

AUGUST 2013

# the Hummer

free

Arts,  
Entertainment  
& Ideas



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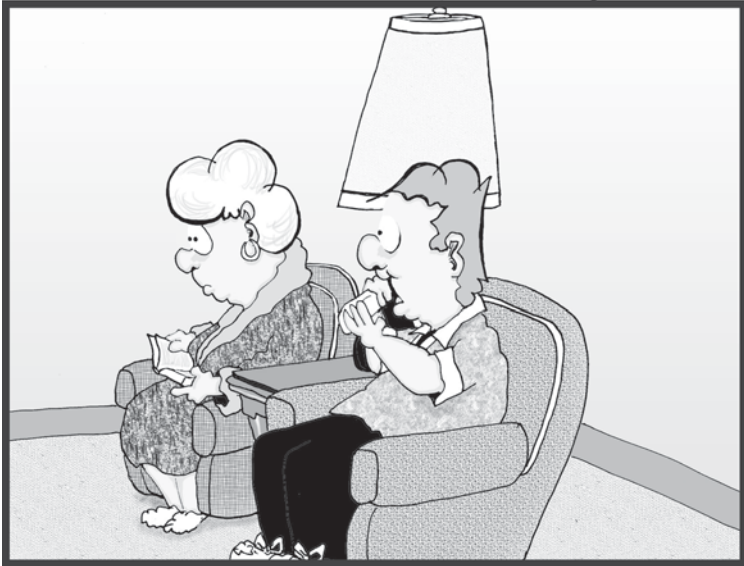
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Benjamin Moore  
Natura  
Naturally Beautiful

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“Remember that crazy day I bought the book of raffle tickets for a steam calliope?”

Readers Write

**Carleton Place Woman Finds Pot of Gold at Celtfest**

Despite the intense heat on the Saturday and the relentless rain on the Sunday, nothing could dampen the spirits of festival-goers and organizers alike during the 17<sup>th</sup> annual Almonte Celtfest, this past July 5 to 7. The sights and sounds of Celtic heritage music, song and dance filled the natural amphitheatre of Gemmill Park throughout the weekend. The diverse musical program provided something for everyone, from Celtic rock and energetic jigs and reels, to traditional Irish folk music. Celtic artisans and vendors proudly offered their wares, and little leprechauns enjoyed the games and face painting in the Lil Celtz Zone.

WestJet Airlines, a major sponsor of this year’s event, generously donated a trip for two to any of their destinations. As 4PM approached on Sunday afternoon, the excitement rose as the long-awaited raffle ticket was drawn. Sheelah Finnerty from WestJet pulled the lucky ticket, and Sandra Shappert, of Carleton Place, surprised her husband with an anniversary gift he won’t likely forget! When asked about her plans for the winning ticket, Sandra hadn’t decided between a trip to Hawaii or a visit to Vancouver, where they could then move on to an Alaskan cruise.

As Celtfest enters its 18<sup>th</sup> year, organizers hope to continue this popular festival as a free event for many years to come. This cannot be done without the financial and in-kind support of our many sponsors, the generosity of our audience who made donations at the gate, and all the volunteers who spend countless hours to promote our valley’s rich and diverse Celtic heritage. The members of the Celtfest committee work hard all year long to put together this great weekend of Ottawa Valley and Celtic entertainment in the heart of Almonte.

At the end of that rainy Celtfest Sunday, Liam the Leprechaun could be seen looking under a rainbow for somewhere to hide next year’s pot of gold. Will you be there to win it?

For more information or to get involved in the 18<sup>th</sup> annual Almonte Celtfest, please visit <almonteceltfest.com>, or send an email to <almonteceltfest@hotmail.com>.

— Brenda Cain-Kealey



Who’s Reading theHummm

Back in 2011, the lovely photo above was sent in. The subject writes: “Hi, my name is **Rachel Henry**, and I live on a farm just outside of Carleton Place. Two of my sisters and I travelled to France this past March and this is a picture of me standing in front of Marie Antoinette’s hamlet at the palace of Versailles. It was amazing and we are so glad we brought theHummm all over France from Paris to Montpellier!”

Also in 2011, theHummm went on safari in Kenya. **Ken Hall** from Carleton Place sent in the photo below, in which he notes that: “**Eric** is enjoying theHummm after chasing the giraffes off the airstrip.” This paper sure leads a more exciting life than its editors do!



**Re: Steve Scanlon’s You’re Fired (July 2013 issue)**

In business and politics your worth is a function of what you can trade; positive or negative. So when I look at puffy Duffy and ask what does he offer, I think to myself: “what makes him untouched?” Certainly not his good looks!

So a Parliament Hill journalist-turned-senator is untouchable; I wonder what he knows?

— Ken Toews

**Humble Thought**

*Summer afternoon,  
summer afternoon;  
to me  
those have always been  
the two  
most beautiful words  
in the English language.*

— Henry James



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theHummm is a monthly arts, entertainment and ideas newspaper delivered free to businesses and visitor attractions in Almonte, Perth, Carleton Place, Westport, Pakenham, Carp, Arnprior, Smiths Falls, Burnstown, White Lake, Renfrew, Balderson, and Ottawa. Our mandate is to connect and promote people and events in the small towns and rural communities of the Ottawa Valley — where the arts flourish and entertaining characters run amok!

**Submissions**  
By email or on disk.

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**Thanks this month to:**  
All of the awesome individuals who give up some of their precious Canadian summertime to volunteer for all the great festivals and events that keep this particular part of Canada so very vibrant!

Philip Wood Gallery is pleased to present  
**From Almonte to the Arctic**  
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# Spartan Rubacha – Flook D. Doo!

Flook D. Doo is the catchy name of Spartan Rubacha's Fine Furniture and Woodworking business. He creates an original line of furniture by blending the beautiful detail and craftsmanship of fine cabinetry with the charm, practicality and functionality associated with rustic pieces.

by Sally Hansen

On his website, Spartan refers to his work as modern renaissance art; he “aspires to lead the woodworking world into a new era of rustic, yet refined furniture that not only looks striking, but sounds like solid work when items are placed atop the surface.”

If that sounds ambitious, it is. His furniture delivers — his pieces are beautiful and functional. They reflect the creativity, whimsicality and quest for originality that marks Spartan's other endeavours as well (see below). When you Google “Flookddoo”, all the results refer to Spartan's website at <flookddoo.com>. He eschews mainstream in all he does, and it's hard to be less mainstream than to concoct a unique social networking identity.

Spartan is quick to credit influential Swedish/American (but Siberian-born) woodworker James Krenov as his primary woodworking inspiration. Krenov's book, *A Cabinetmaker's Notebook*, is close at hand. According to Wikipedia, “(Krenov's) books extol the virtues of clean lines, hand-planed surfaces, unfinished or lightly finished wood, and techniques that Krenov referred to as ‘honest.’”

Krenov serves primarily as a philosophical inspiration. As a musician, Spartan related readily

to Krenov's admonitions to seek compositional inspiration from the wood itself. Spartan's cabinets in particular attest to his success in paying attention to the variations in grain patterns and colours. A Flook D. Doo piece of furniture does more than complement your décor — it becomes a highlight.

Spartan's skills and creativity provide him the flexibility to create superb custom work also. He designs and builds extraordinary wall cabinets and other pieces to fit specific spaces and to house specific objects. Your collection of miniature antique oil lamps or African masks can become a unique focal point when Spartan composes the setting for their arrangement. Their only serious competition for eye time will be the piece of furniture itself.

## Loop D. Loo

Self-help books and gurus claim that you will succeed if you pursue your passion. For many of us, the first trick is discovering the passion, and the second challenge is figuring out how to make a living at it. Spartan's mother and father played key roles in resolving both those dilemmas.

When he was two years old the family moved from Peta-wawa, where they owned a pet shop, to the small Lanark County town of Poland, about 45 minutes west of Carleton Place and Perth. There his dad opened a general store and B&B named the Red Eagle, in honour of his Polish heritage. Spartan started school in Lanark but enrolled in the French Immersion program offered in Perth when he reached Grade 5. He recalls ruefully that the experience was not ideal, especially since verb conjugation was meted out as punishment.

He continued his education in Perth, and remembers having no idea what he wanted to do after finishing high school. His only enduring interest was music, and he eventually landed in Toronto where he played with an alternative rock band named “The Hitch.” His musical tastes evolved and Spartan began producing his own albums. Typically, he was attracted to a decidedly non-mainstream genre called Gothic Folk Music and continues to enjoy writing and performing his own darkly-tinged songs. He also writes blogs for <societyvernacular.com> about musical



groups that fall outside the radar of the mainstream press. And he collaborates with Lanark musician Ali McCormick, accompanying her on the drums at local gigs and on YouTube.

After trying Ottawa, Toronto and Kingston, he tired of city life and wandered back to Perth yet again. His dad asked for help with a tongue-in-groove paneling job. By the time Spartan made a bird-house and a shelf out of the remnants, he was hooked on building things out of wood. A government grant enabled him to enroll at Algonquin College's Cabinetmaking and Furniture Technician course, and the passion question was answered.

Spartan planned and named his fine furniture and woodworking company three years ago while he was still a student. After a long and circuitous search for his calling, he didn't want to waste time once he found it. His face lights up when he tells me that after only two weeks in the course he realized, “This is what I've been waiting for my whole life.” Fortunately, actuarial tables indicate most of his “whole life” is still to come. His mother provided support in setting up a workshop in Poland; friends and family provided an eager customer base; word-of-mouth and hard work are resolving the second challenge.



## Whoop D. Do

There are a number of things you can do to see how Spartan Rubacha marries refinement with rustic to create furniture that is as visually striking as it is functional. Whet your appetite at <flookddoo.com> and imagine a gorgeous cabinet or chest as the focal centre of your room. Stop in at Riverguild Fine Crafts at 51 Gore Street in Perth to experience how Spartan transforms pieces of wood into eye-catching, sensual furniture. Look for him at the **Sundance Artisan Festival** during Labour Day Weekend (August 31 to September 2, Fall River Restaurant, 21980 Hwy 7, Maberly, sundancestudio.ca) and/or at the **Perth Autumn Studio Tour** during Thanksgiving Weekend (October 12–14, Studio 6 at Franc van Oort's, 2172 Upper 4<sup>th</sup> Concession, perthstudiotour.com).

If you see a piece that interests you, or if you wish to discuss a custom piece, you can reach him by phone at 259–3026 or by email at <info@flookddoo.com>.





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WHO Spartan Rubacha

WHAT Fine Furniture and Woodworking

WHERE **Flook D. Doo Fine Furniture and Woodwork**, Poland, 259-3026, <flookddoo.com>, <info@flookddoo.com>; **Perth Farmers' Market**, Saturdays 8AM-1PM, <perthfarmersmarket.ca>; **River-guild Fine Crafts**, 51 Gore E., Perth, 267-5237, <riverguild.com>

WHEN **Sundance Artisan Festival**, Aug. 31 - Sept. 2, Maberly, <sundancestudio.ca>; **Perth Autumn Studio Tour**, Oct. 12-14, <perthstudiotour.com>.

WHY "It's common practice to buy, discard and replace; I prefer to create an object of beauty that can be passed down and enjoyed for generations."

ARTIST TRADING CARD

THE HUMM

Words From Westport

# What's On In Westport

First up this month, the Westport Arts Council proudly announces *The Odyssey*, presented by **Driftwood Theatre** on Thursday, August 8 at 7:30PM. The stage will be set up in the backyard of The Cove Country Inn (2 Bedford Street), with the lake and Foley Moun-

There is a \$10 cover charge (all proceeds to MUSICwestport).

On Saturday, August 17, the day begins at 10AM with the Town Crier calling everyone to the Cove stage to witness the finals of the VOICE of the Rideau amateur singing contest. Nine singers will be competing (by age group) for trophies and cash.

After the VOICE finals, there is a full day of free outdoor shows, rain or shine. Make your way to Spring Street where there will be lots of activities for adults and children alike: face painting, magic, human-sized puppets, and arts and crafts.

by Georgia Ferrell

tain as stunning backdrops for an evening of exciting outdoor theatre. The story, as many of you will remember from school, is about Odysseus — the great general of the Trojan War. He has been missing at sea for twenty years. His wife, the Ithacan Queen Penelope, struggles to maintain the safety of her kingdom, her son and herself in the face of an increasingly hostile horde of suitors. When a stranger arrives, offering the fantastical story of her missing husband, does she dare hope that he might still be alive? Come along on the wild ride populated with myriad mythical characters and creatures, gods, sirens and Cyclops, all brought to life by Driftwood Theatre's talented ensemble. Tickets are available as of 6PM the evening of the performance, at The Cove.

Westport is truly looking forward to August, as it is **MUSICwestport** month, when the streets will rock with sound. The Westport Arts Council is hosting the 7<sup>th</sup> annual music festival on Friday, August 16, and Saturday, August 17. The Friday night kick-off party at The Cove features Zal Sissokho, a West African musician, playing from 8-11PM. His music will entertain all ages.



West African musician Zal Sissokho is one of the many performers slated to play at this year's MUSICWestport event

The two music stages are at The Cove (2 Bedford Street) and Artemisia (7 Spring Street).

The Cove features finalists from the VOICE of the Rideau (10-11:30AM), Trincan Steel Drum Band (12:30-1:45PM), Henry Norwood & Friends (2-3:20PM), Amanda Rheume Band (3:40-

4:55PM) and Beginner's Guide to Endings (5:15-6:30PM). At Artemisia, you can catch Crooked Wood (11:30AM-12:45PM), Shaun Riley Blues Band (1-2:20PM), The Heavyweights Brass Band (2:40-3:55PM), Kingston Jazz Composers Collective (4:15-5:30PM), and the Foley Mountain Playboys (5:50-7PM).

## On A Personal Note

I want to say a hearty and heartfelt thanks to all in Westport who helped me through the last stages of becoming a Canadian citizen. I feel mighty proud to have joined a fine community and a wonderful country. I am incredibly happy to call Canada, now, totally my home. The ceremony in Ottawa was lovely; Judge John Dennison gave us all reason to be proud to be part of the heritage that belongs to us all and for which we must become and be the very best citizens. Our future depends on it. I know that I and every one of the 80 folks from 35 countries who joined me in becoming a Canadian citizen, will do our part to maintain and grow what those who came before us have created.

Here in town, we wish the very best and speediest recovery to our wonderful and cheerful Nikki. So glad you are now home, and we will be looking forward to seeing your smiling face again very soon on our streets.

Two computer crashes in two days sort of put me in a very blue mood recently, but I was delighted to find a wonderful computer techie — I might be tempted to say geek! — in Bryce Vanderschuit. So anyone around here who needs help with their computer hardware, please just ask for Bryce! I'll have more information for you next month...

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# Happy 30<sup>th</sup>, Highland Games!

On Saturday, August 24 you can all be Scottish for the day by attending the 30<sup>th</sup> edition of the **North Lanark Highland Games** at the NLAS Fairgrounds in Almonte. The Games committee is pleased to be celebrating their 30<sup>th</sup> anniversary of saluting the region's Scottish Heritage.

The day begins at 9AM with competitions for individual dancers, pipers, drummers, and amateur and heavyweight athletes. The event also features Scottish displays and concessions, clan booths, and traditional Scottish refreshments. Children's mini games, always popular with the younger visitors, will take place in the early afternoon. The official opening will begin with a parade from the Almonte Legion to the Fairgrounds at 12:30PM, followed by the Opening Ceremonies in front of the grandstand at 1PM.

The guest of honour at this year's Games is **Jeff Semple**. Born and raised in Almonte, Jeff is a graduate of Ryerson's School of Journalism, and currently a reporter and journalist with CBC News, based in Toronto. His reporting has taken him across Ontario and Quebec, to Capitol Hill in Washington, and even to Nicaragua. His career has even taken him to new heights, as he

broadcast a report from the "Edge Walk" of the CN Tower in Toronto.

The duty band for 2013 is the **Royal Canadian Air Force Pipes and Drums** (pictured above), formerly the Air Command Pipes and Drums, from Ottawa. This popular group performs at many official functions in the Capital, including a recent performance at the National Celebrations at Parliament Hill on Canada Day. They will perform a special set in front of the grandstand in the mid-afternoon, and of course take part in the opening and closing massed bands, along with an estimated twenty other pipe bands from across Ontario that are expected that day. Later in the afternoon and into the early evening, music will be provided in the Legion tent by local band Corkery Road.

Admission for the day is \$17 per person, \$6 for children 5 to 12, and free for children under the age of 5 years. Advanced tickets are available at the reduced cost of \$14 from Mill Street Books in Almonte, Nicholson's Sundries in Pakenham, and the Chamber of Commerce in the old train station in Carleton Place. For further information, contact <almontehighlandgames.com>.

# Pollyanna Comes to Smiths Falls Theatre

Have you ever been called a "Pollyanna" or heard someone else being called one? If so, do you know why? It is because of an American story written by Eleanor H. Porter, published in 1913. Some have likened the tale to our own *Anne of Green Gables* by Lucy Maud Montgomery, which was published in 1908.

Pollyanna is a very young orphan girl who is sent to live where she is not really wanted. She approaches her young life by focusing on what's wonderful, and yet she would have more cause than most to bemoan her state in life: poor, orphaned, unwanted and hating her freckles! Pollyanna spends much of her time trying to help the adults in her new town to see life more positively by teaching them "The Glad Game" — that is, until something happens to her that challenges even her staunchly optimistic outlook.

**Smiths Falls Community Theatre** has chosen an absolutely wonderful musical script that features delightful and memorable medleys, and will transport audiences back to this charming period in America's history. The show opens at 7:30PM on Thursday, August 8, and runs at the same time on the 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup> and



Valeria Brown and Sheila Jasiak rehearse for the upcoming production of the musical *Pollyanna* in Smiths Falls

17<sup>th</sup>. There are also two Sunday matinées, August 11 and 18 at 2PM.

Come and enjoy this heart-warming performance in the air-conditioned comfort of the Station Theatre, 53 Victoria Avenue in Smiths Falls. Tickets vary in price from \$10 to \$20. For information on how to obtain them, please call 283-0300 or visit <smithsfallstheatre.com>.

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# Puppets and Baskets and Fairs, Oh My!

It's August, and that can mean only one thing for a Mississippi Mills puppet like me — it's my time to shine! And joke and laugh and act silly! Sure, we puppets do that all the time, but on one special weekend in one special downtown in August, my cohorts from all over the world have a family reunion, and our antics are not only tolerated — they're encouraged!

by Miss Mills, Puppet Reporter

The ninth annual **Puppets Up! International Puppet Festival** takes over downtown Almonte on August 10 and 11,



and this year's event really is a family reunion. Organizers decided to invite back some of the most favourite troupes from past festivals, and I've been waiting all year to meet up with some of my old favourites, like the Tanglewood Marionettes, the Frogtown Mountain Puppeteers, and Bence Sarkadi's Budapest Marionettes.

Between shows, you can take in the free street entertainment and wonderful puppet parades that start at 1:45PM each day. For full details about the troupes, the schedule and the admission (you can buy tickets online!), visit <puppetsup.ca> or pull out the inside four pages of this issue of *theHumm*. And although the daytimes are all about family fun, adults (only!) are invited to stay late on Saturday night to see what happens when puppeteers cut loose... The Naughty Cabaret Puppet Show "**Black Sheep of the Family**" will take place at the Almonte Old Town Hall beginning at 7PM. Featuring *My Big Fat German Puppet Show* by Frank Meschkuleit, hosted by Dill the armadillo (with a little help from festival veteran Allan Martin), it should be a hoot and a half. Tickets are \$25 from Baker Bob's and Mill Street Books in Almonte.

And after a one-year hiatus, The **Naismith 3 on 3 Basketball Festival** is back for its annual completion along Bridge Street, on Saturday, August 10. Cheer on elementary and high school teams and men's and ladies' teams as they vie for supremacy on the outdoor courts. Or participate! And

if you're coming to town for the 3 on 3, you'll want to make a special pilgrimage over to Mill Street to take your photo with Dr. James Naismith's statue, who is very photogenic! For more details, visit <naismithmuseum.com>.

