

JULY 2013

the Hummm

free

Arts,
Entertainment
& Ideas



p. 24 & 25

July's Events



p. 15-18

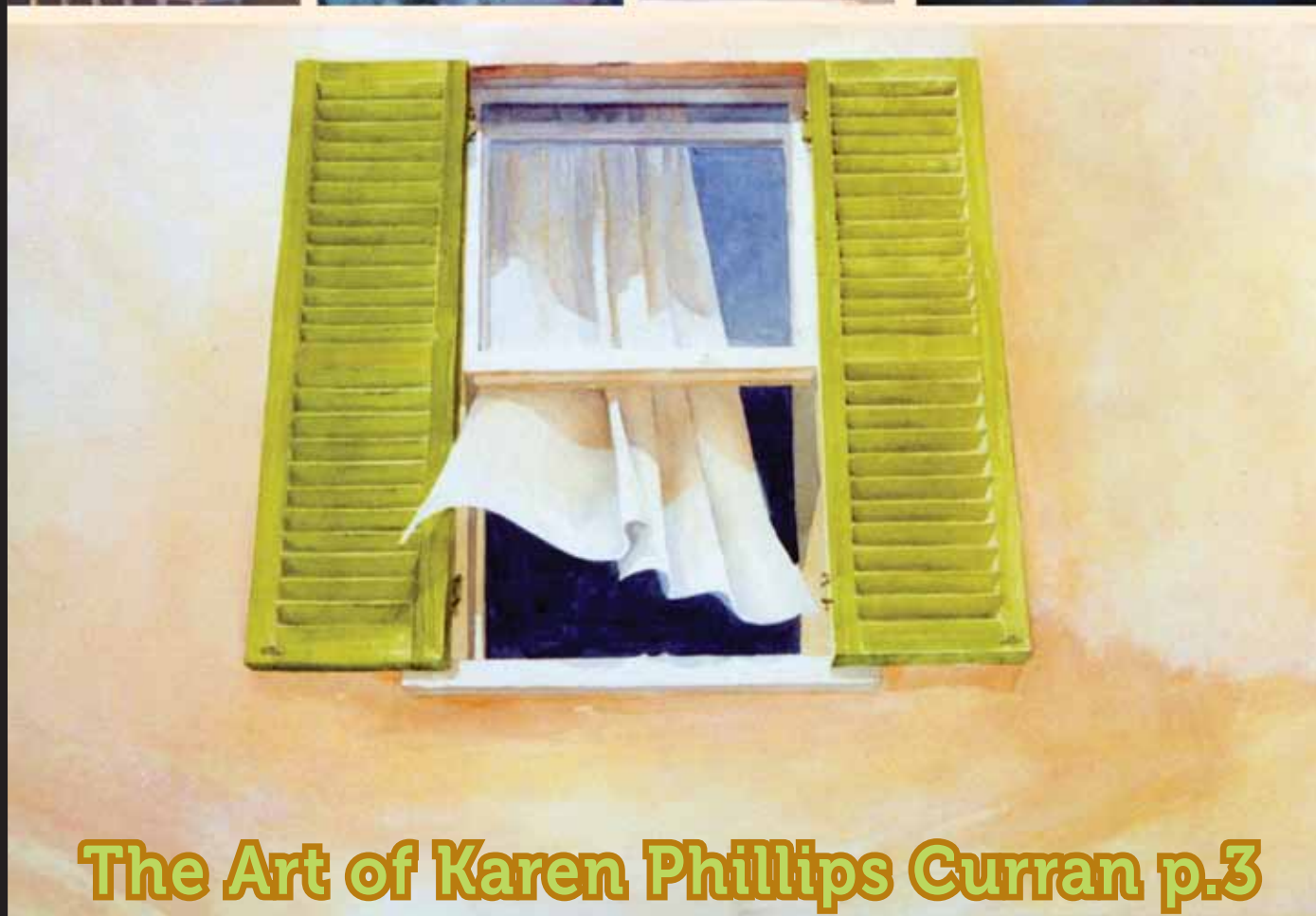


Special Insert



p. 21

New Faces in Carleton Place



The Art of Karen Phillips Curran p.3



What colour is your Canada?

from the Sparkling Snow White Rockies
... Golden Bronze Wheat of the Prairies
... Blue Green Waters of Ontario
... Crimson Orange Drama of Quebec
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"ONE less mosquito!!"

Readers Write

"Live, Love, Laugh for Autism"

The Compassionate Community of Carleton Place presents a musical communal celebration to raise awareness and funds towards autism and the implications thereof, on Saturday, July 6, from 1–4PM.

The event will take place directly behind SRC Music and the Canadian Wool Growers, at and near 124 Moore Street. Activities will include musical performances by the Stone Bandits, Ottawa Valley Troubadour Lyle Dillabough, local youth entertainers, and others. There will also be a barbeque by Leatherworks Catering, a bake sale, and raffles and auctions of items donated by community individuals and businesses. Local media and other personalities will be on hand throughout the afternoon.

Admission is free, though donations are welcome, and all are encouraged to take part in the fundraising activities. The public is asked to bring lawn chairs.

Autism and its effects can present an overwhelming (and at times, devastating) strain on families, caregivers, individuals and society in general. Presently, the provincial funding available to those affected is nowhere near adequate. Therefore it is up to us, and we are doing something about it.

Several groups and individuals are supporting this initiative, which could not happen without them. To learn more, please contact Lisa King at 256-3435 or 223-8559, or email <srcmusiclessons@bellnet.ca>.

— Lyle Dillabough

Humble Thought

Don't judge each day by the harvest you reap, BUT BY THE SEEDS THAT YOU PLANT.

— Robert Louis Stevenson

Who's Reading the Humm



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theHumm 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.

Deadline for ads & content: the 22nd of the month prior to publication

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Thanks this month to:
Sally and Bender, Jennifer and Patrick for helping us find and segue into our empty-nest dream home, and to Rona and D'Arcy for helping us with the move!



(above) **Greg and Marianne Smith** from Almonte were in Rio de Janeiro in April of 2011, part of a backpacking tour of Brazil, Bolivia and Peru. They write: In Brazil we also spent a few days visiting Fernando Belchior, ex-Rosewood Studio student in 2009 for a few months, and his wife Evelyn and son Gustavo, who came here for a holiday at the end of Fernando's course. Quite a few people here know him.

(below) **Anne Tanner** of Carleton Place writes: Greetings! My husband **Malcolm** and I recently visited our daughter and son-in-law who are teaching in the United Arab Emirates. They took us to many tourist attractions including the world's tallest building, situated in Dubai — the Burj Khalifa. *theHumm* made it all the way to the top (viewing level) and I attach a photo of me reading it. I know you like to include these types of photos in your paper, so I thought I'd join in the fun! Thanks very much!



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Karen Phillips Curran — Chasing Light

“LIGHT; dappled light, winter light, crisp autumn light, summer light, spring light... all my muse. My watercolours are about time, and that magic moment when something ordinary makes you catch your breath, if you take the time to pause, to look. I tell the story of what is often passed by.”

by Sally Hansen

Karen Phillips Curran is an accomplished and eclectic storyteller with her paints. Her stunning portfolio of watercolours establishes her as a gifted artist, renowned in Bermuda as well as the Ottawa Valley. At her online gallery at <riverstones.ca> she has organized her works into eight categories, revealing the breadth of her artistic pursuits. She is best known for her striking watercolour renditions of river stones, and another collection of architectural paintings that celebrate the play of light and shadow on the often-overlooked.



Her “New Works” are pastoral and painted in acrylics. They are gloriously gestural — but the antithesis of studies or sketches. Instead their simplicity and vibrancy showcase Karen’s profound knowledge and maturity as a painter. They capture the essence of their subjects, causing us to look with new eyes and wonder at familiar scenes.

This rich body of work is just one facet of Phillips Curran’s art. As head scenic painter at the National Arts Centre for almost fifteen years, she has transformed theatre sets into venues that transport an audience to a 1930s kitchen and a 19th-century manor. Under my deft questioning she admits she values the moment the audience broke into spontaneous applause as the lights came up on the set she painted for Shaw’s *Arms and the Man*.

In the theatre she has developed an appreciation for the sense of the monumental in her work, eschewing perfectionism for readability and impact. She has also learned even more about her favourite subject: light. With scrims (think filters if you’re a

photographer), she can paint an image that is visible or invisible, depending on the stage lighting. Karen has participated in the creation of new exhibits for such prestigious institutions as the Canadian Museum of Nature, the Canadian Museum of Civilization, the Museum of Federation and the National Gallery.

Opening her refrigerator would reveal yet another facet to her boundless creativity. Karen keeps her Polaroid film there. She finds alternative photography fascinating, with its ability to transfer images onto any solid or non-porous surface. She explains, “My Polaroid image and emulsion transfers are versatile, and very expressive. I use them extensively to illustrate ideas of elusive, but evocative scenarios. I love the intricate, vivid, malleable imagery this medium can produce. I treat them as mixed media pieces by combining them extensively with watercolour and coloured pencil.”

She adds that when she creates art she thinks first and foremost as a watercolourist. Whether she is using acrylics or latex scenic paints, she paints in layers that are translucent, building a rich, saturated image. Karen also can transform an old, previously painted wooden desk into an amazingly attractive piece of furniture by applying a faux wood finish that completely fooled me from a few feet away.

A Solo Act

Her birthplace was Ottawa, but she was conceived in Newfoundland and raised there and in Nova Scotia until she was nine years old. Her interest in art was whetted by her mother’s gift of lessons by a neighbouring artist, and a teacher “just gushing” over a watercolour still life. She loved every minute of her years at the High School of Commerce Vocational Art program, and went on to do graphics and forms work at CIDA and map tracing at Fisheries and Oceans. She laughs as she recalls the manual she illustrated to instruct fishermen on how to build boats.

Phillips Curran has spent her adult life in Lanark and Renfrew Counties, and she now is the proud owner/creator of Riverstones Studio, 6.6 km southwest of Burnstown, just off Calabogie Road/Route 508, at 11 Brydges Road in Springtown. She also recently celebrated twenty-five years of working as an artist in Bermuda, the result of her entrepreneurial ingenuity. She is justifiably proud of the fact that she has always made her living with her art, even when it meant going without running water in her kitchen in the winter. As she puts it, you have to be an optimist to be a single artist living by yourself.



When I ask her the inevitable “Why are you an artist?” (see the back of her Trading Card, on the next page), Karen answers, “I’ve spent a lifetime chasing light, by way of the shadows.” In her website biography I am struck by these declarations: “Light is discovered through darkness. Decay is made beautiful by way of being noticed.”

It is clear that art is her anchor, her lifeboat and her salvation. She has nurtured her gift and worked devotedly to hone her skills. Her inspiration is another gift — she never knows where it will come from or where it will lead her. In return, her canvases are a gift to anyone who stops to contemplate them.

You can do just that during the month of July by dropping in at the Mississippi Mills Library, Almonte Branch Corridor Gallery at 155 High Street. Several of her works are on display at the General — fine craft, art & design <generalfinecraft.com>, the exciting new shop at 63 Mill St. in Almonte. Works are also on exhibit at Gallery Perth at 17 Wilson Street East in Codes Mill <galleryperth.com>. Thanksgiving weekend she will be a guest artist at Studio 4 of the Perth Autumn Studio Tour <perthstudiotour.com>. If you’re in the Toronto area July 5 to 7, drop in at the juried Toronto Outdoor Art Exhibition at Nathan Phillips Square in front of City Hall and enjoy her and her art at Booth 136.

She welcomes viewers at her Riverstones Studio; simply give her a call at 432-8081 or email at <riverstonesgallery@gmail.com>. If you spend a few minutes at <riverstones.ca>, you will understand why you should see the original works. It would be even better to own one.

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WHO Karen Phillips Curran

WHAT Artist, Scenic Painter

WHERE Riverstones Studio, 11 Brydges Rd., Springtown, <riverstones.ca>, 432-8081, <riverstonesgallery@gmail.com>;

General – fine craft, art & design, 63 Mill St., Almonte, <generalfinecraft.com>; Gallery Perth in Codes Mill, 17 Wilson St E <galleryperth.com>.

WHEN July - Almonte Library Corridor Gallery, 155 High St.; Thanksgiving Weekend, Studio 4 of Perth Autumn Studio Tour <perthstudiotour.com>.

WHY "I've spent a lifetime chasing light, by way of the shadows."

ARTIST TRADING CARD

THE HUMM

Words From Westport

Wonderful Westport

Great stuff is happening in Westport these days, both in the arts and with our businesses. The Village of Westport has just signed on with **Text2Visit**, a wonderful mobile app for finding all sorts of events and businesses in any area or community in Canada. The Rideau Heritage Route has also signed on. The Text2 app is free and available through Google Play and iTunes. Go and have a look — it is a great app, established right here in the Ottawa area by local entrepreneurs.

by Georgia Ferrell

Westport is looking forward to a wonderful and fun Canada Day weekend, with the annual parade and great shopping. The **Rustic Oven** provides healthy sandwiches and fresh salads that can make a superb picnic at the Spring House and at the various spots on the Harbour Island. Come and enjoy!

The Baker's Teahouse and **Stillwater Books** are now offering a dazzling array of taste delights for the luncheon gourmet, as well as some delicious soul food for readers. You can also tickle your taste buds on July 6, from 11AM to 3PM, at **Rosie Yumski's** great grilling event. Rosie's wildly delicious fine food samplings are always worth a trip to Westport! And to work up an appetite, residents and visitors alike can partake of some **Summer Yoga** in Bolingbroke and North Crosby with Tanya on Tuesday and Thursday mornings. Call 271-5693 for details.

On the visual arts front, life drawing classes are going very well at the **Grist Mill Studio** every second Tuesday, with this month's sessions taking place on July 2, 16 and 30, from 9:30AM to 12:30PM. Please be on time, as all three hours are filled with the best life drawing opportunities. And **Artemisia** is gearing up for a new season in a renewed gallery setting. By displaying "great art made affordable" in a home setting, you can easily see how wonderful these original works by local and Canadian artists would look on your own walls! Artemisia is open Thursdays and Fridays from 10AM to noon, and Fridays from 5-8PM

There's even more music at the **Bolingbroke Café** on July 5 at the ABC Hall, featuring Terry Tufts and Kathryn Briggs. For details on that event, contact Mike Erion at 273-8718. And don't forget the wonderful hiking and picnicking up on **Foley Mountain** with the amazing view of the entire town of Westport! Annual passes are available, or there is a small fee for one-day parking. The Rideau Valley Conservation Area trails and pathways also meander through the Foley Mountain trails. Truly worth a visit!

as well, Saturdays from 11 to 5, and Sundays from 11 to 4. Or call 273-8775 for an appointment time.

Attention singers — the deadline for applying to **The Voice of the Rideau** is fast approaching! For all you closet contraltos or shower sopranos, now is your chance to show off your voice to the public. The cut-off for submitting applications is Tuesday, July 16, and auditions will be held on Saturday, July 20, beginning at 10AM at the North Crosby Community Centre. The top contestants in each age group will compete in the finals on Saturday, August 17, at The Cove Inn, as part of **MUSICwestport**. Applications and more details can be found at <westportartscouncil.ca>, and completed forms can be dropped off at Artemisia (7 Spring Street in Westport).

If photography is more your thing, the Westport Arts Council is also sponsoring a **2013 photo contest**, with more information on that available on their website.

For the musically-minded, **The Cove** continues to provide great toe-tapping musical evenings, along with some appetizing nosh. In addition to their regular slate of events, July also features the duo Fraser/Daley <fraserdaley.com> on the 15th, as part of the **Acoustic Blue Mondays** series. Alec Fraser on upright bass, percussion and back-up vocals, and Mike Daley on guitar and lead vocals, combine old time blues à la Blind Lemon Jefferson with great original songs in the country blues style. They met in 2007 after a Jeff Healey concert (Alec played bass in Jeff's band for years, and is also an award-winning producer), they started playing together... and haven't stopped since. For The Cove's full line-up, please visit <coveinn.com>.



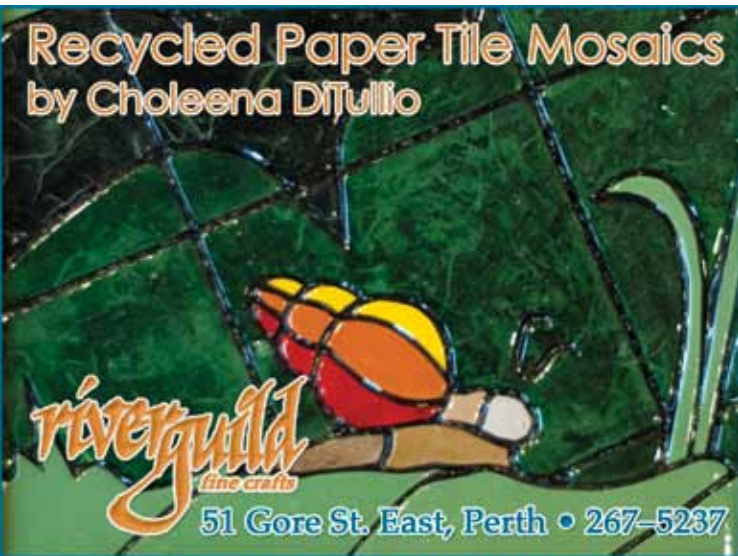
Catch Fraser/Daley in Westport on July 15

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Need 'em... need 'em... got 'em...
Clip and save the Artist Trading Card
All the cool kids do it!



