Workshops on ecology or other issues, jams, communal meals, concerts. Supported by group travelling with tour in electric vehicles to pitch tents, do logistics etc. Sponsored possibly by wineries on the route.  Design evolved with lots of conversations and an unreleased CD | **Aspects of SLOW TOUR**   * Seeking connections, more time in communities- with community groups, musicians providing role models of inclusion, good human relations, implicit support of pro-social actions, top notch **music;** enjoyment for everybody * Less travel for musicians daily. Alternate transport, regional view * Workshops-Deepen knowledge of issues, techniques, local / regional specialities * Align with non profits, community based organizations * Jams- before concerts, include jammers in concerts sometimes * CD releases   **ACTION**  **COLORADO SLOW TOUR**   * Anti-ageist * Learned songs of other generations * Produced Spotify list of songs for other musicians * Brought dementia music specialist Hanna Doreen Brown * Partnered with Make | * A Wish foundation to finish songs with elder songwriter * Workshops, sing a longs, parties, mini-concerts in centres and facilities, meals * Colorado’s Music District deTour * Video /audio record * Evening Concerts in regular venues   **Courtney says:**  From our @coloradodetour thus far. Before our evening shows @taylorashton and I have spent the afternoon singing at elderly centres. I think I have fallen in love with someone at every place we’ve played – watching eyes light up as old lyrics come to mind is just too much.  Our new friend Polly squeezed my hand and while we sang “Let Me Call You Sweetheart”. ‘A moment ago I cried because my husband used to sing that to me from across the house’. My heart.  **Taylor says**:  We put together a Spotify  playlist of some of the old and slightly less old songs we learned especially for the occasion, including my favourite  “ Let Me Call You Sweetheart ”. I had never heard it before, but we played it every day after a sweet elderly lady sang it to us a capella, at our first visit. It is such a strong, beautiful and tender melody. Hearing the chorus of voices all around the room join in as they recalled the song, was like being on a ship slowly turning a corner, to watch a monumental 200 year old iron bridge come into view. |

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https://freedirt.net/products/courtney-hartman-taylor-ashton-been-on-your-side

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**Articles on Slow Tour**

<https://www.westword.com/music/courtney-hartman-and-taylor-ashton-tour-music-through-retirement-communities-10739685?fbclid=IwAR1GC3EJg3tBkbdggskBBsoW3xXIJmaStcXPHbhqXqU_aRwCVVqeRkyv4Xo>

<http://www.gratefulweb.com/articles/courtney-hartman-taylor-ashton-embark-innovative-tour-colorado>

**Reviews of CD**

<https://www.folkalley.com/album-review/2018/album-review-courtney-hartman-taylor-ashton-been-on-your-side>

<http://americansongwriter.com/2018/08/courtney-hartman-taylor-ashton-preview-new-lp-first-us/>

**Courtney’s articles and writing**

<https://medium.com/@courtneyhartman>

<http://heroinchic.weebly.com/blog/poems-from-the-way-by-courtney-hartman?fbclid=IwAR3-Iw93mgNoeDXtdKvFso1csDX1FTXTC_yCeVMMTqfzBeuf2DxG9aUdqr0>

**Video Clip links**

**Courtney**

<https://www.youtube.com/watch?v=cvxihPmbZnE>

<https://www.facebook.com/courtneyhartmanmusic/>

<https://www.facebook.com/courtneyannehartman>

<https://www.courtneyhartman.com>

<https://www.youtube.com/watch?v=oqBERd-MHH4>

[https://www.youtube.com/watch?v=qeiAEa7SRkE](https://www.youtube.com/watch?v=qeiAEa7SRkE&fbclid=IwAR3tQuxU3t5w8EA2uorLeoDeEglsXvLj2BSxbQjtJNHMynsLge0bGBbGyBM" \t "_blank)

**Courtney and Taylor**

<https://www.youtube.com/results?search_query=courtney+hartman+and+taylor+ashton>

<https://www.youtube.com/watch?v=C832OUXGkWc>

**Taylor**

<https://www.youtube.com/watch?v=6okYkMjxzhA>

**April Struthers’ Publications**

[www.witworks.ca](http://www.witworks.ca) ; <http://witworks.ca/downloads/>

**Current projects: Prevention of adult abuse – collaborative networks of response**

**Organizing against racism – building protocols**

**Responding to Reconciliation with First Nation’s communities**

**‘Being Least Intrusive’ cross cultural response tool**

**Building Action Learning Network**

**Developmental Evaluations**

**Learning Exchanges with musicians**

**Links to Ageism Material**

<http://www.nationalseniorsstrategy.ca/wp-content/uploads/2015/02/NSS-Elder-Abuse-Social-Isolation.pdf>

<http://www.ageismore.com/about/are-you-age-aware>

<reveraliving.com>

<http://dx.doi.org/10.2471/BLT.17.202424>

<https://nyceac.org/countering-ageism/>