After all the sports and international frolicking puppets, you can take it easier on August 17, when the **Pakenham Fair** comes to town. Have some good old-fashioned country fun at a leisurely pace. The tradition that began over 100 years ago continues with frog jumping and dog contests, horse, beef, dairy, demonstrations, horticultural and craft shows, a farmers' market, as well as some terrific children's activities. Call 256-1077 for details.

Fear not though — there's a whole lot more good eatin' left in the month! In fact, if haggis is your cup of tea, you won't want to miss the 30<sup>th</sup> annual **North Lanark Highland Games** on Saturday, August 24. Set along the banks of the beautiful Mississippi River, this event features highland dancing, pipes and drums, and athletic contests galore. For full details on times and tickets, visit <almontehighlandgames.com> or see the article on page 5 of this issue.

And on the topic of eating, be sure to check out the first-ever **Harvest Food & Drink Show** on Saturday, September 7, from noon to 4PM at the Almonte Agricultural Hall. This is your chance to experience the sweet, savoury and libational creations of more than thirty of the



Two full days of shows for the kids (above), one evening adult-only cabaret featuring Frank Meschkuleit (left) — Puppets Up! is fun for the whole family!

region's best producers, culinary artists, and food and drink experts. Tickets are only \$20 each (which includes admission and 10 sample tickets — more are available at the show for \$0.50 each), but they will only be sold in advance — not at the door, mind you! — so visit <handmade-harvest.com/tickets> or drop in to Hello Yellow (72 Mill Street) or Crush Marketplace (14 Mill Street) and grab yours now. Because of the beer and wine, you must be 19 or older to attend.

And that very same weekend (September 7 and 8) the Mississippi Valley Textile Museum's **Fibrefest** returns — complete with a Vintage Clothing Show and Sale! I'm out of space here, but jump over to page 21 to read all about it!

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# A Celebration at Riverguild

When I first moved to Perth, it didn't take me long to realize the town was filled with talented artisans. One reason for that was a downtown shopping trip that brought me into Riverguild Fine Crafts, located at 51 Gore Street East. The store was jam-packed with beautiful art work, elegant pottery, and neat items like hand-made jewellery, nifty woodcarvings and sheepskin slippers. I was impressed, and I was right to be.

"Everything in the Riverguild is the work of a Canadian artisan, the large majority from around Eastern Ontario, and over half from within a few miles of Perth," says Joe Hansgen, manager of the shop for the last 24 years.

This year, Riverguild celebrates its 36<sup>th</sup> year in business, making it one of Canada's oldest and, many would agree, finest cooperative art galleries.

"The store opened in March 1977, two doors down on Gore Street. We were on the other side of the Tay River for those first eight years, and being on the river solved the issue of naming the store," Hansgen explains.

"The store was organized by a large group of local artisans, hoping to create a retail outlet and also a support group of likeminded people," he says. "Most craftspeople work in relative isolation, so a common enterprise offered a chance to get to know fellow artisans. The cooperative aspect was central to the organizing, re-

flecting the times and the group, most of whom were urban-rooted, back-to-the-land folk looking for a better way of living."

Bridget O'Flaherty, who has been involved as both an artist (she makes thread paintings) and a board member for 17 years, says Riverguild was created by craftspeople who wanted to do what they loved.

She explains: "The Riverguild was conceived by a core group of members who entered a life of craft and saw themselves living that life through time — building studios, raising families, relating to the community around them as craftspeople — in other words simply making provisions to do the thing they loved to best. They knew the financial risks of insecure income and lack of pension benefits later in life, but it was the life they wanted. They wanted a collective location where everyone involved had a personal investment in the day-to-day running of the store, as well as in their own work being sold. The store has survived over 35 years on that formula," says O'Flaherty, and there are now over 75 artists represented. "We have a wealth of talented people around us!" O'Flaherty adds. "We have high quality works in so many media... there really is too much to list!"

She says customers will always meet a friendly and knowledgeable person in the store who knows all about the artists as well as the town. Most days Joe Hansgen is in the shop. Other days part-time employees are there to serve you, while members of the cooperative take turns working in the store as well.

"Each member is responsible for working days in the store, as well as for decisions about the overall business side of the store, regarding issues such as advertising, displays, staff, and jurying of new work. Most important of all," she adds, "we found the perfect manager, Joe Hansgen, who seemed to be able to do everything from negotiating consignment opportunities with new



Many Eastern Ontario artists, including Anais Fritzland (above) and Rita Redner (below), are represented at Riverguild Fine Crafts in Perth

craftsmen to dealing with customers in a way which earns their long-term loyalty."

Keeping the books gets a little complicated, she admits, when 75 different accounts have to be accurately tracked and reported to each individual craftsperson every thirty days. But in that department, she says, Joe provides much needed stability. "That's what really keeps the makers together: they have confidence they will be paid every month for work sold in the previous thirty days."

She adds: "Joe also provides us with sales analysis and strategy. This may seem unimportant but actually, as times get tougher, it makes this whole side of things less bewildering."

The high quality of work you will find at Riverguild is not coincidental. Members get together at quarterly meetings to jury work submitted by artisans and craftspeople.

"We have a criteria for work to be in keeping with the store's demographics and client preference, as well as quality of work," O'Flaherty explains. "We rely on the expertise of the diversified membership to evaluate work that is in their field. We also rely on our manager to advise us of the current trends within the store. Work is brought in on a trial basis to begin with. Membership is an invitational proposal as agreed to by consensus from the existing members."

## Meet The Artists

On August 9, 7-9PM, Riverguild will be hosting a "Meet The Artists" evening to celebrate the work of four new members. "We are opening our doors to give our loyal clients a chance to connect with their favourite artist and maybe bring some friends who have never seen our store," says O'Flaherty. "We have four new members and we would like the opportunity to introduce them to our clientele. We are planning light snacks and a customer appreciation draw — anyone who comes will have a chance to fill out a ballot for a gift from a draw."

Over the years, Riverguild has connected with and given back to the community in many ways. Each year, the cooperative hosts the Empty Bowls project, which was inspired by just-retired member Jackie Seaton. (For more on that wonderful project, please visit emptybowls.ca.) "Another favourite is fundraising for Brooke Valley School," adds Hansgen.

New this year, Riverguild will be launching a student showcase to promote the work of younger artisans in the community. Local high school students will be asked to submit work for a juried show and sale that will take place in November. Their work will be featured at Riverguild over a two-week period.

— John Pigeau



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# In Praise of Garlic

## 16<sup>th</sup> Annual Perth Garlic Festival August 10 & 11

I dearly love garlic bread. Dipping it into homemade pasta sauce, I could happily eat several loaves. Actually, I could eat several loaves with or without the pasta sauce. And now I'm really hungry.

If you share a penchant for the pungent like me, then you're in for a real treat as the 16<sup>th</sup> annual Perth Garlic Festival takes place on August 10 and 11 at the Perth Fairgrounds.

This is a fantastic festival, paying homage to one of Perth's smelliest and yummiest natural products: garlic, the "stinking rose". Impressively, the festival has garnered international attention. The travel website <VirtualTourist.com> ranks Perth's festival as #5 in its Top 10 Garlic Festivals in the world, noting that at Perth's Garlic Festival "giant bouquets of the 'Stinking Rose' are sold... the way cotton candy is sold at other festivals. The festival website even posts a recipe for garlic cough syrup."

This is true, and the recipe is fairly basic. Step 1: Crush ½-1 clove of garlic and place on a tablespoon. Step 2: Pour raw, unprocessed honey onto the spoon. Step 3: Ingest the spoonful of honey garlic syrup every 4-6 hours, as needed. And presto — stupid summer cold is magically gone!

This year's festival has something for everyone — not just those with colds — with over 70 garlic, artisanal, and food vendors on the grounds. Garlic lovers will be in for a treat, with so many delicious fresh and local garlic products available, while garlic growers can share their knowledge and appreciation for the "stinking rose".

The two-day event kicks off Saturday at 9AM and is jam-packed with a plethora of things to see and do — and smell and

hear and taste and touch. A popular favourite every year is The Birds of Prey Show, which takes place at 11AM, 1PM, and 3PM both days. The Garlic Man, Ted Maczka, will also be on hand both days to tell you "everything you need to know about garlic", and Al Cowan of the Ontario Garlic Growers Association will be garlic braiding throughout the weekend.



For those who would like to learn more about cooking with garlic, you'll want to make it out for all the cooking demonstrations. On Saturday, three local restaurants will take part, including O'Reilly's Ale House (10:30-11:30AM), Maberly's Fall River Restaurant (noon-1PM), and Sharbot Lake's Seed to Sausage (3-4PM). Cooking demonstrations continue on Sunday, with Mary Jane Lee of Maximilian's (11AM-noon) and Rob and Joanne of Catering of Perth (12:30-1:30PM).

Free? Did you say you were looking for something free? Well, don't miss the garlic bread tasting on Saturday and Sunday (I might see you there!), or the wine tasting in Lions Halls between 12-4PM, featuring fine wines from Harwood Estate Vineyard and Bergeron Estate Winery. Free face painting for the kids will be available by members of YAK Youth Services, and DJ Pat Labelle of Music Mix will fill the

air with happy-making tunes. On Sunday, Hamilton's Andre and the J-Tones Rhythm and Blues Experience will be playing sets between 11AM and 3PM.

All weekend there will be a silent art auction featuring work by Craig Campbell, Jackie Seaton, Dawn Burnham, Linda Hynes, Bill Veale, Marilyn Gowan, Gary Martin, and many more talented local artists. Bids close at 3PM on Sunday, so make sure to get yours in early.

Hosted by the Lions Club of Perth, the Perth Garlic Festival is volunteer-driven with many folks contributing many hours to ensure the festival is a success. The now internationally renowned and highly anticipated festival began modestly in 1997, when a small group of likeminded people decided that the "stinking rose" was a thing to be celebrated. Since then, on the second weekend in August in one of Ontario's prettiest towns, thousands of "garlic heads" have gathered at Perth's Fairgrounds to revel in the many attributes of this delightful herb.

The main purpose of the festival is to promote Ontario-grown garlic, and to share ideas and knowledge on how to grow, harvest, cook and, of course, enjoy garlic. Annually bringing together garlic lovers and producers has been a wonderful by-product. The gathering also provides a one-stop destination for consumers to buy Ontario-grown garlic directly from the people who grow it.

Proceeds from the festival — almost \$100,000 to date — are distributed to worthwhile community initiatives supported by the Lions Club of Perth.

Admission for adults is \$5, while children under 12 get in for free. No pets or vampires, please. — John Pigeau

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## Ottawa Valley FAMILY HEALTH TEAM

### Dr. Frances Murphy to Retire from Medical Practice

Dr. Frances Anthony Murphy, a family physician in the Almonte community, will be retiring after more than 30 years of medical practice. His last day seeing patients will be **Tuesday, August 13, 2013.**

Dr. Murphy opened his primary care medical office in 1972 at 30 Clyde Street in Almonte, where he still practices today. He has also provided medical services to long-term care patients at Almonte Country Haven, where he currently acts as Medical Director, for over 35 years as well as Broadview Nursing Home in Smiths Falls.

Enrolled patients in Dr. Murphy's primary care practice will be receiving a letter with information on who will assume their future care. The Ottawa Valley Family Health Team, located at 95 Spring Street in Almonte, will be making best efforts to facilitate the transition of patient care.

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# A Summer Tradition

## Tea on the Lawn at the Mill of Kintail

It's no surprise that Ramsay Women's Institute has been serving Tea on the Lawn at the Mill of Kintail during the summer for over fifty years. The tranquil setting of the Indian River, delicious homemade tea breads, and properly steeped tea in china cups — that's a tradition worth preserving!

Every Wednesday and Saturday afternoon in July and August, from 2 to 4PM, WI members invite you to enjoy a relaxing time with friends and family on the grounds beside the museum. The maple trees provide a shady respite from the summer sun, and the background sound of the flowing water is all the music you need.

Life is so hectic. Tea on the Lawn is the perfect outing to slow down the pace. Plan a get-together with friends or family, a treat for someone special, or a well-deserved pick-me-up for yourself.



Come for Tea on the Lawn on Wednesday or Saturday afternoons!

We are halfway through the summer! Ramsay Women's Institute invites you to come for a visit soon. Once you have sampled the delicious baked goods, piping hot

tea or ice-cold lemonade, you will be glad that there are still opportunities to come back. For more information, call 256-3619x2 or email <skolsters@mvc.on.ca>.

# Celebrating Our Rivers

The abundant spring run-off and the frequency of rain this past spring will make for some wonderful paddling opportunities this summer! In collaboration with the Ottawa River Institute and the Township of McNab Braeside, the Bonnechere River Watershed Project is organizing a free group paddling excursion.

On Saturday, August 10, come explore the Madawaska River from Cherry Point Park to Burnstown Beach. On-site registration begins at 2:30PM at Burnstown Beach. From there, paddlers will be shuttled to Cherry Point Park to start the paddle excursion back to Burnstown. This is a picturesque section of the Madawaska River that passes by homes and cottages, as well as sections

of undeveloped shoreline and the hamlets of Springtown and Burnstown. There's a very good chance that Kingfishers and Great Blue Herons will be spotted, along with other wildlife.

Joining the excursion is free with your own canoe/kayak and paddling gear, or \$20 for a seat in a six-person Explorer canoe (provided by the Ottawa River Canoe Brigade). Contact <info@BonnechereRiver.ca> to book your Explorer canoe seat. The excursion pulls out at the Burnstown Beach at approximately 5PM. From there, head on over to Neat Coffee Shop for a BBQ (at your own expense), followed at 7:30PM by an evening of free entertainment in the Neat Schoolhouse, featuring music by Terry McLeish and

a performance of *Bonnechere River — Future Tense* (an original musical theatrical production by Stone Fence Theatre in partnership with the Bonnechere River Watershed Project). See <bonnechere.ca/brwp-events> for more information.

Thanks to performance sponsors (Lockwood Building Centre in Renfrew, RE/MAX Renfrew, MacKillicans & Associates), and raffle prize donors (Bonnechere Caves, O'Brien Theatre Renfrew, and the Bent Anchor in Combermere). The Bonnechere River Watershed Project gratefully acknowledges funding to support this project from the Ontario Trillium Foundation, an agency of the Government of Ontario with annual funding of \$120 million dollars.



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# Humm Bits

## Children's Walk for Autism

Exercise, friends and family come together in August to do something amazing... and help a great cause too!

On Saturday, August 17, The Lanark Autism Support Group will host their 3<sup>rd</sup> annual **Children's Walk for Autism**, at the Carleton Place High School track on Mississippi Road in Carleton Place. Registration begins at 9AM that day or in advance online at <lanarkautismsupport.com>. Registration is \$10 per person and includes the walk itself as well as access to the community fun day. The event takes place in a completely fenced and accessible area, and includes a 65-foot bouncy obstacle course, food providers, and a large kids' craft area with face painting and crafts.

Donations received over the past two years have raised over \$7000 for families right here in Lanark County, to help them pay for badly needed respite care. Your contributions really do help!

This is a truly memorable event for these special individuals. It is designed around them, for them, and because of them. Organizers invite everyone to attend, and are looking forward to this great day. Details, registration, volunteer opportunities and directions can be found at <lanarkautismsupport.com>.

## 8<sup>th</sup> Annual Blueberry Tea at Union Hall

On Sunday, August 25, from 2–4PM, the annual Blueberry Tea will be held at Union Hall. In its eighth year, this event features freshly baked scones topped with blueberries, homemade lemon curd and whipped cream. Gluten-free scones are available on request. Juice, tea and freshly-brewed Equator coffee top off the feast.

Union Hall, at 1984 Wolf Grove Road, corner of Tatlock Road, has been used continuously for over one hundred and fifty years. The hall is largely self-sufficient and maintained through the efforts of local volunteers. An annual grant from the Town of Mississippi Mills helps to keep the hall going.

You are welcome to come and visit with your neighbours, or meet new friends at the hall! Refreshments at the Blueberry Tea are free of charge, but donations toward the upkeep of the hall are always appreciated.

## Music At The Market

The Town of Carleton Place, in partnership with the BIA, is hosting a free children's summer concert series: **Music at the Market**. The series of four free concerts began in July, with Monkey Rock Music and Junkyard Symphony, and continues in August. Visit the Market Square in Carleton Place to enjoy Splash 'N Boots on August 13, and Mystic Drumz on August 29. Each performance starts at 6:30PM.

Participants are asked to bring their own lawn chair and get ready to sing and dance! For more information, call 257-1704.

## PCC's Secret Garden Auditions

Perth Community Choir will be holding auditions for their fall production of *The Secret Garden* on August 14 and 15. Male and female roles are being cast, from ages 11 and up. For more information about specific roles and ranges, please visit <samuelfrench.com> and search for The Secret Garden. They will also be looking for youth and adult chorus members. Specific times, locations and audition information will be available on the Perth Community Choir Facebook page and the production blog at <pccsecretgarden.blogspot.ca>.

## Young Leaders Summer Camps

YAK (Perth's youth centre) is excited to announce a summer of fun! Young Leaders Summer Camp is a series of summer camps for youth ages 10 and up. Camps will include theme weeks and activities that focus on leadership and fun. Scavenger hunts, hiking, fishing, swimming, kayaking, canoeing, horseback riding, an Amazing Race competition, baking, cooking, tandem bicycles, and many more activities are planned for the summer.

Youth can register to attend on a daily or weekly basis. The cost is only \$10 per day and covers the snacks and lunches. Daily camps will begin at 8AM and end at 3PM. YAK's regular drop-in programs run every weekday too, so the Centre will also be open for free extended activities until 7PM.

Camps will take place at YAK Youth Centre located at 1 Sherbrooke Street East in Perth (the Old Perth Shoe Factory) and will run every weekday this summer. To register, come to the Centre to fill out a registration form or visit YAK on Facebook. For more information, contact Jannel Bigras at YAK at 264-8381.

# A Life and Legacy in Textiles

In September 2011, a beloved mother and grandmother passed away in Almonte at the age of 93. She left her family not only a legacy of love and caring, but also a rich body of work that will be shared with the public at the Mississippi Valley Textile Museum (MVTM) from August 3 to October 19.

Martha Moenig came to Canada in the early 1950s with her husband and son, bringing with her the education and skills that she had acquired growing up in Germany. She settled in Toronto, where she began to work on a freelance basis, designing and producing garments and specialty items. She was soon creating sweaters and cardigans for Toronto's well-known Ada MacKenzie Ltd., one of the first stores in Canada to offer sportswear for women, designed to be functional as well as fashionable.

The quality of Martha's work became widely recognized and she was soon also designing and embellishing sweaters, handkerchiefs, tablecloths, pillows and other items for the fashion leaders of Toronto society.



The life and textile work of Martha Moenig is the subject of the **Biografika** exhibit at the MVTM

The exhibit Biografika is a celebration of her life and the extraordinary and beautiful work that she created. It features drawings, artifacts and photographs that shed light on the life of a talented woman making her way in her newly adopted country.

A vernissage will be held Saturday, August 3, from 2–4PM. The MVTM is located at 3 Rosamond Street East in Almonte. It is open from Tuesday to Saturday from 10AM to 4PM.

# Summer Fun Continues at Heritage House Museum

The summer may be winding down, but Heritage House Museum still has some exciting workshops left for kids to participate in. With three fantastic half-day workshops and one amazing full-day sports-filled day camp left, there's still lots of fun left to be had!

Become a cake-decorating champion when you come for the Shell-Shocking Cakes workshop on Thursday, August 8, 1–3:30PM. Learn techniques to transform an ordinary cake into a tasty turtle. With the cake-decorating knowledge and the delectable cake you will take home, you will not want to miss out on this workshop.

The competitive adventure seeker will love the As Seen on TV workshop (Tuesday, August 13, 1–3:30PM). Come for a drama- and improv-filled day featuring popular game shows, like *Whose Line is it Anyway* and *Family Feud*. Everyone is a winner at Heritage House Museum!

Take a trip to Italy without leaving the museum on Thursday, August 15, at the When in Rome workshop, from 9:30AM to 12PM. You will feel

*molto Italiano* once you create your own pizza, make a colourful stained glass masterpiece, and learn the basics of the Italian language.

Finish off the summer with a full day of Fun and Fitness on Thursday, August 22 from 9AM to 3:30PM. Smiths Falls' Community Ambassador and personal trainer Jamie Schouler and certified yoga instructor Kaitlyn Webster will be leading an exciting day of sports, games and relaxing yoga. This is guaranteed to be a fun day to end off your summer vacation!