5 WEDNESDAYS IN JULY

Free Outdoor Live Music Concerts in Almonte's Augusta Street Park

JULY 3RD - JOHNNY SPINKS
JULY 10TH - JUDGE A BOOK
JULY 17TH - ARLENE QUINN
JULY 24TH - BARRY BUSE & REDNECK LIMOUSINE
JULY 31ST - JENNIFER NOXON & BRENDAN GAWN

SHOWS START AT 6 PM WITH OPEN MIC FOLLOWED BY THE CONCERT. THE ALMONTE CIVITAN CLUB WILL HOST BARBEQUES ON JULY 3, 17, 31. BRING SOMETHING FOR A POT LUCK PICNIC ON JULY 10 AND 24.

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Tales of Town Pants, Outhouses & More!

Well... summer's certainly arrived now, hasn't it?! Or has it. Well, whether you're huddled under an umbrella or in front of a fan, gather 'round for tales of nudity, pants, outhouses, music and, if you're good... puppets!

Anyone on Facebook much has probably seen the photos of Kelly Davidson. She's the cancer survivor from Ottawa who, after a double mastectomy, got a full chest tattoo. Brian Hargreaves of

by Miss Mills, Puppet Reporter

BH Photography in Almonte did a photo shoot with her for Elle Magazine's Bulgarian edition. Then, in June, BH was asked to recreate the shoot, to be filmed by Real TV Luxembourg (RTL)! With the help of makeup artist April Bradford, RTL filmed in the studio, enjoyed a Café Postino lunch, then filmed Kelly walking down Mill Street in an underbust corset (to showcase her tattoo). They also filmed upstairs at 65 Mill Street (currently being renovated by Stephen Brathwaite) and at a Wolf Grove Road home. The RTL pro-



Photo by bhphotography.ca

ducer was amazed by the charm and friendliness of Almonte and its helpful business owners. So, Luxembourg and Bulgaria will be seeing pictures of an Ottawa woman in Almonte. I guess it's not just the puppet festival that's international, eh?

Ok, how to follow a story of a woman with no top on... How about a story about pants — *The Town Pants*, to be exact. With lyrics like this, see if you can guess where they will be playing: "I've drunk an ocean, and I've drowned in the tide, and sitting here in this bar, I've swallowed more than my pride..." Well, maybe if you heard the foot-stomping tune and rough-voiced vocals that sound straight out of a pub in

Dublin, you'd get it. Yes, they will be headlining **Almonte Celtfest** this year! And after over a decade of performing at Roots and Celtic festivals, rock venues, and the 2010 Winter Olympics, it's about time this rebellious band of ne'er-do-wells (and e'er-sing-fantastics) played here! Also playing at Celtfest are... lilting singers and toe-tapping musicians too numerous to list. For all the listings and times for July 5 to 7, see <almonteceltfest.com>.



The Town Pants headline at this year's Almonte Celtfest

You can whet your appetite (and wet your whistle!) at local pubs on Friday night, with bands in Almonte and Pakenham, from 8PM to close. Then on Saturday (2–10PM) and Sunday (12–6PM), bring your lawn chair or blanket to Gemmill Park (by the Almonte Arena, on Bridge Street) — admission is by donation. This is a fantastic free festival, which we all want to see continue, so donate what you can — it not only helps the festival continue, but shows the volunteers that their hard work is much appreciated.

Have young children? Check out Celtfest's story/song of *The Tales of King Arthur*, presented at the Almonte Library on Saturday (July 6 at 11AM) — it's free! At noon, Heather Dale offers a storytelling workshop (\$10 per adult, plus \$2 per additional family member).

Oh! And if you are a musician, check out Celtfest's affordable instrumental workshops for beginners and the more advanced, taking place on Saturday morning. Register by 10:30AM — \$20 for one workshop or \$30 for two. They range from flute to piano, fiddle to bodhran.

Yes, a full Celtfest weekend can leave a girl completely exhausted. That's why

Almonte gives you a weekend off before it's time for the 155th **Almonte Fair!** From July 19 to 21, the Fairgrounds will be filled with exhibits of livestock, crafts and farm produce. There'll be things to see with your kids, both inside and out, such as Little Ray's Rep-tiles and Pappa's Trains, farm animals, pony rides, children's games (Sat.), a pet show (Sun.) and of course the ever popular Conklin midway. Tip: Save \$10 on midway bracelets by buying them before July 18. As usual, your best bet for schedules is to check <almontefair.ca>, but you'll want to know the Demolition Derby is back on Friday night, and Saturday night will feature local singing sensation Jordan McIntosh (I've seen him and he is quite awesome) and country duo Autumn Hill. And then there are the... Outhouse Races. I am curious enough to check them out, I think. And the beer garden. And the Stool Pigeons. And the Heavy Horse Show and Dai Basset. Just go to the website. Please. I'm running out of space!

Just one more thing to cover. My pals at **Puppets Up!** (August 10–11) wanted me to tell you two important things: 1. You can buy your tickets online now at <puppetsup.ca>, under Festival Info, and 2. Frank Meschkuleit, who you may remember from *The Left Hand of Frank* (remember the fly+lightbulb and the Stephen Hawking puppet?!) will be headlining their Puppet Cabaret on the Saturday night — for adults only, as usual. I can't WAIT!

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LUNCH Weekdays at 11am • Weekends at 10am
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puppetsup.ca

A Textile Day in the Country

You've been going to farmers' markets and enjoying local food for years. Now how about finding local textiles, yarns and spinning fibre?

Eastern Ontario was once Canada's major centre for textile production; from the early 19th century right up to the 1960s mills used the power of our rushing rivers to run carders, spinning machines and looms, and to produce fabrics for both household and industrial uses.

The introduction of new technologies spelled the end of local textile production. However, beginning about ten years ago, an artisanal fibre and textile "industry" has been developing in the Ottawa Valley and surroundings.

A surprising number of small farms in this area are devoted to raising fibre animals: fleece-breed sheep, alpacas, llamas, and both angora and cashgora goats. They sell most of their yarns and other fibre products to local artisans — spinners, knitters, weavers and felters — who design beautiful clothing, household linens and art hangings: tomorrow's heritage.

But while people are looking after their animals, or working at spinning wheels and looms, there's rarely time or energy left to advertise and promote their work. Consequently, many local knitters, weavers and spinners don't even know that beautiful materials are available directly from the producers. Similarly, people looking for unique, beautifully-made clothing don't realize that most artisans have home-based shops where exactly that kind of thing can be found.

A group of local fibre-producers and artisans formed **Fibre Roads** <fibreroads.ca> a year or so ago; an organization devoted solely to promoting local fibre material and textile work. On Saturday, July 27, Fibre Roads and the Mississippi Valley Textile Museum (MVTM) will be combining forces to offer A Textile



Spend a day discovering the delights of local fibre on July 27 with Fibre Roads

Day in the Country — a chance to see the work of Fibre Roads members, and also the MVTM's wonderful displays of our regional textile heritage.

From 10AM to 3PM, Fibre Roads members will have a **show and sale** of yarns and spinning fibres (wool, alpaca, llama), as well as woven, felted and knitted work. There will also be ongoing demonstrations of carding, spinning, dyeing, weaving and felting. This mini-festival will be held on the grounds of the MERA Schoolhouse, 974 9th Concession A Dalhousie in McDonalds Corners — and since the Schoolhouse hosts one of the best small Farmers' Markets around, people who come to the mini-festival will be able to browse local foods, and also sit with market-goers and enjoy delicious food (as well as fresh coffee and tea, of course). Admission is free.

After that, a 45-minute country drive will take you to Almonte, where the MVTM <mvtm.ca> will be open until 5PM. The history of local textile production, together with an extraordinary display of old photographs and original machinery, is on display on the Museum's second floor. The ground floor houses ongoing special exhibits. Admission is \$5; free for MVTM members.

For further information, please contact Susan Berlin at <susan@susanberlin.ca> or 259-5036.

Fun with Art at MERA

Looking for something creative and enjoyable for your children or grandchildren this summer? Consider enrolling them in MERA's Art Camp for children aged five to twelve, at the MERA Schoolhouse in McDonalds Corners. The camp runs from Monday, July 8, to Friday, July 12, from 10AM to 3PM each day.

Under the guidance of talented artist Janice Ling — the camp's director — children aged 5 to 12 create a different project every day, using a different medium. Children will be exploring shapes and using them in the day's project, which will include stained glass, paper folding, pottery, painting, and futuristic building design. Games and other activities are incorporated into the day's routine.

The camp is moderately priced, at \$160 for MERA members and \$170 for non-members, which includes all art supplies.

Children should bring sunscreen, lunch, snacks and a big smile. Wear clothes that can get dirty! Before- and after-care can be arranged, and a subsidy may be available.

Many young artists come to the camp every summer. "Our grandchildren, Lara (eight), and Mia (six), loved MERA Art Camp," said Gloria Shoebridge. "Not only do they learn a lot of different styles of art creation, but the show for the parents at the end is a wonderful confidence booster for them."

Camp Director Janice Ling is a visual artist specializing in co-ordinating arts and cultural programs for organizations such as MERA, the International Language Program, and schools. She is a painter, stained glass artist, and founder of Artmakers Studio.

To register, call 278-0388 or email <meraschoolhouse@bell.net>.

Lessons Learned

I've always found that the end of another school year is bittersweet: on the one hand, there is a sense of relief that a busy season of concerts and exams are finally finished, but on the other hand there is a bit of a sense of sadness at hav-

by Tony Stuart

ing to say goodbye to students who are moving on and preparing to find their way in the world.

As a Music teacher and band director, I spend a lot of time working with students, and I am still amazed at how quickly they grow from being children into young adults. As most teachers will attest, I think we learn as much from our students as they learn from us.

One of the biggest lessons I have learned is that students will come through for you when you set challenges in front of them. Sometimes the path doesn't always go as straight as one would like, but invariably they will rise to the occasion. I put some very challenging music in front of my bands this year, and after much hard work (with plenty of frustration) in rehearsals, they came through with flying colours on concert night. The sense of accomplishment was palpable, and there is nothing quite like that feeling.

Another big lesson learned is that my generation is going to be in good hands someday when these students become our future leaders. We too often hear people complaining that young

people today lack work ethic, or demonstrate apathy when it comes to the welfare of other people. Don't believe it. Just because a student is on their cell phone all the time doesn't mean that they aren't aware of the world around them, or that they aren't capable of great things. I've seen this first-hand on numerous occasions. Today's young people are very aware of social justice issues, both in their communities and in the world at large. I've seen band members demonstrate incredible compassion when dealing with those less fortunate than themselves, and I wonder if I would have demonstrated the same maturity and wisdom at that age.

In terms of work ethic, young people today are being asked to do more and more in our school system. My standards and expectations are certainly higher than they were when I first started teaching. Students also seem to be so much busier than they

used to. What impresses me is that so many of them stick with band all through high school. There are certainly plenty of reasons and excuses they could use to quit, but they don't. This is even more impressive in today's age of electronic distractions that seem to be everywhere.

I generally don't use this column as a forum to talk about my school, but I think my editor will allow me to publicly say goodbye to those students who are graduating this year, since it is such an important part of the high school band experience. I've watched you grow from children into amazing young adults, and I wish you all of the best as you take the world by storm. It has been my pleasure and privilege to work with you, and I am grateful for all the lessons that I have learned.

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



Tony Stuart (far right) is pictured here with members of the RetroActives band from Notre Dame Catholic High School in Carleton Place

Battle at Ballygiblin's Stand-up Comedy Contest

Lanark Laughs is holding its first annual stand-up comedy contest this July. This is the first year we've done it, so there is a bit of a learning curve. So far the biggest thing I've learned is to start looking for sponsors six months in advance instead of six weeks...

The contest runs on July 6 and 13, and the finals are going to be on July 20. The comics are split into two groups: Up and Comers (with a cash prize of \$100), and Seasoned Comics (with a prize of \$250). Up and Comers are still fairly new to comedy, but are definitely going places, and Seasoned Comics are, you guessed it, more experienced performers who have been around a while. Guest judges will determine who moves on to the next round, and whose dreams get crushed (send-

ing them down the path of bitter comedy).

What started out as a way for area comics to get more stage time has grown into something bigger, with a life of its own. We started out doing a free monthly open mic comedy night at Ballygiblin's in Carleton Place, and now book polished shows all over the area. We still do the open mic on the third Thursday of every month — it's a great way for participants to work out new material. We also encourage newcomers and local comedy hopefuls to come out and give stand-up a try.

August is going to be a busy month for Lanark Laughs, with some of the proceeds from all of the shows going to LAWS (the animal shelter), along with a 50/50 draw. I love teaming up with charities — the shows are

so much fun and everyone wins. So far in August we're booked at O'Reilly's Pub in Perth on August 16, JR's in Almonte on the 17th, and at Ballygiblin's in Carleton Place on the 31st. Please visit the Lanark Laughs Facebook page for more details and additional shows, or just keep a lookout for posters around town.

So if you're looking to tickle your funny bone this summer, come see the Battle at Ballygiblin's. Watch comedy stars shine... or choke under pressure. The shows are Saturday nights starting at 8PM and admission is \$5 (this year's contest is sponsored by the audience).

Everyone loves a contest, as long as they're winning. And if you're not, it's because you were robbed and life is unfair.

— Ken Strangway

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Gloria Baker gsbaker@superaje.com
Wynne Morgan bamboo19@magma.ca
613-259-2472, Box 280, Lanark, ON K0G 1K0

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Want to help kids, but don't have a lot of time? Well, have I got an idea for you! But first you have to listen to a little story.

Life can often seem unfair, especially for kids. I don't mean the "But JOEY got a new bike for HIS tenth birthday!" type

by Rona Fraser

of unfair. I don't even mean the "Our classroom is very small — when it rains the floor is all slippery mud" type of unfair, that SchoolBOX is working on fixing. I mean the "How come those kids pick on me?" or "I live in a foster home 'cause my mom hurt me," type of unfair. The type of unfair that has a perfectly lovable kid feeling like they are less than their peers — less popular, less smart, less wanted.

I am of the viewpoint that every child deserves to feel loved and wanted and beautiful and that they belong. Actually, that should apply to every adult as well, but that's another topic, I think. Children do not ask to be brought into the world and, whatever your religion says about sin, I think we can agree that kids arrive innocent and blameless, and deserve all that we can give, to help them grow into happy, healthy adults — and I mean healthy of mind, body and spirit. Actually, I am of the belief that if we focussed more on kids, a lot of the troubles of society would disappear. But that too, is a story for another day.

So, as I considered how unfair life could be to kids, I tried to figure out how I could help. I couldn't afford to give money... or much time. Hmm. I ended up looking into Big Brothers Big Sisters of Lanark County <bigbrothersbigsisterslanark.ca>. They are a not-for-profit volunteer organization and their mission is to help "children develop to their unique potential through consistent, dependable and non-

conditional adult friendship." They provide mentors to kids that need them. Oh, and they don't look around and say "Check out that kid — he is in DIRE need of a mentor!" It is usually a teacher or parent who might suggest a child who needs a mentor and gets the process going. Or an adult volunteers to be a mentor, so BBBS asks at a school in the area to see if one is needed. No one is forced to participate.

Depending on your time and schedule, there are various ways to be a mentor. You can be a traditional **Big Brother/Big Sister**, where you would meet with your "Little" once a week for three to five hours. Or you can be an **In-School Mentor**, where you meet with your "Mentee" for an hour each week, during the school day. Hey, you're taking them out of class for an hour — as long as you don't schedule it during recess (unless they hate recess), you've scored points already! There is also **Group Mentoring**, where four mentors meet up with a group of boys or girls aged 12 to 14, for 7 to 10 weeks, for 1.5- to 2-hour sessions, loosely structured around physical activity, healthy eating, self-esteem and communication skills.

BBBS asks that you commit at least one year to meeting with your Little. Makes sense, as we are trying to make their life better, not give them abandonment issues. If you think you might like to be a mentor of some sort, check out their website or give them a call. Start now, because it can take up to two months to complete the sign-up process. To be an in-school mentor, you meet with a BBBS worker to discuss your interest, fill in a form, and get a police check, before they find you a mentee. To be a traditional Big Bro/Sis, there is a bit more involved, as they try to match up Bigs and Littles with similar interests.

