

JUNE 2013

the Hummm

free

Arts,
Entertainment
& Ideas



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Doors Open Smiths Falls

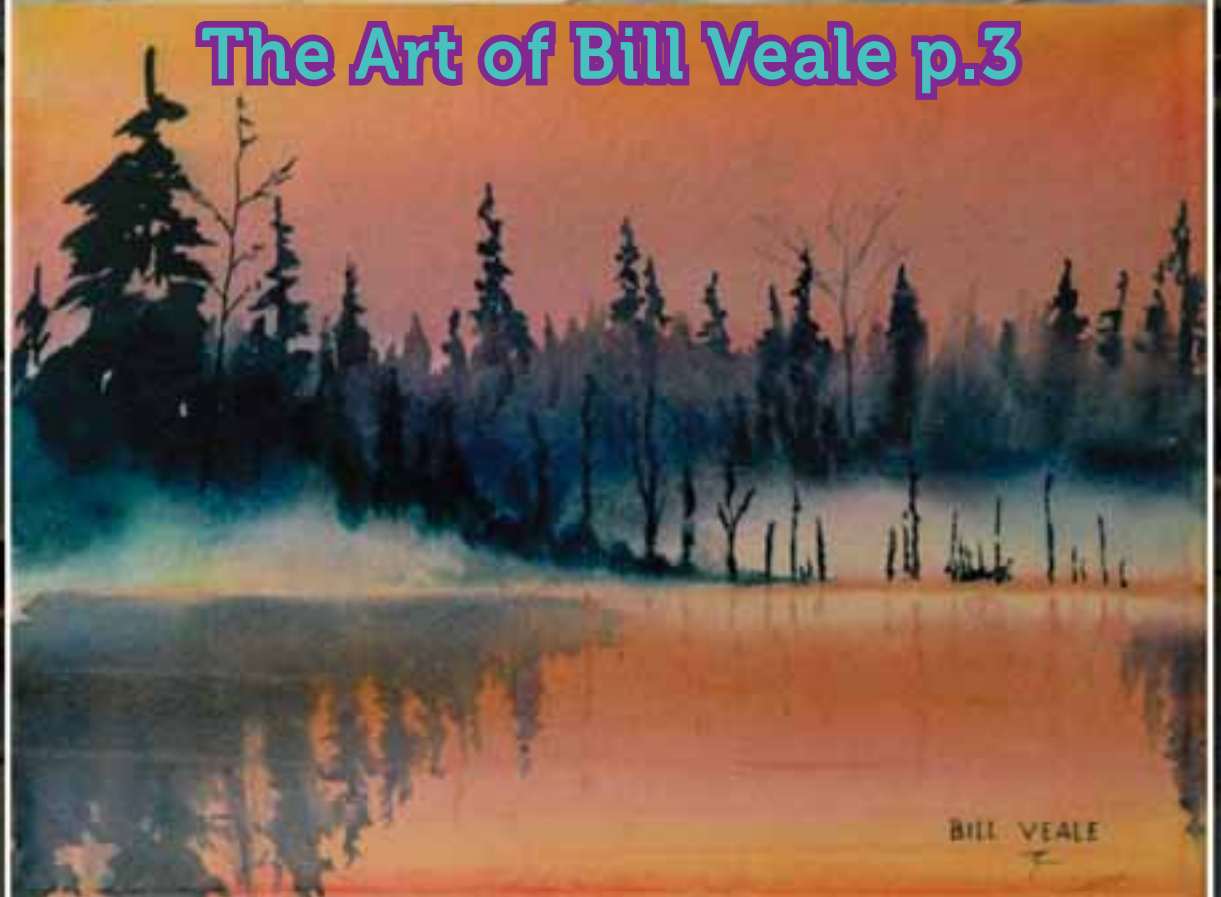


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Gender Illusions



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BILL VEALE



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Dear Editor,

My name is Ilana Reimer. I am a high school student, and I've been living in Almonte almost my entire life. I love *theHumm* because I am passionate about literature, art and theatre.

I have written many short stories and poems in the past, and I would like to submit one of my favourite poems to *theHumm*. I hope you will consider it for publication in your next edition.

Sincerely,
Ilana Reimer

A Little Song

This is a song that a child sings,
A song she sings of summer;
A song where kites soar on summer breezes,
In skies of radiant blue.
A song with sunny kitchens,
Raspberry tarts and ice cream cones,
A song of broad-brimmed hats,
And the soaring wings of a lark.

Between each note runs a child's laughter,
Mingled with satisfactory crunch of an apple,
The reds and golds of a summer sunset,
And lazy afternoons
Where carefree boys and girls can
Swing their legs from the treetops,
And dance in the rain.

This is a song where butterflies bask on flower petals,
And summer storms leave
A sparkling world behind,
And many-coloured rainbows span the sky.
This is a song a child sings,
On the last day of school.

To find out who won
the **General Store Publishing House** and **theHumm's**

Bad Poetry Contest

please turn to page 23



Want to see who we got reading theHumm after standing in line for an hour and paying \$80? We'd love to show you, but we weren't sure if we could publish the picture in the paper. However, if you visit theHumm on Facebook you can see the entire shot in all its shiny glory...

Humble Thought

TOMORROW

a mystical land where 99% of all human productivity, motivation and achievement is stored.

To the Editor,

I would like to comment on the articles on pages 6 and 32 (from the May 2013 issue of *theHumm*) wherein you credit Lyle Dillabough and Stompin' Tom Connors with helping to save the Mississippi Hotel in Carleton Place, and Renate Seiler with being the curator of the former Victoria School Museum, respectively.

The Mississippi Hotel was saved by a number of interested groups at the time. I've no doubt that Lyle Dillabough and Stompin' Tom Connors may have written letters but, as a member of one of the interested groups, I do not recall ever seeing either of them show up for the many meetings for this effort. No individual should be singled out.

Renate Seiler was never the curator of the Victoria School Museum. We spoke about this the other day when she dropped in for coffee. That museum never has had a curator and still does not. Properly trained and accredited curators for small town museums are as rare as hens' teeth.

The point of this gentle rant is that, when we all were involved in such activities back in the 1980s, we had families and jobs, and cultural activities such as trying to save buildings and starting museums were difficult uphill battles. In Carleton Place, if it was not related to hockey then you chose the path through the jungle. Today, when we read incorrect or biased information, it hurts and the bile rises. Please, when crediting people with doing things way back when, some research should be conducted to keep the record straight.

Sincerely,
Nic Maenling, Founder, Victoria School Museum (1980) (now the Carleton Place and Beckwith Heritage Museum); Founder, Lanark County Museums Network (1991); one of many (along with Renate!) who helped save the Mississippi Hotel.

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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.

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Thanks this month to:

Our darling Fly — a LAWS rescue dog who was as old as *theHumm* itself — for being the best companion a family could ever hope to have. We've used her photo one last time on page 26 to promote "Walk Your Paws for LAWS".

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Bill Veale — Celebrating the Canadian Landscape in Watercolour

At the end of Bill Veale's driveway at 190 McLaren Drive, only six minutes south of Perth off Rideau Ferry Road, you encounter a sign that proclaims "Birchwood Studio and Gallery." Just a short drive away from all the conveniences of a city, you are in the country, enjoying minimal evidence of human encroachment on the natural environment.

by Sally Hansen

The walls of his gallery are replete with beautiful watercolour paintings celebrating the Canadian scenes that have inspired and sustained him throughout his life. Looking out the windows you can see Jebb's Creek sparkling in the sunlight. You realize that Veale has succeeded in surrounding and sustaining himself both indoors and outdoors with the glorious natural settings rural Canadians so often take for granted, and urban Canadians are starting to forget.

For some, retirement looms as a problem — what do I do next? For Bill Veale it presented the long-awaited opportunity to pursue his enduring interest in becoming an artist. Throughout his long career as a teacher and family provider he often reminisced about the pleasure he had felt as a youth, leisurely sketching the landscape while strolling along the Causeway or hiking in the countryside near his hometown of Kingston.

Back then he captured the view in charcoal and pencil sketches, honing the skills that would eventually lead to his career as a teacher of cabinet making and architectural drafting. Anticipating retirement back in 1982, Veale finally decided to put his artistic yearnings to the test. The teacher became the student, pursuing classes in watercolour and acrylics at the Ottawa School of Art and at the Haliburton School of Fine Art, the latter in a setting renowned for its amazing scenery in the inspirational Haliburton Highlands.

Veale began expressing his abiding love of nature in all the glorious hues and moods that the fickle medium of watercolour makes possible. It is precisely the uncertainty of the medium that fascinates Veale and spurs his creativity to experiment ever further. Just as nature is ever-changing, the mixture of water and pigment is always dynamic and unpredictable. As a former teacher himself, Veale comments that he loves a good teacher, and is quick to credit Brian Atyeo at Haliburton with teaching him how to apply watercolour in a controlled fashion, when that is his desired effect.

Veale's goal is to portray the immensity of the Canadian landscape and reveal its many moods, its textures, its colours, its forms. Somewhere in his creative process, each canvas becomes a palpable testament to his innate recognition and appreciation of nature's healing power.

One of the questions I enjoy posing to artists is whether they remember their first art sale. Bill's response was typical — he remembers the approximate date, the subject, the man who bought it, and why. "It was in 1994, it was a painting of a barn; the purchaser was a math teacher where I taught school, and he bought it because it reminded him of his grandfather's barn." It was also a great confidence builder, as were his ten subsequent sales to the geography teacher.



Teaching the Teacher

After finishing high school in Kingston, Veale completed a four-year apprenticeship to qualify as a carpenter. He liked working with his hands, and he liked solving problems. He used that experience to teach machine shop, architectural drafting, woodworking and construction technology for 29 years, plus an additional 13 years as a supply teacher at South Carleton High School in Richmond. Lanark County has been his home and his constant artistic inspiration, as he moved from Richmond to Clayton to Manotick, where he built his first studio. When the family moved to Fallbrook, Veale put his



cabinetmaking and construction knowledge to good use, converting the hayloft of a barn into his art gallery.

Veale puts his architectural drafting expertise to use in some of his works, occasionally revealing fine pencil details in transparent wash areas. He explains that he frequently works from his own photographs, carefully composing his canvases through his viewfinder. To quote the famous pioneering American landscape photographer and environmentalist, Ansel Adams, "You don't take a photograph, you make it." Veale carries it another step, applying his own artistic sensibilities to a carefully chosen subject.

He surprises me when he says he advocates the KISS principle, defined by Wikipedia as follows: "The KISS principle states that most systems work best if they are kept simple rather than made complex; therefore simplicity should be a key goal in design and unnecessary complexity should be avoided." Perhaps his pragmatic approach to creating art stems from all those years in the classroom helping young students to master new skills. It may be a partial explanation for his prolific output.

Pragmatic or not, each painting appears as a spontaneous testament to the joy he finds in nature, and collectively they elicit a wonderful response in me — I am delightfully reminded of nature's powers to calm and heal and strengthen us. Bill Veale didn't need Edward O. Wilson's biophilia hypothesis to recognize human beings' instinctive bond with nature. Feel stressed? As I gazed at his gallery full of lovely landscapes I could literally feel my mood lighten and my cares recede. I just wanted to stay there.

Recently Veale decided to expand his repertoire and took lessons from acrylics artist Nora Brown of Lombardy (featured in our July 2010 issue). The results are amazing. The intensely vibrant abstract he showed me unmasks a completely different side of his emotional temperament. Like Nora, he has been able to translate his watercolour expertise into a powerful new emotional language. It will be interesting to see where this new journey takes him.

Summer Chill Out

On July 13 and 14, Bill Veale will be participating in the 3rd annual Art in the Barn Art Show & Sale at the Lombardy Fairgrounds, five miles south of Smiths Falls on Highway 15. The event features over forty Rideau Lakes Artists' Association members, and is a "Do It For Daron" fundraising event, supporting Youth Mental Health at the Royal Ottawa Foundation for Mental Health. If you miss the show, book yourself a calming visit to Bill's Birchwood Studio and Gallery by contacting him at <bpevale@gmail.com> or by phone at 264-1134. You'll be glad you did.



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WHO William (Bill) Veale
 WHAT Watercolour Landscape Artist
 WHERE Birchwood Studio and Gallery, 190 McLaren Dr., Perth; <bpveale@gmail.com>; 264-1134
 WHEN July 13 and 14, 3rd annual Art in the Barn Art Show & Sale at the Lombardy Fairgrounds, 5 miles south of Smiths Falls on Hwy 15 <rideaulakesartists.com>
 WHY "It's like breathing to me."

ARTIST TRADING CARD

Almonte's Very First Bike-In Movie!

Enjoy a movie under the stars on Friday, June 14, thanks to a collaboration between TYPS Youth Centre and Mississippi Mills Bicycle Month. Think "Drive-In" with bikes!

Fasten your lights, don your helmet, pack your snacks, and bike down to Coady's Car Care lot on Mill Street in downtown Almonte. There will be a Bike Park area on-site where you can leave your bike with trusted volunteers. This is a BYOC event (bring your own chair!).

The movie will start at dusk, but arrive early for festivities at 7:30PM. There will be face-painting, bike demos and other exciting offerings. If the forecast calls for rain, join everyone indoors at TYPS Youth Centre at 65 Mill Street (through the carriage way, behind Kentfield Kids). There will be fresh popcorn, drinks and some home-baked goodies available for sale from the kitchen at TYPS.