Advance registration is required for all summer workshops as spaces are limited. You are considered registered once the form is handed in and payment is made. Take advantage of the summer discount: register your child for four workshops or more at once and receive one free-half-day workshop! Ask museum staff how you can register today.

For more information on these fun-filled workshops, visit the Heritage House Museum at 11 Old Sly's Road in Smiths Falls, call 283-6311, or visit the website at <smithsfalls.ca/specialevents.cfm>.

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Flavour of the Month

# Castor River Farm: Going With the Grain

I just put a bowl of rolled oats in the fridge to soak overnight with some yogurt, hazelnuts, raisins, cranberries and cherries for tomorrow's breakfast (see my recipe). Nothing terribly unusual about that, except that rather than coming from a box of Quaker oats or a bulk bin somewhere, the oats came (produced and rolled) from a small farm near Metcalfe: Castor River Farm.

by Susie Osler

Greeting my eyes as I drove up the long tree-flanked driveway of the farm were grazing hens, a pond (complete with a homemade diving board, rope swing, and slide), a gaggle of ducks waddling around its periphery, a lovely old dog barking his notice of me, and a big field to the side with several Large Black sows moving purposely towards the mud puddles, with piglets trotting alongside. I sat on a bench in dappled shade halfway up the laneway, where the farm store is located, and talked with owner George Wright for a good 90 minutes. With three kids, lots of animals, and visiting customers, it's a pretty happening place on a Sunday!

George Wright and his wife Kim MacMullin have been farming here for about 22 years. They bought the land from George's parents, built an off-grid house, and started farming. Like many other farmers in the area he grew cash crops conventionally (i.e. grain crops that are primarily sold at harvest in large quantities

into the industrial food system). When one year the grain elevator at Port of Prescott stopped buying wheat because a local ethanol plant had rented all the available storage space, George had to dump his year's harvest. It taught him an important lesson — be sure you can sell what you grow, and if you can't sell it have other uses for it. It seems obvious, but it's not common practice in much of today's farming sector where selling cash crops to a middleman is the end goal.

George transitioned Castor River Farm from conventional to (uncertified) organic practices about a decade ago. Part of this decision was due to his concern about the regular exposure to chemical sprays that farmers, himself included, inevitably experienced. Also, what were sprays doing to the soil and to the food produced?

A holistic approach to farming supports biodiversity and sustainability, as opposed to a monoculture approach which demands a whole different level of engagement, problem solving and conviction. George stated "There are 20 things I can do or need to do to beat the weeds. Conventional farmers can just spray. But is that sustainable in the long term?"

Today the farm supports a web of mutually beneficial relationships on micro and macro levels. It is not without its challenges. Finding and implementing organic solutions to problems when considering the complexity of a whole ecosystem is time consuming. Agricultural research in Canada prioritizes industrial agriculture. Seeds, chemicals, machinery and technologies are all

developed for large scale, industrial production of a few crops — namely wheat, oats, canola, corn and soybeans. It is difficult to find needed research, resources, equipment and support suited to small-scale, diversified organic grain producers.

I asked George about this and how, despite this, he has learned about small-scale organic grain production. He told me there are several associations that circulate information and convene regularly, such as Northern Grain Growers Association (NGGA) in Vermont, and Organic Grain Research and Information-Sharing Network (OGRIN) in New York State. Farming mentors/gurus Joel Salatin and Will Allan have been inspiring and influential. He also credits a nearby conventional farmer he's worked with, Joe Stachon, from whom he has learned a lot over the years — not the least of which has been bookkeeping. Surprisingly too, podcasts are a valuable tool for learning. "I can listen to them while doing the dishes!"

Growing food-grade organic grain production for sale directly to consumers is the farm's main goal, but pastured chicken, eggs, pork, a bit of beef, maple syrup and the preserves that Kim makes are also sold. Rather than grow large amounts of a couple of cash crops (corn and soybeans are prevalent here) where external inputs are high and costly (fertilizer, sprays, seeds, fuel), and everything seems to be "taken off" the land, Castor River harvests relatively small crops of numerous grains (see list at right). The grains are selected based on their availability (it's not always easy to find seed), their suitability to organic practices, their resistance to weather (stalk length and width) and disease problems, their taste, their hullability, and their potential appeal/use to the customer. Their animals (pigs, ducks, dairy cows, chickens) play an integral role on the farm and are also selected according to their ability to cycle nutrients (in the form of manure) back to the soil, to utilize "waste" by-products (whey, any grain unsuited for food grade sales, straw) and to generate meat and eggs for the family and customers.

Selling directly to the consumer is now George and Kim's modus operandi. Currently, farmers' markets in Manotick and Ottawa, and their on-farm store, are the main venues for their sales. George is definitely not shy on ideas and areas for



## Who They Are

Castor River Farm  
George Wright and Kim MacMullin  
821-0807  
<castorriverfarm@xplornet.ca>  
<castorriverfarm.ca>

## What They Offer

Whole grains and freshly milled flours (oats, barley, hard red spring wheat, winter wheat, spelt, rye, buckwheat, triticale), pastured eggs, meat birds, pork by the piece, some beef, baking mixes, preserves, maple syrup. A select collection of furniture, art, and clothing is also available at the farm store.

## Where They Sell

**The Farm Store:** 2696 9<sup>th</sup> Line Road, one mile east of the village of Metcalfe (Sunday afternoons and by appointment).

**Markets:** check website for dates they will be at Ottawa Farmers Market in Brewer Park (one Sunday/month) and Manotick Farmers' Market (one Saturday/month).

## Muesli

Soak 1 cup Castor River rolled oats overnight in a bowl with 1½ cups water and ½ cup kefir, yogurt or whey, plus dried fruit, nuts and seeds of your choice. In the morning, add fresh fruit (August Ontario peaches are delicious), cinnamon, honey and/or maple syrup to your serving and enjoy!

**Note:** Soaking the oats overnight like this makes nutrients more available and releases phytates which can have a detoxifying effect.

further experimentation — both in potential products to market (dried beans for soup mixes, mustard seed, homemade cereals) and in cultivating alliances with local entrepreneurs like bakers and brewers wanting to source raw ingredients locally. However, finding committed partners doesn't happen overnight and new ideas (like using local spelt, or rye for artisan bread-making, or barley malt for brewing) take time to ferment once the seed (of an idea) is planted. Perseverance and patience will hopefully lead to fruitful outcomes.

Ready to start baking? Consider a trip out to the farm on Sundays or catch George and Kim at market (check website for dates and locations) to pick up some milled-on-the-spot organic flours, eggs, and rolled oats. Feeling lazy? There are also prepared mixes for pancakes and cookies available. What I've outlined is only a taste of what's available from this interesting gem of a farm. Also be sure to check out their great website for much more information and inspiration. <castorriverfarm.com>

**Postscript:** Today's muesli was scrumptious...

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## DINNER/THEATRE -

### “Tunes, Tales and Rusty Relics”

**Wednesday August 14 at 6 p.m. and Saturday October 12 at 7 p.m.**

Follow Miss Whitfield, our favourite schoolteacher from 1909, and jack-of-all-trades Johnny Russell as they help a park interpreter unearth the artefacts of Murphys Point’s past. Farm, mine and sugar bush are brought to life through the stories of these rusty relics. Venture down into the Silver Queen Mine to understand the hardships of the early miners. End your trip at the miners’ bunkhouse to enjoy a fabulous hot dinner catered by Fall River Restaurant and served by Cookie as you enjoy some traditional music by Cratur.

**Cost \$75.00 per person**

*(includes all park fees, taxes and gratuities,  
advanced purchase required due to limited seating)*

Special packaging available for groups of 10 or more.

10% Discount if purchasing 4 or more tickets at the same time.



## Special Features for August:

August 4 – Hot Dog Roast at the Bunkhouse

August 5 – Pancake Brunch on the Beach

August 11 – Miners’ Breakfast at the Lally Homestead

August 17 – Corn Roast and Music Night

August 18 – Heritage Displays on the Silver Queen Mine Trail

August 24 – Spirit Walks

August 25 – Beach BBQ with music by Long Sault Trio



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# The Return of Barns, Farms and Wicked Chefs

## Delicious Fundraiser for The Table in Perth

You are invited to the 2<sup>nd</sup> annual Barns, Farms and Wicked Chefs, a summer gala featuring area chefs serving local fare in a beautiful country setting.

This fundraiser, in support of The Table Community Food Centre in Perth, will showcase Lanark County's chefs and farmers, and feature local craft beers along with wines from Prince Edward County. Strolling from one delectable food station to another, diners will be accompanied by live summer music. Dress will be "country elegant" (which means anything goes!).

### Good Food

Barns, Farms and Wicked Chefs will once again be a feast of Lanark County flavours, featuring chefs with local connections, each with a station in a different area of the EcoTay site. Judy Dempsey, who for the past two years has been the community chef at The Table, will be preparing her famous burgers, with lamb supplied by Windblest Farms. If you have been missing her former restaurant in Perth — the acclaimed Hungry Planet — be sure to come sample her wares on August 24. Mike McKenzie, owner of the highly successful new Seed to Sausage in Sharbot Lake, will be bringing a sampler of his charcuterie made from local meats. Andrew Chatham, who lives in Perth and is the catering chef for the Whalesbone, promises a fresh Nova Scotia surprise on ice. Joanne Edwards, chef at The Cove in Westport, will be creating something spectacular with fresh summer vegetables. Rideau Ferry's Jesse Denton, chef at Ottawa's Santé, will be working with pork shoulder. Gita Seaton, daughter of Harper residents Jackie and Joni, is chef/owner of the Nouveau Palais in Montreal. She will have local goat from Parks Family Farm on her plates. David Dempsey, Judy's brother, will be preparing a dish with chicken from James Haven Farms. Two local cheese makers — Back 40 and Milkhouse Farm and Dairy — will serve their delectable products. To finish the meal, there will be fine chocolate by Ludwig Ratzinger and elegant desserts prepared by Temple's Sugar Bush.

### Good Cause

The Table Community Food Centre at 190 Gore Street in Perth is a place where community members come together to access, grow, prepare, share and advocate for good food. Most of the programs are aimed at helping people living on low incomes in this area enjoy the good food revolution — to have enough healthy food. Last year, 1741 people benefited from



Coral Sproule (left), local farmer and Community Kitchen Coordinator at The Table, and Phyllis James, farmer and volunteer with The Table's programs, cordially invite you to this year's Barns, Farms and Wicked Chefs events

these programs. The Table is working with local gardeners and producers to purchase as much local food as possible for their own kitchen and food bank, and they have made local food a focus of this fundraiser. And they are not alone. As part of the Share the Health project at Community Food Centres Canada, proceeds from five lively community events will be used to buy produce from environmentally sustainable, small local farms for use in meals, hampers and kitchens at three Community Food Centres across Ontario: The Stop CFC in Toronto, The Table CFC in Perth and The Local CFC in Stratford. Organizers see it as a win for farmers, a win for the environment, and a win for low-income communities. Farmers need a fair price, low-income families need fair access, and everyone benefits from a healthy and fair food system. Visit <cfccanada.ca/sharethehealth> or #sharethehealth to learn more.

### Good Music

Live music for the evening will begin with featured jazz band The Tim Murray Quartet. They combine modern jazz tunes with reminiscences of old, creating an intimate and enthusiastic ambiance. Tim Murray on piano, Charley Gordon on trumpet, and Ann Downey on bass will be joined by guest drummer David Pontello. Over the course of the evening, din-

ers will hear from String Tease (Dave Pollard, Dawson Willsey, Chuck Gobeil and Carolyn Avery) who were recently described as one of the best local folk/roots bands, and Ghost Pipes (Asher Jesionka, Ali McCormick and Spartan Rubacha) who play a tasty mix of folk and roots music that will make you yearn for simpler times. Come out on August 24 for a wonderful evening of food and music, knowing that you are supporting good food for all.

### Good Barns

The gala will be held on the lawns and in the restored barns of EcoTay (942 Upper Scotch Line, corner Menzies Munro Side Road, Tay Valley) on Saturday, August 24, from 5:30 to 10PM.

Book your ticket early — last year was a sell-out event! Tickets will be sold in advance only, at \$100 per person, with a \$70 tax receipt. Alcohol will be sold separately. Tickets are available from Tickets Please at 39 Foster Street in Perth, 485-6434 or via <ticketsplease.ca>.

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# A Matrimonial Carousel at the CTF

While writing *The Marriage-Go-Round* (the second comedy of the Classic Theatre Festival's 2013 season), playwright Leslie Stevens wrestled with the question many in the 1950s asked: What would happen if someone like Albert Einstein got together with Marilyn Monroe and had a baby?

In this production (playing August 9 to September 1 in Perth), CTF veteran Scott Clarkson takes on the role of Professor Paul Delville, who faces marital mayhem when a Swedish colleague's daughter throws herself at him, asking that he father her baby. Rachel Jones, returning this year after last year's CTF hit, *Mary, Mary*, plays Content — the Dean of Women and Delville's wife — who is continually pursued by a linguistics professor with an abiding passion for her. The twists and turns of these romantic entanglements give the play the "go-round" feel of a matrimonial carousel.

Playing the potential lovers who complicate the lives of the otherwise happily married couple are two Toronto-based performers who were bitten early by the performance bug. The Swedish bombshell Katrin Sveg is played by Elisabeth Lagerlöf who, at three years old, asked her parents to put her into ballet classes. It was a true spotlight opportunity in the small town of Perth-Andover, New Brunswick (population 900), and until the dance teacher moved away, Lagerlöf thoroughly enjoyed every chance of appearing on stage.

After her family moved to Fredericton, she enrolled in Theatre New Brunswick's youth training program while picking up roles in high school productions of musicals, like *Hello, Dolly* and *Grease*. Caught by the double cohort and unable to get into her Canadian school of choice, she wound up at the fabled New York City American Musical and Dramatic Academy, a two-year program during which she breathed the sights and sounds of Broadway, especially enjoying a performance of the original production of the musical *Little Women*.

Now based in Toronto, Lagerlöf has performed mostly in film and television, currently appearing in a Temptation Cat Treats commercial in which she lovingly massages a very happy cat. "I had to massage an Elmo doll at the audition for three minutes," she recalls of the surreal experience. She has also appeared in the BBC TV series *Copper*, a slew of short films, and just came off a two-week, sold-out run with the innovative Toronto company Shakespeare BASH'd, which brings the Bard's plays to a younger audience in offbeat venues.

"I do a lot of crying roles," she says. "Anyone who is absolutely devastated — I play those types a lot, so I am looking forward to the comic role of Katrin in *The Marriage-Go-Round*," she says. Lagerlöf credits her Swedish father with coaching her on developing her accent in

preparation for the audition that landed her the role.

Kevin Hare grew up as a self-described theatre brat, with both parents involved in the theatre and teaching the arts at B.C. universities. "From the earliest of ages I could hear my parents practicing their lines in the next room, and I started doing roles when they needed a kid in a show," he says. "I was immediately hooked, there's just something about the smell of the grease paint."

With appearances on stages across Canada, he has also done considerable work in TV and film, appearing in everything from *Lonesome Dove* and *Wind At My Back* to *The West Wing*, *The Bridge*, and *Transporter*.

"You use different acting muscles in film than on stage, so it is great to go from one medium to another, as each one refreshes your ideas about the best way to truthfully play a role," he says.

"I really like the character of Ross Barnett in *The Marriage-Go-Round*," he says, noting he can relate to the professor's conflicts and desires, having grown up with parents who knew the academic life.

Hare will appear in Lagerlöf's former hometown of Fredericton this fall in *Miracle on 34<sup>th</sup> Street*. He has also performed with and been directed by his father, Carl

Hare, in an intense one-man show, *Kings*, based on *The Iliad*, as well as a play about playwright Henrik Ibsen's married life. And in one of those small-world coincidences, Hare's father directed a 1981 production of the Hugh Leonard play *Da*, which starred Bernard Behrens, the late father of the Classic Theatre Festival's associate producer, Matthew Behrens, and currently featured in this summer's Perth Museum exhibit, *Now and Then: Found Treasures of Canadian Theatre History*.

Tickets to *The Marriage-Go-Round* are available online at <classictheatre.ca> or by calling 1-877-283-1283.





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# Heather Campbell's Sunny Side Up

Heather Campbell proves once again that she is a master storyteller of local history and family values. The title of her new book, *Sunny Side Up*, says it all, evoking bright sunny mornings and the cozy,

memories that will sustain them through the ups and downs in their lives. The stories remind us of a time when "family" referred to several generations as well as the wider community.

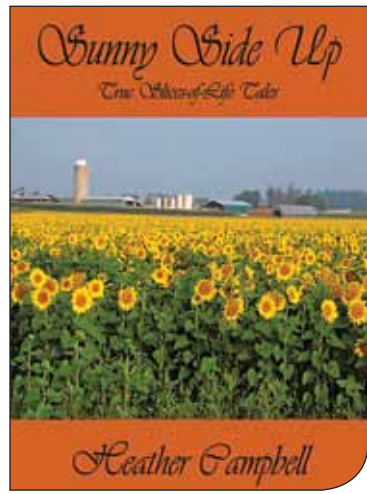
As we travel through the author's snapshots of her life — the past and present myths, ancestral

of Camille, George, Corry and Duffy, the beloved family pets... Memories abound, nudging us to remember our special moments. The love of life and faith in long-held family values shine through.

Anecdote after anecdote take us through times past, begging us to ask "What will the future hold?" These wonderful, warm family and community memories make us pause and wonder "What is replacing them for us and our children?"

Be it a moment's chuckle at a loved pet, a naughty child (or adult), a sombre moment, a feeling of sorrow, or love... we feel "there" — involved. She gives us a glimpse into the hard times of long ago, somehow still fondly remembered. Family history, stories repeated through the generations, tickle memories of our own. They make us pause and ask: "Who will so delightfully teach the children? Who will inspire us to write down our own important event? Who will give a voice to our past, as well as the future?" And for a moment we stop and create a story of our own, in our hearts and minds.

Certainly Heather's book enchants us, prods us and gives us a fine example of how to make and appreciate memories of our own.



by Shirley Westbrook

easy, simple goodness of years just past or long gone.

Though you can read these charming vignettes during a coffee break at the office or over a quick cup of tea at home, take the time to enjoy them. They are best left, I think, for a bright sunny morning, a tea or coffee near the fire, in your favourite easy chair. Give yourself time to settle in, to reminisce about times gone by. Take time from your busy lifestyle and savour the times and places she so uniquely pens here.

The stories remind us of good times, warmth, caring, and family cohesiveness, which some of us find lacking in today's oh-so-busy, oh-so-technologically-driven world. Reminding us (as the TV commercials now seem to urge) to let the children play! Let them share with friends, pets, and older family members all that the real world has to offer. Let them make

stories handed down to her — we are given a chance to take a moment, to pause and reflect. What makes life worth living? Perhaps it is a childhood memory of a much-loved rocking chair, and "wild" adventures had in it, now gleefully told and valued as "history", and the chair saved as a family heirloom, for the generations. Perhaps a loved child's moment to shine. Or even the escapades

# Yesterday I Accidentally...

1. Yesterday I accidentally used my mother's credit card... Was that bad? Will she notice the purchase from La Senza of a dozen thongs?

2. Yesterday I accidentally trained my brain to think in a Scottish accent! "Ma hovercraft's full o' eys." (Translation: My hovercraft is full of eels.)

7. Have you ever accidentally opened Photobooth on your iPad and had your natural expression staring back at you? Why does my iPad then say "Halloween is over!"?

8. I accidentally put my headphones on daily, but I am not really listening to anything. Some time alone... headphones on, world off. Is that wrong?

9. Have you ever accidentally bumped into a car in a parking lot and ignored it like it never happened? Did you leave a note?

Hi! My name is Linda and I accidentally hit your car. Someone saw me, so I am pretending to write down the details. Sorry!

10. What happens when you accidentally delete something you've worked incredibly hard on? Do you just sit there and ask: "What am I going to do with the rest of my life?"