Myself, I chose in-school mentoring, because I have a flexible work schedule, and, because there weren't as many unknowns.

After all, it had been fifteen years since I last hung out with a kid one-on-one. (I just looked him up on Facebook. He got married two years ago and is an agricultural trader — I don't even know what that is!)

I meet up with my mentee weekly throughout the school year. We chat, draw, play games, do crafts... It's fun! We both get a break from our regular daily routine, and have a stress-free hour of hanging out with someone who enjoys our company. I don't know that I've made any change in her life, but I know — or I hope — that it lets her feel valued. I think we all need that, don't we? To know that we have someone who will listen and not judge, who chooses to spend time with us and sees us as an individual? In other words, a friend.

My current favourite thing to do, if I finish my drawing first (which I try to do), is read to her from *The Secret Garden* by Frances Hodgson Burnett. I remembered that I loved the book as a youngster, but couldn't remember it all. At first I don't think she liked the idea, but I see her pausing to listen at exciting parts. It's the tale of a young spoiled grumpy girl who is orphaned and sent to live with her depressed silent uncle and... well I don't want to spoil it for you, but suffice it to say that a couple of kids leading sad lives find some fun and joy.

I highly recommend becoming a Mentor (or a Big). I think I've even improved my drawing skills!

To find the BBBS near you, go to <bigbrothersbigsisters.ca> to the About Us page. Click on Local Agencies to input your postal code and presto! If you live in Almonte, Pakenham, Perth, Smiths Falls, Carleton Place or anywhere in between, simply contact Rhonda Low at 283-0570 or <Rhonda.Low@bigbrothersbigsisters.ca> and she will be more than happy to help you determine what you can do to help.



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Bloomfield Farm — Making Connections

It may have been the wooden row marker sticking out of the pocket of some well worn Carhartt work pants, or the plaid shirt, or the dirt-inscribed hands that gave her away, but the tentative 'Rebecca?' I uttered towards the petit woman packing up her computer at the Equator Café in Almonte was met with a generous grin. I seem to have a knack for spotting farmers!

Rebecca Bloomfield is a soft-spoken, unassuming 31-year-old; and yet is as engaged, thoughtful and committed as it gets when it comes to, well, being in the world and doing what she is doing... which, as of this year, is farming here in Lanark County.

Rebecca's journey to our parts is a winding one. Born and raised near Cleveland Ohio, her "taste" for Canada developed during summers in northern Ontario and university years at Queen's in Kingston. A course in food security piqued her interest and concern in our current food systems

and the mire of problems resulting from the past six decades of industrial agriculture. This course fundamentally changed the way she considered the food she eats. While at Queen's she also met her partner-to-be: the musician (Juno nominee, no less), Craig Cardiff. As it happens, he lives in Arnprior and it seems we have him to thank for luring Rebecca into our midst!

But before she landed here, Rebecca took her newfound food passion on the road for several years to explore as many facets and approaches to farming as she could. A three-month fellowship at ADAMAH in Connecticut <isabellafreedman.org/adamah/intro> was a turning point for Rebecca. The program, which integrates organic farming, sustainable living, Jewish learning, community building and contemplative spiritual practice, was a deeply meaningful experience for Rebecca. It enabled her to see how the deepest parts of herself related to each

other and could inform her life in an integrated way.

Other formative work included WWOOFing in Italy, teaching at The Edible Schoolyard <edibleschoolyard.org> in Berkeley, completing a one-year certificate in organic farming at Michigan State University and then working there to revise and manage the program for another year. All of these experiences were invaluable not only in providing practical knowledge and a window into diverse approaches, but also in demonstrating the powerful effects that growing good food sustainably has, both on a personal level and within the broader community.

So, how does one go from this to starting a farm? It seems if one is open to seeing the opportunities the world presents and one's approach is flexible, things start to happen! While attending a yoga class in Almonte, Rebecca mentioned to someone that she was looking for land to start a farm, and was overheard by local farmer/yoga teacher/founder of SpiritMatters <spiritmatters.ca> Julie Yeaman. Julie and her husband Stewart, both "retired" (ha!) to farming, after careers in teaching and data systems design respectively. With three hoop houses to grow greens in, they operate a shoulder season CSA (Community Supported Agriculture). Last fall Rebecca helped them out with the harvest. After time spent with them in the greenhouses exchanging methods, ideas and labour, she was offered the opportunity to start her market garden at Julie and Stewart's farm. Rebecca acknowledges that this access to land, a greenhouse and an established infrastructure has been a very significant leg up.

An "incubator farm" as this arrangement may be coined, is a great opportunity for people (farmers or not) with extra land to help out a new farmer. Many well-qualified, energetic and driven people are prevented from starting a farm due to the large capital output needed to purchase good land. But if people with land are open to hosting an emergent farmer, a win-win situation can often be had, particularly if values and life philosophies are compatible. Says Julie Yeaman, "We are living in changing times that require us to change the way we do things...



Who They Are

Rebecca Bloomfield
Bloomfield Farm, 5907 Martin St N
Almonte, ON K0A 1A0 (613) 601-1465
<rebecca.bloomfield@gmail.com> <rebeccabloomfield.ca>
Facebook – Bloomfield Farm

What They Offer

Seasonal market vegetables, CSA shares (check website for information)

Where They Sell

Almonte Farmers Market on Saturdays

Kale Chips

2 bunches of curly green kale	¾ cup tahini
¼ cup tamari	¼ cup cider vinegar
½ cup water	2 scallions
1 clove garlic	1 lemon (juice of)
¼ cup nutritional yeast flakes	¼ tsp sea salt

Wash kale and strip leaves from the stem. Tear into whatever size pieces you'd like the chips to be. Place kale in a large mixing bowl. Combine the rest of the ingredients in a blender and blend until smooth, to get a thick consistency. You may have to add more water. Pour over the kale and mix thoroughly with your hands to coat the kale evenly.

Place kale on a greased cookie sheet, being careful not to let the pieces overlap. Bake for about 10 minutes at 400 degrees. Pay close attention to the chips, and turn them over after about 5 minutes, so that they bake uniformly. May need to do multiple batches to keep the chips from overlapping. Another delicious option is to dehydrate them!

we have to find ways to get along!" This is a wonderful example.

Land: check. But what is an emerging farmer to do about raising some "seed money"? Well, if you are Rebecca, you start a crowdfunding campaign, of course! A bit like venture capital meets microfinance meets charitable fundraising; ideas are pitched through an online site (Indiegogo.com in this instance) and sent out to the world via personal social networks. The people Rebecca had connected with in the years of accumulating experience suddenly became a rather large social network she could pitch to. "How to Start a Farm in 5 Minutes" is the video (on her website) Rebecca made for her campaign that introduces herself and the reasons why supporting the start-up of a new organic farm is something everyone should want to do. It was convincing to enough people

(friends, family and strangers alike) for her to successfully reach her fundraising goal of \$14,000 by the end of May. Not bad.

Bloomfield Farm is well on its way! Rebecca is now selling at the Almonte Farmers Market on Saturdays and is also offering CSA shares. Look for the hakurai turnips – deeee-li-cious – and other unusual varieties.

Rebecca has a gift for connecting thoughtfully both in a person-to-person way and also via technology (see her informative website and Facebook page for all kinds of information, or sign up to receive her newsletters). Her natural affinity for, and creative approaches to, sharing knowledge about growing food is refreshing. I get the feeling that we'll be seeing some interesting collaborations and positive contributions to the community in upcoming years from this innovative and resourceful farmer.

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This year's **Edwardian Tea** at the Railway Museum in Smiths Falls will highlight the appetizing tradition of dining on the railway. It takes place on Sunday, July 7, from 1–4PM.

Guests will experience the tastes and sounds of the Edwardian period in the architecturally unique station, built in 1912 and nestled within the picturesque town of Smiths Falls. Sample a variety of teas, as well as food inspired by the railway's celebrated dining car service. Enjoy the music of a talented local brass band, reminiscent of the early 1900s, and explore the special display of historic train car service and dinnerware.

Tickets are \$20 for non-members and \$16 for members. Reservations are required. Please call the museum at 283–5696 or email <programs@rmeo.org> to book your reservation or for any further questions. The Railway Museum of Eastern Ontario can be found at 90 William Street in Smiths Falls, and online at <rmeo.org>.

Live Music at Fall River

Come on out to the Fall River Restaurant in Maberly to enjoy Sunday's Music on the Patio! Sunday, July 7, will feature live Cuban music by Mario Franco, and on July 14 The Swing Doctors play! What better way to cap off the weekend than dancing on the patio and enjoying some great food and micro-brewed beers? Call 268–2197 to make a reservation or for additional details.

Perth Community Choir's *Secret* is Out!

The Perth Community Choir is excited to announce their fall 2013 production. This year, the PCC will be presenting *The Secret Garden*, a musical adaptation of the classic children's novel by Frances Hodgson Burnett. There are opportunities for children, youth and adults, and opportunities for participation behind the scenes, helping with costumes, sets, crew, marketing and front of house. Keep your eyes on the local papers and "Like" the Perth Community Choir Facebook page for more information about auditions, which will take place in mid-August.

Valley Players Changing of the Guard

The Annual General Meeting of The Valley Players was held at the Mississippi Valley Textile Museum on June 12. The meeting was well attended and heralded a complete change of the executive. With great thanks and appreciation for all their hard work over the last year, stepping down were Andrea Cruise, Tove Hunding and Brian McManus. The curtain opens on the next season of plays with Peter Meyer at the helm once again as president. Joining Peter are long-time members Cathy Clark as treasurer, Laurie Dickson as vice-president, and newcomer Lesley Moll as secretary.

The new executive is looking forward to a terrific season, beginning with a production of the Governor General Award-nominated play *Marion Bridge* in the fall. Anyone interested in becoming involved with The Valley Players or this terrific show is invited to visit <valleyplayers.ca> or contact the group at <info@valleyplayers.ca>.

A Call to Local Food Producers

Help promote your product along with other local foods by participating in the 2013 **Lanark County Harvest Festival** to be held on Sunday September 8 from 11AM to 4PM at the Beckwith Park, 1319 9th Line in Beckwith.

The event will feature vendors from all farmers' markets in Lanark County, along with other local producers from within the County. Local entertainment, children's events (including a petting farm) and other activities such as a cooking demonstration, will take place throughout the day. Fun for the whole family!

Take advantage of this great opportunity to showcase your products and gain customers. Lanark County will be advertising and promoting this event over the next few months.

Reserve your space today by downloading the application form from <www.twp.beckwith.on.ca>. The deadline for applications is July 29. Applications and payment can be delivered and made payable to: Township of Beckwith, 1702 9th Line, Carleton Place, ON K7C 3P2. There is a mail slot in the Township Office front door for after hours drop off.

Opportunities for Arts at Maple Key Day Camp

The summer break is a wonderful opportunity to foster the skills and interests of your child that may not have been fully addressed by the school system — particularly in the arts. If your child has a love of the arts, be they visual or performance, Maple Key Day Camp is offering a program for them.

One of the pillars of Maple Key Day Camp's success is the opportunity for older children (those 9 years and up) to choose a "major" for their time at camp, allowing them to concentrate on one area of interest for a large portion of the day. While the Sports major is a popular option, the Fine Arts program at MKDC has experienced a strong increase in enrollment in recent years.

"The Fine Arts program is a wonderful introduction to a wide variety of art forms," says Kristen Widenmaier, owner and director of Maple Key Day Camp. "We've covered everything from scrapbooking to clay sculpture to film making. Every week we take on a new medium."

As a result of the success of the Fine Arts major, MKDC has added an additional Performing Arts major for two weeks in August. Coming at the end

of the summer camp season, the campers majoring in Performing Arts will study a variety of skills including improvisation, puppetry, voice and dance, culminating in a presentation during MKDC's talent show on the second-to-last day of camp.

"We do our best to keep topics broad within the performing arts and visual arts genres," explains Widenmaier. "It's important that kids are able to explore their interests without having to hyper-focus on one specific element at such a young age. Rather than study *just* painting or *just* dance or *just* vocal, our campers have the opportunity to expand their range of experiences and skills."

The goal of Maple Key Day Camp is to contribute to the future of our community by providing high quality care and programming specifically designed for the needs and interests of school-aged children. For locations in both Perth and Smiths Falls, the summer session runs July 2 through August 16, and spaces are still available in most age groups and sessions. For more information on the programs, or to register, visit <maplekeydaycamp.com> or call 464–2468.

Silly Art (On Purpose)

Cartooning is one of JB Arts' most popular programs throughout the summer, but is one of the hardest to teach. There are so many different types of cartooning and everyone likes different aspects. Some students like comic books and video games, others are fans of animated movies and comic strips, and then there are the TV show characters. But the large variety of types of cartooning is not what makes it hard to teach. What makes it so difficult is that all of these forms of cartooning are developed through the individual's creativity. Anything can be turned into a cartoon and developed into a fun story with a little imagination. Throughout the summer each week starts with a class that is meant to bring out a student's creativity. It takes a while to get kids to stop worrying about their ideas being silly, until they accept the concept that their ideas are *supposed to be silly!* One of the best cartoon stories produced over the

past fourteen years was one of scissors, paper and rock, and how they came together to gang up on dynamite! The creator had taken something that most people can relate to, that is funny, and made a story to go along with a popular issue like bullying.



When a student has one good idea, more good ideas follow. Once a student has a good idea, help is there to develop images, throughout the week, that tell the story, and then to finish their comic the best way possible. Students are inspired to take their silly doodles, turn them into characters, problem-solve stories and pictures, and turn them into something they can be proud of. That is what makes JB Arts cartooning programs so successful.

Cartooning is one of about 200 different classes taught during the summer for ages 6 to 13. Your child could participate all nine weeks and not do the same project twice! Visit <jbarts.ca> or call 220–3005 for more information.

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A Chance Encounter

Coincidental encounters often yield good stories, but it's not often that the story becomes one for the history books. When starting out with her grade ten history project, all Jill Douglas had was a name. The assignment involved choosing the name of a fallen soldier from the cenotaph in Almonte, and delving into the life story behind it. It was only by chance that Jill chose the name she did, and this simple decision sparked a chain of events that could only occur by coincidence.

On May 19, the North Lanark Regional Museum officially opened its doors for the summer season. Guests from across the area packed into the main room for opening speeches and the screening of a film put together by the museum, featuring oral interviews conducted during the previous year. Many of those interviewed were present, including Mack James, a long-time Appleton resident. It just so happened that this was the afternoon Jill Douglas decided to visit the museum to research her chosen soldier, Russell James, a man from Appleton who died in World War II.

Appleton has always been a close-knit community, tucked

away between the larger towns of Almonte and Carleton Place. While James may be a relatively common last name, the odds that two James's from Appleton may have some connection were in her favour. Jill and Mack James were introduced and, as it turns out, Russell James was Mack's older brother; he left Appleton as a young man to join the air force during World War II.

The two were equally excited about this chance meeting, eager to discuss Mack's brother. The wealth of information that Mack and his family could provide Jill truly surpasses any history book; and the notion that Russell's memory is being brought out in this way must have been a wonderful and emotional experience for the James's. Jill and the James family met again recently to share what insights they have on Russell's life and service. In her research, Jill had uncovered government records the James family had yet to see. Blanche Dezell, Mack and Russell's sister, was also in contact with Jill, providing her with the opportunity to see Russell's service medals.

Jill's history project has certainly transformed into something more; through her chance



When grade 10 student Jill Douglas (below, at left) began researching a name on the Almonte Cenotaph, she wouldn't have predicted that it would lead to a meeting with the family of fallen soldier Russell James (above)

meeting with Mack James and family, the name on the cenotaph has been given a vibrancy of life. The North Lanark Regional Museum is proud to have enabled this connection and supported the research of local history. The museum is available to anyone interested in the history of the Lanark County area, and continues to be a valuable resource for those who, like Jill, are looking to bring history out of the books.

Jill Douglas attends Almonte and District High School, and has completed this project as part of her grade 10 history class. The North Lanark Regional Museum is open seven days a week, 10AM to 4PM, for the rest of the summer.

Best wishes to Jill in the completion of her project, and a big thank-you to Mack, his family, and his sisters Blanche and Irene for their generous support and participation.

— Celia Zamorano is a summer student at the North Lanark Regional Museum



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Thu. July 11 **Ila Vann**, Soul Singer with Spencer Evans Trio, 9-11

Sat. July 13 **Comedy Night**, with CBC writers \$40 Buffet and Show, 7-10:30

Mon. July 15 Acoustic Blue Mondays with **Fraser/Daley**, \$45/person Buffet and Show, 6-10, Reservations only

Thursdays **Jazz Night** with Spencer Evans Trio, 9-11

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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Canadian Theatre History Comes Alive in Perth

Long before William Shatner set off to boldly go where no one had gone before, and Christopher Plummer discovered that the hills were alive with the sound of music, both actors were part of the Stratford Shakespeare Festival. Résumé photos of these Hollywood stars are just part of a significant exhibit that runs until mid-October at the Perth Museum.