There are guidelines as to how much information can be divulged about the actual movie title in newspapers, so keep your eyes and ears open around town and on social media for information on this mystery feature. In the meantime, can you guess what this movie is?

Here are three clues:

- bike gang...
- Gertie...
- Reese's Pieces.

Everyone is welcome at this event. By donation only! All money will go to stocking the shelves with food for the Thursday Night "Family Dinners" at TYPS. If you would like to help with this project,



Guess the mystery movie that TYPS will be showing on June 14...

TYPS would love to have you. Please contact Amica Perrie at <amica.typs@gmail.com> or 325-2165.

TYPS would like to thank the following supportive partners: Mississippi Mills Bicycle Month, Coady's Car Care, Mississippi Mills Musicworks, VersaTile, Almonte Antique Market, and The Town of Mississippi Mills.

In addition to this screening, there are many entertaining events happening in our community over the course of June, as Mississippi Mills Bicycle Month takes over.

For more information, find TYPS and Bicycle Month online at <typsouthcentre.org> and <mmbm.ca>, on Facebook (TYPS Almonte/ Mississippi Mills Bicycle Month) or on Twitter (@typsalmonte/@mmbicyclemonth).

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See our article in this edition or visit
www.studiotheatreperth.com for details

Songs of Faith, Hope, Love and Inspiration

The Ottawa Valley Music Festival continues its 20th anniversary season with a special selection of music; Songs of Faith, Hope, Love and Inspiration on Sunday, June 23 in Eganville.

The Valley Festival Chorus will be conducted by Peter Morris and joined by special guests the Cantiamo Girls Choir of Ottawa. Cantiamo is celebrating its 10th anniversary in 2013, so it seemed a natural fit to join with the OVMF's 20th season.

Both the OVMF and Cantiamo share a vision of bringing classical and contemporary choral music


to the community. Both organisations have outreach and scholarship programmes and are committed to music education.

The concert takes place at Grace Lutheran Church in Eganville at 3PM on June 23. Tickets are \$20 for adults, \$10 for students, and free for children under 12.

Tickets are available at the door or by calling 433-9457 or emailing <kluzener.2@gmail.com>. For more details, find the Ottawa Valley Music Festival on Facebook or see <cantiamogirlschoir.ca>.

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June Round-up For Perth

June is always an exciting month to be in Perth, with oodles of fun things to do and delightful places to visit. This year is no exception.

Always a great reminder of Father's Day is the annual **Art in the Garden** at Kiwi Gardens, which this year is celebrating its 17th anniversary. Art in the Garden

and plenty of benches on which to rest and enjoy the view.

Art in the Garden runs both days from 9AM to 5PM. While you're there, why not treat Dad to a new addition to the garden? The retail nursery will be open for all to browse. Admission is only \$5, parking is free, and pets on a leash are happily welcomed.

In keeping with our garden theme: a little later in the month — and this is a good tip off that summer is here — the **Rideau Lakes Studio and Garden Tour** marks its 15th anniversary. The tour takes place Saturday, June 29, to Monday, July 1.

A free brochure is available at most area stores, restaurants and welcome centres, and it's a great tour guide filled with the names and locations of every artist and studio. Every year on this marvelous tour, new and established artists are ready with wonderful surprises for you, and I'm sure this year will delight as always.

The studios will be open 10AM to 5PM, Saturday and Sunday, but as a bonus this year they will also be open on Monday, July 1, to celebrate Canada Day. For further information, contact Sherry at 928-3041 or visit <rideau-lakesstudioandgardentour.com>

by John Pigeau

showcases artists and craftspeople, among the extensive, mature and beautiful display beds at Kiwi Gardens.

It's an ideal family outing and the perfect chance to take Dad out for a stroll through the gorgeous gardens and walkways, filled with exotic plantings and handmade works of art. On display are such items as garden sculptures, obelisks and arbours, blown glass, outdoor furniture, wind chimes, pottery, and various other pieces of unique garden art.

This premiere garden show takes place Father's Day Weekend — June 15 and 16 — and complements the day with tasty food and beverages, live music,



This year's Perth Kilt Run takes place on June 22

Okay, this is yummy. So much so that I wish it has happening today. Alas, we'll all have to wait 'til June 27 for the **Strawberry Social** and Perth Citizens' Band Concert at Stewart Park. Hosted by the Rotary Club, this delicious event starts at 7PM at the bandstand behind the Perth Town Hall. Fresh berries prepared into delicious shortcakes! Mark this one on your calendars, folks. For more about the summer schedule of the **Perth Citizens' Band**, see the inset below.

And would it really be June in Perth without thousands of kilt-wearing, haggis-tossing, sword-wielding athletes running enthusiastically all over town? No, of course it wouldn't. Saturday, June 22 at 6PM, marks the 4th annual **Perth Kilt Run**. Now a world-class and official Guinness World Record-breaking event, the Kilt Run has raised over \$35,000 in its first three years for the MS Society and other great charities.

I'm not sure of the number of kilt-wearing runners who will be participating this year (if you drive by The Running Goat, they will have the number prominently displayed in their front window), but if you'd like to take part in the fourth edition of this popular five-mile race, you can find more information and register by visiting <perthkiltun.blogspot.com> or by calling 264-8904.

This is not a Guinness World Record attempt year for the Perth Kilt Run, so officials say race day will be simpler than last year. The Haggis Toss returns, however — will you break the world record throw? There is also a new race-course design with less running on the Perth Golf Course, a new crossing of the Tay River Bridge, and great new streetscape running towards St. John's Church. Also new this year is the "Wee Lad and Lassie" run. (Please check the blog for more information on that.) The cheering station competition returns as well, and CBC TV will be out for national coverage of the run.

It doesn't take place until July, of course (July 19-21, to be exact), but the **Stewart Park Festival** has announced this year's lineup, and it's a doozy! Here are just a few of this year's performers: Fred Penner, Kelli Trotter, Prairie Oyster's Russell deCarle, Cécile Doo-Kingué, The Good Family, The Dardanelles, Richard Perso, James Hill & Ann Janelle, Laura Smith, the 24th Street Wailers, De Temps Antan, Gareth Pearson, New Country Rehab, Amanda Rheume, Ana Miura, and (yay!) Perth's own Henry Norwood.

For lots more information about this truly wonderful festival, please visit their website <stewartparkfestival.com> or check them out on Facebook.



Live Music, Fresh Air, and the Beauty of Stewart Park

The Perth Citizen's Band, Canada's Oldest Continuing Town Band, is preparing for the 2013 season of its annual **Summer Pops Concert Series**. All concerts are held on the bandstand in Stewart Park, directly behind the Town Hall, in historic downtown Perth. This tradition has continued on the bandstand each summer since it was constructed in 1931 and all concerts are free to the public. This year marks the 25th summer season under conductor Brian Tackaberry. Each concert features a variety of music ranging from classical to Broadway and movie themes, as well as jazz, blues, and other popular forms. In addition, Tackaberry includes heritage pieces from the band's historic files and songs by Canadian composers or arrangers. Audience members are invited to bring along a lawn chair or simply enjoy a leisurely stroll through the park during the performances.

All concerts begin at 7:30PM except the June 27 concert, which begins at 7PM and is held in conjunction with the Strawberry Social sponsored by the Perth Rotary Club. In addition, the band will be performing at the North Lanark Regional Museum's Annual Strawberry Festival on Sunday June 23. The Pops Concerts for this year are on June 13 and 27, July 11 and 25, and August 8 and 22. For more information, visit <perthband.ca>.

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Mississippi Mills “Gears” Up for Another Action-Packed Bicycle Month

This June is the fifth annual Mississippi Mills Bicycle Month. While many of us have enjoyed great bicycle-themed events over the past four years, not everyone knows about the less obvious but more important success of Bicycle Month — namely its contribution of creating a more healthy, active, bicycle-friendly community.

The Town of Mississippi Mills has been an important supporter of Bicycle Month and has taken several steps over the past five years to make the town a more bicycle-friendly place to live and visit. This year they are taking the formal step of applying to be an official Bicycle-Friendly Community. This program, run by Share the Road Cycling Coalition <sharetheroad.ca>, provides incentives, hands-on assistance, and award recognition for communities that actively support bicycling. If successful, Mississippi

Mills will be the first small town in Eastern Ontario to receive this recognition. Community volunteers and cycling advocates, many of whom are involved with Bicycle Month, are working with the town on this project.

Because of their jurisdiction over roads, Lanark County is also an important player in creating bicycle-friendly communities. A concrete example of Lanark County supporting cycling is their commitment to provide bicycle lanes in Almonte, along Perth and Bridge Streets from Highway 29 to the arena, when the roads are redone in the fall of 2013.

Mississippi Mills Bicycle Month has always invited all residents of Lanark County to participate in the annual **Silver Chain Challenge**, a cycling encouragement program which consists of a friendly challenge between communities, to see who can collectively cycle the

most kilometres during the month of June. This year the whole of Lanark County will also compete as a team, as residents of Renfrew County have decided to enter the ring for the first time, in an inter-county challenge. Any resident of Lanark or Renfrew County can register at <silverchainchallenge.ca>.

An important component of Bicycle Month has always been promoting safe cycling for children, through the **Bicycle Rodeo**, for example, which teaches safe bicycle handling, rules of the road, and proper helmet fitting.

The area schools have been great partners in getting the word out to kids about Bicycle Month. Naismith Public School in Almonte has taken this partnership to the next level by working with Bicycle Month, the Upper Canada District School Board, the Public Health Unit, and the Town of Mississippi



This year's "Birders on Bikes" ride takes place on Sunday, June 9. Last year, participants spotted no fewer than 57 different species! For dates and details about all events, visit <mmbm.ca>.

Mills to strike a **School Travel planning group**. This pilot project will address safe walking and biking to school.

Mississippi Mills Bicycle Month will continue promoting active living this June with

another full schedule of bicycle-themed activities. New events include **mountain bike skills development clinics** and an **edible garden tour**. See <mmbm.ca> for complete information.

— Rachel Sutton

Share Your Talents at Puppets Up! in August

Puppets Up! celebrates its ninth anniversary this August 10 and 11 in the heart of downtown Almonte. Each year they welcome thousands of visitors over the course of the two-day event. They love to see the smiles on people's faces as they enjoy the puppet performances, parades, food, and street entertainment. Do you enjoy performing? Have you got a talent to share with our

visitors? If you would like the opportunity to join the family reunion this summer, please attend the open auditions on June 13 at the Almonte United Church Hall from 7–9PM.

A small honorarium will be offered to those who are selected to perform. Please contact Mary Lou Souter at <mlsouter@bell.net> for more information.

Mississippi Mills Makes Space for Culture Days

Celebrate Culture Days in Canada from September 27 to 29! The Culture Days mission is to raise awareness, accessibility, and participation of Canadians in the arts and cultural life of their communities. Created in 2009, this event is dedicated to building a national network of cultural connections devoted to providing Canadians with opportunities to participate in, and appreciate, all forms of arts and culture.

The Mississippi Mills Town Council recognizes the significant impact our cultural community has on both the unique identity and economic prosperity of Mississippi Mills. They are committed to supporting this vital industry.

In an effort to show their appreciation and support, they are offering space free of charge, on a first-come first-served basis,

during the 2013 Culture Days weekend (September 28 and 29). Space is available at the following town facilities: the Almonte Old Town Hall, the Almonte Community Centre, the Cedar Hill School House, and the Stewart Community Centre.

Space is being made available for groups and individuals who are interested in showcasing their art. You may use the space to host a free workshop, a gallery or a demonstration. The Town will assist you in promoting your event. In addition, groups can register at <culturedays.ca> to receive promotion through the national movement.

In order to reserve your space, please contact Bonnie Hawkins at 256-1077 before August 1. Please let Bonnie know your expected timeframe as well as your space requirements.

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PSSST – Here's the Scoop on Summer!

There's always so much going on in Mississippi Mills during the summer months that I figured both residents and visitors might appreciate a little overview of some of the major events. This is just the bare bones though — for more in-depth info you'll have to revisit my column from last

by Miss Mills, puppet reporter

month (available online at thehummm.com) or take a look at the back page of this issue (the Art of Summer Festivals — tear it off and tape it to the fridge!). After that I've got a few new fun things to throw your way, so read on!

Summer Round-Up

Coming up in June — all month long, mind you — is **Mississippi Mills Bicycle Month!** From themed rides and races to bike polo and rodeos, there are about a bazillion (give or take a few gazillion) events in which to partake. Visit mmbm.ca for up-to-date details.

Word on the street is that the street is where you'll want to be on June 8 — to take a gander at the Downtown Almonte Criterium races while you check out some awesome sidewalk sales on Mill Street. You can also wander down to the fairgrounds to check out **Busfusion** busfusion.com that weekend, if you prefer four wheels to two.

July 5–7 brings the stomp and lilt of **Almonte Celtfest** almonteceltfest.com to town, culminating in a frenzy of music, song and dance in Gemmill Park on July 6 and 7. From July 19–21 the **Almonte Fair** almontefair.ca pulls into town for the 155th time, featuring live entertainment, livestock shows, homecraft displays, a Demolition Derby and of course the great midway.

August is no slouch either, with all my peeps coming for **Puppets Up!** puppet-sup.ca on the 10th and 11th, the **Pakenham Fair** exploremississippimills.ca taking place on the 17th, and the 30th annual North Lanark **Highland Games** almontehighlandgames.com marching in on the 24th. I promise more details on those events, and on September's **Fibrefest** mvtm.com in an upcoming column!