11. Have you ever accidentally pulled up the blanket and punched yourself in the face?

12. Have you ever accidentally opened up Internet Explorer? Toolbars — why are there so many toolbars?

Have you ever accidentally just done the wrong thing? Why are the wrong things the most fun to do?

by Linda Seccaspina

3. Yesterday I accidentally tried to download *The Sims 3* to my new computer. It's been stuck at this point for the last forty minutes. All I want is to command virtual people and possibly kill them off in a horrific house fire! Is that too much to ask?

4. Does anybody else find it weird that you can accidentally make a real person? Like WTH?

5. Yesterday I clicked on someone's Facebook and accidentally liked a status from 2009. Is that stalking? Should I now delete my profile, burn my laptop and die in a hole?

6. Yesterday a guy accidentally hit my boob. What do you say? Why did he say, "This might come as a surprise to you, but your boobs go inside your shirt!"?



**77 Little Bridge Street** is a jewel in Almonte's downtown! This extraordinarily well-maintained and -presented property features two apartments on the second floor and two commercial offices on the main floor. Lots of opportunity for future use as well as live/work and tenancy uses.



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**1211 Narrows Lock Road** is an impressive property on Big Rideau Lake. Two private acres with a four bedroom home featuring soaring ceilings and light filled rooms. A short distance to Westport or Perth.



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# Studio Theatre: Things are Looking Up – Way Up

Things are looking up for Studio Theatre this year — literally. After three years of fundraising events, 50/50 draws and pledges from loyal patrons, it's here: the long awaited, much anticipated elevator! Studio Theatre is now accessible to all — even those in wheelchairs. But it doesn't stop there. As well as refurbished regular washrooms, there is a handicapped washroom, and soon a new entrance off Colborne Street will welcome patrons, with a spacious lobby and snack bar where you can gather and mingle before performances and during intermissions. And what a season they have to inaugurate this much needed addition to the theatre! The opening production in September is a perennial favourite — a comedy by Norm Foster. *Old Love* is a challenging play in which ten characters are played by only four actors. It's Foster at his best, making us laugh one minute, then reflect on life the next.

In October, the company will host an Evening of One-Act Plays, featuring Studio Theatre's own entry into the Eastern Ontario Drama League's One-Act Play Festival. The festival is an event which this group has hosted twice since it joined the EODL in 2009, and in which they have won awards each year. As has become the custom, this year they will host an evening of one-act plays at Studio Theatre, featuring their festival entry, *For the Death of Me* by Norm Foster, directed by Barb Guthrie. *For the Death of Me* will be accompanied by another one-act play from a guest company. This is still in the works, so watch the website for details <[studiotheatreperth.com](http://studiotheatreperth.com)>.



Forty of Studio Theatre's 150 invaluable volunteers recently gathered to enjoy a special volunteer appreciation party

In December, they'll serve up a treat for everyone with *The Wonderful Story of Mother Goose*. It's an English pantomime by Norman Robbins, filled with heroes and villains, music and laughter. What better way to celebrate the Christmas season with the whole family — fun for the kids and just a little bit naughty for the grownups. Then, in February, Jeremy Dutton brings the challenging drama that carries both superb comedy and powerful emotion. *Leaving Home*, by David French, is a truly Canadian story about the Mercers, a Newfoundland family who have settled in Toronto. This will be followed in April by the blockbuster *The Lion in Winter*, written by James Goldman and directed by Kathy Reid. Many will remember this play as an Academy Award-winning movie with Peter O'Toole and Katherine Hepburn. And finally, to end the season on a musical note, see *Little Women* — *The Musical*, based on the beloved novel of Louisa May Alcott, with music by Jason Howland and lyrics by Mindi Dickstein. It

will be directed by C. Lee Bates, who brought Studio Theatre's first musical, *The 25<sup>th</sup> Annual Putnam County Spelling Bee*, to the stage last year. It will be another story that will appeal to the young and the young at heart.

If you wish to take in the entirety of this fabulous season, season tickets are available at the box office, Saturday mornings from 10AM to 12PM, or at Tickets Please (credit cards accepted and a convenience fee applies). Before Labour Day, all six plays are just \$99 at the theatre box office (cash or cheque only). After Labour Day, a complete package is still only \$110 at the theatre box office (cash or cheque only) or at Tickets Please.

For the exact dates and times of all these great productions, see the ad in this issue of *theHumm* or in the brochures and posters now available at the box office, in stores, or at <[studiotheatreperth.com](http://studiotheatreperth.com)>. For further information, call 267-7469. Why not join them as they inaugurate their renovated theatre with this fabulous season of laughter, drama and music!

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Thu. Aug. 8 Westport Arts Council presents **The Odyssey**, 7:30-9:30, \$15  
Thu. Aug. 8 **Jazz Night** with Emily Fennell, LATE START 9:30-11:30  
Aug. 16 & 17 **MUSICwestport** Friday Kick Off Party with Zal Sissokho (West Africa) 8-11, \$10. Saturday Festival runs from 10AM-7PM **FREE**  
Tue. Aug. 20 **Spoon River**, (Psych Folk Rock from Vancouver) 9-11  
Wed. Aug. 21 **Sam Skoryna** Coming Home Tour, 9-11  
Mon. Aug. 26 Acoustic Blue Mondays with **The Harpoonist & The Axe Murderer**, \$45/person Buffet and Show, 6-10, Reservations only  
Thursdays **Jazz Night** with Spencer Evans Trio, 9-11 (late start Aug. 8)  
Fridays **Shawn McCullough**, Guitar/Vocal, 6-9 on the patio  
Saturdays **Head Over Heels**, Vocal Guitar Duo, 6-9 on the patio  
Sundays **Head Over Heels**, Vocal Guitar Duo, 12:30-3:30 on the patio



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# Our Performers

## The Budapest Marionettes Bence Sarkadi Theatre of Marionettes (Budapest, Hungary)

“The greatest compliment an artist can receive is to be invited to the same place again,” enthuses Bence Sarkadi. This will be the second time that Bence has been invited to Puppets Up! and he is definitely one of the family. His beautiful marionettes can do just about anything and he can impress all ages with the variety of his characters and special tricks.

*The Budapest Marionettes*, a wordless performance, has received international acclaim for its artistry and appeal to audiences all over the world.

45 minutes • family audience • music only • seating for 200–250



## Stop Mikropodium (Budapest, Hungary)



The extraordinary puppets of András Lénárt — solo artist for Mikropodium — are truly unique. His world-acclaimed presentations are famous for their simplicity and beauty and his mix of puppetry and music is appealing to every age. *Stop* lasts 20 minutes and is presented five times a day at Puppets Up! Because of the small size of the puppets, audiences

will be limited to 100. András's appearance in Canada is being shared by co-presenters Puppets Up! and the Casteliers Festival in Montréal. András Lénárt and Bence Sarkadi are friends and have known each other for many years.

20 minutes • all ages • music only • limited seating for 100

## Spin Cycle Heath Tarlin Entertainment (Toronto, ON)

This Toronto-based company consists of husband and wife team Greg Tarlin and Kristi Heath. Greg is a national juggling champion, and Kristi boasts an impressive and varied résumé in the performing arts. Both are energetic and entertaining performers who involve a family audience in their interactive action-packed show. Audiences will be amazed at the variety of acts including puppetry, juggling, ballet on stilts and other feats that have to be seen to be believed.

40 minutes • family audience • English • seating for 200–250



## The Good Old-Fashioned Punch And Judy Show Petersen Puppets (Toronto, ON)



Mike Petersen is a busy puppeteer whose impressive résumé includes work on productions like *Fraggle Rock* and *Labyrinth*, to name a few. As a change of pace from his film and TV work, Mike decided to dip into his puppetry roots

by producing his own version of the classic Punch and Judy show. His skill at comedy and knowledge of what makes folks laugh is evident in his performance, and his beautiful handcrafted hand puppets amuse and delight all ages.

30 minutes • family audience • English • seating for 200

## The Dragon King Tanglewood Marionettes (Massachusetts, USA)

This will be the third consecutive year that Peter Schaefer and his fellow puppeteer Jenn Tebo have performed at Puppets Up! From their New England home, this highly respected puppet company travels in all directions to present their beautiful marionette productions in theatres, schools and at festivals. *The Dragon King*, an exquisite award-winning show based on a Chinese folk tale, is a big act that's recommended for ages 4 to 12 and their families. This production will captivate audiences as they are drawn into the fascinating adventure of a Chinese Grandmother.

50 minutes • family audience • English  
seating for 200–250



## The Legend Of The Banana Kid Frogtown Mountain Puppeteers (Maine, USA)

Of the nine years that Puppets Up! has been in existence, the Frogtown Mountain Puppeteers have appeared before jam-packed audiences at seven of them. This team of siblings – Erik, Brian and Robin – are truly a part of the Puppets Up! family. *The Legend of the Banana Kid* has been performed here in Almonte before but it's a show that fans of all ages can't wait to see again and again. Enjoy all kinds of fun when

Little Chucky finds himself in a remote Western town that is being bullied by a seedy group of outlaws. With the help of his trusty goat “Goatie”, Chucky brings justice back to the town using bananas as his weapon of choice.

40 minutes • family audience • English • seating for 200–250



## Pierrot And The Moon MetaPhysical Theatre (Toronto, ON)



This delightful, highly acclaimed production received an Honourable Mention at last year's Toronto Fringe Festival's “Best of the Fringe”. It's a classic tale that brings to life the beloved clown Pierrot in a story that features a mix of actors, shadow and hand puppetry... plus an adorable rat named Louis. This company boasts the largest cast (6) of all the troupes coming to Puppets Up!

this year. MetaPhysical Theatre has performed and toured across Canada, in the United States and to Australia and New Zealand. The company teaches physical theatre workshops in mime, mask, clown and commedia dell'arte.

45 minutes • suitable for all ages • English, French and Italian • seating for 220

## The More Of Everything Revival Hour More of Everything (Montréal, QC)

Max Kelly and Jesse Orr are two puppeteers from Toronto and Montréal, respectively, who will present their eclectic new show for the first time at Puppets Up! It's a collection of folk art ballads interwoven with the most ancient of hero's tales, *The Epic of Gilgamesh*. The Revival Hour includes various forms of puppetry, toy theatre, banjo tunes, crankie shows, analog projection and one heck of a good time.

45 minutes • adults and children 8+ • English • seating for 220



## Little Red Riding Hood Puppets To Go (Florida, USA)

Bob Nathanson's crazy sense of humour transforms this well-known tale into his own cock-eyed version. Little Red and Grandma and the Wolf will never be the same again! Enjoy Bob's hand puppetry skills! We're happy to have him back. Bob says: “In my thirty-four years as a full-time puppeteer, my wife and



I had never been welcomed as warmly as we were the first time we performed at Puppets Up! two years ago. We fell in love with the town of Almonte as well as the people who live here.”

30 minutes • family audience • English  
seating for 200

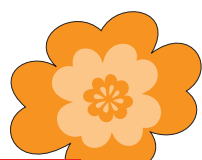
## BAM Théâtre des Petites Âmes (Montréal, QC)

*BAM* is a puppet tale inspired by bamboo. Created for small children, *BAM* is a warm and loving adventure accompanied by the sound of wood. On this hot summer night, The Great Lady La, she who makes the water sing, is left without voice on the dried land of Tran Tran Troo. Her two children, Lilou and Lalou set off to find a new source of water to hear their mother's song again. Théâtre des Petites Âmes specializes in puppet productions for very young children. In this production, Isabelle Payant performs with fellow puppeteer Anne Brulott-Legaré in an intimate indoor space.

30 minutes • children 2 ½ and up with their families  
2 English shows and 1 French show per day • limited seating for 80







# Our Schedule

SATURDAY & SUNDAY

Old Town Hall	Shepherds Mill TYPS Youth Centre	Riverside	Barley Mow	Ultramar
10:00-10:40 <b>Pierrot and the Moon</b> MetaPhysical Theatre	9:45-10:15 <b>BAM</b> – Théâtre des Petites Âmes (English)		9:45-10:35 <b>The Dragon King</b> Tanglewood Marionettes	10:00-10:40 <b>The Budapest Marionettes</b> Bence Sarkadi
	10:45-11:05 <b>STOP</b> – Mikropodium	10:30-11:00 <b>Punch &amp; Judy</b> Petersen Puppets		
11:15-12:00 <b>More of Everything Revival Hour</b>	11:45-12:15 <b>BAM</b> – Théâtre des Petites Âmes (English)	11:30-12:15 <b>The Banana Kid</b> Frogtown Mountain Puppeteers	11:00-11:30 <b>Little Red Riding Hood</b> Puppets to Go	11:15-11:55 <b>Spin Cycle</b> Heath Tarlin Entertainment
12:30-1:10 <b>Pierrot and the Moon</b> MetaPhysical Theatre	12:45-1:05 <b>STOP</b> – Mikropodium	12:45-1:15 <b>Punch &amp; Judy</b> Petersen Puppets	12:15-1:05 <b>The Dragon King</b> Tanglewood Marionettes	12:30-1:10 <b>The Budapest Marionettes</b> Bence Sarkadi
<b>1:45-2:15 Puppets Up! Parade</b>				
2:45-3:30 <b>More of Everything Revival Hour</b>	3:00-3:20 <b>STOP</b> – Mikropodium	2:45-3:30 <b>The Banana Kid</b> Frogtown Mountain Puppeteers	3:00-3:30 <b>Little Red Riding Hood</b> Puppets to Go	2:45-3:25 <b>Spin Cycle</b> Heath Tarlin Entertainment
4:00-4:40 <b>Pierrot and the Moon</b> MetaPhysical Theatre	3:45-4:15 <b>BAM</b> – Théâtre des Petites Âmes (French)	4:00-4:30 <b>Punch &amp; Judy</b> Petersen Puppets	4:15-5:05 <b>The Dragon King</b> Tanglewood Marionettes	4:00-4:40 <b>The Budapest Marionettes</b> Bence Sarkadi
5:15-6:00 <b>More of Everything Revival Hour</b>	5:00-5:20 <b>STOP</b> – Mikropodium	5:00-5:45 <b>The Banana Kid</b> Frogtown Mountain Puppeteers	5:30-6:00 <b>Little Red Riding Hood</b> Puppets to Go	5:15-5:55 <b>Spin Cycle</b> Heath Tarlin Entertainment

## Take Home a Piece of Puppets Up!

This year kids can take home their very own souvenir of the Puppets Up! Festival. Special edition "Just Add Sock" puppet-making kits and "I Put a Sock on It" t-shirts are available for purchase at Hello Yellow — located at 72 Mill Street in Almonte.



## Kids' Craft Tent

Get creative at the Puppets Up! Craft Tent! Kids 2 and up will learn how to make puppets or just have fun playing with sparkles. There are creative challenges in store for older kids too.

The craft tent is free and is located in Kirkland Park (behind the new Post Office building).

Kids need to be accompanied by an adult.

## Street Entertainment

For your added enjoyment, and free of charge, Puppets Up! welcomes a spectacular list of entertainers and musicians who will perform in and around the festival site.



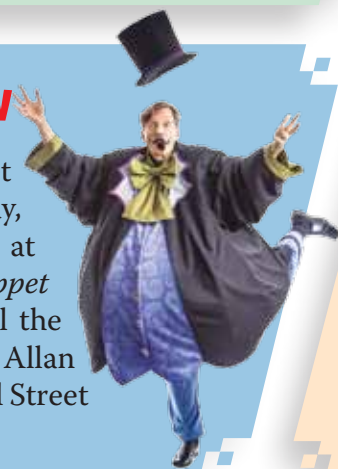
The festival's headliner is **Tim Holland** whose unique blend of puppetry, juggling and ventriloquism has made him a perennial fan favorite.

Other featured artists include **Eccentric Adam** (aka Zip the Clown), **Sarah Argue and Rock the Arts** puppetry, the on-the-wrist humour of the **Balcony Puppeteers** — along with a bevy of face painters, puppet troupes, musicians and clowns.

Award-winning songwriter and Juno nominee **Jake Differ** will bring his kid-friendly brand of musical magic to the festival too.

## Adults-Only Cabaret Puppet Show

Don't miss our adults-only Naughty Cabaret Puppet Show: **Black Sheep of the Family** on Saturday, August 10. Cash bar opens at 7PM, show starts at 8PM. The cabaret features *My Big Fat German Puppet Show* by Frank Meschkuleit, and is hosted by Dill the armadillo with a little help from festival veteran Allan Martin. Tickets are available at Baker Bob's and Mill Street Books in Almonte.







### Puppets on Parade

Our daily parades are going to be bigger and better than ever. Mascot Nick, the 12' tall Parade Queens and some of your old favourites return to dance their way down Mill Street at 1:45PM on Saturday and Sunday. We also have some new faces and special VIPs for you to welcome.



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**Puppets Up! International Puppet Festival Almonte Aug. 10 & 11, 2013 [www.puppetsup.ca](http://www.puppetsup.ca)**



# Fibrefest: Fashionistas, History & Art Aficionados and Button Maniacs!

The Mississippi Valley Textile Museum's highly anticipated **Fibrefest** is returning for its 18<sup>th</sup> year on September 7 and 8, and promises to be bigger and better than ever. At three locations — the MVTM, the Almonte Arena and the Almonte Curling Club — visitors will find more than seventy vendors, coupled with demonstrations, exhibits and much, much more — a full two-day festival of textiles and fibre arts!

Throughout Fibrefest, local guilds will be on hand to demonstrate the arts of knitting, lacemaking, smocking, weaving, spinning, quilting, penny rugs, and more. The Friends of the Mississippi Valley Textile Museum will again be providing tea room services, featuring homemade goodies, beverages and sandwiches, all available at a reasonable price.

The Ottawa Valley Button Club is again hosting **Button Mania**. As well as having vendors selling a huge variety of buttons and button-related items, the club will mount displays of beautiful glass buttons and historic uniform buttons. Bring your old buttons to the button ID clinic to find out the history of your special items!

## New this Year: Vintage Clothing!

Organizers are very excited about this new addition to Fibrefest. The Almonte Curling Club will be the site of a vintage clothing event, which will include a museum-quality display — The History of Fashion — designed to raise appreciation of the beauty, workmanship and creative potential of vintage and collectible clothing. Thirty juried vintage clothing dealers will also be offering quality fashions for viewing and purchase. This is a unique opportunity to enjoy a huge variety of vintage fashions all in one location.

## Featured Artist

Noelle Hamlyn is intrigued by the possibilities of textiles — of using textures and fibres to evoke emotion. She believes that our sense of touch is one of our most powerful, and is therefore drawn to things with strong tactile qualities. Using a wide range of unusual materials, she creates works that explore concepts such as memory and attachments, as well as cultural, family and personal narratives.

"Sweetness of the Work" is a collection of pieces created in homage to handwork — usually completed by women — that seeks to showcase the accumulated stitches, labour and hours invested in traditional women's handwork. Many pieces have been washed and treated, to encourage the formation of salt crystals that are like the sweat and salt tears of the seamstress — a gentle meditation on the loss of these traditional skills, the repetitive nature of handwork, and the social role of women.

The tools of the trade, from sewing machines, spinning wheels and scissors, to buttons, bobbins and pins, are cast with Japanese gampi paper to create ghost-like references to the hands that used and abandoned these old-fashioned methods.

Graduating from Sheridan Institute's Crafts and Design Program (Textiles), and the School of the Art Institute of Chicago, Noelle has represented Canada at the International Craft Biennale in Cheongju, South Korea, and the Love Lace International Lace Competition at the Power House Museum in Sydney, Australia. She showed at the Vancouver 2010 Cultural Olympiad and has work



This year's Fibrefest event features a new venue and a first-ever for Almonte — a Vintage Clothing Show and Sale!

in the permanent collections of the Cambridge Art Gallery, the Peel Board of Education and the Cleveland University Hospitals.

## Two World-Class Exhibitions

While Fibrefest is in full swing, the gallery at the Textile Museum will be featuring "Inner Vision", a display of vibrant modern tapestries by prize-winning Peruvian artist/weaver Maximo Laura, along with "Naked Coptic Dancers", a collection of Christian Egyptian tapestries from the 3<sup>rd</sup> to 12<sup>th</sup> century. You won't want to miss a chance to see these outstanding collections.