Now and Then: Found Treasures of Canadian Theatre History presents a colourful journey through some significant periods in the post-World War II development of Canadian culture, as well as some remarkable pieces of Perth's own theatrical history that go back almost a century.

The exhibit was largely inspired by the lives of Canadian actors Bernard Behrens and Deborah Cass, both of whom worked in the early years of Stratford and CBC, touring North America with the Canadian Players, playing summer stock, and performing at the Toronto Crest Theatre, Halifax's Neptune Theatre, and the Shaw Festival. They were part of a generation whose faces many Canadians grew up watching, both on stage and on TV shows such as *The Forest Rangers* and *The Beachcombers*; many of those performers are featured in photographs and paintings at the Perth Museum exhibit.

When Bernard Behrens passed away last September at Lanark Lodge, his son Matthew, who is the associate producer at the Classic Theatre Festival (CTF), came upon a treasure trove of newspaper clippings, programs, and costume designs, from what many critics describe as a golden age for Canadian theatre. He and CTF artistic producer Laurel Smith realized that many of the shows currently staged by the CTF were the exact shows that his parents' generation cut their teeth on in the 1950s and 1960s.

"Last year, when we did the show *Mary, Mary*, we discovered that my father had been in the original Canadian production of this comedy, at the Neptune Theatre in 1963," says Behrens. "Similarly, we staged *Two for the Seesaw* and stumbled across an old script that revealed my mother had worked on its first Canadian production in 1959."

The *Now and Then* part of the exhibit focuses on original Canadian productions of shows that have been performed by the CTF, from *The Marriage-Go-Round* and *The Star-Spangled Girl* (this year's summer lineup) to *Bell, Book and Candle* and *The Fourposter*.

Visitors to the museum exhibit this summer will also enjoy the sights of Stratford in the 1950s and 1960s, from the colourful



Bernard Behrens and James Blendick (below), and Deborah Cass (above) starred in two very different 1960s productions of *A Midsummer Night's Dream* at the Stratford Festival

playbills and season posters, to original magazine stories about landmark moments in Stratford's theatrical history. They'll also see original paintings by legendary Canadian actor Gordon Pinsent, as well as memorabilia from the Balderson Theatre, for years the largest theatre between Toronto and Montreal and home to comic troupe The Marks Brothers.

"We're grateful to David and Janice Jacklin — who run the Full Circle Theatre, where the CTF is playing this summer — for having such a keen admiration for theatre history and for preserving so many elements of the Balderson Theatre, including the seats that are now at the Full Circle," says Behrens. "We're equally grateful that Karen Rennie, the Perth Museum's curator, saw the historical value of celebrating Canadian theatre history in a manner that, as far as we know, is not done very often in this country."

The *Now and Then* exhibit will be on display at the Perth Museum, 11 Gore Street East, until October 14. For more information, visit classictheatre.ca or call 1-877-283-1283.



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Tunes, Tales & Rusty Relics

Heritage Mica Days at Murphys Point Provincial Park brings you dinner theatre with a difference this summer. *Tunes, Tales and Rusty Relics* is an original production, written specifically for this annual festival, that will take place along the Silver Queen Mine trail on three separate occasions — in July, August and October — and will provide a unique cultural experience for both locals and tourists.

Follow Miss Whitfield, a 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, where you'll savour a fabulous hot dinner served by Cookie, as you enjoy some traditional music by Cratur. This group hails from the heart of the Ottawa Valley; their talented musicianship covers a number of genres, with a focus on their Celtic roots. The arrangements generally stick to traditional Irish, Scottish and Cape Breton fiddle instrumentals... though they have been known to throw in a few "Valley" and Newfoundland tunes as well.

Shows are scheduled for Wednesday, July 17; Wednesday, August 14; and Saturday, October 12, which is Thanksgiving weekend. Start time in July and August is 7PM, and the October show starts at 6PM. As darkness descends, the bunkhouse will be lit by the glow of traditional mica lanterns; at the end of the evening, guests will use the lanterns to make their way back to the parking area.

"(We) just wanted to say what a great night we had," said the Faubert family from Hudson, QC, who attended one of the dinner theatres last summer. "From all the volunteers who gave their time, to the delicious food and the band who supplied the entertainment, it really was a wonderful experience. We are so glad that we went."

Tickets are \$75 per person (which includes all taxes and gratuities) and advance purchase is required due to limited



After hearing tales from Miss Whitfield (below), you'll be entertained by the Celtic-influenced ensemble Cratur (above) at the Heritage Mica Days production of *Tunes, Tales and Rusty Relics*

seating. Tickets can be purchased securely through the website at <heritagemicadays.ca>. A special discount of 10% is available if four tickets are purchased at one time, and packages are available for groups of ten or more. Call 267-5340 for further details on these special offers.

Heritage Mica Days is in its fourth year of operation and is a program of the Friends of Murphys Point Park. A full schedule description of all festival events can be found on the website at <heritagemicadays.ca> under the Events tab. For details, email <eventsmurphys@ripnet.com> or call 267-5340. Heritage Mica Days has received financial support from Tay Valley Township, the Celebrate Ontario program, and the Tourism Event Marketing Partnership Program of the Ministry of Tourism, Culture and Sport.



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I'd Rather Be an Afternoon Person Anyway

Disclaimer: Please consult your driving instructor (at the very least) before heeding any of the following advice. Got a question? Email it to <misswrite@thehummm.com>.

Dear Miss Write

Why don't people respect the rules of the road and lane assignments in roundabouts? They sway from lane to lane with no regard for who else is in there. I don't get it.

Enraged at the Roundabout

by Emily Arbour

Dear EatR,

We have a roundabout in my town too and, I'll be honest, I still have yet to master it. Mostly, I think, because I'm not confident my counterparts are obeying the rules and I'm preoccupied watching out for what they're about to do (*I realize I'm perpetuating the problem. Shush*). I don't know about you, but no one ever taught me how to maneuver a roundabout. I took Driver's Ed. I can parallel park with my eyes closed (*not well, mind you*). But give me a roundabout and I'll disappoint you every time. I think the issue is education. Just like the apps on my phone need updating every now and then, maybe our driver's education system needs to offer updates. Pretty sure my grandma shared the road with horses and milkmen. You can't tell me she wouldn't benefit from a "how to roundabout" pop quiz. I know I sure could.

Dear Miss Write,

How do I become a morning person?

Yours, Grumpy Gus

Dear Gee Gee,

If I knew the answer to this question, I'd be a morning person by now. Fact is, we all have our strengths. You and I lack luster in the morning. Besides our poor suffering families, who cares? Own it. So you're not a morning person. Maybe you're an afternoon person. Maybe you whistle while you work like nobody's business. Maybe you're better than your average bear at, say, 3PM when everyone else is crashing *because* you reserve your energy in the morning. I bet you're downright chipper at 3PM, aren't you? Why waste a good attitude on bedhead and fussy children in need of a packed nut-free lunch, I say. Afternoon person it is!

Dear Miss Write,

Why do perfect strangers feel that it's perfectly ok to touch my baby's face? Not once, but several times. And more importantly, why do I feel hesitant/bad/rude asking them not to touch her? Yes of course she's cute with her button nose, chubby cheeks and doe eyes, but she is not a public exhibit!

Touchy Mom

Dear Touchy Mom

I think you're far too worried about being nice. I can understand not wanting to be cruel however, so look for a kind way to communicate your feelings (my preference would be passive aggression/lying) and use it. Something like "Oh, sorry, I'd prefer you didn't touch her. She's been under the weather and her immune system is a bit down." They'll feel guilty for potentially threatening the wellbeing of your kid, and

ing things that comes part and parcel with parenthood. It'll pass.

Dear Miss Write,

If you had one day left on earth and you had to eat three meals plus dessert in the Valley, where and what would you order?

Hungry in the Valley

Dear Hungry,

If I had one day left on earth and three meals (plus dessert you say!) to eat in the Valley, I would eat all three in a place that has free childcare. So my mom's house basically. Or my aunt's. And you can't order anything from either of those places. You eat what they're making and you like it. And because someone is playing with your kid, you really like it.

(I'm sorry this isn't a better answer, Hungry. I would love to pro-

mote a variety of wonderful restaurants in the area. I know there are several. My childless friends are forever bragging about their culinary exploits; however, we tend to stay pretty close to home when it comes to dining out these days and I don't think it'd be fair to make it all about Funmonte, I mean Almonte. Ask me next year. Next year we'll eat out all the time. Right? Right?!

— Emily Arbour is a freelance writer (among other things) 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 her mom if it'd be possible to have a vegetarian option instead...

How do I become a morning person?

— Yours, Grumpy Gus

Dear Miss Write

Let's get to the hard-hitting stuff. Should Kim Kardashian really take baby on tour with Kanye?

Keeping up with Kim

Dear KUWK,

It would appear I haven't been "keeping up with the Kardashians" as well as I should be! Has the baby been born? Is it a boy or a girl? What's its name? And Kanye. Is he handling new fatherhood well? A tour? So soon? Oh wait. I don't care.

maybe they won't be so quick to do it next time. I don't know why people feel it's okay. I could speculate it's because they genuinely really love babies. They likely don't have babies in their lives (I think you and I both can attest to the cute thing getting old pretty quick). Knowing that strangers are inclined to get all up in your baby's grill, I would try harder to anticipate said touching and move your child away from the prying cheek pinchers. At the end of the day however, you may not be able to avoid it. It's one of those annoy-

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THE WHOLE PERSON WELL-BEING EQUATION book by local author Elisabeth Hines is available in print. Elisabeth is a holistic wellness practitioner. The book is a "cure in a book" so to speak for whatever ails you. It encompasses a holistic approach to whole person well-being, longevity and vitality through mind body healing, alternative therapies and natural health strategies. Elisabeth's proactive Health by Design approach to well-being is reflected in her website and blog. Find out more by visiting the author's website at: www.mybodycanhealitsself.ca and her health promoting blog at: www.mybodycanhealitsself.ca/wordpress/. Meet and question the author at upcoming events: Herbfest, the Ottawa Valley Midsummer Celebration of Healthy Living on July 28; and the Flowers to Fragrance Lavender Farm tours in Clifford on August 11.

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Demonstrations

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Demo Tent 1

- 9:30–10:30AM **A Major Life Transition — from Adult to Elder** (Thérèse Kelders)
 11AM–1PM **Chef Cook-Off** (see Special Feature)
 2–3PM **Summer Sizzlers — What's Hot in Local Artisan Cheese** (Vanessa Simmons)

Demo Tent 2

- 10–11AM **A Perfect 10: Eat, Live, Lose Weight** (Elizabeth Hines)
 11–12PM **You Creative? You Bet!** (Helene Anne Fortin)
 12–1PM **"Do-It-Yourself" Natural Body-care Treatments** (Heather Garrod)
 1–2PM **Aging With Grace: Health After 40** (Kathleen Leeson, RH)
 2–3PM **Nature's Medicine Cabinet: Allergies and Asthma** (Cynthia Incze)

Music Program

- 9–9:45AM Wake You Up Marimba Band
 1–2PM Lucas Haneman and GoLong
 2:30–3:30PM Harpists on the porch
 4–5PM Terri Bennett, Jack Denovan, Marc Goffette

For all ages

Garden Tour with Grandmother Alma Lo (10:30AM); Garden Tour with Sam Parlour (1:30PM); Wild Herb Walks with Johvi Leek (10AM & 1PM) and Amber Westfall (11:30AM & 2:30PM); Storytelling with Victoria Luloff (11AM & 2PM); Dancing Fairies, Henna Tattoos, Korny Klowns, Face Painting & more

Advance Herbfest passes are on sale at:

the Herb Garden, 3840 Old Almonte Rd., Ottawa (613) 256-0228
The Table Restaurant, 1230 Wellington St., Ottawa (613) 729-5973
Reid Landscaping, 142 Pick Rd., Carleton Place (613) 253-3467
Rainbow Foods, 1487 Richmond Rd. at Carling (613) 726-9200
Lanark Landing Restaurant, Lanark, ON (613) 259-2744
 Single Pass: \$4 / Family Pass: \$12 in advance (\$5 ea. or \$15 per family at the gate)
 On-site parking \$2 (Sorry, no parking available on Old Almonte Road)
 The Herb Garden is 15 km west of Canadian Tire Centre towards Almonte. It is located just east of the Upper Dwyer Hill Road on the Old Almonte Road.
 For more information, maps and other festival pass locations:

(613)256-0228 www.herbfest.ca

Special Feature

Demo Tent 1: Chef Cook-off

11AM to 1PM **Chef Cook-Off** with host **Debbie Trenholm** (accredited sommelier of Savvy Company)

Rehaad A. Ali, Executive Chef, owner of *Saffron & Chives Creative Catering* <saffronandchivescatering.ca>, and partner of *FUZE Productions*, an events, food and venue company <fuzeproductions.ca> Rehaad constantly follows the hot food trends and is proud to create some of his own — adding to the Ottawa dining scene.

Paul Vanderpool Jr., Head Chef at *The Bridge Café and Bistro*, Carleton Place <thebridgecafebistro.com>

Recently the chef of Edgar Bronfman Sr., Paul was raised in Louisiana where he was exposed to cooking that fused French culture and traditional American influences to create unique dishes. His first job was as a prep cook at K-Paul's Kitchen in New Orleans.

Josh Gillard, Chef at *The Galley Restaurant*, Nepean Sailing Club <nsc.ca>, and owner of *Must Wine Bar* <mustwinebar.ca>

Josh's 15 years in the culinary industry have included positions in many acclaimed restaurants in Ottawa. Josh has not one but two restaurants in Ottawa — he is the new owner of Must Wine Bar in the Byward Market.



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Wander through the outdoor herbal market and discover the many uses of herbs — from potted plants, potpourris, oils and vinegars, dried wreaths and preserves to salves, natural skin care products, bath salts, massage oils and tinctures. Enjoy live music and dance performances, storytelling, face painting, and guided tours throughout the day as well as demonstrations, seminars, and of course the popular Chef Cook-off.

While you're here, take a tour of the formal theme beds, where over 150 different varieties of culinary, medicinal, aromatic and landscaping herbs are featured. Take a guided "wild herb

walk" on the wetland trail, or bring the kids on what they will call the "jungle trail", because of the tall grasses. Then take a break and enjoy a micro-brewed beer.

For further information, and directions to the Herb Garden at 3840 Old Almonte Road in Ottawa, visit www.herbfest.ca or call 613-256-0228.



Respecting Your Elder

The International Herb Association has named elder as their Herb of the Year for 2013. Formerly placed in the honeysuckle family, elder was reclassified due to genetic evidence. It contains between 5 and 30 species of deciduous shrubs, small trees and herbaceous perennial plants. There are several elderberry species native to the U.S. and Canada, but *Sambucus canadensis* is most common in the central and eastern parts. It is often considered a weed for the way it grows along fences and fields, but its medicinal and culinary uses date back over centuries. The Italian liqueur Sambuca is flavoured with oil obtained from the elderflower, and elderflower cordials and syrups are popular in many European countries.

As the Elder Wand — the most powerful wand in the wizarding world of *Harry Potter*.

As well as being used by humans, elder is also a very valuable food resource for many species of birds and insects. To find out more about this fascinating herb, visit iherb.org.

According to Wikipedia: "the ripe, cooked berries (pulp and skin) of most species of *Sambucus* are edible, but uncooked berries, and many other parts of plants from this genus are poisonous. The leaves, twigs, branches, seeds and roots can contain a cyanide-inducing glycoside." In fact, in the stage play *Arsenic And Old Lace*, two elderly spinsters murder men by serving them elderberry wine laced with cyanide, arsenic, and strychnine. Elder also makes other appearances in popular culture: in the 1973 song *Elderberry Wine* by Elton John and Bernie Taupin, in the film *Monty Python and the Holy Grail* (when King Arthur is taunted by being told that "your father smelt of elderberries"), and more recently



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The Garden of Herbaceous Delights...

I love this time of year. The air is saturated with intoxicating smells and the sounds of birds. Plants are pushing up out of the earth and the healing power and promise of fresh new green is abundant. I have *finally* spent several hours in my perennial gardens rearranging the furniture (aka cleaning up, dividing and transplanting) and saying *hello* again to all of the plant friends I'd forgotten about over the winter. As I work my way through the beds, I am reminded of just how much pleasure the numerous herbs I've planted bring to me — their wafting aromas greeting me as I move amongst them. Herbs truly are some of my most favourite plants, and they feature prominently in both my vegetable, perennial and potted gardens. Beautiful and tough — often performing best in lean, hot, dry conditions — herbs have been valued for hundreds of years for their culinary and medicinal properties. To me, they are sort of the "shamans" of the plant world — unassuming but potent.