And Now for the Newbies

The lovely village of Pakenham is still the only place to be on **Canada Day Eve** (June 30), because they get the jump on everyone else by holding their celebrations and fireworks display a day early! Come for a fundraiser BBQ from 5–7PM at the Royal Bank, stay for kids' activities starting at 6PM at the Stewart Community Centre, enjoy the annual parade along the main street at 7PM, and then take in local live entertainment at the Community Centre until the fireworks start at dusk!

Almonte, on the other hand, is changing up their **Canada Day** celebrations a bit this year. Instead of an all-day event, the opening ceremonies will take place at

4PM and the activities will continue right through to 9PM, when the fireworks will begin in Gemmill Park. This new schedule will allow families to get away for the long weekend and still be back in time for all the fun! The line-up features the Fireflies (a girls' choir that sings Motown, no less!), Almonte's own Kelly Sloan, Impact Percussion, Rothwell and Moffat, and The Split. Kids can make crafts, bounce in the bouncy castle, and enjoy face-painting and balloon animals. Emily Arbour is even working on a mini-Handmade Harvest, featuring craft vendors in the park, from 4–9PM.

Stories For Stuart McLean

You've probably heard that the Almonte Old Town Hall will be the proud host of the **Vinyl Café** featuring **Stuart McLean** on July 12 and 13. No doubt you also heard that tickets sold out in less than a week! So did you miss the boat? Not necessarily — you now have a chance to win some tickets by participating in the Mississippi Mills "Story Exchange" Writing Contest!

Tiffany MacLaren from the Town of Mississippi Mills is working with the team at the Vinyl Café Story Exchange and will be submitting your stories on your behalf, once local judges have read them. Submissions to this contest must follow the Vinyl Café story exchange rules — they must be short and they must be true — and they should also be about Mississippi Mills.

Here's some advice from Stuart McLean himself: "Now here is something important. You don't have to be a writer to join in. In fact, if you have never written anything before in your life I want to hear from you more than anyone. Just put your story down on paper. Use simple short words. They are the best kind. Think of it as writing me a letter. It is my belief that if enough of us write, and if we take pains to tell the truth about something important to us, that together we will create an extraordinary archive — an archive that will be a snapshot of our country. A picture of who we are, and how we feel about things, and most importantly, what we feel is important."

And if the sheer joy of writing wasn't enough, you can also win some great prizes by entering this local contest! First prize is two tickets to Stuart McLean's sold out performance on Friday, July 12, dinner at Café Postino, and a room at the Almonte Riverside Inn; second prize is two tickets to the show and dinner at the Heirloom Café; and third prize is two tickets to the show. The deadline is June 30, and you can submit your story to tmaclaren@mississippimills.ca, or mail it or drop it off for Tiffany MacLaren at the Almonte Old Town Hall, 14 Bridge Street, Almonte, ON K0A 1A0. For more details about all the rules and regulations, please see mississippimills.ca and exploremississippimills.ca. Now if you'll excuse me... it seems we've all got some writing to do!

mississippi mills



BICYCLE MONTH

JUNE 2013



mmbm.ca



Mississippi Mills Bicycle Month Event Lineup

Weekly Events

June 2-8	Bike to Work Week
Tuesdays in June	Almonte Bicycle Club Time trial
Thursdays in June	RIMM Rovers Ride Bike Polo in Gemmill Park
Fridays in June	Bike to school/work
Sundays in June	Ride to worship

Special Events

Sat, June 1	Kid's Bike rodeo Bicycle Art Show opening
Sun, June 2	Scavenger Hunt
Mon, June 3	Bicycle Month 'Adopt a road' clean up
Wed, June 5	Rusty Spokes Mature Adult Ride A History of the CCM Bicycle with John McKenty
Fri, June 7	Miss Mills Grand Prix Stage Race Pakenham Circuit Race Stargazers Ride
Sat, June 8	MM Grand Prix Time Trial and Downtown Almonte Criterium Mountain biking for kids foundation skills session Gemmill Park ABC Tour to Bolingbroke
Sun, June 9	MM Grand Prix Pakenham, Cedar Hills, White Lake Road Race Birders on Bikes Mountain biking for adults foundation skills session Gemmill Park
Wed, June 12	Travelogue; Bicycling Cuba
Fri, June 14	TYPES Movie "ET"
Sat, June 15	Tour de Mississippi Mills (varying lengths from 29 – 100 km) Tour of Mississippi Mills - Mountain bike Burntlands
Sun, June 16	Tour of Mississippi Mills - Mountain bike Neighbourhood Tomato Community Gardens Edible Garden Tour with Ed Lawrence
Mon, June 17	Bicycle Travelogue – "Bike and Barge in the Netherlands"
Wed, June 19	The Bike Picnic
Sat, June 22	Hillside Church family ride Mountain biking for kids Intermediate skills session Bike Polo Tournament
Sun, June 23	Conquer the Concrete - BMX and Skateboard Mountain biking for adults Intermediate skills session ABC Tour to Shawville
Sat, June 29	Mountain Bike Tour of Mississippi Mills
Sun, June 30	Pakenham Parade Mountain Bike Tour of Mississippi Mills ABC Tour to Dalhousie Lake

EVENTS ARE SUBJECT TO CHANGE - CHECK MMBM.CA FOR LATEST DETAILS



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Some Like it Hot!

The room is quiet and peaceful as you lie on your back, relaxed with eyes closed. The temperature is a heart-melting 37 degrees Celsius. You may think you are lying on a beach in Thailand, but as the teacher's voice calls for you to slowly start moving, you remember that this is the heart of Carleton Place. This year, the Yoga Station has undergone renovations to incorporate, in addition to the original studio, a hot yoga room. If you've seen the "Hot Yoga" sign on Coleman Street and have wondered about the benefits of hot yoga, read on!

Why Hot Yoga?

The hot temperature promotes sweating, which helps to flush toxins through the skin. The heat also elevates the heart rate, allowing for a more intense cardiovascular workout and increased circulation. Your muscles are warm, allowing for a safe and deeper release of tension. Because you can't ignore the heat of the room, the temperature aids in concentration and relaxation, calming the nervous system.

The Importance of Water

Make sure to drink water before and during a hot yoga class. Tak-

ing in extra fluids before, prepares you for the sweating and detoxifying you will experience in class. Water is offered at the studio, but you are encouraged to bring a water bottle to class.

Remember: as with all kinds of yoga, exercise, or a trip to Thailand, consult your doctor before participating in a class.

Yoga Station is located at 132 Coleman Street in Carleton Place. For more details, drop in, call them at 253-9642, or visit yogartmatrix.com.

— *Jessie Carson is a teacher at Yoga Station*

Will You Make Me Cluck Like A Chicken?

Dear consulting hypnotist — will you make me cluck like a chicken? Can you make my husband vacuum? I get these questions a lot, and I love it! I am a consulting hypnotist, and I use hypnosis to help my clients make changes in their personal and professional lives. When I tell people that, I get the most wonderful reactions. Right after the chicken and vacuum questions though, I am often asked if I can help with "X" (X is whatever that person wants help with: like sleep, concentration, smoking, professional motivation, etc.). The answer, most often, is "Yes."

Hypnosis is almost as old as time, and yet there still seems to be little known about it by the general public; that's the bad news. The good news is that hypnosis is natural, easy, safe, and can be really fun!

To understand what hypnosis really is, let's start with what hypnosis is not. Hypnosis is not mind control. While the Hollywood movie makers would like us to think it is, thankfully there is no mind control involved. When someone is in the hypnotic state, they remain in total control. Hypnosis is not scary. The hypnotic state is actually a state

of mind people go in and out of all the time, like when you are driving somewhere, but you can't remember the last five minutes... you still stopped at the stop sign, turned at the correct street, even though you can't quite remember doing it. That was a very light state of hypnosis, and you were in total control the whole time. Neat, right? Hypnosis is not a stage show where you will be made to look ridiculous. Hypnosis is the tool that stage hypnotists use for a show, and the show can be hilarious. But hypnosis itself is a state of mind, and how you choose to use it is up to you.

So then what *is* hypnosis? Hypnosis is a natural state of focused concentration. In the hypnotic state, the conscious mind is bypassed, to allow access to the subconscious mind. The subconscious mind is like the master computer inside your head, holding all memories, experiences, thoughts, reactions, etc. By moving the conscious mind aside, we get to make alterations to the master computer that will benefit our daily lives. One of the greatest things about hypnosis is that we can have someone like a consulting hypnotist guide us into hypnosis, or we can learn

self-hypnosis, and use it as often as we want to improve our lives dramatically! It's easy, it's fun, and it works.

Now, to answer your questions. Will I make you cluck like a chicken? Only if you want me to. Can I make your husband vacuum? Well, no, I can't make anyone do something they don't want to do, but let's just say that my husband suddenly thoroughly enjoys cooking, cleaning and folding laundry...

Self-Hypnosis and Self-Care workshop

Do you want to learn the secrets of hypnosis? Do you want to learn how to harness its power to improve self-care in your life? By improving your self-care, you can improve almost all other areas of your life. Come for a fun and empowering day on July 14, from 10AM to 4PM, as I share the secrets of hypnosis, the step-by-step method to master self-hypnosis, and the best way to use it to supercharge self-care.

— *Kelly McGuire BA(Psych), CH, is a Certified Consulting Hypnotist working in the Ottawa area. For more information please visit mcguirehypnosis.com*

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A Musical Pub in the 'Prior

Looking for a great live music venue in Arnprior? Look right downtown, where the John St. Pub recently opened with the goal of becoming "Arnprior's neighbourhood pub and the Ottawa Valley's premier live music venue"! Showcasing a wide spectrum of national and regional touring artists, as well as aspiring and inspiring local performers, they offer a variety of genres to satisfy many musical interests.



The view from the stage at Arnprior's new John St. Pub

Billing themselves as the place "where friends meet and music always happens", they back that up with a sizeable raised stage and a state-of-the-art sound and lighting system. Every first Wednesday of the month you can try your hand at performing at their **Open Mic Night** beginning at 8PM. Every third Thursday of the month, you can catch the **Blues Jam Night**, also starting at 8PM. In addition to those regular events, the John St. Pub books several acts each month. A quick glance at the line-up for June includes the **Arms of A Girl Band** (alt-country/folk on June 1), **Brent Dickie & The B-List** (classic and new rock on June 8), **J. P. Cormier** (award-winning East Coast folk, bluegrass and Celtic on June 14), the stars of the TV show **Guinea Pig** (with their extreme live freak show on June 15), **Barry Buse & Redneck Limou-**

sine (hosting the Blues Jam on June 20), **Spencer Scharf** (folk rock, roots and blues on June 21), and **Slowtown Fire** (classic and new rock on June 22). For complete details including times and prices, give them a call at 623-8149 or visit their Facebook page.

In addition to great live entertainment, the John St. Pub also welcomes people to drop in after work or in the evenings for great food and refreshments (including "the biggest selection of fine Irish and Scottish whiskey in town"), or to enjoy sports events on their large high definition TVs.

The John St. Pub is located at 129 John Street in Arnprior. Hours of operation are Wednesdays and Thursdays from 4PM, and Fridays and Saturdays from 4PM to 2AM.

Who Will Compete at National Poetry Festival?

Live Poets Society (LiPS), Lanark County's own slam poetry collective, is hosting its final competition for this year on Saturday, June 8, at Carleton Place Town Hall. The show starts at 7PM and the door will open at 6:30PM. Tickets are \$10.

The five top finalists of this competition will form the team, which will travel to Montreal to compete in the Canadian Festival of Spoken Word (CFSW) this fall. Come out and watch local poets and writers demonstrate their best work, to earn a spot on the team!

Since 2008, LiPS has held seasonal competitions to form a team, giving local poets and writers an opportunity to perform original work at the CFSW. This national festival

is hosted by a different competing city each year, and Montreal will be hosting this fall.

Shows are held at local venues within the county and surrounding area throughout the year. The competitive season usually starts shortly into the new year, ending with the finals in June. Once the team is formed, LiPS will host more shows over the summer to help with the cost of sending their team to the festival.

LiPS is the only rural collective competing at CFSW. Poets from Carleton Place, Perth, Smiths Falls and everywhere in between are representing our communities and our county on a national stage with some of Canada's best writers and performing poets. Come to this year's finals and listen to what LiPS has to say.



Pictured above are members of the winning 2012 LiPS team, Attend the final competition on June 8 to find out who makes this year's team!

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Humm Bits

Rain Barrels for Sale

The Rideau Valley Conservation Foundation and Westport in Bloom are selling rain barrels to conserve water and support local charities. Order online at <rainbarrel.ca/westportinbloom> or call 273-6079. Barrels are in several colours; cost is \$55. Pick-up is on Saturday, June 15 from 10AM to noon at St. Edwards Church in Westport. The last day to order is June 8.

Youth Auditions for *Othello*

On Saturday, June 8, from 9AM to 1PM at the Carleton Place Town Hall, the Mississippi Mudds Youth Theatre will be holding auditions for its October production of William Shakespeare's *Othello*, directed by Mark Piper.

Approximately ten roles are available for actors aged 13 to 18. A number of smaller roles may be available for actors aged 11 to 12. For more information, please visit <mississippimudds.ca>.

History & Strawberries in Appleton

The **North Lanark Regional Museum** is now open seven days a week, from 10AM to 4PM, featuring displays on local pioneering history and the 1942 Almonte Train Wreck, as well as many other artefacts of local history.