## I Say, Don't Miss the Tweed Ride

Local cycling enthusiasts will again be donning their poshest period biking duds (plus fours encouraged) to create the spirit of a bygone era in Almonte's Tweed Ride. Riders will meet at the Fairgrounds on Saturday, September 7, at 11AM and will take a merry jaunt around town to the various Fibrefest locations. While any bike is acceptable, classic models are naturally encouraged.

Tweed Rides are a worldwide phenomenon that began in London in 2009 to celebrate the bike and raise money for a good cause. Proceeds from the Almonte Tweed Ride are directed towards education in Haiti.

Whether you are interested in art, history, clothing, textile crafts, or just a great day out and about, Fibrefest will have something of interest for everyone.

Admission to Fibrefest is \$5 per day, which includes access to all sites. Fibrefest runs on Saturday, September 7, from 10AM to 5PM and Sunday, September 8, from 10AM to 4PM in Almonte, just 45 minutes west of downtown Ottawa. Venues are the Mississippi Valley Textile Museum (3 Rosamond Street East), and the Almonte Arena and Almonte Curling Club (both at 182 Bridge Street). For more information, contact the MVTM at 256-3754x7 or <info@mvtm.ca>.



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Stevie Rave On

# Talkin' 'bout My Generation

Well I've gone and done it — I've passed the half-century mark. I potentially have more years behind me than in front of me. How did this happen? It seems to me, although my memory isn't what it used to be, that we were cool once. We were happenin', we were even groovy, we were diggin' it, and at one point in time we were going

ese Stephen Joseph Patty. I now know why — they were over 50, and they were probably wearing their glasses on the top of their heads so they couldn't make out much more than a blur. My dad just ended up whistling for us — if you heard the whistling it was time to come home. The family dog would come home as well. That was my introduction to multitasking. I'm going to start calling my son Emilia Findley just for practice (Why should he grow up without issues?).

by Steve Scanlon

to change the world. When did that all change? When did we (the royal "we" — perhaps you are part of this royal family) become Generation X? Wikipedia defines Generation X as: "the generation born after the Western post-World War II baby boom. Demographers, historians and commentators use beginning birth dates from the early 1960s to the early 1980s." The question is, how did we become a letter in the alphabet and more importantly, one near the end of the alphabet? Is this an indication of our life expectancy? Has "Generation W" already bitten the dust? We're also known as the "lost generation". Well who lost us and will we ever be found? We should run an ad, "LOST, ONE GENERATION, REWARD." I bet they'd find us then.

Leo Rosenberg once said; "Old Age: first you forget names, then you forget faces, then you forget to pull your zipper up, then you forget to pull your zipper down". Three down, one to go...

I think perhaps they call us the lost generation because, if you are anything like me, you'll be standing in a room wondering where your glasses are, only to find them perched ever so precariously on the top of your head. Better yet, you walk into a room in your house and realize you have no idea why you made the trip, stand with your hands on your hips (this is the thinking pose) and try to figure out why you came into the room, back track your movements up to this point and then throw your hands in the air in despair (this is the frustrated pose). Go ahead Boomer, tell me you've never done that. While I'm on the subject, who came up with the name Boomer, or Baby Boomer? I've never blown up anything in my life... intentionally. Why do we have to have so many different names for our generation when really I can barely remember my own? Some people say 50 is the new 30. I say bollocks — 50 is 50, and no matter which way you fold it, it still comes out with little wrinkles. My wife, the lovely and talented, disagrees with me. She's the eternal optimist. Of course she hasn't hit the mark yet so she really doesn't have a leg to stand on.

Here's the thing: my body is over 50 but my mind is still 17. I still remember the first time I fell in love, the first time my heart was broken (thanks Pam). I recall distinctly disliking the taste of a scotch and loving peanut butter and jam sandwiches (thankfully both have changed over the years). I can remember how it felt to have a particular song affect me right to my soul. We've lived through rock and roll, heavy metal, rock operas, disco, pop, punk, grunge, long-playing records, 45s, CDs and downloads. We've experienced the freedom of leaving the house after breakfast and coming home when the street lights came on. We've gone from long-haired hippie freaks to golf shirts and shiny shoes. Now, although I still have the mind of a 17-year-old, a very experienced 17-year-old (oh, if only I knew then what I know now), my body is rejecting my 17-year-old thoughts. *Do a cartwheel*, my mind says. *Are you out of your mind?* my body responds, followed by *Did you drink your Metamucil today?* I'm not going to listen to my body any more — it doesn't get it (except that Metamucil part... that's non-negotiable). So, what I'm saying is, life up to this point has been one large adventure. Now I'm 50(ish), I'm not the new 30, I'm not groovy and diggin' it, but I am going to embrace it. I'm going to embrace the memories that got me to this point. and the experiences that made me who I am today. I am going to embrace the fact that I can share these experiences with my children and hope they can learn from my mistakes or, at the very least, listen to what I have to say and make their own informed decisions. I am going to embrace that fact that I am exactly where I should be right now. I am still going to do cartwheels in my head...

Times seemed easier, more relaxed way back when I was a kid. During the summer, we'd leave after breakfast and stay out until lunch time. We always found something to do. We'd venture back out again after lunch and again after dinner. When the street lights came on we'd go home again. Thinking back we probably didn't have a choice — with four children, my parents looked forward to the peace and quiet. And yes, I did walk miles to school through knee-deep snow, uphill... both ways. It was character-building.

Shel Silverstein wrote the following: Said the little boy, "Sometimes I drop my spoon." Said the old man, "I do that too." The little boy whispered, "I wet my pants." "I do that too," laughed the old man." Said the little boy, "I often cry." The old man nodded, "So do I." "But worst of all," said the boy, "it seems Grown-ups don't pay attention to me." And he felt the warmth of a wrinkled old hand. "I know what you mean," said the old man.

I can remember growing up and my parents calling out for us kids (four of us) and never getting our names right. For the longest time I thought my name was Ther-

We should pay more attention. If we do it now, maybe, just maybe, somebody will take the time to pay attention to us when we need it. So, if you see me walking around with my zipper undone please, for the love of god, let me know. Don't leave me hangin'... pardon the pun.



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# Ovarian Cancer Walk of Hope in Burnstown

On Sunday, September 8, Cheryl Babineau and Richard Gill of Bittersweet Gallery and Fog Run Studio will host the first **Burnstown Regional Walk of Hope for Ovarian Cancer Canada**. The walk will begin in a labyrinth mowed into their meadow.

Labyrinths have been used for over 4000 years. They have crossed cultural and religious traditions and can be found in countries all over the globe. The labyrinth was a central feature in many of the European Roman Catholic churches in the middle ages, and many of these still exist today. The most famous of these is at Cathedral of Notre Dame de Chartres near Paris, France. The labyrinth in Burnstown is fashioned after the same pattern and is known as a medieval 11 circuit.

A labyrinth is not a maze, but a single winding path that guides a participant to its centre and back out again. Unlike a maze, the labyrinth holds no tricks or dead ends. Walking a labyrinth is a right brain activity (creative, intuitive, imaginative). Many walkers of the labyrinth report life-changing experiences, a sense of breaking through a barrier and finding answers, sometimes without even knowing they had a question. The Carleton Place community labyrinth brochure includes this description: "A labyrinth is a metaphor for life's journey. It is like the walk we take in life — filled with twists and turns, always leading forward."

The date of this first Burnstown Regional Walk of Hope for OCC coincides with the Ottawa National Capital Walk of Hope, offering an alternative venue to walk in solidarity. Richard and Cheryl have created a team called the Bittersweets, and they invite the public to join their team or sponsor members or the team itself. This can be done online at [ovariancancerwalkofhope.ca](http://ovariancancerwalkofhope.ca). Just search by location for Burnstown or by team "The Bittersweets". Registration, refreshments and the opening ceremony begin at 9AM, after which Jessica Belanger of Renfrew will sing in the centre of the labyrinth.



Bittersweet Gallery and Fog Run Studio will host Burnstown's first Regional Walk of Hope for Ovarian Cancer on Sunday, September 8. It will coincide with the National Capital Walk, and will start at the labyrinth on the gallery's property

Participants can win door prizes and there will be grand prizes for the most funds raised. The walk will begin in the labyrinth, rain or shine, and will continue through a path that meanders around neighbouring barns for a 2.5K option, or on a more strenuous walk up the hill on Leckie Lane to make up 5K (with a rest stop to visit the sheep along the way). The walk will then wrap up with draws for door prizes, grand prize awards and closing remarks by Burnstown resident Denise Campeau, Director of Development for OCC.

Participants should be aware that the labyrinth surface is cut grass that can be dewy, with some uneven ground, so comfortable walking footwear is recommended.

## History of the Burnstown Labyrinth

The labyrinth cut into the lawn at Bittersweet Gallery was originally measured and laid out by the late Peter Bennett of Renfrew (a dear friend of Richard and Cheryl), with the help of Pete's wife Lou and friend Kate Lindsay,

who is actively involved in maintaining it today.

It was in 2005 that Pete, Lou and Kate practically insisted on making a labyrinth at Bittersweet, fashioned after the one that Pete and Lou had cut into the meadow at their property outside Renfrew. When Peter died in 2010, Kate, Cheryl and Richard decided to keep maintaining it as a labour of love, in his memory. As the years passed, they often thought it a shame that the labyrinth was under-utilized, and wanted to put it to good use — hence the evolution of a unique setting for a Walk of Hope for OCC.

The cause is especially meaningful to Richard, as he lost his mother and two sisters to the disease and has two daughters at high risk. He is donating a grand prize of a relief sculpture, and there will be other door prizes donated by area businesses and restaurants as well. Ovarian cancer is often not diagnosed until late stages, resulting in five-year survival rates of less than 30%. The walk raises both awareness and funds to assist more women in combatting the disease.

— Cheryl Babineau

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# Art in the Valley

## A Show of Clay Artists

The GristMill Studio (21 Main Street in Westport) will be welcoming a group of clay artists for their August show. "Clay Journeys" is a reunion show of ten artists who were involved in the 2011 mentorship program put on by Fusion: Ontario Clay and Glass Association. This group of artists, led by their mentor Angelo di Petta, had the unique opportunity

This exhibition is directly influenced by that collective experience and its continuing influence on their creative practice. Together they show an exciting and varied array of both functional and non-functional work.

Artists participating in the show are: Angelo di Petta, Susan McDonald, Jane Klarer-Lackey, Jane Thelwell, Hana Pomnier, Karen Franzen, Carol Grant, Richard Skrobecki, Linda Williams and Janice Ditner.

The show runs from August 3 to 31. Meet the artists on August 10, from 2–5PM. The studio is open Thursdays and Fridays, from 1–4PM, and weekends from 10AM to 4PM, as well as by chance or appointment throughout the week. For further information, go to <gristmillartistretreat.com> or call Diane at 273–9299.

by Miss Cellaneous

to challenge and encourage each other through one year of creative exploration.



Striped vase by Richard Skrobecki

## Quilts on the TAY

From August 9 to 11, the Lanark County Quilters Guild presents their Quilts on the TAY show at St. John Catholic High School in Perth. The event will feature over 200 quilts made by their members, including traditional and contemporary quilts, wall hangings, and pieces from challenges, workshops, and block-of-the-month created over the past two years.

Special displays will be featured, as well as a members' boutique of quilts and items for sale. There will also be a large merchant's mall with quality fabrics, threads, patterns and notions. Door prizes, a quilt

raffle and a tea room round out the event, and the parking is free!

Admission is \$6, and the show runs from noon–5PM on August 9, from 10AM to 5PM on the 10<sup>th</sup>, and from 10AM to 4PM on the 11<sup>th</sup>. St. John's High School is located at 2066 County Road 10 (Scotch Line) in Perth. For more information, call 267–4062 or visit <lanarkcountyquiltersguild.wordpress.com>.

## A Call to Painters and Photographers

Area artists are invited to come celebrate and capture the beauty of the sunflower

field at Kricklewood Farm and then to participate in a group show at The Herb Garden, all to benefit The Table, Perth's Community Food Centre. This initiative, called **The Art of the Sunflower**, is being organized by the owners of Kricklewood Farm — Lanark County's first and only producer of cold pressed sunflower oil. Participating artists will be able to visit the farm during peak bloom in August and capture the beauty of the field using the medium of their choice, and will be asked to donate some work to this great local cause. For more information, visit Kricklewood Farm on Facebook, call 275–9901, or email <dale@kricklewoodfarm.com>.



Artists are invited to participate in The Art of the Sunflower — a show benefitting The Table Community Food Centre in Perth

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# It's Time to Show That Your Town's Got Talent!

In late October, local talent, guest judges and fans will all gather in the cafetorium at CPHS for the finale of this year's **My Town's Got Talent** competition!

"Last year, everyone was nervous, excited, and a bunch of emotions mixed together," says Alexander Cox, the winner of the 2012 My Town's Got Talent, who will be in the audience for this year's October 25<sup>th</sup> finale. "My favorite part of the competition was when I was waiting in the back room for the top five results," adds Cox. "We were all just jamming out and singing together!"

The professional nature of the competition is good preparation for anyone looking to enter a larger scale talent search, according to Fraser Scantlebury, executive director of United Way Lanark County. And indeed, Cox agrees that he "felt like a celebrity" after winning last year's competition, and advises any contestants to come prepared to have their photo taken by adoring fans.

This year's finale will include performances from 15 semi-finalists, and the celebrity judges

will select the five finalists — who will then perform once again. Each audience member receives a ballot to vote for the winner.

Last year's My Town's Got Talent showcased a variety of local talent, including singers, dancers, poets and musicians, and the directors hope that this year the competition will draw an even bigger pool of talent.



Alexander Cox, winner of the 2012 My Town's Got Talent event, is eagerly awaiting this year's finals in October

Anyone in Lanark County interested in participating is invited to audition in their town in late September. Auditions will be held from September 23 to 26 in Perth, Smiths Falls, Almonte and Carleton Place.

Jeff Gourgon, a former student at Notre Dame Catholic High School, started the event four years ago. The initiative raises money for the United Way of Lanark County, which supports a number of youth centres in the area.

"It's so awesome to have the opportunity to perform for that big a crowd," says Sara Milligan, a member of Hopping Fences, who came in third last year. "For us it was about being happy and energetic — we said it didn't matter how we placed and we had a really good time."

As a My Town's Got Talent veteran, Cox offers some advice to this year's contestants.

Cox suggests contestants bring someone with them to their auditions. He brought his music teacher, who offered performance advice and a familiar face backstage. "I want to tell everyone not to be nervous, but I know they will be" he says, but assures that "once you get on the stage, everything is fine!"

For more information about auditioning, please visit <mtgt.org>, call the United Way Lanark County office at 253-9074, or check out My Town's Got Talent on Facebook.

— Alice Clark

# Planning Ahead for Fall?

On the next few pages you'll find a great collection of classes, courses and lessons for all ages and skill levels. Taught by talented local artists, musicians, dancers, movers and shakers — you'll be inspired to learn and create this autumn!

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**Upcoming dates: Sept. 7, Oct. 5 and Nov. 2**  
9:30AM-3PM

at  
**The Space Between**  
229 John St., Eganville, ON

Are you offering any classes, courses or lessons starting this fall? If so, may we suggest that you advertise them in the "Classes, Courses, Lessons" section of our September issue? It will look all cool and snazzy, just like this month's (only it will have your ad in it too, so it will be even snazzier). See page 2 for more details. Bye for now!

2013-2014 Season

## The Almonte Lectures

27 September <b>Al Donaldson</b> Geology of Eastern Ontario	24 January <b>Jeff Manthorpe</b> Drug Discovery and Marketing
25 October <b>Bryne Purchase</b> Why Catastrophe Is Inevitable	21 February <b>Jordan Smith</b> Dead Iron Mines of Lanark
29 November <b>Rafik Goubran</b> New Medical Technologies	21 March <b>Hugh Hope</b> Gold Tolerance of Plants and Seeds
25 April <b>Barbara Carroll</b> Understanding Grief	

All Lectures: 7:30PM in the Almonte United Church Hall  
For information: don\_wiles@carleton.ca



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Rehearsals: Sun. 2-4PM at Goulbourn Municipal Bldg.  
and/or Tues. 1-3PM at Granite Ridge  
Specialty Care

Requirement: Ability to match pitch and sing a  
designated voice part.

Music Director: Robert Dueck, 613-836-1824,  
ladieschorus@bell.net

### Goulbourn Male Chorus

Choir Sessions: Sep. to Dec., and Jan. to mid-May

Rehearsals: Tuesdays 7-9:30PM at St. Thomas Anglican  
Church, 1619 Stittsville Main St.

Requirement: Ability to match pitch and sing a  
designated voice part.

Music Director: Robert Dueck, 613-836-1824,  
goulbournmalechorus@gmail.com

[www.goulbournmalechorus.com](http://www.goulbournmalechorus.com)

Music Matters

## A Matter of Priorities Arts Program Credited for School Turnaround

I'm going to describe a scene for you. I'll warn you now — it isn't pretty. Imagine a school, in this case with students ranging from Kindergarten to Grade 8. Now, imagine that in this school that there are six full-time armed security personnel who roam the hallways with walkie-talkies. Take a quick look around the hallways first thing in the morning or between

by Tony Stuart

classes, and you will notice that none of the students have backpacks, because in this school they aren't allowed to bring them, out of fear that they will be carrying concealed weapons. Bulletin boards in the hallways are blank, since anything that goes up on them just ends up getting defaced. Wander a little further, and you will notice that in the Visual Arts room, which sees little use, art supplies are in locked cupboards. Down the hall in the Music Room, which also sees little use, instruments are locked away because having them out in the open means extensive damage and theft. Literacy rates in this school are way below the average of other schools in the area, and every year half the teaching staff end up leaving. This school has a reputation as being a "career killer", and anyone who wants to move in an upwards trajectory on their career path stays clear. It sounds like a movie, doesn't it?

In fact, the scenario I just finished describing is that of a school on the outskirts of Boston, and this was the state of that school four short years ago. Orchard Gardens K-8 School, in Roxbury, Massachusetts, had truly hit rock bottom, and something desperately needed to be done. Recently I saw a news story from NBC News about this school, and decided to do a little more research, since it seemed like a perfect topic for this column.

When Orchard Gardens had hit rock bottom, the school was less than ten years old. What had started out as a hopeful dream had turned into a nightmare in less than a decade. Enter Andrew Bott, who has been the school's principal for the past four years. Bott took the job at Orchard Gardens against the advice of colleagues, who told him that accepting it would mean the end of his career.

Since things were so bad at Orchard Gardens, Bott was able to get his school classified as a "Turnaround School" which gave him increased authority and autonomy to put an ambitious plan into action. The first thing Bott decided to do was eliminate the armed security personnel who wandered the hallways, and reinvest that money in arts funding, including hiring new teachers. The arts were going to take a much more prominent role in every classroom. His next step was

to increase the length of the school day for all students in Grades 6 to 8 so that they could attend mandatory Citizenship classes. This school was going to be open for business! Teaching staff were consulted, and anyone who didn't share in this vision was asked to leave. All told, eighty per cent of the staff ended up being replaced. Skepticism was rampant, and most people thought that things would carry on as normal, with Bott leaving in a year or two.

Four years later, the turnaround at Orchard Gardens is nearly complete. Every elementary classroom is filled with art, drama, and music. Colourful bulletin boards adorn the hallways and murals by students greet visitors as they come in to the school. Wander a little further, and you will hear wonderful music coming from the band room. There are concerts and drama productions throughout the year. And yes, students are once again allowed to wear their backpacks in the hallways.

The first thing Bott decided to do was eliminate the armed security personnel who wandered the hallways, and reinvest that money in arts funding, including hiring new teachers. The arts were going to take a much more prominent role in every classroom.

While test scores still lag behind the state average, their rate of improvement is the highest in the state, and it won't be long before they have caught up. What Bott and his staff realize is that there is a direct link between participation in the arts and student achievement. This is backed up by an enormous amount of research. Now, several Grade 8 students from Orchard Gardens will be moving on to prestigious arts-centered high schools. As one of these students who has been at the school since Kindergarten describes it: now teachers care about his learning, and give him many different opportunities to succeed.

In December of 2012, distinguished cellist Yo Yo Ma visited Orchard Gardens and spent time working and playing music with students at the school. Four years ago, this would have been unthinkable. Andrew Bott says it best: "This isn't just about turning a school around. We want to make it a school we'd select for our own children. We want the students to understand everything they do matters, and this is a very real demonstration of that."