Herbal gardens have been around for a LONG time. Evidence shows that as early as 4000B.C. herb gardens were built near Egyptian temples. In the past century we have witnessed a decline in such spaces due, in part I'm guessing, to a simultaneous increase in modern pharmaceuticals. However, there is a place in our midst that is dedicated to promoting the culture and cultivation of herbs. The Herb Garden — located just east of Almonte — offers the public a sanctuary to visit, a place to learn about and purchase herbs, and a

beautiful place to rent for private functions such as weddings, reunions or corporate events.

Over the past ten years, owners Gerry and George (apparently last names are not commonly used with these two!) have spawned a number of diverse attractions and opportunities at the location. There is something of interest for everyone at the Herb Garden! For fans of local history, the beautifully restored log barns, built by Irish settlers (the Meehans) in the 1830s, are sure to be of interest. The Meehan family has even booked the farm for their family reunion this summer! For those wanting an encounter with nature, a wetland trail is ready to greet your



walking shoes. For something a bit more contemplative, one can walk slowly through the labyrinth that was constructed several years ago. Aromatic herbs line the pathways and help to slow racing brains, focusing one's attention on each step of the journey.

Time to plant some herbs? The Herb Garden offers a wide selection of tender and hardy culinary herbs for sale. For those seeking information about what to do with those herbs, three workshops about how to care

for and harvest them are offered this year, free of charge. Hungry? Once a month, catered "family-style" dinners in the renovated barn are tremendously popular. Call to reserve a seat. To top off your experience, an art gallery and artisan boutique are housed in two of their other log buildings, and feature local art and handmade items. See their website for details, dates and hours of operation.

The grounds feature demonstration gardens that provide a display of mature, hardy, perennial herbs. These and the lovely gazebo overlooking the gardens are both a selling point and often the focal points for weddings. And weddings are a big part of Gerry and George's business. I suppose their *own* wedding (soon after moving to the farm a decade ago) must have made a light-bulb go off, for they began developing the location to appeal to and accommodate large and small wedding parties, as well as other social and corporate functions.

The largest and perhaps best known of the public events hosted at the Herb Garden is Herbfest (July 28). After 17 years, this one-day herbal extravaganza, organized by the Ottawa Valley Herb Association, continues to attract a dedicated and diverse array of vendors and visitors, including herbalists, artisans, herb growers, foodies and chefs. The event boasts a day-long program of entertainment, demonstrations and a unique shopping environment with over 100 vendors from across the region.

Gerry (he) and George (she) landed here after winding up previous careers in corporate

"head-hunting" and geriatric psychiatry respectively. They sought and found a significant change of scenery in both their home and work lives, and established a home base closer to Gerry's activities as a kayak enthusiast. With little previous experience with either gardening or herbs, neither of them would have imagined owning and running a herb garden. However, as Gerry puts it, "It was a turnkey business opportunity" (i.e. it was a well-established business), and what they could and *did* bring to it was their entrepreneurial flare,

marketing savvy and a strong work ethic. The learning curve was steep at first and Gerry is the first to credit the great staff that stayed on through the change in ownership. This enabled the knowledge transfer of herb growing and garden maintenance to unfold smoothly. In the years ensuing, the couple have shaped the business in ways that have put their own stamp on it. Judging from the sheer diversity of services the business offers its clientele, G & G are doing a crack job of it!

— Susie Osler

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Herbfest 2013

Sunday, July 28, 9am-5pm

Playwrights Obscure and Famous Anchor Classic Theatre Festival Season

Two writers who had a profound influence on American culture in the 1960s and '70s — one known worldwide and the other only in smaller circles — anchor the Classic Theatre Festival's 2013 season, opening July 12 with Neil Simon's *The Star-Spangled Girl*.

Simon, the prolific playwright and screenwriter whose credits provide a memorable comic retrospective of the past half century — *The Odd Couple*, *The Sunshine Boys*, *The Goodbye Girl*, *Barefoot in the Park*, *Prison of Second Avenue* — has recently undergone a critical reappraisal, with the New York Times hailing him as "one of the finest writers of comedy in American literary history."



Anyone who recalls the oddball pairing of an unkempt sportswriter with a punctilious, newly divorced roommate — immortalized on film by the battling Jack Lemmon and Walter Matthau, and later on TV by Jack Klugman and Tony Randall — knows that Simon's wit, developed both through terrific one-liners and truly memorable characters, resulted in stories that are eminently watchable and universal.

Simon's *The Star-Spangled Girl* (running July 12 to August 4) is a play that could have been ripped from today's U.S. headlines of the red state/blue state divide, liberals versus conservatives. It was inspired by a debate Simon witnessed between a conservative friend and the liberal writer Paddy Chayevsky (Academy Award-winner for *Network*). Set in 1966 San Francisco, it follows two radical magazine writers whose lives are seriously disrupted by the arrival of a conservative southern belle and Olympic swimmer, who is about to marry a marine.

"Simon has a unique way of getting beyond the rhetoric and finding the humanity of his characters, with his own inimitable comedic style and wit. Audiences will love how he tries to bring about reconciliation among people who, at first blush, seem so far apart," says Laurel Smith, the CTF's founder and artistic producer.

While Simon is still going strong in his eighties, the playwright behind the

season's second show, *The Marriage-Go-Round* (running August 9 to September 1), sadly passed away at the relatively early age of 74. Leslie Stevens, the son of a famous US military diplomat, won a playwrighting contest with Orson Welles' legendary Mercury Theatre in 1939 and, at age 15, ran off to New York City to join the illustrious troupe.

Stevens' early plays for Broadway starred the likes of Hurd Hatfield and Joanne Woodward, and his screenplays for such cutting-edge films as *The Left-Handed Gun* (Paul Newman) and the rediscovered noir classic *Private Property* opened the door to a career in Hollywood. There he created the landmark sci-fi series *The Outer Limits* and directed everything from *It Takes A Thief* and *McCloud* to *Battlestar Galactica*. Like Simon, Stevens' characters were beamed into living rooms across North America during the pre-cable era of the three American networks.

With the smash success of *The Marriage-Go-Round*, Stevens was interviewed by *Time Magazine* in 1959 and, reflecting on the rough patches of a writer's life, said that "As a playwright, I achieved the rank of hotel night clerk at 22, night ward attendant at a psychiatric hospital at 25, a magazine copy boy at 28."

This year the Classic Theatre Festival offers a new Season Pass discount (25% off



This year's CTF season features *The Star-Spangled Girl* by Neil Simon (above) and *The Marriage-Go-Round* by Leslie Stevens (seated, below, with his *Outer Limits* producer Joe Stefano)

the second show, with the option to pick dates closer to performance time). All shows run at the fully accessible, air-conditioned Full Circle Theatre in Perth (26 Craig Street), with plenty of free, on-street parking. See them Wednesday through Saturday at 8PM, or at 2PM matinees on Wednesday, Saturday and Sunday.


For details on tickets, getaway packages and more, visit <classictheatre.ca> or call toll-free 1-877-283-1283.

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SATURDAY, AUGUST 3



Great Bridge St. Bazaar

Calling all locals and out-of-towners! The Carleton Place Business Improvement Area (BIA) invites you to visit downtown Carleton Place on Saturday, August 3, from 9AM to 4PM, to enjoy a summer community extravaganza.

The 8th annual Bridge Street Bazaar will showcase the centre of this colourful and historical town, including a sidewalk shop with over a hundred vendors. Visitors can Meet Us “Downtown” On The Mississippi, have the opportunity to find bargain deals, explore the fantastic array of local shops, and eat at waterfront pubs and restaurants, all while basking in non-stop local entertainment.

The entire downtown section of Bridge Street will be shut off to vehicular traffic, making way for a pedestrian-friendly area where vendors and merchants will display and sell their wares. We are excited to have many new vendors join the Bazaar this year. The full-day schedule of the sidewalk sale includes various activities and attractions — including some of Carleton Place’s finest musicians, mascots and dancers. The sound of pop, rock and country will fill the air as spectators enjoy a full day of live local entertainment. Local buskers will be wandering the streets performing. Entertainment in the downtown market will be full of variety, and best of all, free of charge!

With community groups, restaurants and arts programs all coming together for the day, visitors will truly be able to immerse themselves in the culture of Carleton Place, discovering all that our great town has to offer. When the BIA works together with the Carleton Place community, great events are born that work to unify the people and develop the community’s attraction and overall spirit. If you have any questions regarding the Bridge Street Bazaar, please contact Cathie McOrmond at (613) 257-8049 or email <info@downtowncarletonplace.com>.

Become a Vendor!

Everyone is welcome to set up a table and sell their wares at the bustling Bridge Street Bazaar. The cost is \$30 for a 10' by 10' space, and they must be reserved by contacting Cathie McOrmond at 613-257-8049 or <info@downtowncarletonplace.com>. All registration forms must be received by July 22 at 4PM. Visit the BIA website <www.downtowncarletonplace.com> or find us on Facebook. See you on Bridge Street!

CARLETON PLACE BIA  Business In Action

New Stores Bloom in Carleton Place



Downtown Carleton Place has some new storefronts and faces that are bound to delight those discovering them. If you enjoy trendy florals, inspired creations, or femme fashion, it's worth a peek into these new spaces. Being part of the buzz in the Carleton Place heritage downtown while supporting local businesses — what could be better?

The Floral Boutique (photos at right), at 77 Bridge Street, bursts with chic and unique floral designs. Owners Erica and Barry Zwicker work to create something tasteful and original with a botanical edge. Pop in for flowers and bouquets that defy boring!

At 154 Bridge Street, **The Studio Boutique** (photos at left) proffers a collection of fresh and modern handmade goods from Canadian craftspeople and artists. Owner Laura Norris

has collected all sorts of treasures — from tiles, pottery, textiles, skincare, wood crafts and jewellery to jam. A must-see for those who love to scan through Etsy or who are seeking original artisan wares.

Around the corner, **Le Garage Boutique** (photos below), at 18 Mill Street, has embraced the building's existing industrial feel by creating a fantastic space filled with funky and original fashion finds for women. Owner Brigitte Diogo has packed the store with fantastic treats. Mexican flats litter the windowsill, while bags, jewellery and clothing adorn the space, giving one lots of choice for fantastic outfit options.

It's a lovely walk along the old main street with many things to savour and enjoy in downtown Carleton Place this summer. Enjoy shopping local and shopping chic!



— story and photos by Jackie Brophy and Jules Hawkins

Art in the Barn

Art in the Barn returns for its third year to the Lombardy Agricultural Society Fairgrounds on Saturday and Sunday, July 13 and 14, from 10AM to 4PM. Over forty artists from the Rideau Lakes Artists Association welcome you to their annual art show and sale. This event is held at the spacious and easily accessible Lombardy Fairgrounds Barn, located four miles south of Smiths Falls on Highway 15 at Kelly's Road.

After last year's smashing success, the artists are excited about 2013. The Barn provides a fun and relaxed atmosphere to meet with the artists and talk to them about their diverse original art: watercolour, acrylic, oil and batik paintings, as well as pottery, whimsical garden critters made from recycled farm implements, quilting, and bird carvings. This venue has ample parking, as well as shelter from any weather. Visa and MasterCard will be accepted, in addition to good old-fashioned cash or cheque.

Admission is free, with ten percent of all sales, together with any contributions to the Donation Jar, donated to the Do It For Daron fund in support of youth mental health (through the Royal Ottawa).

For more information about this and other shows of the Rideau Lakes Artists Association, please visit rideaulakesartists.com or call Nora at 283-7824. Come and enjoy the show, they look forward to seeing you at Art in the Barn.



"Twilight Blush" by Bill Veale



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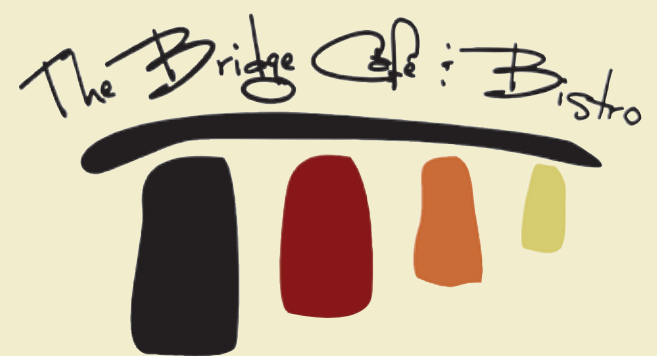
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Wednesday July 17, Wednesday August 14, Saturday October 12

Start Times – 7 p.m. in July and August – 6 p.m. in October

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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 July:

- July 7 – Baked Bean Lunch at the Bunkhouse
- July 13 – Music Night at the Amphitheatre
- July 14 – BBQ on the Beach with Music by Long Sault Trio
- July 21 – Miners' Breakfast at the Lally Homestead
- July 27 – Spirit Walks to the Silver Queen Mine
- July 28 – Pancake Brunch on the Beach

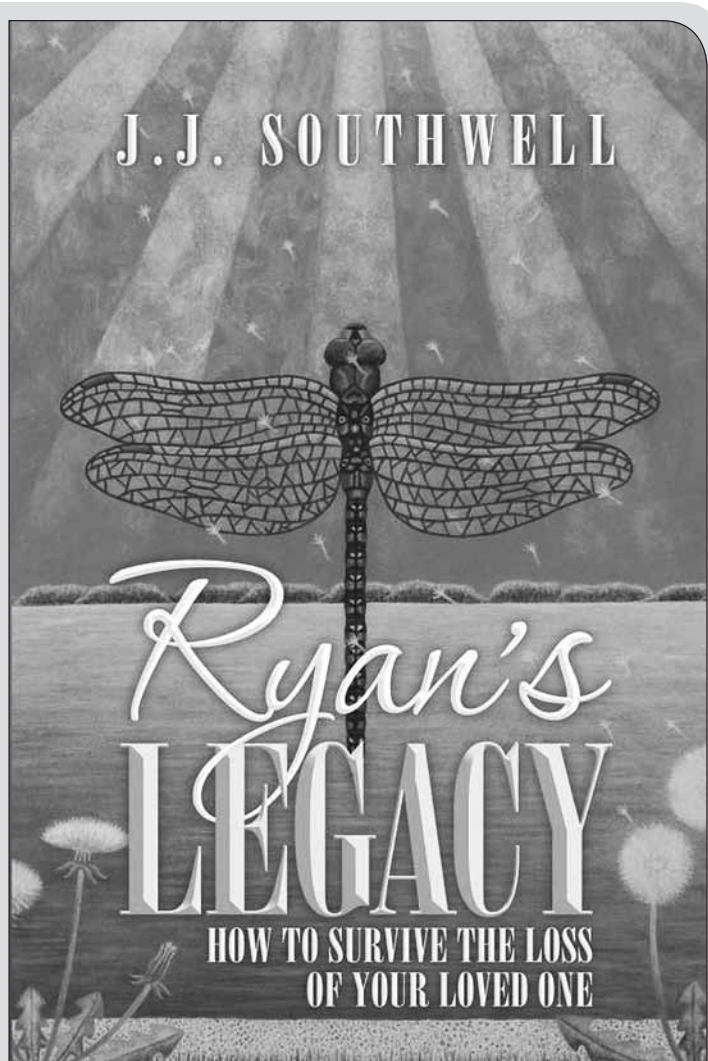


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Ryan's Legacy

J.J. Southwell is a retired elementary school principal with a B.A. in Psychology and a Master's in Education. She was born and raised in Almonte and now lives in Renfrew. After the loss of her son Ryan, J. J. followed her thirst for information on the after-life, reincarnation and past lives. She received Reiki treatments and subsequently became a Reiki Master and teacher so that she could treat others. J.J. also practiced angel card therapy daily. While visiting four psychic mediums and a tarot card reader, she "spoke" to her son, and felt that she received amazingly accurate information from him and from other spirits that helped her with her healing.

In her first book, *Ryan's Legacy*, J.J. details the first three years after Ryan's passing. She hopes that by relaying her trials and her suggestions for dealing with them, she may assist readers on their healing journeys too.

July Author Events

J.J. will be signing copies of her book at various locations in the Ottawa Valley in July: on Friday the 5th from 1–3PM at Soul Scents in Almonte, on Saturday the 6th from 11AM to 1PM at The Arnprior Book Shop, on Saturday the 13th from 1–3PM at A Sense of Country in Renfrew, on Saturday the 20th from 11AM to 1PM at The Book Nook in Perth, and also on the 20th from 2–4PM at Read's Book Shop in Carleton Place. For more information about the author, visit her Facebook page (J.J. Southwell).

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The Reeve Report

Life's "Lug-Sheries"

Are you living in the lap of "lug-shery"? Are you driving a "lug-shery" car, like a Mercedes? Are you living in an executive "lug-shery" home, with all the amenities that executives enjoy? (Question: who qualifies as an executive?) Do you take "lug-shery" vacations? How rich do you have to be to surround yourself with "lug-shery"?

by Glenda Jones

Well, truth be told, not very! That word used to be pronounced "luxury", but loading it with heavy consonants apparently makes it an even more enticing adjective for everything that we mere mortals cannot afford.