The Annual General Meeting of the **North Lanark Historical Society** will be taking place on Wednesday, June 5, at 7PM at the North Lanark Regional Museum. A highlight of the meeting will be guest speaker John McKenty, who will talk about the history of the CCM bicycle.

The museum is also pleased to announce that their annual **Strawberry Social** will be hosted at the museum on June 23, from 2-4PM. Come out and enjoy an afternoon of sweet treats and live music performed by the Perth Citizen's Band. The museum is excited to have this year's Miss Teen Lanark County, Haven Lamothé, joining us for the afternoon as well. Tickets are \$10 and can be purchased in advance.

For more information see <northlanarkregionalmuseum.com>, call 257-8503, or visit the museum at 647 River Road, at the corner of Appleton Side Road, in Appleton.

New Exhibits at Heritage House

For over one hundred years, Smiths Falls and surrounding area have produced world renowned carvers and developed a lasting legacy through groups such as the Rideau Carvers Club. The "Carvings of the Rideau" exhibition, which runs to October 24, pays tribute to these works of art and the natural heritage of the region. Discover the talents and stories of internationally celebrated carvers including Nichol, Kerr, Miller, Braham and Garton.

The cultures of the world meet in Smiths Falls at the "Home in a Suitcase" exhibit (until July 1). Discover the personal cultural heritage of newcomers who have chosen Smiths Falls as home. Explore their "suitcases" of keepsakes from their home country.

The Heritage House Museum is open 10:30AM to 4:30PM daily, including weekends and holidays, at 11 Old Sly's Road in Smiths Falls. For information on the new exhibits and upcoming events, please contact them at 283-6311, <heritagehouse@smithsfalls.ca>, "Like" them on Facebook, or visit <smithsfalls.ca/heritagehouse>.

Strawberry Social for Therapeutic Riding

Please join the **Therapeutic Riding Program** for their very first annual Strawberry Social on Sunday, June 30, from 2-4PM at the Herb Garden (3840 Old Almonte Road, 256-0228). Tickets are \$10 per person and include tea/coffee, strawberry shortcake, silent auction, raffle, door prizes and access to the Herb Garden for the afternoon.

Tickets are available at Read's Book Store in Carleton Place or by calling 257-7121x238.

With the support of the Herb Garden and Beckwith Berries, the Lanark County Therapeutic Riding Program is very excited to be hosting their very first Strawberry Social fundraiser. The Riding Program is in its 27th year of offering support to disabled adults and children in and around Lanark County. The Riding Program does not have ongoing government support, so fundraising events are a big part of their mandate. For more information on the program, see <therapeuticriding.ca>.

Join them for a lovely day at the Herb Garden and support this great cause!

The Reeve Report

Requiem for My Car

I have a scratchy memoir that my father dictated into an old cassette recorder, detailing his life. I can hear him sipping his rye, tipping his squeaky desk chair and recalling his life, not by decades or jobs, but by the sort of car he owned: the old Model T

by Glenda Jones

when he survived a winter in a tar-papered shack in Lloydminster, Saskatchewan; the Ford he got third-hand the year he meet my mom; the Austin with brakes that gave out at the least provocation; the Vanguard that my mom kept running as long as we had it; and his pride and joy, a brand new 1957 Chev Bel-Air, metallic bronze and cream. There was no activity more anticipated than spring tire-kicking with my dad. He'd find the car, bring it home, and announce this was a real deal he couldn't refuse. The negotiations were often oiled with something other than tea, I recall, but he sure loved his cars.

I must have inherited that desire for good wheels. I read the Driving section of the paper, scrolling through the virtual car lots, and start comparing next year's models in September. We've had a brand new 1964 Chevy II — our wedding car we called it. Black with red upholstery. Yummy! That was followed by a huge Chev Impala, a boat on wheels that hauled enough camping gear for a family of five. Then there was a Zephyr station wagon. You could get two bikes in the back of that baby. It smelled faintly of athletes the whole time we had it! Our Mazda truck, a sporty little pickup, ran long after it should have died. We were passed by it on the 417 one day, and couldn't believe it!

We changed up to a silver Citation after that, until the new car bug struck once again. For a change, I was going to buy a car when we wanted it, not when we needed it. I must have shopped for two months before we decided on a nearly-new 1996 Toyota Corolla, dignified beige, in mint condition. That satisfied me until I touched the Smart Car. Bad move! I wanted/needed one of those cute little things so badly that I bought a tiny Pewter one to hang with my keys as a constant reminder.

Again, I hit the car lots, trying to replicate the Smart Car. Lots of brochures, lots of comparison, until I found my dream car: the 2005 Toyota Echo! As soon as I laid eyes on that car, shiny and new, I knew I wanted it. Alan doesn't like car shopping, so he hangs around the show room, looking like he might buy the sports car, while I talk to the sales rep. One test drive, and we adopted our perfect car right there.

All 274,000 km on that car were ours. It took us to New York, to North Bay, to untold dog classes, to greenhouses, to hardware stores, to ski hills — everywhere, and nary a repair in eight years, except for one flat tire. Talk about reliable. I would have driven that car into the next century if I could have.

So imagine my total horror when my poor little baby was unceremoniously rear-ended. My heart ached to see it hoisted onto the tow truck, and disappear down the road, one wheel crumpled under the carriage. It didn't deserve that!

We next saw our little car all alone at the collision centre. It was like a wounded animal wanting to be taken home. There was nothing we could do to save it, so we sadly removed all our trinkets, maps, geocache treasures, blankets, and bags, and left it there, stripped of its identity. We didn't look back.

We got one more glimpse of it, and I really wish we hadn't: it was on the back end of a truck destined for the junk yard. My dear little car, faithful to the very end.

I can't be without wheels! Within a week I was dragging Alan through car lots, meeting deplorably inept salesmen, seeing too-expensive cars that "were exactly what we needed", discarding one choice after another. There was one dealership we hadn't seen, and with no expectations we turned into the lot. Like a puppy waiting at the pound, a beautiful Mazda 2 was right at the entrance. I passed it twice, thinking it would be over the budget, but on the third pass, I read the price. Try to act cool when your heart is saying "This is the one!" We casually met a sales rep — nice guy, two dogs, lives in the country, drives a hatchback for his dogs too — who drove us around the block a couple of times. Always best to let them drive the first time to hear any strange noises and get a feel for the car. He handed me the keys, and we took it for a spin. Once again into the fray of negotiations, and three days later, we had a new car. As I slid behind the wheel to bring it home, I did my best to sweet talk it. I've washed it a couple of times, and am getting some minor repairs done so it'll be happy.

Here's the funny bit. I was in town yesterday, and waved to a couple of people, and they didn't recognize me. My little Echo and I were a team. I even passed Alan at an intersection and he didn't recognize our own car! Since we live on a small road, all new vehicles are suspect, and there were some strange looks the first time I came up the hill.

So we have a new baby in the garage, and I am excited as always with our choice.

However, my little Echo will hold a special place in my car inventory. RIP Echo!

15th Annual Rideau Lakes Studio and Garden Tour

Saturday June 29
to Monday July 1

Come and explore the beautiful rural scenery, and discover a bit of history at the UNESCO World Heritage Rideau Canal while sharing in the artists' creativity, skills, and stories.

For information:
613-928-3041

rideaulakesstudioandgardentour.com

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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.

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 com-

monly 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 Asso-



Who They Are

The Herb Garden
George and Gerry
3840 Old Almonte Road Ottawa, Ontario K0A 1A0
256-0228, <herbs@magma.ca>, <herbgarden.on.ca>
Info about Herbfest: <herbfest.ca>

What They Offer

Large selection of potted culinary herbs for purchase, a beautiful destination to explore, demonstration herb gardens, a wetland trail, heritage barns, an artisan 'boutique', an art gallery, monthly catered dinners (June 19, August 14), location rental for private and public functions (including weddings), free workshops about herbs (July 6, Sept 7), other events (see above and listings on their website)

Where They Sell

Ottawa Farmers Market (Brewster Park) on Sundays.
Le Marché du Vieux Hull (Laval Street) on Thursdays.

Lemon Verbena Cocktail

- 1 cup water
- ¼ cup sugar
- ¼ cup torn lemon verbena leaves
- ¾ cup white rum
- ¾ cup chilled club soda
- juice of 2 limes

Lemon verbena is a great herb to plant in a pot for the patio. Put it in a sunny spot next to where you'll sit (and sip the cocktail) and stroke it to release its intense lemony scent.

Combine water and sugar in a small saucepan. Rub torn lemon verbena leaves to release oils. Add to sugar water. Bring mixture to a boil. Stir and cook for 30 seconds. Cool completely. Strain mixture. Combine mixture with rum, soda and lime juice. Serve over ice and garnish with lemon verbena leaves.

ciation, 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 ensuing years, the couple has 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!

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July 14 • 10AM – 4PM • \$55 per person
 Thresholds, 141 Pine Ridge Drive in Blacks Corners
 Details available at www.thresholds.weebly.com
 or call Patti Koeslag at 613-253-3099



Art Journey Studio Tour
 Smiths Falls June 15th and 16th
 10 am to 4 pm
 16 Artists at 9 Studios



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www.artjourney.ca

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 in the Independent Grocer Mall

Doors Open Smiths Falls

Come visit Doors Open Smiths Falls on June 9 and celebrate the Town's heritage in all its significant forms: historic, architectural, natural and cultural. This one-day annual event in Smiths Falls is part of a province-wide celebration and provides unique opportunities to explore and enjoy interesting places and spaces — free of charge.

Put on your comfortable walking shoes and have a leisurely guided walk — in the morning with Rideau Trails or at twilight with the Municipal Heritage Committee, when they will focus on Smiths Falls' industrial heritage. Join guided tours of the newly renovated Smiths Falls site of the Perth and Smiths Falls District Hospital or Hart Laundry Services in the Gallipeau Centre, the Railway Museum of Eastern Ontario or the Masonic Lodge. See new and antique fire trucks on display in front of the Town Hall. Stop by and have a chat and tour with a Town Councillor in the Town Hall Council Chambers, or visit Jack FM and meet the radio team of Wayne and John. At Heritage House Museum, don't miss seeing the two-storey Victorian privy, the world class wood carvers exhibition, or "Home in a Suitcase", a display of the special memories of new residents who now call Smiths Falls home. Be amazed when you visit the Parks Canada Gate Shop, where they make the giant Rideau Canal lock doors. Enjoy demonstrations by the Search and Rescue Team, including horses and dogs. Support fundraisers such as the Smiths Falls Library used book sale or community barbecues, and visit the REAL Deal Store and Environment Centre — the day is filled with choices!



Along the way, enjoy "Cultural Expressions", the provincial Doors Open theme for 2013. Be entertained by performers at various Doors Open sites. Listen to the organ and Carillon at Westminster Presbyterian Church, and classical music and jazz at Trinity United Church. Appreciate live theatre with a special performance of the Mills Community at the Station Theatre and the talented music students from Smiths Falls District Collegiate Institute. Visit the artists in Russell Street Village, including the Smiths Falls Art Journey group. Why not bring home an original work of art? Appreciate the creativity of pioneers expressed in their wooden tools at the Montague Agricultural Museum. Enjoy Open Stage, a live music jam in Lower Reach Park, from 5–8PM.

Smiths Falls has participated in Doors Open since 2002, when the Ontario Heritage Trust embraced the program. This year, it will also participate in a Doors Open Ontario socio-economic survey. Visitors who participate in the survey have a chance to win one of 15 gift cards, redeemable at Ontario's finest hotels, inns and spas.

Join in the fun in Smiths Falls on Sunday, June 9 from 10AM to 4PM for Doors Open! (Please note that open times may differ at some sites.) Volunteers are waiting to welcome you, all over town.

Drop by Smiths Falls Town Hall lobby for a map and full list of Doors Open sites and activities or contact Lynne Clifford-Ward, Co-ordinator, Doors Open Smiths Falls 2013, at lcliffordward@smithsfalls.ca or 283-4124x1150. More information can also be found at doorsopenontario.on.ca.



Tour the Station Theatre (above), the Heritage House Museum (above right), and many other spots during Doors Open on June 9

"When you ask about and listen to my experiences, and are willing to share your own, it makes me feel I am a part of the community"

Paola Kryvenchuk
 From Guatemala, has called Smiths Falls home since 2006.



Planting the seeds for a welcoming community

Plant your seed of welcome; By reaching out to newcomers, you can do your part to grow an inclusive community.



For more ways you can welcome newcomers visit:

<http://immigratetosmithsfalls.ca/plantyourseedofwelcome.cfm>

Or call 613.283.4124 x 1184



Acoustic Blues Return to Westport

Choose The Blues Productions, producer of the successful Blues On The Rideau Series, is pleased to announce that the **Acoustic Blue Mondays** dinner and show fundraiser series is returning to the Cove Inn in Westport for a third season this summer.

The series features some of Canada's best acoustic blues artists — many of whom are nominees and/or winners of Juno and Maple Blues Awards. All shows run from 6 to 10PM and take place in the cozy, intimate setting of The Cove's dining room — a perfect venue in which to enjoy great "sit and listen" music. Dinner and the show is only \$45 per person, with proceeds going to help support the many excellent cultural events that take place in Westport during the spring, summer and fall.

The 2013 series kicks off on June 17 with **Morgan Davis** <morgandavis.com> — a wonderfully talented singer, songwriter and guitarist who plays both original and traditional blues. Originally from Detroit, Morgan now lives in Deep Cove, Nova Scotia. Over his long career he's won a Juno and nine Maple Blues Awards as Songwriter, Recording, Producer, Male Vocalist and Acoustic Artist of the Year.

