



Your community event summary.  
Thu, Aug 16th to Wed, Aug 22nd

### Tupper Lake Arts Show Thu, Aug 16th, 11:00am



The 45th Annual Tupper Lake Arts Show The Show will kick off on August 8th and run through August 25th with a wide variety of different works from local and regional artists. The show will run daily from 11 am to 4 pm. The Arts Show will be held at the new arts center at 106 park street. Types of work on display: Oils, watercolors, acrylics, pastels, drawings, graphics, photography, sculpture, textile art, computer generated art, jewelry design, mixed media and more. Show your work: Calling all artists! If you are interested in displaying your work in the 45th Annual Tupper Lake Arts Show, Contact Louise McNally at (518) 354-0888 or e-mail weezymcnally@gmail.com All proceeds from the Arts Show go to the Tupper Lake Arts. Download artist participant packet

### Tupper Lake Masonic Flea Market & Craft Fair Fri, Aug 17th



Shopping with a view! For forty-five years, one of the premier events hosted in the Village of Tupper Lake has been the Annual Flea Market. A family event started by the Order of Eastern Star and continued on by the Masonic Lodge, the Tupper Lake Masonic Flea Market is now one of the regions largest events of its kind. Offering something for everyone, this event draws people from the entire region. Thousands of shoppers and collectors make it to our friendly shores to witness first hand this unique blend of barter, trade and true salesmanship. So come enjoy shopping with a view on the shores on Raquette Pond in the Village of Tupper Lake! Vendor opportunities are also available. Flea Market Hours Friday: 12pm-6pm Saturday: 8am-6pm Sunday: 8am-4pm Questions? E-mail: tlfleamkt@gmail.com

### Leary Castle & Hemlock Ledge Tour Fri, Aug 17th, 10:00am



In a region rife with logs and clapboard, a cinder-block castle is something of an anomaly. And yet, there it stands. Retired probation officer Ed Leary began the work on the castle in 1993, completing much of the work himself with the help of a local stone mason. Sadly, Leary never saw his dream become a reality, having passed away before its completion. Skaneateles-based architect Andy Ramsgard and his family purchased the property in 2009 and have spent the years since finishing its construction. The castle features gargoyles on the roof and medieval furnishings, adding to a sense of fantasy. August Tupper Lake Hemlock Ledge Hemlock Ledge After our tour of the fanciful Leary Castle, we will caravan to Hemlock Ledge, one of the most remarkable, intact, and little-known rustic camp complexes in the region. This camp was designed by New York City architect Julian Clarence Levi in 1907 and includes many fine buildings, including "Birch Cottage," extraordinary interiors, and a first-rate collection of rustic and Arts and Crafts furniture. The tour begins at 10 a.m. and ends around 3 p.m. FEE: \$45 for members and \$55 for nonmembers. REGISTER at AARCH

### Olga Memorial Footrace Sat, Aug 18th, 9:00am



The OLGA 5K and 10K Run and 5K Walk has become a traditional Saranac Lake summer event. The proceeds will benefit our local youth through increased programming at the Youth Center and enhance the Rotary's literacy program that puts a book in the hands of every child in the elementary school. Day of race registration and bib pick-up at 8:00am. Please send us an email requesting a registration form and we will email it to you.

## Local Notice



### Story Time for Pre-K children Tue, Aug 21st, 10:00am

Story Time for Pre-K children at 10:00 every Tuesday. Join us as we read some age-appropriate books, do a craft, and maybe build a tower or sing a song!

### Book Talk with Fran Yardley Tue, Aug 21st, 6:00pm



Join us as Fran discusses her new book: Finding True North: A History of One Small Corner of the Adirondacks. In 1968 Fran and Jay Yardley, a young couple with pioneering spirit, moved to a remote corner of the Adirondacks to revive the long-abandoned but historic Bartlett Carry Club, with its one thousand acres and thirty-seven buildings. The Saranac Lake-area property had been in Jay's family for generations, and his dream was to restore this summer resort to support himself and, eventually, a growing family. Fran chronicles their journey and, along the way, unearths the history of those who came before, from the 1800s to the present. Offering an evocative glimpse into the past, Finding True North traces the challenges and transformations of one of the world's most beautiful, least-celebrated places and the people who were tirelessly devoted to it. Upstairs at 6:00 PM.



## Cancer Talk with Deanna Courtney

Tue, Aug 21st, 6:30pm

Cancer is a scary word for many people. Deanna Courtney would like to shed some light on information of what truly causes tumors, brain cancer and all the different names for Cancer. Then she will go a step further to remove the fear of just what those extra cells are really trying to do. Her goal is to empower you so that word does not scare you into doing anything that will harm you. Join us in our Community Room at 6:30.