— Tony Stuart is the Music Director at Notre Dame Catholic High School in Carleton Place, and a freelance professional musician.



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# 37 Skills At TYPS

The term “mental health” might be intimidating to some — perhaps especially young people — but this September, TYPS youth centre in Almonte will launch a fun new program aimed at making mental health awareness more inclusive, accessible and holistic.

Faron Gogo, the new Mental Health Worker at TYPS, is in the planning stages for the upcoming program, called **37 Skills**, which will run Thursdays from 4–6PM, starting in September. Just as it sounds, the program will introduce 37 new skills — a combination of arts, life and coping skills, — to area youth.

“It’s anything from silk-screening t-shirts, learning how to crochet, taking a nature hike or learning a sport to doing a yoga class or meditation, and anything in between,” she says, “while relating all these things to your mental health and community connection.” For example, how does developing new skills make you feel about yourself? How does that benefit your mental health?

Also being introduced in September is a partnership between TYPS and Almonte District High School. Each month, TYPS staff will provide workshops on different themes relating to mental health. Faron’s plans include “mental health 101,” and workshops focusing on eating disorders and substance abuse awareness.

She also hopes to incorporate assemblies with community partners, and workshops for parents, where they can learn about youth mental health from experts within the community.

“The goal is school-wide mental health promotion,” she explains. “It’s really cool because

we’re not just targeting the “at-risk” youth; we’re saying that everybody could benefit from becoming educated about their mental health.”

A third component of the new initiative is a monthly professional development program, open to youth centre staff from Almonte and surrounding areas, parents, and anyone else who could benefit from a presentation on youth mental health. Tentative plans for September include a suicide prevention workshop, and for November — eating disorder awareness.

The professional development program, along with all the other components of the initiative, will be completely free and open to anyone who would like to participate. After a year of running the new programs, TYPS will also introduce a peer mentoring system, which will equip young people to know the signs of crisis and how to refer their peers to an appropriate mental health professional.

“Statistics show that young people are going to go to other young people when they need help,” Faron says. “They’re not necessarily going to come to an adult or a mental health professional.”

In the meantime, Faron is working at TYPS, doing research and preparation for the fall programs. She has also runs “Chill Space” at TYPS, on Tuesdays and Thursdays from 4–6PM. The Chill Space room is complete with a “wish list” wall, where TYPS youth can write suggestions for what they’d like to see in the upcoming programs. “It’s a space where youth in the community can come to paint, or work with fabric, or all these different things

they do to keep their hands busy, but that are therapeutic at the same time,” she explains.

The new initiatives at TYPS are a result of a \$137,000 grant given to the centre by the Ontario Trillium Foundation. Faron says she’s excited by the decision to invest in programs that are more preventative than corrective in nature.

“Typically grants can be reactive — as a response to a tragedy for example — but this one is really proactive,” she says. Faron, who grew up in a community much like Almonte, says rural youth have unique mental health susceptibility and needs, which she hopes to address. “In a city, it’s a lot easier to be anonymous with your issues,” she says, which is why she hopes to act as an impartial intermediary between youth and mental health resources.

After two and a half years, TYPS will compile a report on the benefits of the new programs, which will be released to the public on the centre’s website.

On August 12, TYPS will host an event for **International Youth Day**, including a BBQ, from 6–8PM in the community garden behind the Almonte Library. “It’s simply an event to celebrate the youth of our community,” says Faron. “And it will act as a launch for the new initiative.”

Community members and youth who would like to get involved in or who have suggestions regarding the new programs are welcome to contact Faron at <typsmentalhealth@outlook.com>.

— *Kylie Kendall is theHumm’s summer intern, and will be entering her third year in Carleton University’s journalism program*

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# Claiming Column

Fibrefest, Almonte, Sep 7-8  
 Tweed Ride, Almonte, Sep 7  
 Harvest Food & Drink Show, Almonte, Sep 7  
 Walk of Hope, Burnstown, Sep 8  
 Mississippi Mills at a Glance, Almonte, Sep 11  
 Old Love, Perth, Sep 22  
 My Town's Got Talent, Sep 22-26  
 Culture Days, Sep 27-29  
 Civitan Oktoberfest, Almonte, Oct 11  
 Crown & Pumpkin Studio Tour, Mississippi Mills, Oct 12-14  
 Perth Autumn Studio Tour, Oct 12-14  
 Bax & Chung (PPAC), Perth, Oct 18  
 One-Act Plays, Perth, Oct 24-Nov 2  
 Christmas in the Valley Artisan Show, Almonte, Nov 1-2  
 Handmade Harvest Craft Show, Almonte, Nov 2-3  
 Jesse Peters (PPAC), Perth, Nov 15  
 Snow White & the Seven Dwarfs, Smiths Falls, Nov 28-Dec 8  
 Humbug! A Christmas Panto, CP, Nov 29-Dec 1, 6, 7  
 The Wonderful Story of Mother Goose, Perth, Dec 5-8, Dec 13-15  
 Leahy, Perth, Dec 15

# Visual Arts

**Watercolour in the Barn Reception**, Aug. 1, 11AM-3PM. Meet the artists. (Show Aug-Sept.), The Herb Garden, 3840 Old Almonte Rd. [herbgarden.on.ca](http://herbgarden.on.ca).  
**Vernissage**, Aug. 3, 1-3PM. Louise Lafleur, From Almonte to the Arctic (photos & paintings). Philip Wood Gallery, Heritage Court, Almonte. 292-4406, [philwood49@gmail.com](mailto:philwood49@gmail.com).  
**Vernissage: Biografika**, Aug. 3, 2-4PM. Martha Moenig - textile designer. Mississippi Valley Textile Museum, Almonte. [mvtm.ca](http://mvtm.ca).  
**Meet the Artists**, Aug. 9, 7-9PM. Artists, snacks, draw. Riverguild Fine Crafts, 51 Gore St. E., Perth. [riverguild.com](http://riverguild.com).  
**Quilts on the Tay**, Aug. 9 (12-5), 10 (10-5), 11 (10-4). St. John Catholic HS, Perth. \$6  
**Vernissage**, Aug. 9, 7-9PM. Featuring Jenn Raby. Brush Strokes, 129 Bridge St., Carleton Place. 253-8088, [brushstrokesart.ca](http://brushstrokesart.ca).  
**Meet the Artists**, Aug. 10, 2-5PM. Clay Journeys. Grist Mill Artist Retreat, 21 Main St., Westport. 273-9299, [gristmillartistretreat.com](http://gristmillartistretreat.com).  
**Meet the Designers**, Aug. 15, 10AM-1PM. Shania Sunga (fabric), Valerie Miller (patterns). Prizes, snacks. Textile Traditions, 87 Mill St., Almonte. 256-3907.  
**Breakfast with the Arts, Westport Style**, Aug. 31, 8AM. Potluck to talk about the arts. Grist Mill Artist Retreat, 21 Main St., Westport.  
**Sundance Studio Tour**, Aug 31 & Sep 1 (10-5), Sep 2 (10-4). 34 artists, local food, music. Fall River Pub & Grill, Hwy 7, Maberly. [sundancestudio.ca](http://sundancestudio.ca).

# Youth

PAMT presents **LOTR: The Two Towers**, Aug. 1 & 2, 7PM; **The Who's Tommy**, Aug. 15-17, 7PM; **Disney's The Little Mermaid**, Aug. 29 & 30, 7PM. Perth Academy of Musical Theatre, Studio Theatre, 63 Gore St. E., Perth. 706-0954, [perthacademy.ca](http://perthacademy.ca).  
**Movies under the Stars**, Thursdays, 7PM preschool activities, film at dusk. Aug 1 *Rise of the Guardians*; Aug 8 *Brave*; Aug 15 *Mary Poppins*; Aug 22 *The Croods*; Aug 29 *Monsters University*. Concession stand. Centennial Park, under the Smiths Falls watertower. [togethersmithsfalls.com](http://togethersmithsfalls.com). Free

# WHAT'S ON IN

Monday Tuesday Wednesday Thursday

**Fairview Manor**: photographs by Louise Lafleur  
**GristMill Gallery**: Clay Journeys <[gristmillarts@gmail.com](mailto:gristmillarts@gmail.com)>  
**MVTM**: Biografika, the work & life of Martha Moenig <[mvtm.ca](http://mvtm.ca)>  
**Heritage House Museum**: Carvings of the Rideau <[smithsfalls.ca/heritagehouse](http://smithsfalls.ca/heritagehouse)>  
**Kanata Civic Art Gallery**: Just 4 Fun & Colour Me, Kids! <[kanatagallery.ca](http://kanatagallery.ca)>  
**General Fine Craft, Art & Design**: The Art of Puppetry <[generalfinecraft.com](http://generalfinecraft.com)>  
**Mill St. Gallery of Contemporary Art (Almonte)**: "Fueled By Food"  
**N Lanark Regional Museum**: local pioneering history, Almonte Train Wreck <[appletonmuseum@hotmail.com](mailto:appletonmuseum@hotmail.com)>  
**Perth Museum**: Now and Then: Found Treasures of Canadian Theatre History  
**Philip Wood Gallery**: Louise Lafleur, From Almonte to the Arctic <[philwood49@gmail.com](mailto:philwood49@gmail.com)>  
**Mississippi Mills Chambers Gallery**: Anthony St. Dennis, engravings  
**Almonte Library Corridor Gallery**: Kathryn Hallett, photography  
**fieldWORK**: Leah Decter, Laura Hale, Sheila Macdonald, Ute Riccius, Erin Robertson <[fieldworkproject.com](http://fieldworkproject.com)>  
**Ottawa West Arts Assoc Gallery**: "Memories" <[owaa.ca](http://owaa.ca)>  
**Herb Garden**: Watercolour in the Barn <[herbgarden.on.ca](http://herbgarden.on.ca)>  
**Palms**: Nona Argue, Shawn DeSalvo <[palmsonline.ca](http://palmsonline.ca)>

<p>5</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge</p>	<p>6</p> <p>🍷 <b>Green Drinks</b>, Perth</p>	<p>7</p> <p>🎵 <b>Open Celtic Jam</b>, Naismith Pub                  🍷 <b>Tea on the Lawn</b>, Almonte</p>	<p>8</p> <p>🍷 <b>Adult Bereavement Walking Group</b>, CP                  🎵 <b>Jazz at Bally's</b>, Ballygiblin's                  🎵 <b>LOTR: The Two Towers</b>, Perth                  🎵 <b>Musicians' Circle</b>, Bolingbroke                  🎵 <b>Rise of the Guardians</b>, Smiths Falls                  🍷 <b>The Star Spangled Girl</b>, Perth                  🎨 <b>Watercolour in the Barn Reception</b>, Almonte</p>
<p>12</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge                  🍷 <b>PFLAG Carleton Place</b>, Carleton Place</p>	<p>13</p> <p>🎵 <b>Splash 'N Boots</b>, Carleton Place</p>	<p>14</p> <p>🍷 <b>Adult Bereavement Group</b>, Perth                  🍷 <b>Auditions - Secret Garden</b>, Perth                  🍷 <b>Fairground Follies</b>, Carp                  🎵 <b>Open Celtic Jam</b>, Naismith Pub                  🍷 <b>Tea on the Lawn</b>, Almonte                  🍷 <b>The Marriage-Go-Round</b>, Perth</p>	<p>15</p> <p>🎵 <b>Alex Cuba</b>, Neat Coffee Shop                  🍷 <b>Auditions - Secret Garden</b>, Perth                  🎵 <b>Blues Jam</b>, John St. Pub                  🍷 <b>Fairground Follies</b>, Carp                  🎵 <b>Jazz Night</b>, The Cove                  🎵 <b>Mary Poppins</b>, Smiths Falls                  🍷 <b>Meet the Designers</b>, Almonte                  🍷 <b>Merry Wives of Windsor</b>, Almonte                  🎵 <b>Musicians' Circle</b>, Bolingbroke                  🎵 <b>Open Mic</b>, Golden Arrow                  🍷 <b>Stand-Up Comedy Open Mic</b>, CP                  🍷 <b>The Marriage-Go-Round</b>, Perth                  🎵 <b>The Who's Tommy</b>, Perth</p>
<p>19</p> <p>🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge</p>	<p>20</p> <p>🎵 <b>Spoon River</b>, The Cove</p>	<p>21</p> <p>🎵 <b>Dinner on Broadway</b>, Perth                  🎵 <b>Open Celtic Jam</b>, Naismith Pub                  🎵 <b>Sam Skoryna Coming Home Tour</b>, The Cove                  🍷 <b>Tea on the Lawn</b>, Almonte                  🍷 <b>The Marriage-Go-Round</b>, Perth</p>	<p>22</p> <p>🍷 <b>Funniest Person in the Valley</b>, Smiths Falls                  🎵 <b>Musicians' Circle</b>, Bolingbroke                  🎵 <b>Open Mic w/The Camerons</b>, Golden Arrow                  🎵 <b>Perth Citizen's Band Outdoor Concert</b>, Perth                  🎵 <b>The Croods</b>, Smiths Falls                  🍷 <b>The Marriage-Go-Round</b>, Perth</p>
<p>26</p> <p>🍷 <b>Almonte Horticultural Soc.</b>, Almonte                  🎵 <b>Carp Celtic Jam</b>, Carp Masonic Lodge                  🎵 <b>The Harpoonist and the Axe Murderer</b>, The Cove</p>	<p>27</p>	<p>28</p> <p>🍷 <b>Adult Bereavement Group</b>, CP                  🎵 <b>Neat SoundCheck</b>, Neat Coffee Shop                  🎵 <b>Open Celtic Jam</b>, Naismith Pub                  🍷 <b>Tea on the Lawn</b>, Almonte                  🍷 <b>The Marriage-Go-Round</b>, Perth</p>	<p>29</p> <p>🎵 <b>Disney's The Little Mermaid</b>, Perth                  🎵 <b>Jazz Night</b>, The Cove                  🎵 <b>Monster University</b>, Smiths Falls                  🎵 <b>Musicians' Circle</b>, Bolingbroke                  🎵 <b>Mystic Drumz</b>, Carleton Place                  🎵 <b>Open Mic w/The Camerons</b>, Golden Arrow                  🍷 <b>The Marriage-Go-Round</b>, Perth</p>

**Andrew McDougall**, Aug. 9, 7:30PM. Songs for the whole family. Studio Theatre, Perth. 485-6434, [ticketsplease.ca](http://ticketsplease.ca). \$10 / \$5  
 Music at the Market free kids' concerts:  
**Splash 'N Boots**, Aug. 13, 6:30PM;  
**Mystic Drumz** Aug 29, 6:30PM. Bring lawnchair. Market Square, Beckwith St/ Lake Ave, CP. 257-1704, [cpfm.ca](http://cpfm.ca).  
**Naismith 3 On 3 Basketball Festival**, Aug 10. Kid & adult teams, all levels. Register at [naismithmuseum.com](http://naismithmuseum.com). Almonte Community Ctr. [Naismith3on3@gmail.com](mailto:Naismith3on3@gmail.com).  
**Blues & Ribfest**, Aug 16-18. Blues, best ribs competition, kids zone. Calabogie Peaks Resort. 752-2720, [calabogieblues.com](http://calabogieblues.com).  
**MUSICwestport**, Aug. 17, 10AM-7PM. Free outdoor music, rain or shine, at The Cove & Artemisia, Westport. [westportartsCouncil.ca](http://westportartsCouncil.ca)  
**Pakenham Fair**, Aug. 17, 9AM-4PM. Horse, Beef/Dairy Show, exhibits, games. Stewart Community Centre, Pakenham. 256-1077, \$3; under 12s free  
**Maberly Fair**, Aug. 24, 9:30AM-5PM. Horse show, demos, displays, live music. Maberly. \$5; 7-17 \$3; under 6 free  
**North Lanark Highland Games**, Aug. 24, 9AM-6PM. Adv. tickets at Mill St. Books, Nicholson's. Almonte Fairgrounds, 256-3881. \$17; \$14 in adv. \$6 kids 6-13  
**Smiths Falls Trainfest**, Aug. 24 & 25, 10AM-4PM. Exhibits, workshops, demos, music, BBQ. Railway Museum of E. ON, Smiths Falls. 283-5696, [rmeo.org](http://rmeo.org). \$5.50  
**Natural Fibre Festival**, Aug. 31-Sep. 1, 10AM-4PM. Workshops, demos, tours. Silent Valley Alpaca Ranch, Ompah. 479-0307  
**Laugh for LAWS**, Aug. 9, 8PM, Love That Barr, Pakenham, \$15; Aug 16, 8PM, O'Reilly's Pub, Perth, \$15 incl 1 drink; Aug 17, 8PM, JR's, Almonte, \$15. Adult humour. Fundraiser for Lanark Animal Welfare Society.  
**The Marriage-Go-Round**, Aug 9-Sep 1; 8PM Wed-Sat, 2PM Wed/Sat/Sun. Classic Theatre Festival. 1958 Leslie Stevens comedy. Full Circle Theatre, 26 Craig St., Perth. 877-283-1283, [classictheatre.ca](http://classictheatre.ca).  
**Bonnechere River - Future Tense**, Aug. 10, 5:30PM, Neat, Burnstown (w/BBQ), 7:30pm play. Aug 23 Horton Community Ctr, \$25 incl dinner, tickets at Horton Township Office & Scott Hardware (Renfrew). [BonnechereRiver.ca](http://BonnechereRiver.ca).  
**Auditions - Secret Garden**, Aug 14-15. Perth Community Choir. Males & females, ages 11 & up, & chorus. Perth. [pccsecret-garden.blogspot.ca](http://pccsecret-garden.blogspot.ca).