Next up, the duo **Fraser/Daley** <fraserdaley.com> play on July 15. 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), started playing together and haven't stopped since.

On August 26, **The Harpoonist and the Axe Murderer** <harpoonistaxemurderer.com> come all the way from Vancouver to

play Westport. This duo with the unusual name is Shawn Hall on vocals and harp (the Harpoonist) and Matt Rogers on guitar, stomp board, bass, keyboards and back-up vocals (the Axe Murderer). They make a lot of sound for just two guys, and bring a fresh take to roots blues with their contemporary lyrics and unique arrangements, yet they remain true to the old blues traditions. Don't miss this Maple Blues Award



This summer's Acoustic Blue Mondays line-up includes The Harpoonist and The Axe Murderer (looking less than murderous, above...)

nominee for Best New Artists of the Year in 2012.

Last but definitely not least, you won't want to miss **Suzie Vinnick** <suzievinnick.com> on September 16. Suzie is one of the best-known folk blues singer/songwriter/guitarists in Canada, with a voice that has been described as "spun gold and honey". Over the past ten years she's won the Maple Blues Award for Best Female Vocalist a record six times, was nominated for a Juno last year, and was a finalist in the Solo/Duo category at the 2013 International Blues Challenge in Memphis last January.

These show always tend to sell out, so early bookings are recommended. Advance reservations should be made at 1-888-COVE-INN or 273-3636. For more information about the performers, the series and the venue, please visit <choosetheblues.ca> and <coveinn.com>.

Manor Art Show Exhibit by Kaija Savinainen-Mountain

Kaija Savinainen-Mountain is exhibiting her spring 2013 show: **Iloiset Varit=Joy of Colour** at Fairview Manor's art wall for the month of June. All are invited to the show's opening on Sunday, June 16, from 3-5PM. Refreshments will be served!

Kaija's expressive and emotionally striking paintings are inspired by her connection to the land and nature through running, skiing, cycling and gardening. Her place near Clayton in the Ottawa Valley, her time in Alberta's prairie and foothills country, and her upbringing in Finland and Sweden have been profound influences.

Kaija explains: "One needs to look at elements of nature, and the animal world — for instance, horses, deer, and

other animal beings can be symbolic parallels to human lives. I use this imagery in ways like expressionist painters such as Franz Marc did — to illuminate and enrich our existence, to help viewers to focus on the underlying potential and dignity of our lives."

A practicing artist since the 1990s, Kaija has brought visual art to the TR Leger schools in Lanark County and, for the past three years, to Ottawa's Venta Preparatory School.

Kaija holds a Bachelor of Fine Arts from the University of Lethbridge, as well as Bachelor of Education from the University of Ottawa. She has participated in over 100 solo and group exhibitions in Ottawa, Montreal, Toronto, Calgary, Edmonton, the US and Japan.



DOORS OPEN
Smiths Falls
June 9th, 2013



For more information call:
613.283.4124 x 1150, scan the QR-Code
on your smart phone or visit:
www.smithsfalls.ca/doorsopen.cfm
OR
www.doorsopenontario.on.ca

Culture has an open door policy!



Home in a Suitcase

Exhibition



Heritage House Museum and The Smiths Falls Local Immigration Partnership are pleased to bring you two exhibitions in one which explores family culture and diversity.

Discover the personal cultural heritage of newcomers who have chosen Smiths Falls as home. Explore their 'suitcases' of keepsakes from their home country at Heritage House Museum.

Also Featuring
Travelling Exhibition:

Family Stories, Treasured Memories Exhibition

The exhibition displays migration experiences from a range of time periods and countries of origin, offering a glimpse of the diversity that makes up contemporary Toronto. (Source: The Multicultural History Society of Ontario (MHSO))

Date: May 1st – July 31st
Exhibition Hours: 10:30a.m - 4:30p.m (Open Daily)
Location: Heritage House Museum,
 11 Old Sly's Rd, Smiths Falls, Ont
 For more information on these
 exhibitions call 613.283.6311






Future Tense in Your Community

Bonnechere Comes to Life as a Musical

An original musical theatre production that takes an innovative and fun-filled look at the past, present and possible futures of the Bonnechere River watershed is coming to your community this summer! The local theatre production, entitled "*Bonnechere River — Future Tense*" is a Bonnechere River Watershed Project (BRWP) and Stone Fence Theatre partnership, with financial assistance provided by the Ontario Trillium Foundation.

Bonnechere River — Future Tense is a fast-paced comedy that raises some serious questions about the river, the people who live near it, and how best to protect them all.

"It's great to have Stone Fence Theatre help us get people thinking about the watershed and its future," says BRWP chair Kathy Lindsay. "We're going everywhere we can in the area, to raise awareness, and we hope hundreds of local residents will see it."

Stone Fence Theatre's producer Ish Theilheimer is pleased with the collaboration. "We're happy the BRWP asked us to take this on," he said. "I think everyone in the County is going to find this show both entertaining and extremely interesting, because it's talking about their lives."

The play was written by Ish Theilheimer and Johanna Zomers, with original music by Terry McLeish and John Haslam, and is directed by Chantal Elie-Sernoskie. It features veteran Stone Fence Theatre players Josh McCoy, Maureen McCoy, Amber Dagenais, Chantal Elie-Sernoskie, Terry McLeish and John Haslam. The play's producer is Ann Bulger.

Ten performances take place this spring and summer — all are by donation

at the door except for Horton's. The show premiered in Wilno in April, followed by Golden Lake in May. On June 1, it comes to the Eagles Nest in **Eganville**, at 3PM as part of Celebrate Our River Day.

Other performances are scheduled for various locations across the watershed area. For those in the Arnprior-Braeside area there will be a performance on Saturday, June 29, during the Ottawa River Drive at Pine Bay Park, in **Braeside**. On Sunday, July 14, two performances are scheduled — 11AM and 1PM — as part of the Art in the Park event at Haramis Park in **Renfrew**. You can also catch it in Renfrew on Thursday, August 1, 3PM at the Quail Creek Retirement Centre. Neat Coffee Shop in **Burnstown** will host a pre-performance BBQ on Saturday, August 10, at 5:30PM, followed by a performance at 7:30PM.

The tenth and final performance will take place on Friday, August 23, as a dinner theatre show at Horton Community Centre in **Horton** Township, where the bar opens at 5:30PM, followed by dinner at 6PM. Cost for the final dinner performance is \$25 per person. Tickets will be made available at other performances and from the Horton Township Office and Scott Hardware in Renfrew.

Pick a date to come out and see some great theatre, and have a chance at winning one of dozens of adventure expeditions, attractions and restaurant gift certificate door prizes, providing yet another way to explore the Bonnechere River Watershed! Visit <BonnechereRiver.ca> for a performance schedule, located on the events page.

Help Make Your Town a Welcoming Community

Are you a community-builder or member of a community-building organization? Perhaps you're a small business person, a member of a local church or citizen's group, a senior or youth citizen interested in being involved in community action. Help create an even healthier, inclusive community by attending one of the Mills Community Support's action-oriented "town halls" with renowned community developer Bruce Anderson. Attend the one closest to where you live, if you can, but if there is another at a more convenient time, you'll be welcome there.

The first **Welcoming Communities Workshop** will be held on Wednesday, June 26 from 9AM to noon in **Carleton Place**, at the Carambeck Community Centre (351 Bridge Street). You are welcome to stick around afterwards for the Mills Community Support Annual General Meeting at 1PM.

The workshop on Thursday, June 27 from 6 to 9PM at **Almonte's** Old Town Hall includes supper, so you don't have to

worry about running home to eat beforehand.

The **Smiths Falls** Legion welcomes you to their workshop on Friday, June 28, from 9AM to noon.

The cost of the workshop is \$20 for adults, with seniors (65+) and youth (21 and under) paying \$10. There are two ways to register: you can go to <themills.on.ca> and follow the links, or simply call 256-1031x61. Please make your cheque payable to Mills Community Support, writing "Welcoming Communities" on the memo line.

Through Community Activators, Bruce Anderson helps professionals, educators, and community organizations learn more about and apply the core practices of gifts, welcoming, and hope within their organizations and the communities they serve. Based in Washington State, he has travelled to communities big and small, giving training, presenting talks, and facilitating workshops. Learn more at <communityactivators.com>.



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10am - 4pm
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TICKET LOCATIONS: →

Carleton Place
Blossom Shop
www.blossomshop.ca
Carleton Place Nursery
www.carletonplacenursery.com
Floral Boutique
www.thefloralboutique.ca
Reids Garden Centre
www.reidgardens.ca

Almonte
Brantim Country Garden Centre
www.brantim.com
Whitehouse Nursery & Display Gardens
www.whitehouseperennials.com

Burritts Rapids
Rideau Woodland Ramble
www.rideauwoodlandramble.com

Perth
Hillside Gardens
www.hillsidegardens.ca

Smiths Falls
Gemmells Garden Centre
www.gemmellsgardencentre.com

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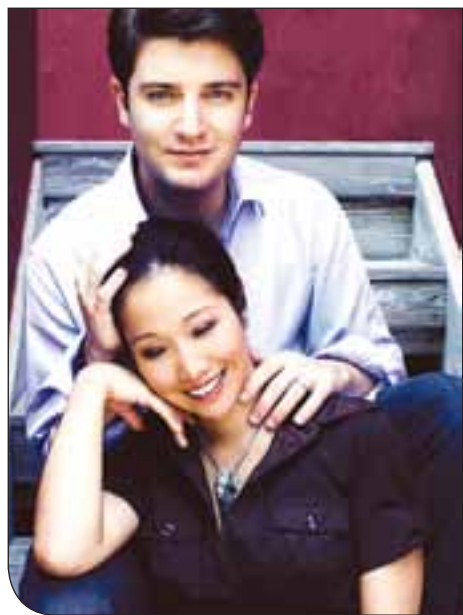






From the Sublime to the Ridiculous!

No one musical performance can offer "something for everyone", but the wildly diverse upcoming season of Perth Performing Arts Committee (PPAC) shows might just fit that demanding bill. It begins with the classical virtuosity of pianists Bax & Chung, takes off on a jazzy detour with Jesse Peters, careens headlong into the absurd with Lorne Elliott, and finally arrives safely in the eight competent hands of Quartango. And if that's not enough variety, PPAC is even throwing in a special additional performance by the powerhouse Leahy family!



Pianists Bax & Chung kick off the 2103-14 PPAC season on October 18. Series and single tickets are now available!

A musical love story, pianists **Alessio Bax** and **Lucille Chung** first met at the 1997 Hamamatsu Competition. In 2003, the Ottawa Chamber Music Festival had the brilliant idea to have them perform as a piano duo at the National Arts Centre for their Piano Extravaganza, where their performance was hailed as "a lucid and deeply moving musical experience" (American Record Guide). Since then, the two-piano and piano-four-hand format has become an important addition to both of their solo careers, and the duo has performed together on many of the world's most prestigious platforms. They bring their passionate playing to the prestigious Perth PDCI stage on Friday, October 18.


With his soul bared at each and every performance, **Jesse Peters'** musical sincerity draws in anyone willing to let go and come along for the ride. Textures that honour great influences like Frank Sinatra and Tony Bennett are fused into the modern sound that Jesse creates every time he sits in front of a piano and microphone. Blessed with a natural ability to convey both brilliant musicality and true emotion with his voice, Jesse has also become one of Canada's most recognizable jazz pianists. The combination of these two talents creates a recipe for excitement, exploration, and interaction that has left audiences across North America standing in the aisles and yelling for more. You'll yell for Jesse as well when he comes to town on November 15!

Canadian born **Lorne Elliott** has performed from Newfoundland to New York City, from Los Angeles to Australia and points in between. Lorne started performing in 1974 as a folk musician... wait... that sounds kind of boring. Let's hear from Lorne himself: "I was born so far back I can hardly remember and grew up normally, I think. I started going on stage at a time when hair like mine was fashionable, and I hung a guitar around my neck to complete the look. Somewhere around that time people started laughing at me, and I saw no reason why I shouldn't join them. I've made a living off the products of my imagination for thirty years, so if you're wondering if that's possible I am here to tell you it is. Give it a whirl. You just might find an audience." And you just might want to be in the audience on March 31, 2014, to hear more from this charmingly funny man.

Comprised of four highly accomplished musicians, bound by their shared passion for the tango and driven by an unceasing desire to make a close connection with their audience, **Quartango** offers a performance filled with subtle nuances and a blend of colours that reflects both the classics and modern music. They have performed all over Canada as well as on the international stage, and are renowned for their performances with many important North American symphony orchestras. Quartango's vast repertoire is characterized by refined musical arrangements full of energy, the majority of which are the creations of pianist Richard Hunt. While these arrangements explore Astor Piazzolla's tango nuevo, they also include hints of the classics, jazz and Celtic music that are as subtle as they are unexpected. Expect the unexpected at their Perth concert on April 11, 2014!

So there's the regular season in a nutshell (well, a large nut, like maybe a walnut, because all those shows probably wouldn't fit in a pistachio). But when you go to order your season tickets, don't forget to grab a few for the special additional performance! They'll make a great early Christmas present (December 15), and who wouldn't want to hang out with **Leahy** at holiday time? These eight musical brothers and sisters have been playing together their entire lives and have so far released four acclaimed CDs— *Leahy*, *Lakefield*, *In All Things*, and *Live*. All that audiences need to do to understand the style that has come to be known as "Leahy", is look at their awards— Junos for Best New Group, Best Country Group, and Best Instrumental Album; the most played folk/roots song in Canada in 2004; and the SOCAN award for Folk/Jazz Instrumentalist the following year. Pure and authentic — Leahy continues to be one of Canada's most sought after exports.