## Weekly Promotions / Dining



## Farmers Market

Thu, Aug 16th, 10:00am

The Wild Center hosts weekly Farmers Markets where you can meet local farmers and take home some of the wonderful local food grown in the Adirondack region. The Wild Center has joined with The Adirondack Farmers Market Cooperative, Inc. which promotes and manages farmers markets. All related Farmers Market outdoor programming is free and open to the public. Admission to The Wild Center exhibits and additional programming is not included. For more information, contact Melissa Coulman-Poirier at 518-497-6714

## Forest Bathing: Slow Down, Unplug and Immerse Your Senses in Nature

Sat, Aug 18th, 8:30am

\*Registration required Forest Bathing, translated from the Japanese Shinrin-Yoku, means bathing your senses in a forest. Let us take you on a unique two and half hour eco-trip, and invite you, through a series of brief sensory activities, to open yourself to all the sights, sounds, smells and textures of an Adirondack forest. Picture it now: you are walking through an evergreen forest on a summer day, the aroma of pine needles and earth are all around you, sunlight is casting moving shadows as you listen to the bird songs and the breeze rustling the leaves. Feel the mystery of the forest. Experience nature in a new way. Certified Forest Therapy Guide Suzanne Weirich (on October 6th it will be Helene Gibbens) will lead you on this relaxing journey, inviting you to recover from the stress of daily life. Forest Bathing is a wellness practice. Research studies have shown that it can lower blood pressure and levels of the stress hormone cortisol, as well as improve our immune system's ability to fight infection and cancer. Find more information about Forest Bathing at [adirondackriverwalking.com](http://adirondackriverwalking.com) Please come prepared for a modest walk in the woods. The walk will begin from The Wild Center parking area, where you will shuttle to the trailhead about five minutes away. This trip runs rain or shine; if weather poses a safety issue, tickets will be refunded. Cost: \$35 Adult, \$30 Adult member \$25 youth, \$20 youth member \$20 discount on the total price when you register 4 or more people (discount applied at checkout) All dates: Saturdays, August 4 & 18, September 1st, and October 6th Register here



## P-2's Irish Pub Summer Music Series presents Open Container

Sat, Aug 18th, 9:00pm

Join us for a great evening of classic rock music by Ben, Jay, Ian and Mark in their newly created band called "Open Container." The show will start at 9pm on the Patio @ P-2's!

## Family Yoga on Wild Walk

Sun, Aug 19th, 8:30am

\*Registration required Create family memories as you experience yoga on Wild Walk, our pathway through the forest canopy. Family yoga is taught by Elizabeth Capozzi and Helene Gibbens, certified and registered yoga teachers with many years of teaching experience. Elizabeth specializes in teaching children's yoga while Helene specializes in outdoor yoga that helps participants experience their interconnection with nature. Their practice is inspired by nature and adapted for the varied ages of family members. After a collective opening practice, children 5 to 12 will be led through a yoga practice inspired by the animals and natural beings of the Adirondacks. Youth 12 and up will join adults in another area of Wild Walk for a practice that integrates an opening of our senses, conscious breathing and simple stretches for greater vitality and a deeper sense of our interrelationship with nature. The whole group will come together again for a mindful closing practice. Please bring a mat or towel, and any refreshments you need. Please note that children must be accompanied by a guardian participating in the this program on Wild Walk. In case of inclement weather, the program will be moved indoors. Available on Sundays, July 22nd & August 19th Cost: \$10 member (ages 12 and up); \$7 member child (ages 5-11), \$15 non-member (ages 12 and up); \$10 non-member child (ages 5-11) Register here



## Art in the Park - Creating an Adirondack Landscape with Patrick McPhee

Mon, Aug 20th, 10:00am

\*Registration required Join The Wild Center this summer to awaken your talents in celebration of art and nature in the Adirondacks. Monday mornings in July and August, come explore the natural world with experienced Adirondack artists. In each three-hour class you will grow your art skills and learn new techniques in areas such as watercolor, pastels, and mixed media. Every week features a different focus and offers new skills, so sign up for one or more. Museum admission is not included. Space is limited to twelve people per class, so please register soon. Basic materials are included. Learn to capture the beauty of the Adirondacks. In Creating an Adirondack Landscape, Patrick McPhee will teach you how to organize a landscape painting and describe form and foliage with the brush and paint in layers to create realism and harmony. Patrick McPhee began drawing at an early age, usually all over his school assignments. He was lucky to have great art teachers in high school and in college where he majored in illustration. He was painting anything and everything, but his love for the outdoors and fishing led him to depict scenes of nature in his work. He was introduced to the work from artists of the Hudson River School, and was in awe of their landscapes. Nature is a never ending, always changing, source of inspiration. He has found painting outside to be a form of meditation. He has lived many places and considers NY his home. New York State has an abundance of historic and beautiful places that inspired America's first school of art. Cost: \$30 members/\$40 non-members (pre-registration required) Register here





### Story Time for Pre-K Children

Tue, Aug 21st, 10:00am

Join us as we read some age-appropriate books, do a craft, and maybe build a tower or sing a song!

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### Blue Line Concert Jazz Night

Wed, Aug 22nd

Grammy Award Nominee guitarist Will Bernard, vocalist Alethea Wilhelm and violinists Amelia Muccia and Ellen Gronningen will perform jazz standards, original compositions and violin duets.

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### Open MIC @ P-2's Irish Pub

Wed, Aug 22nd, 7:00pm

Join us for a great night of Open MIC hosted by Jim Boucher! Bring an instrument, sing along or enjoy listening to talented musicians!

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**Eat. Drink.**



### TRIVIA NIGHTS with the Brewers

Wed, Aug 22nd, 7:00pm

Trivia with the brewers at Big Tupper Brewing!

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### Open MIC @ P-2's Irish Pub

Wed, Aug 22nd, 7:00pm

Grab your instruments, friends or simply sing along at Open MIC. This is always a great show. Join us for dinner and a great evening hosted by Jim Boucher.

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For more information or to sign up online visit <http://insider.tupperlake.com>

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