I've got a few luxuries that hardly cost me anything. Number One is a garden full of peonies, all blousy and fragrant — white, pink and red, droopy from the heavy rain that has delivered greenery and gorgeous flowers. On top of that, the poppies and daisies are everywhere, fighting over territory, and making the weeds impossible to find. That's luxury, when I don't have to weed.

Number Two is a clean car, fresh from the car wash, and a dry road to keep it looking that way for a couple of days. I love the smell of a clean car — that's luxury!

Number Three is dinner served on the deck where we can see the ponds, the fish, the hummingbird, and the hosta bed. Maybe we could add a frosty glass of beer to that picture, and up the ante a bit. Don't make me barbeque... That's not a luxury; that's drudgery. But if you want to do as our friends did — barbeque the dinner and bring it

over — I'll make a gourmet dessert to accompany it.

Number Four is the discovery of a ten-dollar bill in a pants pocket you haven't worn for a long time. It's an even greater luxury to contemplate spending it on a variety of special treats, and then deciding to pass it along to someone who could really use it. Do it anonymously or very quickly, and see how your heart will soar. Now, that's luxury!

The Number Five luxury is the combination of a good book, a comfy chair, and a foot rest for a sunny afternoon. A glass of lemonade with tinkly ice cubes would be welcome too. And please let the dogs rest in the shade, and don't let the phone ring either. Ah, peace and quiet for an hour is indeed luxury. Longer than that and I'm jumping up to do something, so one hour will suffice for luxury.

Number Six is a friend's car in the driveway, a visit and a walk in the wood with no bugs to distract us. Time with friends is a precious

account, not a lot mind you, but some, and that there will be a bit more next month when the reliable pension cheque rolls in. That's a luxury of old age — not that I am old, of course! I wouldn't want the lottery winnings because there would be too much to have to manage and try to spend. That isn't luxury, that's work.

Number Nine is a good pair of jeans with sparkles on the pockets, a brand new pair in a size smaller than what I wore when I was 20. They are my luxury pair for "good", that I don't wear in the garden. I feel downright spiffy in those jeans, and even more so because I got them for such a bargain at — wait for it — The Hub, of course.

And so to Number Ten. Number Ten is an empty drawer in the bathroom or kitchen. I keep it that way too. Nothing goes in there. It's the luxury of having all that spare space where I could put things, but since I have so much other room, I don't need this one. It is

Ah, peace and quiet for an hour is indeed luxury...

gift and a luxury indeed! Did you know that if you can count five true friends, you are the luckiest person on earth? All those Facebook people aren't really friends; they're just curious about the soap opera that is your life.

Number Seven is freshly-mown grass. After the drought of last summer, the smell of green just blows me away. Driving in the countryside, smelling grass, hay, manure, silage — you name it — is a luxury that city dwellers hardly ever enjoy while they are sitting in their "lug-shery" condos.

Number Eight is knowing that there is money in my bank

a constant reminder that we have too much stuff anyway. I open it and say, "Well, isn't that nice to have so much drawer space this one can stay empty!" That's true luxury, having something you don't need but love to possess.

I'm definitely living in the lap of luxury. Excess of good things abound around here. If I had to worry over true luxury items, they would become a burden of which I would tire very quickly. I don't need a lot beyond what I have right now. All right, perhaps just a teensy bit of that lottery money wouldn't hurt, but not the whole fat lot of it.

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Claiming Column

LOTR: The Two Towers, Perth, Aug 1-2
Pollyanna, Smiths Falls, Aug 8-18
The Marriage-Go-Round, Perth, Aug 9-Sep 1
Puppets Up!, Almonte, Aug 10-11
Perth Garlic Festival, Aug 10-11
Fairground Follies, Carp, Aug 14-17
The Who's Tommy, Perth, Aug 16-17
MUSICWestport, Aug 17
Pakenham Fair, Aug 17
ARTstravaganza, Carp, Aug 17
North Lanark Highland Games, Almonte, Aug 24
Smiths Falls Trainfest, Aug 24-25
Maberly Fair, Aug 24
Disney's The Little Mermaid, Perth, Aug 29-30
Sundance Artisan Festival, Maberly, Aug 31-Sep 2
Fibrefest, Almonte, Sep 6-8
Tweed Ride, Almonte, Sep 7
Mississippi Mills at a Glance, Almonte, Sep 11
Culture Days, Sep 27-29
Crown & Pumpkin Studio Tour, Mississippi Mills, Oct 12-14
Perth Autumn Studio Tour, Oct 12-14
Bax & Chung (PPAC), Perth, Oct 18
Harry Manx, Burnstown, Oct 25
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
The Arrogant Worms, Burnstown, Dec 14
Leahy, Perth, Dec 15

Visual Arts

Vernissage - Pottery, July 5, 7-9PM. General Fine Craft, Art & Design, 63 Mill St., Almonte. generalfinecraft.com.
Blooming Arts & Garden Tour, July 6, 10AM-4PM. 7 gdns open to public w/local artists. Rain date: Jul 7. Carleton Place area. bloomingtour.info. \$25
Perth Antique Show & Sale, July 6, & 7, 10AM-4PM. Perth Legion, 26 Beckwith E. 283-5270, perthantiqueshow.com. \$7
Porcelain & other Fine Arts, Jul 6 (9-4), Jul 7 (11-4). Leeds China Painters. Forfar Com Centre. paddy.robertson@yahoo.ca
Westport Artists' Group, July 9, 6:30PM. Creating new arts events. Grist Mill Artist Retreat, 21 Main St., Westport.
Vernissage, July 12, 7-9PM. Steve Thompson & Dalene Gallo. Brush Strokes, Carleton Place. 253-8088, brushstrokesart.ca.
Art In The Barn, July 13 & 14, 10AM-4PM. Rideau Lakes Artists' Assoc. Lombardy Fairgrounds, Smiths Falls. 283-7824
Flippin' Art Night, July 18, 5-7PM. Strachan Johnston & Dennis Morrow. Free munchies. Ballygiblin's, CP. 257-2031
Vernissage, July 18, 6:30-8PM. Amie Talbot, coloured pencil artist. Kanata Civic Art Gallery, 580-2424x33341, kanatagallery.ca
Breakfast with the Arts, July 27, 8AM. Doors open 7:30am, speaker 9AM. Grist Mill Artist Retreat, 21 Main St., Westport.
Fibre Roads Show & Sale, July 27, 10AM-3PM. MERA Schoolhouse, McDonalds Corners, & MVTM, Almonte. fibreroads.ca.

Youth

Kids' Club, July 6, 8AM-Noon. Farmers' Mkt., Market Square, Carleton Place. 257-1976, cpfm.ca.

WHAT'S ON IN

Monday	Tuesday	Wednesday	Thursday
<p>1 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 Brent Dickie & The B-List, John St. Pub 🎵 Leon Russell, Neat Coffee Shop 📺 Rideau Lakes Studio & Garden Tour 🎪 Seniors Hootenanny, Franktown</p>	<p>2 🎵 Green Drinks, Perth 🎵 Leon Russell, Neat Coffee Shop 🎵 Open Mic, Alice's Village Café</p>	<p>3 🎵 Johnny Spinks, Augusta Street Park 🎵 Open Mic w/Brent Dickie, John St. Pub 🎵 Open Celtic Jam, Naismith Pub</p>	<p>4 🎪 Adult Bereavement Walking Group, CP 🎵 Emilie Claire Barlow, Neat Coffee 🎵 Jazz at Bally's, Ballygiblin's 🎵 Jazz w/Spencer Evans Trio, The Cove 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic w/Alida Sont, Golden Arrow</p>
<p>8 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎪 PFLAG Meeting, Carleton Place</p>	<p>9 🎵 Monkey Rock, Carleton Place 🎵 Open Mic, Alice's Village Café 📖 Reading Program, Westport 📺 Westport Artists' Group, Westport</p>	<p>10 🎪 Adult Bereavement Group, Perth 📖 Judge a Book, Augusta Street Park 🎵 Open Celtic Jam, Naismith Pub</p>	<p>11 🎪 Merry Wives of Windsor, McDonalds Corners 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic w/Alida Sont, Golden Arrow 🎵 Perth Citizen's Band Concert, Perth 🎵 Ila Vann w/Spencer Evans Trio, The Cove</p>
<p>15 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 Fraser/Daley, The Cove</p>	<p>16 🎵 Open Mic, Alice's Village Café 📖 Reading Program, Westport</p>	<p>17 🎵 Arlene Quinn, Augusta Street Park 🎵 Open Celtic Jam, Naismith Pub 🎪 The Star Spangled Girl, Perth 🎪 Heritage Mica Days, Perth</p>	<p>18 🎪 Robert Fontaine, Almonte 🎵 Argentinian Duo & Pianist, CP 🎵 Blues Jam w/Barry Buse, John St. Pub 📺 Flippin' Art Night, Carleton Place 🎵 Jazz w/Spencer Evans Trio, The Cove 🎵 Musicians' Circle, Bolingbroke 🎵 Open Mic w/Alida Sont, Golden Arrow 🎪 Stand-Up Comedy Open Mic, CP 🎪 The Star Spangled Girl, Perth 📺 Vernissage, Kanata</p>
<p>22 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎪 Valley Kennel Club Dog Show, Smiths Falls</p>	<p>23 🎵 Open Mic, Alice's Village Café 🎪 Valley Kennel Club Dog Show, Smiths Falls</p>	<p>24 🎵 Barry Buse & Redneck Limousine, Augusta Street Park 🎵 Open Celtic Jam, Naismith Pub 🎪 The Star Spangled Girl, Perth 🎪 Valley Kennel Club Dog Show, Smiths Falls</p>	<p>25 🎵 Jazz w/Spencer Evans Trio, The Cove 🎵 Junkyard Symphony, Carleton Place 🎵 Musicians' Circle, Bolingbroke 🎵 Perth Citizen's Band Concert, Perth 🎪 The Star Spangled Girl, Perth</p>
<p>29 🎵 Carp Celtic Jam, Carp Masonic Lodge</p>	<p>30 🎵 Open Mic, Alice's Village Café</p>	<p>31 🎪 Adult Bereavement Group, CP 🎵 Jennifer Noxon/Brendan Gawn, Augusta Street Park 🎵 Neat SoundCheck, Neat Coffee Shop 🎵 Open Celtic Jam, Naismith Pub 🎪 The Star Spangled Girl, Perth</p>	<p>1 🎵 Jazz w/Spencer Evans Trio, The Cove 🎪 LOTR: The Two Towers, Perth 🎵 Musicians' Circle, Bolingbroke 🎪 The Star Spangled Girl, Perth</p>

Reading Program, July 9 & 16, 10AM-11:30AM. Ages 1-6, Westport Library, 3 Spring St., 273-3223.
Glee 3, July 19, 7PM. PAMT, Studio Theatre, 63 Gore St. E., Perth. 706-0954, perthacademy.ca
Andrew McDougall, July 26, 7:30PM. Songs for the whole family. Carleton Place Town Hall, 253-7593. \$10; \$5 students
LOTR: The Two Towers, Aug. 1 & 2, 7PM. PAMT, Studio Theatre, Perth. 706-0954, perthacademy.ca.

Festivals

Heritage Mica Days, all month. 267-5340, heritagemicadays.ca
 Jul 7 Baked Bean lunch at bunkhouse
 Jul 13 Music night at amphitheatre
 Jul 14 BBQ with Long Sault Trio
 Jul 17 *Tunes, Tales & Rusty Relics* dinner theatre

Jul 21 Miners' breakfast at Lally homestead
 Jul 27 Spirit Walks to Silver Queen Mine
 Jul 28 Pancake brunch on beach
Almonte Celtfest, Jul 5-7. Fri night music in pubs. Sat AM workshops, 2PM Sat concert in Gemmill Park. Sun 10:30AM Fiddle Mass, 12-6PM festival in Gemmill. Almonte & area pubs, Gemmill Park. almonteceltfest.com
Highland Heritage Day, July 6, 9AM-5PM. Displays/demos of farm equipment; games; antique/craft sale; music. Middleville Museum, 259-2572. middlevillefair.ca. \$5 (under 12 free)
Art in the Park, July 13, & 14, 10AM-5PM. Visual arts, music, literature, pottery, textiles, wood, fiddles, theatre, storytelling, & food., Haramis Park, Renfrew. 432-8205, renfrewartguild.com
Almonte Fair, Jul 19 (1-10PM), 20 (8AM-10PM), 21 (8AM-3PM). Almonte Fairgrounds, almontefair.ca. \$10; under 13 free

Stewart Park Festival, Jul 19-21. Free music in the park & more. After hours \$10 ea. Stewart Park, Perth. stewartpark-festival.com
Rideau Rural Roots, Jul 20-21. 20+ acts, shows, workshops for whole family. Lower Reach Park, Smiths Falls. rrrfest.weebly.com. \$3; kids free
Herbifest, July 28, 9AM-5PM. Vendors, health, food, cook-off, talks, walks, The Herb Garden, 3840 Old Almonte Rd. 256-0228, herbifest.ca. \$5; \$4 in adv. \$2 parking

Theatre

Stand-Up Comedy Contest, Jul 6, 13, 20 (finals), 8PM. 1st annual. Up and Comers & Seasoned Comics categories. Ballygiblin's, CP. [\\$5](http://facebook.com/LanarkLaughs)
Merry Wives of Windsor, July 11, 7PM (MERA Schoolhouse, McDonalds Corners), Jul 13 (Alexander Grove, Stittsville). Company of Fools. By donation. fools.ca.

The Star Spangled Girl, Jul 12-Aug 4; 8PM Wed-Sat, 2PM Wed/Sat/Sun. Classic Theatre Festival. Full Circle Theatre, Perth. 877-283-1283, classictheatre.ca.
Comedy Night, July 13, 7-10:30PM. Buffet & show: CBC writers. The Cove, Westport. 273-3636, coveinn.com. \$40
Bonnechere River - Future Tense, July 14, 11AM & 1PM. Comedy about the people & the river. Stone Fence Theatre. Haramis Park, Renfrew. BonnechereRiver.ca.
Stand-Up Comedy Open Mic, July 18, 8:30PM. 3rd Thurs/mo., Ballygiblin's, CP. facebook.com/LanarkLaughs. No cover
Spiritual Cinema Circle, July 28, 2PM. Films for the heart & soul. McMartin House, Perth. info@familypastimes.com. Free
The Jimmy Flynn Show, July 28, 7PM. Maritime comedy. John St. Pub, Arnprior. 623-8149. \$30; \$25 in adv.