All PPAC shows start at 8PM in the Mason Theatre at Perth & District Collegiate Institute. Both season and single tickets are now available from Tickets Please — visit <ticketsplease.ca>, call 485-6434, or drop in at Jo's Clothes, 39 Foster Street in Perth.



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Sharon Laurie Katie

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Business Opportunity in Downtown Arnprior

Arnprior is a picturesque town with a population of 8000 in the heart of the beautiful Ottawa Valley. Including the town itself, it has a surrounding potential customer base of 30,000.



Business Opportunity

Business assets of Bonnie Jane Scones For Sale.

Business Profile

Currently it is a Bake/Coffee Shop located at 148 John Street North in Downtown Arnprior in a high traffic multi-store heritage building. The adjoining businesses to Bonnie Jane's are The Arnprior Book Shop (established 1993), The Gallery Gift Shop (established 1995), and Essencia Yoga Studio (established 2011).

Square Footage - 800 retail square feet with a full, dry basement for storage.

History of Bonnie Jane's Scones

Established in 1993 (same year as The Book Shop) and was owned and operated by the same owner until 2010 when it was bought by The Arnprior Book Shop.



We are soliciting proposals for a food/coffee oriented business that will complement the already existing adjoining businesses in the building. The landlords are the current owners of the Book Shop and the Gallery Gift Shop.

All proposals will include the purchase of the Business Assets of the current business which includes:

- Physical Assets such as Equipment, Furniture and Fixtures
- All Relevant Recipes
- Right to use the name Bonnie Jane's Scones
- Exceptional opportunity for dynamic, creative individual(s) to run a food coffee oriented business in a building with an excellent track record and the best location in Downtown Arnprior and arguably The Ottawa Valley.



If you think you would like to be part of our 'going concern team' in Arnprior please contact thebookshop@magma.ca



Art Journeys Around the Valley

Botanica 2013

From June 2 to 30, you have the opportunity to explore the plant world through the eyes of artists. Combining the science of botany with an artistic aesthetic, the Ottawa Society of Botanical Artists presents its first annual exhibition at the Bergamot Art Gallery, a beautifully restored 1820s heritage barn on the grounds of the Herb Garden, a lovely venue with display gardens of herbs, a nursery and an artisan boutique. Enjoy this beautiful exhibition of plant life painted by local artists as you explore the many delights of this rural setting.

by Miss Cellaneous

The Herb Garden is open Tuesday to Sunday from 10AM to 5PM, and is located at 3840 Old Almonte Road. There will be an opening reception on Sunday, June 2 from 1-4PM. For more information, please visit <ottawabotanicalart.blogspot.ca> or <herbgarden.on.ca>.



Nasturtium, by Cecilia Martin

Smiths Falls Art Journeys

On June 8 and 9, the Art Journey Studio Tour group (comprising sixteen artists and artisans from Smiths Falls) has teamed up with the Ontario Heritage Trust, Doors Open Smiths Falls and Russell Street Village organizers to present an instant **Weekend Gallery** of fine art and craft at 18 Russell Street East.

Whether you are partaking in the Doors Open event (June 9) and travelling from one incredible site to the next, or just want to feast your eyes and enjoy the wonderful display of carvings, artistic furniture, paintings, mixed media artwork and wood turnings, please stop by!

The very next weekend, you are invited back to experience the **Art Journey Studio Tour** in Smiths

Falls. This free tour runs on June 15 and 16, from 10AM to 4PM, and features sixteen artists at nine studios. For more information, visit <artjourney.ca>.

Special thanks to the Valley Heartland Community Futures Development Corporation, business owner R. Heart, and the Smiths Falls and District Arts and Culture Council for their help with creating Art Journey — An Instant Weekend Gallery.

This is a great time for both residents and visitors to experience the great arts and cultural opportunities available in Smiths Falls.

of Brush & Clay

"... of Brush & Clay", an exhibition and sale of recent works by ceramic artist marie paquette and painter Ann Gruchy, has become an annual spring event of fabulous complicity, with ceramics and paintings displayed in thoughtful, common settings. Ann and marie both work with texture and colour in their respective media; this is the reason they teamed up nine years ago to display their work. Both artists have evolved further over the years, along similar paths — distancing themselves from functional or figurative work.

Ann works in watercolour, inks and acrylic, always emphasizing light and atmosphere in her paintings, which range from semi to complete abstractions. She enjoys exploring new techniques in her art. Some watercolours are done on canvas, allowing the woven surface to show through the transparent pigments. In her acrylics, the paints are often applied onto a surface prepared with plaster, to achieve texture. An elected member of the Society of Canadian Artists, Ann works and teaches in her Kars studio.

Marie shapes her clay objects by hand, working in close collaboration with the clay. By folding, pinching, stretching, pressing and slip decorating the clay, she creates naturally textured objects. Her work, mainly functional, now includes more abstracted forms. She often has the privilege of wood-firing her clay objects; the intensity of the fire, flames and ash give birth to unpredictable unique earthy surfaces, which harmoniously complete her work.

Explore their works... of Brush & Clay on June 8 and 9, from 10AM to 5PM, at 1584 Sobeau Court in Kars. For more information on these artists, you can visit their websites: <anngruchy.com> and <mariepaquette.blogspot.ca>.

Rideau Lakes Studio and Garden Tour

2013 marks the fifteenth anniversary of the **Rideau Lakes Studio and Garden Tour**. The Tour takes place in the heart of the Rideau Lakes on the scenic Rideau Canal, a National Historic Site and Ontario's only UNESCO World Heritage Site. Participating artists live along the waterway and in the adjacent area, and take inspiration from the natural beauty and cultural heritage found in their surroundings.

The artists are looking forward to this memorable anniversary and are preparing some exciting new exhibits for your enjoyment. The showcase of talent features decorative painting, handwoven and quilted items, pottery, decorative stone work, woodworking, and exciting paintings in watercolour, oil and acrylic. Many of this year's participants have been with the tour since its inception and have seen it grow from a small group of friends exhibiting their talents to one of the most popular tours of the season, with new artists joining every year and many surprise guests involved.

As usual, the studios will be open 10AM to 5PM, Saturday and Sunday, June 29 and 30, but as something new this year they will also be open on Monday, July 1, to celebrate Canada Day. A free brochure will guide you; it is available at

most area stores, restaurants and welcome centres, or simply visit <rideaulakesstudioandgardentour.com>.

Call to Artists

The West Carleton Arts Society is hosting its 2nd annual ARTstravaganza, a non-juried art show and sale to be held at the Carp Fairgrounds (3790 Carp Road) on Saturday, August 17. It's a day for artists and craftspeople to showcase their talents and wares.

Organizers are looking for fine craftspeople as well as fine artists to participate in this fun event. From watercolourists, inventive abstract painters, spectacular photographers and woodworkers, to fabric artists, potters, jewellery makers, and more — they want YOU!

Enthusiastically promoted, advertised and not accidentally coinciding with the amazing Carp Farmers' Market, the day will be filled with non-stop visitors. There will be live music, children's activities, art demonstrations, a Plein Air Painting event, and much, much more. You don't want to miss your opportunity to participate in this year's ARTstravaganza! Reserve your space now.

For more information, contact Lis Allison, at 832-2156 or <lis@pine-ridge.ca>, or visit <westcarletonartsociety.ca> where you'll find more details and an application form.



of Brush and Clay... Ann Gruchy and marie paquette explore the theme of "Kimonos"

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Glee 3

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For teens 12 and up, boys and girls alike!

Session 1: July 8, 9 & 10

Session 2: July 15, 16 & 17

Session 3: August 12, 13 & 14

Max. 6 students per class (min. 4),
cost \$175 includes materials and
sewing machines will be provided

To register email
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or call Ingrid at
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Classes at
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www.ingridharris.ca

Volunteering is the Best Way to Have Fun!

Help Out at Heritage Mica Days

Heritage Mica Days at Murphys Point Provincial Park is fast approaching for another summer of activity. The Friends of Murphys Point are once again recruiting volunteers to help with a variety of tasks during the many events. There are numerous opportunities available and they would be happy to discuss with you the various ways you can help. All volunteers receive a Heritage Mica Days volunteer t-shirt, free park entry for the day that you are volunteering, and a chance to learn more about the wonderful park and share your enthusiasm with park visitors.

For those with a creative bent, there are opportunities this year

to “get into character” by taking on a costumed role in the Open House Silver Queen Mine Tours or Spirit Walks. Costuming and training will be provided, and don't worry, most of the roles have no lines to learn. You will mostly be interacting with visitors and answering questions (and you will have all the information you need ahead of time).

There are many other volunteer opportunities: you can greet people as they arrive at events, sell tickets, help with set up and tear down for events, help with the heritage games or heritage displays, assist at food events (BBQs, hot dog roasts, baked bean lunches, miners' break-

fasts, pancake brunches, and more). Not everyone has to cook at the food events — people are also needed to take orders, stock supplies, keep the food area tidy and generally be an extra pair of hands. And of course, you get to enjoy all the fabulous entertainment of the festival during your volunteer time! Families, neighbours, or members of clubs are welcome to volunteer as a group. Students can earn community service hours for school.

This year, the Friends are holding a volunteer training day on Saturday, June 15. Activities will include a tour of the Silver Queen Mine and a BBQ lunch. This is an excellent opportunity to meet some of the park staff and other volunteers and learn about your volunteer duties.

A full schedule description can be found at <heritagemicadays.ca> under the Events tab. If you think you can help out at one or more events this summer, organizers would really appreciate hearing from you at your earliest convenience. This will help them complete their planning and ensure that festival visitors have an awesome experience!

You can contact the Friends by email at <eventsmurphys@ripnet.com> or by phone at 267-5340. They look forward to hearing from you!



Help Turn a Piano into a Camel!

My name is Karen Phillips and I am an 18-year-old pianist, currently studying at the grade 10 level of the Royal Conservatory of Music. On June 15, I will be performing a concert of piano music at the Almonte United Church, starting at 7PM. Admission is \$10; free for children 12 and under. Tickets are available at the door from 6:30PM or by calling 259-3469. Through

this concert, I hope to send a camel to a needy farming family in Rajasthan, India, through Gospel for Asia.

My repertoire for the concert covers a musical history of just over 260 years, from Baroque through to modern day. It will include pieces by well-known composers such as Bach, Beethoven, Mozart, Haydn, Brahms and Mendelssohn, among others.

By attending my concert, you will help me support the needy people of Asia. Hope to see you there!

— Karen Phillips

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Saturday

PAMT
Fred Penner
None Too Many
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Cécile Doo-Kingé
James Hill
De Temps Antan
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Sunday

Arts In Motion
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June 30 at the Miners' Bunkhouse
The year is 1907 and the Silver Queen Mine is in its heyday of operation! Join us for Canada's 40th birthday celebration as we celebrate with a BBQ and Canada Day cake at the bunkhouse from 11 a.m. until 1 p.m. The Paddling Puppeteer provides entertainment at the bunkhouse. Try your hand at some heritage games from pre-1907! Small fee charged for the BBQ but the entertainment and the cake are free. Complimentary ice cream coupons provided to anyone who dresses in red and white or in heritage costume! Don't forget to take a tour of the Silver Queen Mine as part of our celebration.



DINNER/THEATRE - "Tunes, Tales and Rusty Relics"

July 17, Aug. 14 & Oct. 12
Follow Miss Whitfield, our favourite school-teacher from 1909, and jack-of-all-trades Johnny Russell as they help a park interpreter unearth the artefacts of Murphys Point's past. End your trip at the miners' bunkhouse to enjoy a fabulous hot dinner served by Cookie as you enjoy some traditional music by Cratur. Tickets are \$75.00 per person (includes all taxes and gratuities) and advance purchase is required due to limited seating.



Website: www.heritagemicadays.ca
Email: eventsmurphys@ripnet.com
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THE STAR-SPANGLED GIRL BY NEIL SIMON

July 12 to August 4
A comedy that proves opposites really DO attract

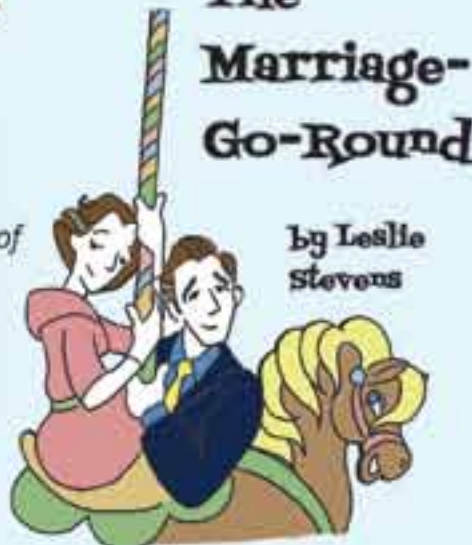
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The Marriage-Go-Round by Leslie Stevens

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"The Classic Theatre Festival is creating quite a scene in Perth." - *CBC Radio*



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Now and Then:

Found Treasures of Canadian Theatre



From June 20 to October 10 take a journey through Canadian theatre history at Matheson House, from the earliest days of community theatre guilds to the development of the Stratford and Shaw Festivals.

featuring vintage posters, designs, and programs along with original paintings by legendary Canadian actor Gordon Pinsent. This fascinating collection also features materials from the first Canadian productions of shows that have been produced by the Classic Theatre Festival.