# Festivals

**Heritage Mica Days**, all month. Various events — see [heritagemicadays.ca](http://heritagemicadays.ca)  
**Perth Garlic Festival**, Aug 10 (9-5), 11 (9-4). Perth Fairgrounds, Halton & Arthur St, Perth. \$5; under 12s free.  
**Carp Farmers' Mkt Garlic Festival**, Aug 10 (8AM-3PM), Aug 11 (10AM-3PM). Free admission & parking. Carp Ag Hall  
**Puppets Up!**, Aug. 10 & 11, 9AM-6PM. Puppet shows for all ages, parade, craft tent. Downtown Almonte, puppetsup.ca. \$20/\$10

# Theatre

**The Star Spangled Girl**, Aug. 1-4; 8PM Wed-Sat, 2PM Wed/Sat/Sun. Classic Theatre Festival. 1966 Neil Simon comedy. Full Circle Theatre, 26 Craig St., Perth. 877-283-1283, [classictheatre.ca](http://classictheatre.ca).  
**Outdoor Theatre: The Odyssey**, Aug. 8, 7:30-9:30PM. Driftwood Theatre. The Cove, Westport. [coveinn.com](http://coveinn.com). \$15  
**Pollyanna**, Aug 8-10, 16, 17 at 7:30PM; Aug 11, 18 at 2PM. Smiths Falls Community Theatre. The Station Theatre, 53 Victoria Ave. Smiths Falls. 283-0300, [smithsfallstheatre.com](http://smithsfallstheatre.com). \$10-20



# AUGUST 2013

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>🎵 <b>Brea Lawrenson</b>, Golden Arrow</li> <li>📖 <b>LOTR: The Two Towers</b>, Perth</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> <li>🎵 <b>The Star Spangled Girl</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Bridge Street Bazaar</b>, Carleton Place</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Live music</b>, Golden Arrow</li> <li>🎵 <b>Music in the Park</b>, Smiths Falls</li> <li>🎵 <b>Tea on the Lawn</b>, Almonte</li> <li>🎵 <b>The Star Spangled Girl</b>, Perth</li> <li>🎨 <b>Vernissage</b>, Almonte</li> <li>🎨 <b>Vernissage: Biografika</b>, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Bobby McGinnis &amp; Friends</b>, Coffee Culture</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Jazz Brunch</b>, Fiddleheads</li> <li>🎵 <b>Open Stage</b>, Smiths Falls</li> <li>🎵 <b>The Star Spangled Girl</b>, Perth</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Andrew McDougall</b>, Perth</li> <li>🎵 <b>Dinner &amp; Auction</b>, Westport</li> <li>🎵 <b>George Turcotte Band</b>, Love That Barr</li> <li>🎵 <b>Laugh for LAWS</b>, Pakenham</li> <li>🎨 <b>Quilts on the Tay</b>, Perth</li> <li>🎨 <b>Meet the Artists</b>, Perth</li> <li>🎵 <b>Pollyanna</b>, Smiths Falls</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> <li>🎵 <b>Steve Barrette Trio</b>, The Swan at Carp</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> <li>🎨 <b>Vernissage</b>, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Pollyanna</b>, Smiths Falls</li> <li>🎨 <b>Garlic Festival</b>, Perth</li> <li>🎨 <b>Naismith 3-on-3 Festival</b>, Almonte</li> <li>🎵 <b>Bonnechere River - Future Tense</b>, Burnstown</li> <li>🎵 <b>Carp Farmers' Mkt Garlic Festival</b>, Carp</li> <li>🎵 <b>David Ross MacDonald</b>, MERA</li> <li>🎵 <b>Garden of Weeds</b>, John St. Pub</li> <li>🎵 <b>Group Canoe Trip</b>, Burnstown</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>📖 <b>Live Poets Society</b>, Perth</li> <li>🎨 <b>Meet the Artists</b>, Westport</li> <li>🎵 <b>Music in the Park</b>, Smiths Falls</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> <li>🎨 <b>Quilts on the Tay</b>, Perth</li> <li>🎨 <b>Puppets Up!</b>, Almonte</li> <li>🎨 <b>Quilts on the Tay</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎨 <b>Carp Farmers' Mkt Garlic Festival</b>, Carp</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Jazz Brunch</b>, Fiddleheads</li> <li>🎵 <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li>🎵 <b>Maria Hawkins</b>, Coffee Culture</li> <li>🎵 <b>Open Stage</b>, Smiths Falls</li> <li>🎨 <b>Garlic Festival</b>, Perth</li> <li>🎨 <b>Quilts on the Tay</b>, Perth</li> <li>🎨 <b>Perth Garlic Festival</b>, Perth</li> <li>🎵 <b>Pollyanna</b>, Smiths Falls</li> <li>🎨 <b>Puppets Up!</b>, Almonte</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> <li>🎨 <b>Valley Singles Lunch</b>, Carleton Place</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Blues &amp; Ribfest</b>, Calabogie</li> <li>🎵 <b>Brent Dickie</b>, John St. Pub</li> <li>🎵 <b>Fairground Follies</b>, Carp</li> <li>🎵 <b>Laugh for LAWS</b>, Perth</li> <li>🎵 <b>Pollyanna</b>, Smiths Falls</li> <li>🎵 <b>Sounds Sweet</b>, Love That Barr</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> <li>🎵 <b>The Who's Tommy</b>, Perth</li> <li>🎵 <b>Zal Sissokho</b>, The Cove</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Pollyanna</b>, Smiths Falls</li> <li>🎵 <b>Arms Of The Girl</b>, John St. Pub</li> <li>🎵 <b>Blues &amp; Ribfest</b>, Calabogie</li> <li>🎵 <b>Children's Walk for Autism</b>, Carleton Place</li> <li>🎵 <b>Guided Roastery Tour</b>, Almonte</li> <li>🎵 <b>Laugh for LAWS</b>, Almonte</li> <li>🎵 <b>Music in the Park</b>, Smiths Falls</li> <li>🎵 <b>MUSICwestport</b>, Westport</li> <li>🎵 <b>Pakenham Fair</b>, Pakenham</li> <li>🎵 <b>Sounds Sweet</b>, Golden Arrow</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> <li>🎵 <b>The Who's Tommy</b>, Perth</li> <li>🎨 <b>Fairground Follies</b>, Carp</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Balsam Blue</b>, Coffee Culture</li> <li>🎵 <b>Blues &amp; Ribfest</b>, Calabogie</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Jazz Brunch</b>, Fiddleheads</li> <li>🎵 <b>Open Stage</b>, Smiths Falls</li> <li>🎵 <b>Pollyanna</b>, Smiths Falls</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> </ul>
<ul style="list-style-type: none"> <li>🎵 <b>Bonnechere River - Future Tense</b>, Horton</li> <li>🎵 <b>Brooke Valley Bassoon Days</b>, Lanark</li> <li>🎵 <b>Driving Wheel</b>, John St. Pub</li> <li>🎵 <b>Rockin' Horse</b>, Golden Arrow</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> <li>🎵 <b>Sounds Sweet</b>, Carleton Place</li> <li>🎵 <b>Steve Barrette Trio</b>, The Swan at Carp</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>Fortunate Soul</b>, John St. Pub</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎨 <b>Maberly Fair</b></li> <li>🎵 <b>Music in the Park</b>, Smiths Falls</li> <li>🎨 <b>North Lanark Highland Games</b>, Almonte</li> <li>🎨 <b>Smiths Falls Trainfest</b>, Smiths Falls</li> <li>🎵 <b>Tea on the Lawn</b>, Almonte</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎨 <b>Blueberry Tea</b>, Almonte</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Jazz Brunch</b>, Fiddleheads</li> <li>🎵 <b>Magnolia Rhythm Kings</b>, The Royal Oak</li> <li>🎵 <b>Open Stage</b>, Smiths Falls</li> <li>🎨 <b>Smiths Falls Trainfest</b>, Smiths Falls</li> <li>🎨 <b>Spiritual Cinema Circle</b>, Perth</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> <li>🎨 <b>Vine Rhymes</b>, Smiths Falls</li> </ul>
<ul style="list-style-type: none"> <li>📖 <b>Disney's The Little Mermaid</b>, Perth</li> <li>🎵 <b>Pacific Curls</b>, Neat Coffee Shop</li> <li>🎵 <b>Peter Principle</b>, Golden Arrow</li> <li>🎵 <b>Shawn McCullough</b>, The Cove</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎨 <b>Breakfast with the Arts</b>, Westport</li> <li>🎵 <b>Freddy Dixon w/ Band</b>, Golden Arrow</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Music in the Park</b>, Smiths Falls</li> <li>🎨 <b>Natural Fibre Festival</b>, Ompah</li> <li>🎨 <b>Sundance Studio Tour</b>, Maberly</li> <li>🎵 <b>Tea on the Lawn</b>, Almonte</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> </ul>	<ul style="list-style-type: none"> <li>🎵 <b>APEX Jazz Band</b>, The Royal Oak</li> <li>🎵 <b>Head over Heels</b>, The Cove</li> <li>🎵 <b>Jazz Brunch</b>, Fiddleheads</li> <li>🎨 <b>Natural Fibre Festival</b>, Ompah</li> <li>🎵 <b>Open Stage</b>, Smiths Falls</li> <li>🎨 <b>Sundance Studio Tour</b>, Maberly</li> <li>🎵 <b>The Marriage-Go-Round</b>, Perth</li> </ul>

**The Cove** (Westport, 273-3636): Thur 9-11pm Jazz Night, Fri 6-9pm Shawn McCullough (x Aug 16), Sat 6-9pm (x Aug 17) + Sun 12:30-3:30pm Head over Heels (vocal/guitar duo, patio)  
Aug 8 Jazz Night w/ Emily Fennell, 9:30-11:30pm  
Aug 16 Zal Sissokho (West African), MUSICwestport Kick-off Party, 8-11pm, \$10  
Aug 20 Spoon River, 9-11pm  
Aug 21 Sam Skoryna Coming Home Tour, 9-11pm

**Ballygiblin's** (CP, 253-7400), jazz, no cover  
Aug 1 6-9pm Peter Brown, Don Paterson, Glenn Robb & guests

**Neat Coffee Shop** (Burnstown, 433-3205): 8pm  
Aug 15 Alex Cuba, \$35  
Aug 28 Soundcheck open mic, free  
Aug 30 The Pacific Curls, \$17

**Carp Masonic Lodge**: Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9pm)

**The John St. Pub** (Arnprior, 623-8149):  
Aug 10 Garden of Weeds, 9pm  
Aug 15 Blues Jam (Barry Buse & Redneck Limousine), 8pm  
Aug 16 Brent Dickie, 9pm  
Aug 17 Arms of the Girl, 9pm  
Aug 23 Driving Wheel, 9pm  
Aug 24 Fortunate Soul, 9pm

**Golden Arrow Pub** (Perth, 267-4500):  
Aug 2 Brea Lawrenson  
Aug 3, 10 Live music  
Aug 8, 22, 29 Open Mic w/The Camerons  
Aug 15 Open Mic w/Alida & Matt  
Aug 17 Sounds Sweet  
Aug 23 Rockin' Horse  
Aug 30 Peter Principle  
Aug 31 Freddy Dixon w/the Band

**Coffee Culture** (Smiths Falls, 283-4608):  
Aug 4 Bobby McGinnis & Friends  
Aug 11 Maria Hawkins

## Community

**Adult Bereavement Walking Group**, Aug 1 (6-8PM, Starbucks, Hwy 7/McNeely, CP Walking Group); Aug 14 (1-3PM, Lanark Lodge, Perth); Aug 28 (1:30-3:30PM, Waterside, CP). 267-6400, rebeccab@chsl.ca. Free.

**Bridge Street Bazaar**, Aug. 3, 9AM-4PM. Pedestrian-friendly market. Bridge Street, Carleton Place. 257-8049, cmcormond@carletonplace.ca.

**Tea on the Lawn**, Wed & Sat, 2-4PM. Ramsay WI serve baked goods, tea/lemonade. Mill of Kintail, Almonte. 256-3619x2

**Green Drinks**, Aug. 6, 5:30PM. Meeting of environmental folk. O'Reilly's Pub, Perth. Perthgreendrinks@gmail.com.

**Dinner & Auction**, Aug. 9, 5:30-9:30PM. Friends of Foley Mtn. Cold buffet, cash bar. Tickets at Murphy's Bait Shop. Westport Legion, 273-2866. \$12

**Group Canoe Trip**, Aug. 10, 2:30-5PM. Free w/own canoe/kayak; \$20 for seat in 6-man canoe. Burnstown Beach. bonnecherever.ca/bwep-events.

**Valley Singles Lunch**, Aug. 11, 1PM. S256-8117 or 432-7622. Buster's Bar and Grill, Carleton Place.

**PFLAG Carleton Place**, Aug. 12, 7-8:30PM. w/LGBT youth drop-in. Zion-Memorial Church, Carleton Place. 859-0100.

**Children's Walk for Autism**, Aug. 17, 9AM. Register online or at 9AM. Lanark Autism Support Group. Carleton Place High School. lanarkautismsupport.com. \$10

**Guided Roastery Tour**, Aug. 17, Noon-1PM. Equator, 451 Ottawa St., Almonte. Free

**Blueberry Tea**, Aug. 25, 2-4PM. Blueberries, lemon curd, cream, scones. GF option! Union Hall, Wolf Grove at Tatlock Rd., Almonte. Free; donations appreciated.

**Almonte & District Horticultural Soc.**, Aug. 26, 7:30PM. Cornerstone Community Church, Almonte.

**Fairground Follies**, Aug. 14-17, 7:30PM; Aug 17, 1PM. Rural Root Theatre, celebrating 150 yrs of Carp Fair. Show Barn, Carp Ag Hall. helenmartinruralroot.org. \$12; \$10 in adv. at Fair Office or 832-1070

**Merry Wives of Windsor**, Aug. 15, 7PM. Company of Fools' Torchlight Shakespeare series. By donation. The Herb Garden, 3840 Old Almonte Rd. fools.ca.

**Stand-Up Comedy Open Mic**, Aug. 15, 8:30PM. 3rd Thurs/mo. Ballygiblin's, Carleton Place. facebook.com/LanarkLaughs. No cover

**Funniest Person in the Valley**, Aug. 22, 7:30PM. Competition. The Station Theatre, 53 Victoria Ave. Smiths Falls. 283-0300, smithsfallstheatre.com.

**Spiritual Cinema Circle**, Aug. 25, 2PM. McMartin House, 125 Gore St. E., Perth. 267-4819, fp@superaje.com., \$2 donation

## Literature

**Live Poets Society**, Aug. 10, 10AM-1PM at Perth Farmer's Market, Crystal Palace, free; 7-9PM at Bakers Bean, Perth, \$10. Fundraiser for Cdn Festival of Spoken Word

**Vine Rhymes**, Aug. 25, 7-9PM. Songwriters, poets & storytellers. Coffee Culture, Smiths Falls. 283-4608. Donation/ food bank item

## Music

**Musicians' Circle**, Thursdays, 7PM. Musicians only, all ages. ABC Hall, 3166 County Rd. 36, Bolingbroke. 273-9005. \$5 for hall

**Music in the Park**, Saturdays, 7PM. Aug 3 Woods & Browne Vintage Jazz; Aug 10 A Touch of Class (50s/60s); Aug 17 The Good Lads (folk & classic rock acoustic duo); Aug 24 David Leask (Celtic, pop, country); Aug 31 Freshwater Trade (heri-

tage Celtic). Centennial Park, Smiths Falls. togethersmithsfalls.com. Free

**Open Stage**, Sundays, 5-8PM. Musicians, singers, dancers, in 15-min performances. Join or watch. Lower Reach Park, Smiths Falls. 284-8446, openstage.ca. Free

**Perth Citizen's Band Outdoor Concert**, Aug. 8 & 22, 7:30PM. Classical, Broadway, movie themes, jazz, blues. Bring lawn chair or stroll park. Stewart Park, Perth. perthband.ca.

**David Ross MacDonald**, Aug. 10, 8PM. Australian singer-songwriter. MERA Schoolhouse, McDonalds Corners. 268-2376, shakeyacres@hotmail.com, ticketsplease.ca. \$22 in adv.

**Dinner on Broadway**, Aug. 21, 6PM. 5-course, NY-inspired dinner. Soprano & pianist perform Broadway tunes. Perth Manor, 23 Drummond St. W., Perth. 264-0050. \$85+HST

**Brooke Valley Bassoon Days**, Aug. 23, 1PM. Solo & group performances. Providence Point, 67 Paul Dr., Lanark. 290-7462, virtuosi.info/bvbd. Free

**Sounds Sweet**, Aug. 23, 9PM. Duo. Waterfront Gastropub, 12 Bell St., Carleton Place. 257-5755, thewaterfrontgastropub.ca.

**The Swan at Carp** (Carp, 839-7926): jazz Aug 9, 23 Steve Barrette Trio, 7-10pm, no cover

**Fiddleheads** (Perth, 267-1304): Sun Jazz Duo Brunch, 12-3pm

**The Royal Oak** (Kanata, 591-3895): jazz on Sun, no cover

Aug 4, 18, Sep 1 APEX Jazz Band, 2-5pm

Aug 11, 25 Magnolia Rhythm Kings, 3-6pm

**The Naismith Pub** (Almonte, 256-6336): Open Celtic Jam Wed, no charge (7:30-10pm)  
**Love That Barr** (Pakenham, 624-2000): Aug 9 George Turcotte Band, 8pm  
Aug 16 Sounds Sweet, 8:30pm



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# Sundance Artisan Festival

August 31 to September 2 in Maberly

The annual Sundance Artisan Festival is a delightful convergence of creative, innovative and traditional artisans, local farm-to-plate cuisine, and eclectic toe-tapping music. The event takes place over the course of three days during the Labour Day Weekend (August 31 through September 2). It's a weekend designed to celebrate all that the Ottawa Valley has to offer during early harvest time.

The former Sundance Studio Tour has evolved into an artisan festival now being held at the corner of Hwy 7 and County Rd 36, and hosted by the Fall River Restaurant. The tour has been recognized far and wide for its sustainable concepts and artistic diversity. The new venue, along the Fall River at Maberly, provides a beautiful one-stop setting for the many artisans and food producers. As one of last year's festival-goers put it: "it's such a pleasure to have time to talk, time to stroll and time to sit by the river or enjoy the food and music and not have to rush to the next studio... What a great idea!"

Participating artists value and care for the environment by utilizing as much reclaimed or natural materials as possible. This year, the festival will stimulate all your senses with the art of handcrafted foods such as cured and smoked meats, local cheeses, stone ground breads, wine and micro-brewed beers. And then there's the music! While



Find works by Choleena Di Tuillo and many others at this year's Sundance Festival

you wander, enjoy the sounds of homegrown and transplanted award-winning musicians.

Parking and admission are free, and the festival runs Saturday and Sunday from 10AM to 5PM and Labour Day Monday from 10AM to 4PM. For directions and more details, visit <sundancestudio.ca>.

## Mariposas's 1<sup>st</sup> Anniversary

Mariposa Design in Perth invites everyone to help celebrate their first anniversary on the afternoon of Friday, August 9. The event will include of cake, refreshments, ribbon cutting, prizes and a donation to the Perth Splash Pad project.

Mariposa Design is a home décor shoppe that has a big focus on local and handmade goods. Owner Susan Storie, who grew up in Perth, is delighted to be "back home" after spending several years living elsewhere and earning her diploma in Interior Design. With Mariposa, she can showcase her creative esthetic and love of combining old and new — you'll find vintage treasures, country and

rustic finds, shabby-chic and refurbished items gracing the shelves.

Susan takes great pride in supporting local artisans. Included in the many handmade items she carries are soaps by Bell Soap of Westport, cabinets and birdhouses by Miss Molly Simply Primitive of Perth, and candles by Wick Witch Soy Wax Candles from Toledo. Susan herself refurbishes and upcycles small furniture, and also offers interior design services for home and office.

Mariposa Design is located at 73 Foster Street in Perth. For more details, visit <mariposadesign.ca>.

"When you commit or work to create spaces where everyone is equal it makes me feel a part of the community."

Joyce Chen  
From China, has called  
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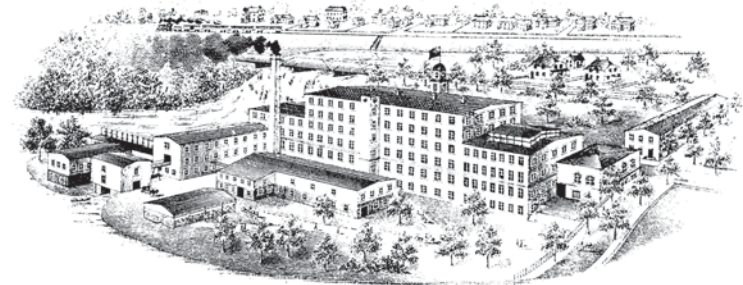
# Thirty-Three Years at the Textile Museum

The idea to establish a textile museum in Almonte originated during the Town of Almonte's Centennial in 1980. The celebrations were organized by a committee appointed by the Town Council. They published a booklet that gave information about the town's past, entitled *Faces and Places*, and coordinated many events celebrating the eventful past of the town. The highlight was the fact that the area had so many textile mills in the 19<sup>th</sup> century that it was known as the "Manchester of Canada".

The celebrations were so successful that later that year a Museum Committee was formed, and with financial assistance from the Town and the National Capital Commission, a Visitor Centre was opened in the former Almonte Post Office. It was operated by a Textile Museum Committee consisting of: John Dunn (Chair), Herb Pragnell (Council Representative), Gerry Wheatley, Jack Collie, Stan Morton, Jack Boyce and Carl Morgenroth. The Committee appointed Diane Duncan to manage the Visitor Centre, which was very successful. In 1981, the Centre moved to a storefront on Mill Street. Soon after, Diane retired and the position was taken over by Jo Cavellero.

In 1984, the Museum Committee commissioned a study by Commonwealth Heritage Resources to determine the feasibility of establishing a textile museum in Almonte. Representatives from the Museum Committee and the National Capital Commission as well as the consultants were involved. The study included a tour of textile museums in the Atlantic Coastal area of the USA. Their report recommended establishing a textile museum in Almonte, to be located in one of the former textile plants in town.

The Committee accepted the findings of the study, and began an investigation of the various mill buildings to determine their suitability for a museum. Soon after, the committee recommended that the museum be located in the former office/warehouse known as the Annex of the Rosamond Woolen Mill, on Coleman Island. The mill had been purchased by Mr. Burkhart, who has since established condominiums in the six storey mill building. With the help of financial assistance from the Province of Ontario and the Town of Almonte, the Annex was purchased and the Museum opened in the building in 1989.