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Almonte Celfest, Almonte Ryan's Legacy, Almonte Foodsmiths Summer Taste Fair, Perth Terry Tufts/Kathryn Briggs, Bolingbroke Corkery Road, The Barley Mow Dusty Strings, Gaia Java George Turcotte Band, Love That Barr Kyle Felhaver Band, The Downstairs Pub Shawn McCullough, The Cove Vernissage - Pottery, Almonte 	<ul style="list-style-type: none"> Alida Sont & Friends, Golden Arrow Almonte Celfest, Almonte Blooming Arts & Garden Tour, CP Fundraiser for Autism, Carleton Place Head over Heels, The Cove Highland Heritage Day, Middleville Kids' Club, Carleton Place Perth Antique Show & Sale, Perth Porcelain & other Fine Arts, Forfar Stand-Up Comedy Contest, Carleton Place Ryan's Legacy, Arnprior 	<ul style="list-style-type: none"> Almonte Celfest, Almonte APEX Jazz Band, The Royal Oak Head over Heels, The Cove Jazz Brunch, Fiddleheads Bar & Grill Mario Franco, Maberly Motorcycle Poker Run for Charity, Smiths Falls Perth Antique Show & Sale, Perth Porcelain & other Fine Arts, Forfar Heritage Mica Days, Perth
<ul style="list-style-type: none"> Arms of the Girl, John St. Pub Gretchen Martin, Gaia Java Rockin' Horse, Golden Arrow Shawn McCullough, The Cove Steve Barrette Trio, The Swan at Carp The Star Spangled Girl, Perth Vernissage, Carleton Place 	<ul style="list-style-type: none"> Art In The Barn, Smiths Falls Art in the Park, Renfrew Brea Lawrenson, Golden Arrow Brock Zeman & Band, John St. Pub Comedy Night, Westport Community Concert Band, Carleton Place Head over Heels, The Cove Merry Wives of Windsor, Stittsville Stand-Up Comedy Contest, Carleton Place The Star Spangled Girl, Perth Heritage Mica Days, Perth Ryan's Legacy, Renfrew 	<ul style="list-style-type: none"> Art In The Barn, Smiths Falls Art in the Park, Renfrew Bonnechere River - Future Tense, Renfrew Clayton Bellamy, Neat Coffee Shop Head over Heels, The Cove Jazz Brunch, Fiddleheads Bar & Grill Magnolia Rhythm Kings, The Royal Oak Open House for Peter Morgan, Perth The Star Spangled Girl, Perth The Swing Doctors, Maberly Heritage Mica Days, Perth
<ul style="list-style-type: none"> Almonte Fair, Almonte Brea Lawrenson, Golden Arrow Garden of Weeds, John St. Pub Glee 3, Perth Shawn McCullough, The Cove Stewart Park Festival, Perth The Smithtet, Gaia Java The Star Spangled Girl, Perth 	<ul style="list-style-type: none"> Almonte Fair, Almonte Amos the Transparent/Kalle Mattson, Neat Arms of the Girl, John St. Pub Head over Heels, The Cove Live Music, Golden Arrow Rideau Rural Roots, Smiths Falls Stand-Up Comedy Contest, Carleton Place Stewart Park Festival, Perth The Star Spangled Girl, Perth Writers Workshop, Smiths Falls Ryan's Legacy, Perth & Carleton Place 	<ul style="list-style-type: none"> Almonte Fair, Almonte APEX Jazz Band, The Royal Oak Head over Heels, The Cove Jazz Brunch, Fiddleheads Bar & Grill Kelly Sloan, O'Reilly's Pub Rideau Rural Roots, Smiths Falls Stewart Park Festival, Perth The Star Spangled Girl, Perth Writers Workshop, Smiths Falls Heritage Mica Days, Perth
<ul style="list-style-type: none"> Andrew McDougall, Carleton Place Brent Dickie & the B-List, John St. Pub Community Picnic & Concert, Smiths Falls Shawn McCullough, The Cove The Crumble Quartet, Gaia Java The Star Spangled Girl, Perth The Tritones, Golden Arrow Trio, The Swan at Carp Van Django Gypsy Jazz, Carleton Place 	<ul style="list-style-type: none"> Breakfast with the Arts, Westport David Gogo Band, John St. Pub Fibre Roads Show & Sale, McDonalds Corners Head over Heels, The Cove The Star Spangled Girl, Perth Veggie Garden Tour, Perth Heritage Mica Days, Perth 	<ul style="list-style-type: none"> Head over Heels, The Cove Herbfest, Almonte Jazz Brunch, Fiddleheads Bar & Grill Madawaska String Quartet, Pembroke Magnolia Rhythm Kings, The Royal Oak Michael Occhipinti, Neat Coffee Shop Spiritual Cinema Circle, Perth The Jimmy Flynn Show, Arnprior The Star Spangled Girl, Perth Heritage Mica Days, Perth

- Brush Strokes presents Steve Thompson and Dalene Gallo <brushstrokesart.ca>
- Gallery Perth at Code's Mill presents "Perth Artists Recognition" <galleryperth.com>
- Herb Garden presents Almonte & Area Artists Association <herbgarden.on.ca>
- Mill St. Gallery of Contemporary Art (Almonte) presents *Fueled By Food* (from July 9)
- General Fine Craft, Art & Design presents *Pottery & Beyond: Enriching Daily Life* <generalfinecraft.com>
- North Lanark Regional Museum presents pioneering history, Almonte Train Wreck <appletonmuseum@hotmail.com>
- Ottawa West Arts Assoc Gallery (Goulbourn Rec Complex) presents *Memories* <owaa.ca>
- The Mississippi Mills Chambers Gallery presents Kathryn Hallett, photography
- The Almonte Library Corridor Gallery presents Karen Phillips Curran, watercolour/mixed media
- Heritage House Museum presents SFDCI art, Carvings of the Rideau <smithsfalls.ca/heritagehouse>
- Whitehouse Perennials presents 1000+ varieties of Daylilies in bloom (July 24-21)
- FIELDWORK presents outdoor art <fieldworkproject.com>
- MVTM presents Jill McCubbin's paintings <mvtm.ca>
- Kanata Civic Art Gallery presents *Just 4 Fun; Colour Me, Kids*
- Palms presents Richard Skrobecki, Shawn DeSalvo <palmsonline.ca>

- Neat Coffee Shop (Burnstown, 433-3205): 8PM
- Jul 1, 2 Leon Russell, \$135
- Jul 4 Emilie Claire Barlow, \$35
- Jul 14 Clayton Bellamy, \$20
- Jul 20 Amos the Transparent/Kalle Mattson, \$15
- Jul 28 Michael Occhipinti & Shine On: The Universe of John Lennon, \$45
- Jul 31 SoundCheck open mic
- The Naismith Pub (Almonte, 256-6336): Open Celtic Jam Wed, no charge (7:30-10PM)
- Carp Masonic Lodge: Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9PM)
- The Barley Mow (Almonte, 256-5669): Jul 5 Corkery Road, 8PM
- O'Reilly's Pub (Perth, 267-7994): Jul 21 Kelly Sloan, 1-3PM on the patio
- Love That Barr (Pakenham, 624-2000): Jul 5 George Turcotte Band, 8PM
- Alice's Village Café (Carp, 470-2233): Tues Open Mic (8PM)
- Gaia Java (Stittsville, 836-5469): Live music Fridays, 7-9PM, free
- Jul 5 Dusty Strings (bluegrass)
- Jul 12 Gretchen Martin (pianist)
- Jul 19 The Smithtet (jazz quartet)
- Jul 26 The Crumble Quartet (strings)
- The John St. Pub (Arnprior, 623-8149): Jul 3 Open mic w/Brent Dickie, 8PM
- Jul 12, 20 Arms of the Girls, 9PM, \$6
- Jul 13 Brock Zeman & Band, 9PM, \$15
- Jul 18 Blues Jam w/ Barry Buse, 8PM
- Jul 19 Garden of Weeds, 9PM, \$6
- Jul 26 Brent Dickie & B-List, 9PM, \$6
- Jul 27 David Gogo Band, 9PM, \$30
- Golden Arrow Pub (Perth, 267-4500): Jul 4, 11, 18 Open Mic w/Alida Sont
- Jul 6 Alida Sont & Friends
- Jul 12 Rockin' Horse
- Jul 13 Brea Lawrenson
- Jul 19 Brea Lawrenson
- Jul 20 Live Music [TBA]
- Jul 26 The Tritones

Community

- Green Drinks, July 2, 5:30PM. Informal meeting of environmental folk. O'Reilly's Pub, Perth. Perthgreendrinks@gmail.com
- Adult Bereavement Groups: Jul 4 (CP Walking Group, 6-8PM, Starbucks, Hwy 7/McNeely); Jul 10 (1-3PM, Lanark Lodge, Perth); Jul 31 (1:30-3:30PM, Waterside, CP). 267-6400, rebeccab@chsc.ca. Free
- Foodsmiths Summer Taste Fair, Jul 5, 11AM-5PM. Delicious day of local and gourmet treats. Foodsmiths, Perth. foodsmiths.com, 267-5409. Free
- Fundraiser for Autism, July 6, 4-4PM. Musical celebration to raise awareness & funds. Cdn Co-op Wool Growers, CP. 256-3435, Free; donations welcome
- Motorcycle Poker Run for Charity, July 7, Registration 9-10:15AM. Benefits LC Interval House & SF Hospital. Dan Peters Sales Ctr, Smiths Falls. 284-8281. \$25; \$20 til Jun 15
- PFLAG Carleton Place, July 8, 7-8:30PM. Monthly meeting. LGBT youth drop-in at same time. Zion-Memorial United Church, Carleton Place. 859-0100.
- Open House for Peter Morgan, July 14, 1-5PM. Fond memories, music by/for Peter. Perth Lions Hall. 259-3385, gsbaker@superaje.com
- Valley Kennel Club Dog Show, July 22-24, 8AM-4PM. Obedience & conformation dog show. 200 dogs/day. Lombardy Fairgrounds, Smiths Falls. Free
- Community Picnic & Concert, July 26, 5PM. Bring your own picnic. Railway Museum of E Ontario, Smiths Falls. 283-5696, programs@rmeo.org. Free
- Veggie Garden Tour, July 27, 9AM-5PM. 8 gardens (2 permaculture), incl Agape Gardens, Perthworks. Perth. 267-1926, eonpermaculture.ca/garden-tour-2013. Free; donations welcome

Literature

- Writers Workshop, July 20 & 21, 3PM. Vine Rhymes hosts. Kinsmen bldg., Lower Reach Park, Smiths Falls. 284-2243. Rural Roots Festival
- Robert Fontaine Book Reading, July 18, 7:30PM. CBC film reviewer reads from new book. \$35 incl book & refreshments. Almonte Riverside Inn, 256-9090.
- Ryan's Legacy Book Signing, by author JJ, Southwell
- Jul 5 Soul Scents, Almonte, 1-3PM
- Jul 6 Arnprior Book Shop, 11AM-1PM
- Jul 13A Sense of Country, Renfrew, 1-3PM
- Jul 20 Book Nook (Perth, 11-1), Read's Book Shop (CP, 2-4PM)

Music

- Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. ABC Hall, Bolingbroke. 273-9005. \$5 for hall
- Bolingbroke Café: Terry Tufts/Kathryn Briggs, July 5, 8-10PM. ABC Hall, Bolingbroke. 273-8718, merion@kingston.net., \$10
- Mario Franco, July 7. Music on the patio. Fall River Pub & Grill, Maberly. 268-2197
- Monkey Rock, July 9, 6:30-7:30PM. Market Square, Carleton Place. 257-1704, cpfm.ca
- Perth Citizen's Band Outdoor Concert, July 11 & 25, 7:30PM. Bring lawn chair or stroll Stewart Park, Perth. perthband.ca
- Community Concert Band, July 13, 1:30-3PM. CP & Beckwith Heritage Museum, CP. 253-7013
- The Swing Doctors, July 14. Music on the patio. Fall River Pub & Grill, Maberly. 268-2197

- Argentinian Duo & Cdn Pianist, July 18, 7:30PM. En Camino with Elaine Keillor. \$20; \$15 in adv at Read's or Remembrance in CP. CP Town Hall. 253-1454.
- Junkyard Symphony, July 25, 6:30-7:30PM. Market Square, Carleton Place. 257-1704, cpfm.ca
- Van Django Gypsy Jazz, July 26, 7:30PM. String concert. Adv tickets Remembrance Gift Shop. St. Andrew's Church, CP. 257-7965. \$15
- Madawaska String Quartet, July 28, 3PM. Ottawa Valley Music Festival. Zion Evangelical Church, Pembroke. 433-9457. \$20; \$10 students; 12 & under free
- The Cove (Westport, 273-3636): Thur 9-11PM Spencer Evans Trio, Fri 6-9PM Shawn McCullough (patio), Sat 6-9PM + Sun 12:30-3:30PM Head over Heels (patio)
- Jul 11 Ila Vann w/ Spencer Evans Trio
- Ballygiblin's (CP, 253-7400), jazz, no cover
- Jul 4 6-9PM Brown, Paterson, & Robb

- Augusta St. Park Concerts (Mercer St. at Augusta, Almonte): Wed 6PM open mic, then free concert
- Jul 3 Johnny Spinks & BBQ
- Jul 10 Judge A Book
- Jul 17 Arlene Quinn & BBQ
- Jul 24 Barry Buse & Redneck Limousine
- Jul 31 Jennifer Noxon/Brendan Gawn & BBQ
- The Swan at Carp (Carp, 839-7926): jazz 7-10PM, no cover
- Jul 12 Steve Barrette Trio,
- Jul 26 Trio
- The Downstairs Pub (Almonte, 256-2031): Jul 5 Kyle Felhaver Band, 8PM
- Fiddleheads (Perth, 267-1304): Sun Jazz Duo Brunch, 12-3PM
- The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover
- Jul 7, 21 APEX Jazz Band, 2-5PM
- Jul 14, 28 Magnolia Rhythm Kings, 3-6PM



Madawaska String Quartet's Triumphant Return to Valley

The **Ottawa Valley Music Festival** will welcome the Madawaska String Quartet to Pembroke on Sunday, July 28, for a much-anticipated concert.

Scheduled to appear last summer, the celebrated quartet was forced to bow out at the last minute due to illness. The quartet was ably replaced by the marvelous Seraphine Trio, who wowed the audience with their repertoire.

Back on form for 2013, the Madawaska String Quartet is excited to be coming to Pembroke. The group has performed worldwide and plays an eclectic mix of mainstream and avant-garde music, from Brahms and Mahler to Philip Glass and Charles Ives. Their musical skill has repeatedly won over critics and audiences, and this concert will be no exception.

The Quartet performs at the Zion Evangelical United Church, Pembroke, on Sunday, July 28 at 3PM. The programme includes piano quartets by Brahms and piano trios by Haydn. Tickets for this exceptional concert will be sure to sell out fast. They are \$20 for adults, \$10 for students, and free for children 12 and under. For more information, call 433-9457 or look up Ottawa Valley Music Festival on Facebook. For more information on the Quartet, visit <madawaskaquartet.com>

Office & Personal Space for Rent in CP

We have a unique opportunity for both office and personal space for rent in Carleton Place. Well established massage and acupuncture clinic (20 years) in excellent location with a 2 bedroom apt. available. We are looking for a health conscious individual(s) to share space in our building. Clinic space can be rented separately if desired. Available September 1st. (613) 253-3456



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Stevie Rave On

You're Fired.

I've been having this conversation in my head over and over for the past month or so. Yes, I talk to myself... but not out loud — I'm not crazy... It's more of an internal discussion. I was thinking to myself: what if our trusted senators were in the private sector and their expenses were be-

by Steve Scanlon

ing questioned? In my mind (and only in my mind, not out loud — I'm not crazy — have I mentioned that?), the discussion went something like this:

Me: I took \$90,000.

Boss: Why?

Me: I don't know where I live.

Boss: Really?

Me: Ya, I can't figure it out.

Boss: You don't know where you live so you took \$90,000.

Me: Yup.

Boss: You filled out the expense claims?

Me: Oh yeah.

Boss: Is there a box to tick that says "If you don't know where you live, mark an X"?

Me: Nope.

Boss: Did you need the money?

Me: No, not really. I get paid a ton of money and I only go to 55% of the meetings I should go to.

Boss: Really? Are we aware of this fact?

Me: Oh yeah, it's public knowledge. You just put up with it.

Boss: You took \$90,000 *and* you get paid well *and* you only do a portion of your job?

Me: Essentially, but it's okay because I'm going to pay it back.

Boss: You're going to pay it back?

Me: Well, I'm not going to *actually* pay it back. You're going to pay it back *for* me, and I'm not going to pay *you* back.

Boss: I'm going to give you \$90,000 to pay back the \$90,000 you took?

Me: Yes.

Boss: So essentially you took \$90,000 and I'm giving you \$90,000 to pay back the \$90,000?

Me: That about sums it up.

Boss: But that would make me look goofy.

Me: Essentially yes.

Boss: That sounds incredible.

Me: Not really, a lot of us do it. Pam took some money too.

Boss: She did?

Me: Ya, but she said "Sorry".

Boss: She said "Sorry"?

Me: Ya, and she's going to pay it back as well, so it's *all* good.

Boss: Does she know where she lives?

Me: No!

Boss: No?

Me: A lot of us have no idea where we live or what a cab

ride is worth, or what a cup of orange juice is worth, and don't even ask about travel...

Boss: But we hired you because you're smart, didn't we?

Me: I'm \$90,000 richer — 'nuff said.

Boss: So you are smart?

Me: And famous.

Boss: We hired you because you're smart and famous?

Me: Yup, and we say nice things about you when were out in public.

Boss: You say nice things about me?

Me: We try.

Boss: And these nice things you are saying are going to cost me \$90,000 on top of what we pay you, which is substantial.

Me: Essentially.

Boss: You're fired.

Me: You'd think so, wouldn't you...

There are many variations of this theme rattling around in my head at any given time, like the "me" who owes \$231,649.07 in living expenses and mileage claims. I don't get fired in that scenario either. I do have to say "my bad" and do a little media penance and, of course, hire a lawyer. Other than that, I'm good. So the question is... What do you have to do to get fired? In the private sector, I'd already be in the unemployment line with pink slip in hand and egg on my face.

Concert Fusion in CP

On Thursday, July 18, an exciting concert will be taking place in the auditorium of the Carleton Place Town Hall at 7:30PM.

The duo En Camino has been described in *La Nacion*, one of Argentina's main newspapers, as playing "Argentine folklore themes and performed in great style. It was a pleasure to hear the beautiful resonant voice of the soprano (Patricia Nemirovsky)... and equally the guitarist (Juan Carlos Rodriguez) showed impeccable execution."

En Camino will be joined by Carleton University's Elaine Keillor, a Distinguished Research Professor Emerita who received her Associate (ARCT) degree in piano performance, with all theoretical requirements completed, at the age of ten. She has also earned four silver medals in piano and violin from the Royal Conservatory of Music. As a pianist she has performed solo recitals, as well as concertos with orchestras, throughout North America and Europe. The first woman to receive a PhD in musicology from the University of Toronto, she has continued performing on harpsichord, early pianofortes and piano, and in chamber music ensembles, while also pursuing an academic career.