Include Heritage Perth in your Summer Plans

Learn more about the Festivals, Musical Gatherings, and other Summer Celebrations that make Perth the perfect place to spend the day, stay overnight or plan your next staycation. We look forward to welcoming you to Perth!



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Perth Antiques Show

The 27th annual Perth Antiques Show will be held on July 6 and 7. Dealers from as far away as Quebec and Western Ontario will offer a broad range of quality antiques 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.

Dealers are set up in the air-conditioned hall and outside under tents along the picturesque tree-lined Tay Canal. The historic and beautiful town of Perth, in the Rideau Lakes district of Eastern Ontario, is a great location for an antiques show. Tourists can enjoy the event amidst historic architecture, restaurants, shops and factory outlets.

The show will be held Saturday, July 6 and Sunday, July 7 from 10AM to 4PM at the Royal Canadian Legion Hall, 26 Beckwith Street East. Admission is \$7.

A Sensory Experience at High Lonesome

Plan to come out on Sunday, June 16, to visit the latest wilderness acquisition of the Mississippi Madawaska Land Trust Conservancy (MMLTC). The beautiful High Lonesome Nature Reserve, with its network of trails that wind by creeks and beaver ponds, through leafy glades, beneath tall white pines, and across wild meadows replete with butterflies, is a marvelous example of what can happen when community members support their local land trust. This peaceful oasis of tranquility is a welcome getaway from the stress of daily routines. What a deposit we make in the memory banks of our children when they experience such natural beauty!

Young and old alike are invited to join naturalist trail guides to explore this enchanting property in the Pakenham Hills. Take this opportunity to experience a diversity of wildlife habitats and learn about the ecology of a Provincially Significant Wetland Complex. A variety of trail length options will be available, from a Rabbits' Romp to the more relaxed Sam's Hill Saunter, a Curious Children's Circuit and a Pond Prowl through the ever-green borderlands.

The 200-acre High Lonesome Nature Reserve was donated to



the Conservancy by the family of the late Barry Spicer, whose heartfelt wish was to see his beautiful property conserved in this pristine state forever. A land trust is the perfect vehicle to enable this type of protection. The MMLTC is a private, non-profit charitable organization that works to preserve land with significant ecological value. Its catchment area includes the entire Mississippi River watershed, north to the Madawaska River. Since its inception in 2003, the Conservancy has taken under its protection 1550 acres of land, including the spectacular Blueberry Mountain, one of the Seven Wonders of Lanark County.

Registration for this event is at 9:30AM on June 16, with the guided **Nature Outings** beginning at 10AM sharp. Please consider making a \$10 donation to help MMLTC cover taxes, insurance and other related costs associated with this magnificent treasure. Refreshments will be served following the walks.

To find the property from County Road 29 in Pakenham Village, drive west on Waba Road for 2.9 km. Turn left on Barr Side Road for 1.6 km, take the first left at Carbine Road and drive 4 km to 867 Carbine Road. A map with directions can be found on the MMLTC website at <mmltc.ca>. For more details, call 278-2939.

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Stellar Canadian Casts at CTF

July 12 to September 1 is the 4th season of professional summer theatre in Perth, courtesy of the Classic Theatre Festival (CTF). Featured is a variety of returning talent, along with new faces who have graced stages across the country, in addition to doing considerable film, television and radio work.

Director Laurel Smith, who will helm the comedic productions of Neil Simon's *The Star-Spangled Girl* and Leslie Stevens' *The Marriage-Go-Round*, is pleased with the star power she has assembled this summer to work alongside Ottawa set and lighting designer David Magladry, Mississippi Mills costume designer Renate Seiler, and local production manager Nolan Poppellwell.

The Star-Spangled Girl (July 12–August 4) could have been drawn from today's headlines about the red state/blue state divide that currently animates much of U.S. political culture. Simon, looking at a similarly polarized America in 1966, created the story of two free-thinking liberal magazine writers who fall for a conservative southern Belle and Olympic swimmer who's about to marry a U.S. Marine.

The "Girl", in this instance, is played by Kate Gordon, a regular at Upper Canada Playhouse who returns to the Festival for a second season following her memorable turn as Gittel Mosca in last season's *Two for the Seesaw*. Gordon's comic chops will be on full display as she fends off the attentions of Ottawa's Richard Gélinas, a celebrated veteran of the National Capital theatre scene (*The 39 Steps*, *Stones in His Pockets*, *Cyrano de Bergerac*, *Eddie May Mysteries*), and Trevor Pease, who divides his time between TV and film (*Nikita*, *Cybergeddon*) and stage (Upper Canada Repertory Company, Theatre New Brunswick, among others).

"Simon is known for his sparkling dialogue, hilarious plots and lovable characters. *The Star-Spangled Girl* reflects the theme you see in a lot of his plays of opposites who attract but who also have to work through their differences to get along, just like the sloppy/neat freak roles in *The Odd Couple* and the snarky vaudeville veterans in *The Sunshine Boys*," says Smith.

The Marriage-Go-Round (August 9–September 1) caused some stir on Broadway as it featured a happily married, brilliant academic couple (one of whom is the Dean of Women) whose lives are turned upside down by a Swedish blonde bomb-



Returning to the Classic Theatre Festival stage are Rachel Jones (above) and Scott Clarkson, whose comfortable academic lifestyle and happy marriage are threatened by a young Swedish bombshell in the marital mayhem comedy *The Marriage-Go-Round*

shell who wants the husband to father her baby so that the child inherits both beauty and brains. The couple is played by Scott Clarkson (who has previously performed critically acclaimed star turns in the CTF's productions of *The Fourposter* and *Two for the Seesaw*) and Rachel Jones, who wowed audiences with her unforgettable performance of the title role in last summer's *Mary, Mary*.

Tempting the professor will be newcomer Elisabeth Lagerlöf, a graduate of the legendary New York City American Musical and Dramatic Academy, who is equally at home on stage (Theatre New Brunswick, Theatre Caravel) and film (*Prey*, *Beware the Pickpocket*, and the XBOX web series). Rounding out the complicated shenanigans is a linguistics professor (who carries a flame for the Dean of Women), played here by Toronto's Kevin Hare, with a broad range of theatre credits, as well as appearing in over forty films and TV shows, including *The West Wing*, *RFK*, *Queer as Folk*, *Hollywoodland*, *Wind at My Back*, *Daydream Believers*, *The Monkees' Story*, and *Lonesome Dove*.

The Classic Theatre Festival takes place at a new venue this year, the lovingly restored Full Circle Theatre at 26 Craig Street in Perth. In addition to a new Cotager's Flex Pass and Season Pass, the CTF also features a series of Getaway Packages <classictheatre.ca/packages> that offer prospective visitors both daytrip and overnight stays.

The CTF is also collaborating with the Perth Museum on a new exhibit entitled **Now and Then: Found Treasures of Canadian Theatre History**, focusing on the development of modern Canadian theatre, with still photos, costume designs, and paintings by legendary actor Gordon Pinsent, among many other archival gems that will be on display from June 20 to October 10.

For complete details on the summer season, visit <classictheatre.ca> or call 1-877-283-1283.



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Words From Westport

Westport Awakens!

The Victoria Day Weekend saw the beginning of the summer season for the wonderful town of Westport. Lots of folks were here perusing the fine arts, fine foods, and just fine weather we had. Ice cream parlours, shops, and the newly opened Baker's Teahouse and Stillwater Bookstore were super busy, and businesses were very happy to see sun and visitors.

should read the rules and regulations, which are also posted on the Westport Arts Council website.

Twist and Shout

Dance the night away to your favourite old tunes at Beatle Juice, a Beatles dance, June 15 at The Cove Inn (7-11PM). Come dressed as your favourite Beatle and you might win a prize! Reserve your spot at the \$50 buffet dinner and show at 273-3636.

by Georgia Ferrell

June would be a great month to practice your singing in the shower, because July brings the deadline for applying to be part of the Westport Arts Council's "VOICE of the Rideau" competition. Registration is now open for the VOICE, which is an amateur singing competition for all ages. This year the age groups are: 18 years and older, between the ages of 13 and 17, and 12 years and younger. Contestants may sing as a solo act or in duets/groups.

The auditions will be at North Crosby Hall on Saturday, July 20, from 10AM to 4PM. The judges are Marty Crapper, Kathy Doornekamp and Chris Murphy. Those successful at the auditions will compete at the VOICE of the Rideau finals as the opening to **MUSICwestport** on Saturday, August 17, on the outdoor stage behind the Cove.

Applications are available at <westport-artsCouncil.ca> or at Artemisia Gallery at 7 Spring Street, and will be accepted until Tuesday, July 16. Anyone interested

Stephen Rothwell Art

The **Stephen Rothwell Watercolour Exhibition** runs through Father's Day at Artemisia Gallery, so come on over and see what there is for Dad! Come on Wednesdays from 11AM to 3PM and watch as Stephen creates one of his remarkable paintings. Meet and greet and get to know one of our area's notable artists.

And don't hesitate to sign up for Stephen's **workshop**, to be held June 6 and 7 at the Grist Mill Studios. Stephen's wonderfully loose and energetic style of painting will surely help you with your creative efforts. Sign up now! To register, please contact Georgia by email at <artemisia@kingston.net> or by phone at 273-8775.



Valley Voices Sing On

The Valley Voices spring concert is going to begin in a dramatic fashion with the singing of *Bread and Roses*. This song was written in 1908 following a tragic fire which took the lives of 128 women who worked at a sweatshop in New York City. The words still resonate due to the recent tragedy in Bangladesh.

This concert — Keep Calm and Sing On — is a celebration of the Valley Voices 10th anniversary. Director Becky Schweitzer has selected some of the choir's favourite songs from the past, such as *Song for the Mira* and *Skye Boat Song*, as well as several new ones, like the fun *Hernando's Hideaway*.

The Valley Voices choir has welcomed many new members and now, for the first

time in ten years, the sopranos outnumber the altos. There is a strong contingent of basses and tenors as well, who can boisterously drown out the women, if they so choose. Pianist Carol Mortimer also joined the choir this year, and has mastered the many outstanding musical arrangements.

The concert will be held on Sunday, June 9, at 7:30PM at the Almonte United Church. Tickets are \$7 in advance (\$10 at the door) and are available at Baker Bob's, as well as from Valley Voices members. Partial proceeds will go to the Mississippi Valley Textile Museum, where the chorus practises every Thursday evening.

For more information, please call Fern Martin at 624-5104, or Amanda Becking at 256-0134.



Photo by Becky Schweitzer

And The Winners Are...

Thanks to everyone who participated in *theHumm* / General Store Publishing Bad Poetry Contest (we had 66 entries!). Winners are asked to contact Tim Gordon at <timgordon@gsph.com> to collect your loot (except for *theHumm*'s dishonourable mention — your only prize is notoriety, Stephen!).

1st Place: *Bad Poem* by Claire Sylvan

Bad Poem! Bad Poem! Down! You got mud all over my skirt.
Down Poem!
You stupid poem, I should send you back to the dictionary,
back to the thesaurus.
You're no good for anything. You cosy up to intruders,
You chewed up my briefcase and threw it up on the carpet,
you climb on the sofa and fart,
Just when I sit down to write. Everyone thinks you're so cute,
but they don't know
How you manipulate me when no one else is around.
Sit! Now!! I give up. Bad Poem.

2nd Place: *No Bad Poems!* by Bev Hunter

There are no bad poems
Rather, just like children
Only bad behaviour:
Run on lines
Spewing words hither and yon,
Drooling syrupy drivel;
Artfully rhyming heart with fart.
Bad poems just need to grow up!

3rd Place: *LOSING* by Nedra Nash Kowalik

So many people losing lives in strife
Why in the garden do I still have life?
No one's counted more important than all?
Equal our lives: white or black, short or tall
We're born to live, to love, to lose
How it all works, not ours to choose.

Humm (dis)Honourable Mention: *Untitled* by Stephen Brathwaite

Publishing shmublishing — the stories are told
From Burnstown to Almonte — the dirt and the gold
Are mined by the peddlers of free magazines
The hip '60s scholars in faded blue jeans
The hucksters of newsprint, opinions and ads
They pitch us the concerts, the shops and the fads
Now they ask for bad poetry — so bad it's like farts
I'm happy to vent one — in the name of the arts.

The Proof is in the Studio Theatre...

Proof by David Auburn, Studio Theatre's final production of the year, deals with a complex family: Robert, the father and brilliant mathematician who is lapsing into insanity; Catherine, his daughter, an equally brilliant mathematician who fears she has not only inherited her father's genius but his unbalanced mind as well; and Claire, Catherine's organized, well-adjusted sister who wants to take Catherine home to New York so she can watch over her.

Catherine has had to give up any hope of a career to stay home and take care of her failing father. Now she is showing symptoms of the same mental affliction. Her problems are intensified, not only by the arrival of her sister Claire, but by Hal, a young student who seems bent on stealing some of her father's research.

Sensitively directed by Jeremy Dutton, who last year brought us *Doubt: A Parable*, and *Rabbit Hole* (in 2011), *Proof* features four of the area's most accomplished actors. The role of Catherine, the genius daughter, is played by Mary Ann Majoury, who appeared as the young impressionable nun in *Doubt*. The part of Catherine intrigued her for several reasons. "I like the crazy aspect of her," she muses. "I thought that would be a lot of fun to play. I love math too. It was like speaking to my inner geek." But she admits finding the right emotion for each scene is challenging, as each could be interpreted in many ways.