Unfortunately, the building required emergency repairs to the doors, windows and roof, so occupancy had to be delayed while fundraising events were held. A group of ladies, headed initially by Orchid Thurston and Helen Pragnell, formed the Friends of the Museum organization and started to raise funds and provide catering and other assistance at Museum functions. Gerry Wheatley began a regular column in *The Almonte Gazette* — "Our Heritage" — which was very successful. It publicized the history of the textile industry in Almonte, the Mississippi Valley and beyond.

A group of male volunteers formed work parties to carry out repairs and fundraising, which included car raffles. With the help of the Lions Club, the annual toy lamb races were introduced on the Mississippi River. These activities were also helpful in raising the visibility

of the Museum and Town, as well as interest in the river. Fundraising continues to be an important activity, which is undertaken by the Museum staff and volunteers, as well as the Friends organization, which caters for Museum events.

Jo Cavellero retired in 1990 and Mary Lettner was appointed interim curator in 1991. Under her inspired direction, the Museum made contact with textile artists and quilting groups, including the Almonte Crazy Quilters. Many successful shows were held, which raised the image of the Museum locally and across Canada. Kelly Baatens succeeded Mary in 2006, and Michael Rikley-Lancaster became curator in 2007. Michael is the first fully-qualified curator employed by the Museum. This is now a requirement of the Province of Ontario; a condition which the Museum was able to meet because of the generous financial assistance of the Town of Almonte and the work of the executive, helped by Sarah Robertson.

Exhibitions by textile organizations and individual artists were very well received by the public, and soon additional floor space was required. Access between the former office building and the warehouse was greatly improved when a group of volunteers, led by Gunnar Laatunan, created a passageway through the double masonry wall between the former office building and the warehouse. Soon after, a contract was let to replace a major portion of the wooden floor and, at a later date, the balance of the lower floor was replaced with concrete. Two members of the Rosamond family, Mary Hugessen and Alex Hughes, raised funds for the restoration of the lower warehouse, which is named the Nora Rosamond Hughes Room, dedicated to her memory. It now houses special exhibitions and opening receptions for various events.

After the access between the office and the warehouse was re-established, it became evident that new stairs were needed to link the upper and lower floors. Fortunately, the carpentry department of Algonquin in Perth expressed an interest, and local architect Julian Smith offered to prepare the necessary design drawings. A group of volunteers prepared the opening for the stairs, and the carpentry class from Algonquin College constructed and installed them. This was the first of several projects undertaken by Algonquin including new storm windows, replacing window sills, and re-pointing and preparing the exterior stone walls.

From the beginning, the acquisition of textile and manufacturing equipment was a concern. Donations were sought from local industries by Jack Collie. He was able to find several items of textile machinery, and other items were donated by the Kenwoods of Arnprior. Another acquisition was the 19<sup>th</sup> century press of *The Almonte Gazette*. Displaying of much of the equipment was delayed and it was



stored pending the completion of the renovations. Now with the help of Algonquin students from the Applied Museum Studies Program on exhibition design, they have set up the displays with printed information as well as short video presentations.

Thanks to volunteers working under the direction of the Building Committee (headed by Herb Pragnell), and funding raised by raffles and events by the Friends, improvements have continued over the last thirty years. Meanwhile, the Museum's permanent and temporary displays have achieved an outstanding reputation. In addition, the building renovations are nearing completion, with heating and central air-conditioning now installed in all areas of the building, thanks to the generous support of provincial and federal grants. Meanwhile, the quality and diversity of the displays, both temporary and permanent, are of a very high standard.

The former Rosamond Woolen Mill was declared a National Historic Site in 1990 by the Historical Sites Board of the Canadian Government, in recognition of its key role in the industrial development of Canada.

Every effort is being made to publicize the programs of the Museum. With the help of volunteer writers and the computer work of Jack Falt, a newsletter was established and continues to be produced on a quarterly basis. News releases are submitted to local newspapers publicizing Museum events. A book *Our Past Is Looming*, published in 2010, incorporated the work of several local authors writing about the history of the textile industry in Almonte. This publication has been well received and is available for sale in the Museum's gift shop, as well as in local book stores.

The support of the public is essential to the continuing success of the Museum. Interested individuals and organizations are invited to make tax deductible financial donations. Special recognition plaques are available and gifts are acknowledged. Interested individuals are invited to become members, which entitles them to free admission to the Museum and opening receptions.

The Mississippi Valley Textile Museum is open daily from Tuesday to Saturday, from 10AM to 4PM at 3 Rosamond Street in Almonte. For information, call 256-3754, email <info@mvtm.ca> or see <mvtm.ca>.

— Herb Pragnell

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# Free Bassoon Concert is One-Of-A-Kind

Lanark County is known for its lakes, festivals and maple syrup. Now there's something else to put Lanark on the map: Canada's only camp for bassoon players. If you've never heard a bassoon or don't know what one is, you're in luck. **Brooke Valley Bassoon Days**, now in its second year, is presenting a free concert at 1PM on August 23 in Lanark Village's Providence Point. Brooke Valley Bassoon Days is the brainchild of Jo Ann Simpson, professor of bassoon at Carleton University and the Quebec Conservatoire at Gatineau, and a busy freelance player.

To put her idea in motion, Simpson approached fellow bassoonist and Brooke Valley resident Richard Hoenich, former principal bassoon and associate conductor of the Montreal Symphony Orchestra. They chose the Providence Point location because it could accommodate the twenty-plus participants, decided on an end-of-summer session, and turned to social media to spread the word. Hoenich and Simpson share the load of teaching,

coaching chamber music, and guiding players in the fine art of reed-making.

The bassoon is not the most familiar of musical instruments, but youngsters and adults who take to it do so with gusto, according to Simpson. "Maybe because it's unusual, kids love everything about it — from its deep, mellow tone to the (arguably irritating) squawks of bassoon reeds," she says. At the week-long gathering, they get to share their enthusiasm with other bassoonists, with a little yoga (to build core muscles needed for good tone production) and some waterfront fun thrown into the mix.

Bassoon Days attendees range from age 10 all the way up to 60, from beginner to experienced to aspiring pro. The week culminates in the Friday final concert, which will feature a mixture of solo and group performances. The novelty alone makes it worth attending. You'll likely never see so many bassoonists in one room together ever again. You may even decide to take up the bassoon yourself! For more details visit <virtuosi.info/bvbd> or call 290-7462.



Brooke Valley Bassoon Days 2012 participants aim to improve...

This year's group will perform on August 23 at 1PM at Providence Point, Lanark Village

## Maberly You Should Go To The Fair!

Perhaps, like me, you've often thought you should visit Maberly... to check it out and visit the Fall River Restaurant. Well tarry no more, folks! August 24 is the day you need to visit Maberly, because it is Fair day! In addition to the usual fair activities — horse shows, baking displays, livestock, petting farm, and food — they have some intriguing events that are must-see, in my opinion. So my Top 4 Reasons to visit the Maberly Fair are:

4. The Shoe Toss. There is a 3-years-and-under division, as well as the more experienced 4-to-5-year-old division. I'm not even someone who fusses over kids (I prefer kittens and puppies), but in addition to the cuteness, imagine the parents' frustration and pride, as they try to entice their kids to throw their shoes!

3. Garlic. There's no question we Valley folks love our garlic, as evidenced by the TWO garlic festivals this month. Whether seasoning a stir-fry or pasta sauce, spread with butter on bread, or taken as a cure for the common cold, it's a necessity! Gar-

lic is also the theme for the 131<sup>st</sup> annual Maberly Fair. Take a wander down Diagon Alley (yes, Diagon Alley) to see the entries for "Novelty, longest garlic braid... coiled in a neat round coil for display."

2. Rabbit Agility Demo by the 4H Club. I have no idea what this will be, but I'm figuring kids encouraging their bunnies through hoops and jumps? Not something you see every day. And the number one reason to visit the Maberly Fair?

1. The Zucchini Race. At 1:30PM, it is described as a drag race on an inclined track with zucchini vehicles. There are two weight classes: up to 2lbs, and over 2lbs, including wheels, axles, etc. They must be non-motorized, so those of you with battery-operated zucchinis, well, just leave them at home. They encourage all to "bring your zucchini vehicle, pit crew and your cheering section and join in the fun"! All I can say is, if you can't attend the Fair this year, put See Zucchini Race on your bucket list!

— Rona Fraser

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# Drinkin' in the Dark

*Disclaimer: Please consult your interior designer, volunteer committee president and Barbara Coloroso before heeding any of the following advice. Got a question? Send an email to <misswrite@thehummm.com>.*

## Dear Miss Write,

We are renovating an old house and I want to know if (and if so, why) we should invest in a good designer or architect when we re-design the kitchen.  
— *Design Dilemma*

by Emily Arbour

## Dear DD,

Even if you've got a good eye, and fancy yourself a creative person (don't we all), I would still highly recommend investing in the advice of a designer to help you bring your vision to life. One can be hired for a consultation for a small fee. This is the route I would take. Before your first meeting, gather a bunch of examples of design styles you want to emulate, colours you enjoy, textures etc. Sort out your budget and timeline, and really put some thought into how you want to feel in your new space. When you do meet with the designer, it will get them into your headspace more quickly and save a lot of time getting down to business. They can draw you up a plan, you pay them for their time, and you're off on your merry way!

I recently worked with a designer during the setup of my new retail business and, as someone who thinks of herself as pretty adept when it comes to décor, I was amazed at how this gal made all of my thoughts work together. I showed her a million ideas in a million different styles (I was all "I want it to be super contemporary, but also a little rustic, you know? And can we incorporate a neighbourhood-slash-rooftops-slash-handmade theme? Because that's what I'm thinking. You dig?"), and somehow she made it all come together without sacrificing a thing. I could have done it myself, maybe. But it wouldn't have had the polish that it needed to be great (read: it would have been a hot mess). And it probably would have cost me more in the end, with all the trial and error.

The other great thing about using a designer to help you is that they've got the hookups. They know the tried and true local contractors that will get the job done, on time, and on budget. They know the painters that can be trusted with your house key, so you can come home to a freshly painted kitchen instead of hanging around a mid-reno house all day trying to avoid strange (occasionally shirtless) men in the hallway. Happy reno!

## Dear Miss Write,

Can you suggest some tips on revitalizing a volunteer committee or a community board? Many volunteer organizations suffer from the "same people who are doing all the work" but when new people show an interest in joining the organization, they are put off by the pessimism from the old committee. It's a vicious circle, really. And if the newbie persists beyond the first

couple of meetings, they are usually greeted with "we tried that once and it doesn't work..." Clearly the problem lies with the "old guard", so perhaps some polite tips on cleaning house?

— *Volunteer Woes*

## Dear VW,

As with most things in life, the only actions you can really control are your own. I'm wondering if you're doing your part to change this issue with the "old guard". It's all well and good to be bothered by the attitudes and opinions of others, but are you stating your position loudly enough to be heard? Perhaps, indeed, you are, and these seasoned volunteers are just stuck in their ways as you say. Or maybe they don't actually see the influence they're having on the larger group and new blood/idea attraction. Maybe someone needs to tell them. I pick you. The next time someone says something like "Nah. We tried that once and it doesn't work," flip it on them and say, "Are you saying you don't think we should continue to try?" or challenge them to come up with a different solution. Maybe it's worth making a rule that in order to poo-poo an idea, you've got to have a better one.

As for the fact that it's the same people doing the work, that's just part and parcel of being a volunteer, in my experience. If you don't want to do the work, don't volunteer. Now I know, that might mean the demise of the group. I'm not telling you to throw in the towel. Consider proposing an anonymous group review. Everyone gets to submit a comment card of what they think could be improved upon. Dedicate an entire meeting to reading the comments and discussing what's working well and what needs to change. Communication is the issue. It's always the issue.

## Dear Miss Write,

Is it OK to drink while playing hide and seek with your kids? I mean you're spending time with your kids, and technically you're not drinking alone, but I was feeling a bit guilty hiding in my closet with a big glass of wine. In the dark.

— *Dad in the Dark*

## Dear Dad,

The short answer is yes. It's OK to have a drink while playing hide and seek with your kids. The long answer is, yes, it's OK to have a drink while playing hide and seek with your kids so long as you are not a) encouraging your kids to play hide and seek so you can drink in dark closets, b) falling asleep while drinking in the dark, making it nearly impossible for your kids to find you (or to get those vino stains out of your good winter coat), or c) lying in bed at night regretting the decisions you've made as a parent today. Hey. Whatever gets you through the day and keeps your kids feeling loved is A-OK in my book. Play on dad, play on.

— *Emily Arbour is a freelance writer and shop owner who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking your contractor to keep his shirt on in this heat. Only difference is he doesn't have a column in this fine publication.*



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# Smiths Falls Trainfest

Get ready for the 4<sup>th</sup> annual Smiths Falls Trainfest, taking place on August 24 and 25 at the Railway Museum of Eastern Ontario. The weekend will feature a variety of vendors, exhibitors, demonstrations and workshops.

Come out to the museum to view a variety of scale-model displays, or pick up some missing items for your collection from the vendors. Take a handcar ride or join in free workshops offered Saturday and Sunday, which include whistle-making and tree-making techniques. Kids' activities will take place in the Kid's Tent with steamboat races, music, crafts and much more throughout the weekend.

New this year, the museum is thrilled to welcome local food

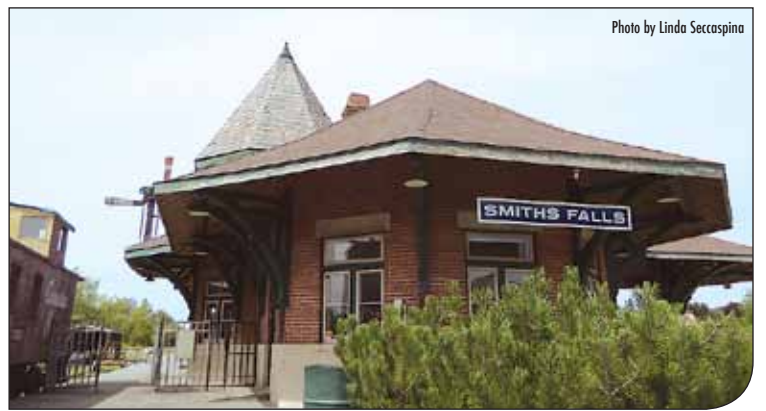


Photo by Linda Seccospino

The 4<sup>th</sup> Annual Trainfest rolls into Smiths Falls on August 24 and 25

vendors, who will have a variety of scrumptious foods available for lunch.

Trainfest runs Saturday and Sunday from 10AM to 4PM. Admission each day is \$5.50 for adults, seniors and students

are \$4.50, children 4 to 13 are \$3.50, and children under 4 are free. Weekend passes are available. For information, contact the museum at 283-5696, email <info@rmeo.org> or visit the website at <rmeo.org>.

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# Around Smiths Falls...

Summertime is here and the performances are in full swing! Until the end of September, the **Open Stage** outdoor weekly concert series is running for its 17<sup>th</sup> year at Lower Reach Park. Visit <openstage.ca/smithsfalls> or call Bev Hitchins at 284-8446 for more details. Through August, more weekly performances by singers and poets are being held at the Coffee Culture Café on Beckwith Street (call 283-4608 for details).

Every Thursday night this month, **Movies Under the Stars** will show family-friendly fare for free, under the giant water tower at Centennial Park. Bring the family, and a blanket or lawn chairs, and spend your summer evening watching a movie on the big inflatable screen. Pre-show activities start at 7PM and the movie starts at dusk. On Saturday nights beginning at 7PM, **Music in the Park** will hold free weekly

concerts at the same site. Both are creations of Together Smiths Falls, a local community enhancement association — visit them at <togethersmithsfalls.com> for more details and entertainment line-ups.

Meanwhile, the **Station Theatre** <smithsfallstheatre.com> has



Freshwater Trade is just one of many bands to play 'Music in the Park'

several plays on stage or in the works, and is also showing weekend movies, which brings us to the silver screen. This summer, the Premier Cinema was finally torn down to make way for a

parking lot expansion in downtown Smiths Falls. Built in the late 1940s and called the Soper Theatre, the chain theatre was closed in 2011. Efforts to save the building were not successful, but they did inspire the Station Theatre to buy a digital projector and 40-foot movie screen, which also gave a new local home to **Film Night International** <filmmightinternational.blogspot.ca>, part of the Toronto International Film Festival's small theatre circuit. This subscription-based series raises funds for literacy programs at the Smiths Falls Public Library.

For more information about these and other fun summer events, check out the Smiths Falls & District Art & Culture Council website: <smithsfallarts.com/arts/events>.

— *Dave Hoffman is board secretary of the Smiths Falls and District Arts and Culture Council*

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# Australian Troubadour Returns to MERA

Australian singer-songwriter and fingerstyle guitarist **David Ross MacDonald** can no longer claim to be a homeless itinerant musician. MacDonald, who performs at MERA Schoolhouse on Saturday, August 10, spent a number of years "on the road" with no possessions other than his vintage 1935 Gibson guitar and what he could carry in his pack. All of that has changed over the past couple of years, with MacDonald spending time framing walls and installing weatherboard on his own one-acre plot of land in South Australia. He hasn't completely given up the life of a troubadour though, and his brief trip to Canada this summer will bring him to the MERA Schoolhouse, one of his favourite venues.

"It's always a treat to play at MERA," says MacDonald, who called his first sold-out appearances at the Schoolhouse in October 2010 "a triple-A gig." He returned to another capacity-audience in June of 2011, but has been busy working on his new home since then, so hasn't had a chance for a return visit until now. MacDonald will be in

Canada for only a short time this summer, and has specifically requested the chance to play again at MERA, as one of only a handful of concerts on his itinerary.



David Ross MacDonald returns to play MERA on Saturday, August 10

*Acoustic Guitar Magazine* likened MacDonald's vocals, lyrics and intricate fingerstyle guitar style to "a collaboration between Nick Drake and a mid-1970s Bruce Cockburn". Ross deals in subtlety, intimacy and

nuance, with a tunesmith's hand that coins songs and music with a haunting and poignant quality.

The son of a jazz musician father, he returned to his musical roots after some years underground as a geologist and now plies his trade not only as an internationally touring songwriter, but also as a jazz-turned-folk-roots drummer for the acclaimed Australian group The Waifs.

Having played with and opened for such luminaries as John Renbourn, Tony McMannus, Kelly Joe Phelps and Chris Smither, MacDonald constantly tours internationally, armed with his Gibson and a carpet bag of songs that he illuminates in his own inimitable reserved yet intense poetic style.

David Ross MacDonald appears at MERA Schoolhouse on Saturday, August 10, at 8PM. Advance tickets are \$22 (including service charge) and are available from Tickets Please at 39 Foster Street in Perth (Jo's Clothes), online at <ticketsplease.ca>, or by phone at 485-6434. For more information or to reserve tickets, phone 268-2376 or email <shakeyacres@hotmail.com>.

# Appleton: Come for a Visit!

The North Lanark Regional Museum is open for the season! Our staff members are trained to give tours of the different sections of the museum, which include dairy, blacksmith, rural school, general store and post office exhibits.

Other features include our memorial exhibit, commemorating the Almonte Train Accident of 1942, which claimed the lives of 39 people and injured many more. This special exhibit describes not only the mistakes that led to the tragedy, but also highlights the human compassion shown by Almonte residents who worked tirelessly to save the survivors of the crash. The NLRM has collected eyewitness accounts of the accident from survivors, witnesses and family members, which show the accident from many different viewpoints.

One of the most notable features of the museum is its log cabin, originally built in the 1850s and used by area pioneers. The cabin is now filled with pioneer artefacts: everything from agricultural implements to early hygiene items. There is also a section within the museum that focuses exclusively on pioneer living, with artefacts from a pioneer homestead and illustrative wood dioramas created by the late Norman Paul.

There are many different exhibits at the NLRM for everyone to enjoy, so make sure to check out the museum this summer. Families with children are particularly encouraged to visit, as we tailor our tours to suit the visitors and offer additional scavenger hunts and colouring sheets for the kids.

The NLRM may be a small museum, but it is packed with local history.

The North Lanark Regional Museum is located just outside of Appleton at 647 River Road.

To see some of the artefacts that the museum has to offer, see <northlanarkregionalmuseum.com>, or call us at 357-8503. Admission to the museum is by donation.

— Ken Caldwell, Summer Staff, North Lanark Regional Museum

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