

Frayed at the Bread and Honey Festival

The words Bread and Honey brought up so many wonderful taste bud experiences based on my past memories of fresh home cooked bread with honey. Wow, the onslaught of energy that swells up just reading those two words.

You can certainly understand the attraction to this festival for no other reason than the name. But wait, there's more..... a group that we have taken an interest in called [Frayed](#) was also playing a gig there. Please see July 1, 2007 edition of this magazine to learn more about this group.



The day was perfect as the sunshine painted this whole community north west of Toronto. The city, Streetsville, has been doing this festival for many a year and judging by the crowds, it will continue for many more.



The park area was abuzz with energy, rides everywhere, information kiosks, games, food booths, performers on the stage, and a petting zoo. It was just one huge family type festival where smiles seemed to be on everyone's face, including my own.



Meeting our friends in the band and some of their parents is always kind of like a big group hug. It just feels so good inside to be around these people.



Yes we were there for all the good feeling stuff and one of the good feeling things was to play

roadie for these guys and unload the

equipment and get it up to the stage.



From there it was front and center to view their performance. I know I have mentioned this before in

reference to these guys, they play from a place of passion.

Today was no different and they received great applause from the audience with everyone being totally satisfied.





Time to head back behind the stage once again to help tear down and reload the vehicles. As we were getting ready to depart, we were invited to have dinner with the guys and their families to cap off the day. How could we turn down another chance to play and have some more fun???

It seemed as if the whole town was out to party and seeking some place to sit and enjoy the last portion of the day. Knowing us as you all do, we set our intentions and the perfect Mexican eatery showed up with simple but amazingly flavored dishes.



What a way to end an exciting adventure of the highest order.

Beautiful people everywhere, amazing weather, great sights, outstanding music, wonderful food and of course new friends and old, making for what turned out to be an energy filled experience.

Peace and Love
[Wayne Parker](#)
[Email Wayne](#)

Kat's 2 Cents

These are some of the nicest people I have ever met and I am proud to call them friends. Here's to good friends!!