Highly praised for her programming and performance, Keillor has appeared on twenty-six CDs to date. *Musical Toronto's* John Terauds' review of her recent four-CD set, *Sounds of North: Two Centuries of Canadian Piano Music*, states: "Thank goodness there is someone like Keillor, a devoted contributor to the storehouse assembled by the Canadian Musical Heritage Society, champion of women composers, the musical traditions of First Nations, and of new music. Keillor has an unaffected, elegant play-



Carleton University's Elaine Keillor will join the Argentinian ensemble En Camino for a concert in Carleton Place on July 18

ing style that neatly lays out the many, many different styles and atmospheres she has chosen to represent." On June 7, she received the SOCAN Foundation 2013 Award of Excellence for the Advancement of Research in Canadian Music.

En Camino will perform Argentine folk music, tangos and some pieces well known to audiences, such as *Don't Cry For Me Argentina*, while Elaine Keillor will be presenting *Quijs and Cranks*, Five Bagatelles for Piano by Patrick Cardy, as well as other Canadian works. *Quijs and Cranks* was privately commissioned in 2004 by Rod Jean-Louis and Lisa Hogan for their daughter Kayleigh.

Tickets are \$15 in advance, available at Read's Book Shop or Remembrance Gift Shop in Carleton Place, or by calling PianoJoy Music Studios at 253-1454. Tickets will also be available at the door for \$20.

Festival Month in Perth!

July is one of those months when folks from the big cities wish they lived in Perth. Indeed, many of them will descend on one of Ontario's prettiest towns to kick off their summer, and not just to get away from the noise and the traffic jams. Summer in Perth is chock full of wonderful events!

Perth has always been a premier destination for antique hunters. It will be, even more so, on July 6 and 7, when the Royal Canadian

by John Pigeau

Legion plays host to the 27th annual **Perth Antiques Show & Sale**. The show offers connoisseurs of all things vintage a wide range of quality items to take home, including fine examples of art, china, glass, silver, textiles, jewellery, brass, tools, furniture, folk art and decorative accessories, as well as popular "retro" and nostalgic collectibles. The show runs for two days at the Legion (26 Beckwith Street East), from 10AM to 4PM. Admission is \$7. Adorable babies, of course, get in free.

Something to which you likely don't wish to take your adorable babies is a play (think: "Shh"). But you certainly may wish to get yourself and a few friends and family out to the opening of the **Classical Theatre Festival's** summer season, which features the Neil Simon comedy *The Star-Spangled Girl* (July 12 to August 4) and Leslie Stevens's *The Marriage-Go-Round*

(August 9 to September 1). For more details, please see the article on page 19 of this issue or visit <classictheatre.ca>.

July just wouldn't be July in Perth without the **Stewart Park Festival**, one of Ontario's premier musical festivals. Set in the beautiful and majestic park alongside the Tay River, this free, three-day extravaganza, which runs from July 19 to 21, features more than thirty free live concerts, in a variety of musical styles, including folk, rock, country, funk and jazz. The weekend, as always, includes outdoor concerts, as well as workshops, children's activities, an international food and artisan's market, and an after-hours pub-crawl.

This summer marks the 23rd anniversary for the celebrated festival, and this year's lineup is a dandy. Friday night will kick things off nicely with Perth's own Henry Norwood taking the stage at 5PM. He'll be followed at 6PM by Russell deCarle, best known as lead vocalist of the iconic Canadian country roots band Prairie Oyster. At 7PM come The Dardanelles, an energetic, vibrant, powerful five-piece folk act armed with a love of jigs, reels, and ballads honoured in Newfoundland. Highlighting Friday night's music in the park are headliners The Good Family. Members of this family make up the bands The Good Brothers and The Sadies, making The Goods a Canadian institution (they've been hailed as the Canadian equivalent to the Carter family). Their music channels their folksy roots, featuring plucked banjos, sprightly fiddle and familial vocal

harmonies. This show is not to be missed.

Saturday's acts are fantastic as well. Make sure you get there well before noon to set up in a good spot to catch the legendary Fred Penner. The beloved children's performer and Juno Award-recipient is sure to win over audiences of all ages, but make sure the little ones, especially, get out for this show. At 3PM, Kingston's Kelli Trotter takes the stage. Kelli is a world-class fiddler and step dancer blessed with an angelic voice. She brings a vibrant energy and charm to every performance. Saturday night's headliners are The 24th Street Wailers, a young rootsy-blues quartet hailed by many as one of the most original and exciting bands on the scene today. They've shared the stage with Jimmie Vaughan, played prestigious festivals throughout North America, and in 2012 they were nominated for New Artist of the Year at The Maple Blues Awards. They perform at 7:30PM. Prepare to be blown away.

Think Sunday's lineup might be a let-down? Think again. At 12:30PM, Babes4Breasts will perform. "Who?" you may be ask. Babes4Breasts is a group of like-minded recording artists who come together to raise money and awareness for the prevention and treatment of breast cancer. Babes this year at the festival include Ottawa's Amanda Rheume, James Keelaghan, Anne Davison and Ana Miura. Next up is Maritime-based and widely acclaimed singer/



The 24th Street Wailers are just one of many bands playing the Stewart Park Festival

songwriter Laura Smith, who will enchant with her direct and honest folk songs. Then comes Cadence, Canada's premier vocal group, with their motto: "Four men. Four microphones. No instruments." With three Juno nominations, numerous international tours, and a New York Harmony Sweepstakes Championship to their credit, Cadence has earned the description "Canada's première jazz-pop a cappella group." At 3:30, New Country Rehab will close out the festival with their modern, high-voltage, alt-country sound. These guys are brilliant. In *Uncut* magazine, Nigel Williamson said the band was "more Arcade Fire than Lady Antebellum... like Canada's answer to the Avett Brothers and Mumford and Sons." Heady praise, but New Country Rehab will deliver.

Admission to the Stewart Park Festival is free, of course, but donations are always appreciated — donations help bring next year's great acts to town! For more information, please call 264-1190 or visit <stewartparkfestival.com>.



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5 Wednesdays in July

The Augusta Street Park Committee began as a community vision to make Almonte's Augusta Street Park a safe, accessible community place where neighbours of all ages and abilities can meet, play and relax. Built in the 1970s under a federal neighbourhood improvement initiative, this much-loved park features a flowing creek and massive maples for shade. Now, after decades of decline, the community has come forward once again to rehabilitate the space. As a result of a fundraising event in early February 2012, volunteers have offered in-kind support for this park. A concept plan has been created that includes a BMX bike course, hard surfacing, a community garden, accessible walkways and an aesthetically pleasing and highly interactive splashpad. A phased-in rehabilitation plan is currently being carried out.

This summer, the Augusta Street Park Committee is hosting "5 Wednesdays in July" — a series of free, live music concerts in the park. They start at 6PM with an open mic session followed by performers: Johnny Spinks (July 3), Judge a Book (July 10), Arlene Quinn (July 17), Barry Buse & Redneck Limousine (July 24), and Jennifer Noxon and Brendan Gawn (July 31). The Almonte Civitan Club will host barbecues on July 3, 17, and 31. Bring something

for a potluck picnic on July 10 and 24! And on Tuesday nights from 6–8PM (weather permitting), everyone is welcome to come out and play games at the park. Students can get volunteer hours, and games will include basketball, T-ball, lawn darts, badminton and more! For more information, visit the Friends of Augusta Street Park Facebook page.



Photo by JVL photography

A Company of Fools brings their production of *The Merry Wives of Windsor* to the Ottawa Valley this summer

10th Season of Torchlight Shakespeare

Come join **A Company of Fools** theatre company for the 10th anniversary run of their Torchlight Shakespeare series. The troupe will be popping up in parks throughout Ottawa and beyond, from July 3 to August 17, presenting the farcical comedy of *The Merry Wives of Windsor*, directed by Catriona Leger.

Matthew John Lundvall plays Falstaff, while Simon Bradshaw, John Doucet, Melanie Karin, Geoff McBride and Katie Ryer-son take on a myriad of roles. The delightful, natural backdrop of the parks will help to create a whimsical world of frolicking fun this summer, as adorable Falstaff is schooled in matters of the heart by Mistress Page and Mistress Ford. It being Shakespeare's most side-splitting comedy ever, all things —

love and marriage, jealousy and revenge, men and women, English and French (and Welsh!) — collide in a classic clash of cultures, traditions and the sexes.

Content is appropriate for all ages. Therefore, gather your friends, neighbours and family and head on down to your neighbourhood park. Shows take place in the Ottawa Valley at the MERA Schoolhouse in McDonalds Corners on July 11, at Alexander Grove in Stittsville on July 13, and at the Herb Garden near Almonte on August 15. For a full list of performance dates and locations, visit <fools.ca>. Bring a lawn chair or blanket, recline and relax. You will be charmed and hysterically entertained by the Fools! Admission is pass-the-hat and pay what you can.



Meet us:

Have a safe and happy summer!

Please join us again at our next Mixer in September. In the meantime, visit our Facebook page or our website at www.mississippimills.com

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Civitan Club — "Love In Action"

Civitan has been around since 1917 and as a service club has been described as LOVE IN ACTION. Its mandate is to serve communities in a positive way through service projects, fundraisers and educational programs. Youth is important to Civitan, which encourages and supports Junior Civitan Clubs: kids from 12 to 18 years old who dedicate themselves to society with a commitment to make the world a better place. Civitan is an international organization with clubs in over 37 countries and 4 continents — North America, Europe, Africa and Asia.

The **Civitan Club of Almonte** was started in 1972 and still retains three of its original members, who actively participate in club activities. From its humble beginnings, the club has grown and remained active in the community. They own and operate a community hall, which serves as a meeting place and also provides space for other local groups as well as a rental facility for special occasions and functions. This facility is self-supporting and does not use any charity funds to operate; however, to do so requires many hours of volunteer labour.

As a service club, The Civitan Club of Almonte raises funds and disperses them within Mississippi Mills and area, injecting an average of \$50,000 each year into this community, not including donations of their facility and equipment to other groups. They invite members of the community to consider joining with them in their efforts to make Mississippi Mills a better place. Guests are welcome at any of their regular meetings on the 2nd and 4th Monday of each month at 7:30PM, in the Community Hall at 500 Almonte Street. Find out more at almontecivitan.com.



Visit us: www.mississippimills.com

Art In The Park Returns to Renfrew

The Renfrew Art Guild is hosting its second Art in the Park on the weekend of July 13–14, in Renfrew's Haramis Park (across from Wal-Mart on O'Brien Road), from 10AM to 5PM. Visitors can experience art in its many forms, from visual to theatrical, literature to music, and even edible creations from local food vendors.

There is no admission fee to this family event. Renfrew Art in the Park is designed to bring together local artists with residents and tourists. Members of the Renfrew Art Guild are all ages and levels of experience. They showcase watercolour, oil and acrylic paintings, jewellery, pottery, textiles, wood carving and more. New this year is a custom fiddle maker, performances by Stonefence Theatre, metal sculpture, and local storytelling by General Store Publishing House in the Kids Zone.

Returning from last year's successful event are musical performers Limited Edition & Friends and Simon Clarke, formerly of '60's British pop band Freddie and the Dreamers.

In addition to these forms of art, will be local food vendors: Tracey's Ice Cream and Renfrew Pizzeria will be serving up treats, as well as the brand new Belgian Crepe booth, fueled by old-fashioned family recipes.

The Renfrew Art Guild was formed twelve years ago by four members with the goal of bringing together like-minded people who enjoy each other's art and company, in order to share their knowledge, inspiration and experience. This group has since evolved to include over forty members from all across the Ottawa Valley and the Pontiac. They hold monthly meetings and always welcome new members.

For more information, you can visit <renfrewartguild.com>, Like "Renfrew Art in the Park" on Facebook, follow them on Twitter or, if you prefer the old-fashioned way, call Frances Shea at 432-8205.



Works by Jo-Anne McDonald (above), as well as a variety of Ottawa Valley artists, will be at Renfrew's Art in the Park on July 13 & 14

Summer Fun at Heritage House Museum

Visit Heritage House Museum this summer, where they have planned two full-day and nine half-day workshops for kids to enjoy! Throughout the workshops, they will welcome various guest instructors to teach a range of skills. Registration forms are available on their website and Facebook page, as well as at the Museum.

Get your shine on with a Wear the Rainbow workshop — Thursday, July 4 — where you can learn groovy tie-dye techniques and make a colourful crayon craft! Tuesday, July 9, have an exciting full day of water activities in the Water Wonderland workshop. Remember to bring your bathing suit and water-friendly shoes! Then don't miss out on learning about the mysteries of polymer clay with local artist Marie Levesque in the Poly-Fun workshop on Thursday, July 11.

Continue the fun in July by recreating art throughout history (Art Attack, July 18) and then learn how you can turn regular paper products into fun decorations and jewellery (Recycled Paper Masterpieces, July 25). Wrap up the month pampering yourself with help from the ladies of Tammy's Nails as they demonstrate nail art (Magical Manicures, July 30).

Let the good times roll into August! Satisfy your sweet tooth by creating and decorating cookies, cupcakes and cakes, as well as whipping up some tasty ice cream

with Morgan Devries of Sweet Scoops ice cream parlour (Scrumptious Sweets, August 1). Become the next game show star in the Improv Drama workshop (As Seen on TV, August 13), hop on a one-way flight to Italy (When in Rome, August 15) and wrap up the summer with a Fun & Fitness workshop (August 22) that is sure to make you break a sweat!

You must register in advance for all summer workshops as space is limited (you are considered registered when the form is handed in and the payment is made). Take advantage of their new summer discount: register your child for four workshops or more at once and receive one free half-day workshop!

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, see <smithsfalls.ca/specialevents.cfm> or visit their Facebook page.



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Susie Osler Receives 2013 MERA Award

"We are pleased to announce that Susie Osler will receive the 2013 MERA Award for Excellence in the Fine Arts and Fine Crafts, for her work as a ceramic artist. We are also pleased to recognize the work of Suzette MacSkimming and Nicholas Moore, as runners-up for this year's award," says Marilyn Barnett, Chair of the Board of McDonald's Corners/Elphin Recreation and Arts (MERA).

Susie is a ceramic artist, teacher and coordinator for FIELD-WORK, an ongoing public art project located in a field near her home in Brooke Valley. She writes that "a deep love of the land, the place that I live, and the vigour, fecundity and wonder of nature, all inspire my creative work." The members of the selection committee commented on the playfulness and sense of humour evident in much of Susie's work.

Susie received a BFA from the Emily Carr Institute for Art and Design in Studio Arts, specializing in ceramics and printmaking. Her work has been featured in Canadian and international exhibitions, as well as in indoor and outdoor public spaces. She has been a member of the Perth Autumn Studio Tour for nine years, and of 260 Fingers, the annual Ottawa clay art show. Her work can be found at Riverguild



Fine Crafts (Perth), L.A. Pai Gallery (Ottawa), and General Fine Craft, Art & Design (a new gallery in Almonte).

Applications for this year's MERA Award were assessed and the award-winning work was selected by a committee comprised of Ankaret Dean (MERA Artistic Director and a recognized fibre artist), Diana Nemiroff (former Director of Carleton University Art Gallery and senior curator at the National Gallery of Canada, 1990-2005), and Reinhard Reitzenstein (an internationally recognized visual artist and the Di-

rector of the Sculpture Program at SUNY Buffalo).

The MERA Award, consisting of a \$1000 prize, was presented to Ms Osler at a reception at the Schoolhouse in McDonald's Corners. This year's runners-up, painter and printmaker Suzette MacSkimming and master furniture craftsman Nicholas Moore, were also present. All of the artists showed work at the reception.

The Award, which is given every two years, was conceived and made possible by a generous donation by Lanark Highlands' residents Chris and David Dodge, to the Perth and District Community Foundation, which manages the funds. Recognizing MERA's important contribution to the community, the Dodges chose MERA to select the award winners.

Anyone interested in learning more about this Award is invited to send an email to <meraschoolhouse@bell.net>, visit <meraschoolhouse.org>, or leave a telephone message at 278-0388.



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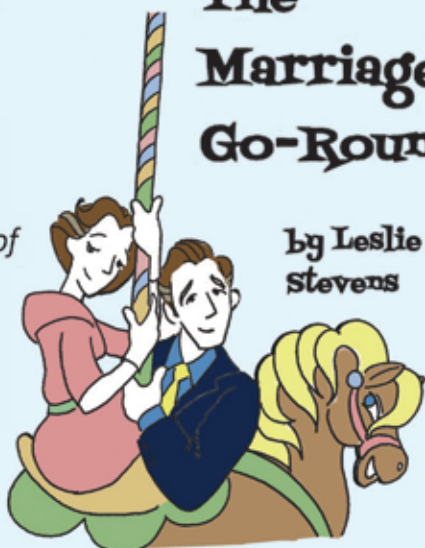
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