Her sister Claire is organized, focused and out to save her sister

from herself. Although the part could be interpreted as a kind of pushy disagreeable person, actor Katharine Coleman has opted to soften the character so that Claire appears truly concerned for her sister's well-being. Nevertheless, her very presence worsens the situation by feeding Catherine's own fears for her sanity.

Hal, the young math student working with Catherine's father, is played by Lucas Tennant, a young man who is well known to Studio Theatre regulars. Talented and versatile, Lucas has appeared in a multitude of differing roles, from a seventeen year-old to a husband and father from the Saskatchewan prairie. His biggest challenge in this role comes from portraying a brilliant mathematician. Says Lucas, "I kind of bribed my way through math class (in high school) saying 'Teach, if you help me pass, you won't ever see me in your math class again.' But there's no heavy math here — I just have to convince people I know what I'm talking about."

While the father, Robert, appears in only three scenes, he is a pivotal character in the play. It is said, "there is a thin line between genius and insanity", and Robert wavers on that line, crossing first one way, then the other. It is a challenging role played by another Studio Theatre regular, Alfred Von Mirbach. When asked what prompted him to read for the part, Alfred says, "I read it (the play) in advance, and it was just chilling. What a great role." What he finds most difficult in taking

on the part of Robert is getting sufficiently nasty. "That's hard for me," he admits. "I just want to be a nice, likeable person and there are a lot of times (in the play) when I'm really snappish and curmudgeonly."

The plot is complex and intriguing, full of surprising twists and revelations. But above all, it speaks to all of us who deal with family issues. As Lucas so succinctly puts it, "It is a brilliant story about families and relationships, about trying to care for people who have been taking care of you. It's role reversal. You get trapped, you get lost in taking care of someone and you lose sight of yourself."

While *Proof* is a story about families and relationships, it does contain mature subject matter and some coarse language. Audience discretion is advised.

Proof opens June 6 and continues June 7, 8, 14, 15, at 8PM, with Sunday matinées at 2PM on June 9 and 16. Tickets are \$20 in advance, \$22 at the door. Advance tickets (cash only) are available at the Book Nook, 60 Gore Street East in Perth. Credit card purchases can be made at Tickets Please, 39 Foster Street in Perth (485-6434). There are also \$10 student tickets available at the door, on presentation of ID.

Studio Theatre is located at 63 Gore Street East in Perth, overlooking the Tay Basin. For further information visit <studiotheatreperth.com> or call 267-7469.

— Joan Sonnenburg



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It's a Blooming Arts & Garden Tour!

On a dreary, snowy January day, a group of artsy folks and people with green thumbs got together to create a summer get-away experience for one day in Carleton Place. The idea of delighting all five senses became the theme of the event. The **Blooming Arts & Garden Tour** was born, a community fundraiser in partnership with Arts Carleton Place and Carleton Place in Bloom, taking place on Saturday, July 6, 10AM to 4PM, rain date July 7.

A volunteer committee was set up, with members assigned tasks and reporting back at regular meetings. The first request was for homeowners to open their private back gardens to the public. This was coordinated by **Carleton Place in Bloom**, during the cold winter months, talking about summer,

sun, new ideas and plantings. Seven private gardens were chosen for their unique landscaping and settings: the shade garden, the cottage garden, a completely grass-free garden, and more. The Victoria School Garden and Community Labyrinth at our local museum was to be one of the locations as well. The cultural component was to invite Arts Carleton Place members to participate in the gardens, displaying and performing that day. The Peter Brown Jazz Trio, Bluegrass Junction, Kerron Lamb and Michael Costello will be performing at various gardens. Visual artists Jan Gilbert, Anna House, Strachan Johnston, Elsie Campbell and others will have their works incorporated throughout the flower beds and paths. Pottery, glass, iron and multi-media

creations will be highlighted against a backdrop of garden splendour. Special green thumb guests, floral design demonstrations, and spoken word with surprise performances will be happening during the event.

Back to the theme: delighting all five senses. Hear, see, touch, smell and, of course, taste. Garden visitors can experience Toonie \$2 tastings created by Ballygiblin's Restaurant, The Good Food Co., and at a third surprise foodie garden location. Summer drinks, wine and beer tastings will be available for all to enjoy.

What is the ticket price you ask? \$25 for all this? Yes! This is a community fundraiser with proceeds being shared equally by Arts Carleton Place for future development of community arts programming and the Victoria School garden revitalization project of the Carleton Place and District Horticultural Society. Many thanks to the homeowners, volunteers, artists, performers, businesses and those who first met in January to create this unique experience for visitors to Carleton Place.

We hope you support the first Blooming Arts & Garden Tour. Tickets are available now; please check the ad in *theHumm* for ticket locations and <bloomingtour.info> for more information. Please note: sales are cash-only. See you on July 6 when you stop to smell the roses!
— Inara Jackson



This year's Arts Carleton Place Blooming Arts & Garden Tour takes place on Saturday, July 6

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Gender Illusions Fundraiser for LCIH

As a relatively well-established city boy, I thought the small town of Almonte (where I grew up) and the surrounding Valley could no longer impress me with its diversity and acceptance. I also had the impression that my new city experiences could rival the creativity and inspiration for which that area is known. Well, having spent a single long weekend visiting my parents, I had these delusions completely shattered. I was invited along to an interview with Don "Dynasty Starr" Graham, and after listening to his story and learning about his vision for "The Gender Illusions", I knew I should never again underestimate the Valley. "The Gender Illusions" are a group of female impersonators who perform a combination of stand-up comedy, music, and drama. For their upcoming show at Perth's Farrell Hall, they will be supporting Lanark County Interval House (LCIH).

An important starting point is to define what a female impersonator or illusionist is. An illusionist plays a role on a stage, and keeps that character separate from the life they live off stage. The switch between the two personas can be quite powerful and distinctive.

The current group of performers includes Don Graham, Leonard "Candice" Kelly, Byron "Hyddie Hoe" Wilson, and Michael "Dixie Landers" Marcil. All three other performers are Don's "drag

daughters" — meaning that their first drag show was at his invitation, on his stage. The four of them performed two sold-out shows in April at the Almonte Legion, and have raised over \$3,000 to date for the Ladies Auxiliary Sports at the Legion.

Now for a little bit of Don's history. He started his career at the age of 18 on a dare from a friend to join a Halloween "bar queen" contest at The Coral Reef in Ottawa. He entered as Barbra Streisand and won the contest, even against some more seasoned drag artists. He then got further into the business by working a weekly Sunday night show, in which he brought many young and new performers to the stage. Since then, his career highlights include having had his own stage at Ottawa Pride for ten years, performing for groups of around 30,000 people at a time, and raising over

\$500,000 for MDA (the nonprofit health agency dedicated to finding treatments and cures for muscular dystrophy, ALS and related diseases) over a twelve year period.

Don lived in Almonte for three years, between 2003 and 2006, before moving to PEI for the next seven years. Upon returning to the area he was immediately asked to do a show, and has set up the **Gender Illusions Seven Year Itch Tour**,

so named for his seven-year absence from performing in the Valley.

Don also has a long history of working to end violence against women. When he was growing up in Ottawa, the city's first women's shelter opened on his street, and he became involved at the age of 14 as one of

their first male board members. He has also been a strong advocate for women's, men's, and youth issues throughout his long career, with strong messages regarding these issues being expressed powerfully but playfully in his shows. He has been called a "trailblazer" for the way his shows incorporate comedy and playing off the crowd, as well as the way in which he bridges the gaps between LGBTQ and straight communities. He considers humour a great vehicle for bringing those two communities together, as well as a way to show both groups that the other can be just as funny, and at the same time just as "normal".

Don's current tour has a high-energy, accepting atmosphere that puts the audience at ease, lets them laugh at themselves, and "brings out everyone's inner fabulousness". There will be boas and tiaras for sale,

as well as a glamour photo booth, and of course a glitter ball at the location. The tour has been described as "good, clean, naughty fun", and it can be said that the show is only as naughty as the mind you bring to it. Audience members are encouraged to "wear their bling", with men and women both welcome, and dressing in drag is one hundred percent accepted. The innuendos and double entendres will fly, but there is no hurtful or vulgar language, and the message of the show is one of positivity and moving forward.

The next performance on the Gender Illusions Seven Year Itch tour will take place on Friday, June 14, at Farrell Hall in Perth. The show starts at 8PM but doors open at 6:30 to give everyone time to get their bling on, grab a drink, have a glamour photo taken, and hang out with their friends. You are encouraged to get your tickets early, as past shows on this tour have sold out completely. Tickets (\$20) are available from Shadowfax and the Gore Street Flea Market in Perth, the Train Station Visitors' Shop in Carleton Place, and Vickie's Specialty Shop in Smiths Falls, or online at <lcih.com>. The show is recommended for ages 18 and up, and all proceeds will directly support the vital services and programs of Lanark County Interval House. For more information, call 257-3469 or email <heather@lcih.com>.

— D'Arcy Riendeau



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— Rona Fraser

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Walk Your Paws for LAWS!

The 2nd annual Walk your Paws for LAWS is at the Carleton Place Arena, with registration beginning at 9AM. All two- and four-legged walkers are welcome!

This year organizers have challenged all the staff and students at schools, veterinary clinics and businesses in the area to enter teams. They will be presenting trophies to the team that has collected the highest pledges in all three categories. There will be a 2-km and 5-km route, both start-

ing at the Carleton Place Arena. Each participant will receive a ticket for a variety of raffle items, and there will be prizes awarded



to the top fundraiser and teams. A BBQ lunch will be available after the walk. It will be a fabulous day for all to enjoy while supporting our four-legged friends at LAWS!

Last year, thanks to all of the walkers, volunteers and community support, they raised over \$13,000 for the animals at the shelter. Please help them beat last year's fundraising total — they can't do it without you! Visit <lanarkanimals.ca> to register.

Stevie Rave On

2 Sides to Every Story

Every parent knows that sometimes the job of parenting has its own particular challenges. At times it's difficult to appreciate that your children may have their own version of what is happening in their lives. Example: when my daughter was a baby, she would wake

by Steve Scanlon

up in the middle of the night, as babies do, and demand food. As a good parent I would fulfill my duty and drag my butt out of my warm bed to feed her.

My side of the story: After satisfying her dietary needs, and seeing as we were both awake, I figured we would play a little bit. I would tickle her and bounce her on my knee. Needless to say she reciprocated by giggling and by sharing her snack with me in the form of something wet, gooey and messy. Her side of the story: (paraphrasing) Hello! You filled me up with liquid and then shook me, genius... Think pop bottle.

My side of the story: I thought I broke her. Another early morning feeding time and my daughter, unbeknownst to me, had

tucked one of her arms inside her sleeper, leaving the sleeve of the sleeper dangling. When I picked her up the sleeve flopped, I panicked (hey, it was 3 o'clock in the morning and dark — What would *you* do?). Her side: "Sucker" (paraphrasing again).

My side of the story: My son and I decided to play a game of "run through daddy's legs" (actually, truth be told, he had nothing to do with the decision-making process). If I use the terms "head butt" and "family jewels" in the same sentence, you will get the general gist of the event. His side: "If you're going to make up rules in the middle of a game, let me know before I run at you full speed without bending down."

My side of the story: I had stubbed my toe. Her side: I'm pretty sure daddy didn't just say "duck".

My side: For the longest time my son woke in the wee hours of the morning with night terrors. If, as a parent, you have experienced your child having night terrors, you will know just how appropriately they are named. Every night for a few weeks my son would be up (without actually waking up), screaming, thrashing and rolling around. If you haven't experienced night terrors, think of

your child having a nightmare... now, multiply that experience by a thousand and throw in the fact that it lasts for up to thirty minutes and, to top it off, your child is actually still sleeping. The word "helpless" comes to mind. His story: What? I have no idea what you are talking about — I closed my eyes, I went to sleep, I woke up... that's how I roll. (The thing with night terrors is... the child doesn't remember a thing... lucky little dude).

My side of the story: Potty training should involve a potty... and training. His side: "Hey, you left the diaper off"

My side of the story: A child should, at a certain age, be able to dress herself before heading to school, even if it is just nursery school. Her side: "Putting on a fluorescent pink tutu, a black leather jacket, and socks that don't match *is* getting dressed by myself — and the fact that my shoes are tied using the ultra secret shoe tying code is just cool, Daddio!" (paraphrasing again).

My side of the story: I have so many stories to tell at your wedding. Their side: Like you're invited!

My side: I love you guys. Their side: The jury is still out on that one...

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Local Agency Receives Victim Services Award

Recently, the Victim Services Award of Distinction was awarded to the **Lanark County Community Justice Program**. The program is a restorative justice initiative that offers community-based court diversion services to youth and adults. The award was presented to Christine Peringer (Board Chair), Sheri Halladay (Program Coordinator) and Joellen McHard (Executive Director). The three were invited by the Minister of the Attorney General to attend the ceremony at Queen's Park and receive the award on behalf of the organization.

"These extraordinary individuals and organizations help victims of crime rebuild their lives. They are a credit to the victim services community across Ontario, and I am proud to recognize them for their tremendous work," said John Gerretsen, Attorney General.

McHard shared that "our program facilitates face-to-face forums where people directly involved in and affected by an incident come together, with the help of trained volunteer facilitators, to discuss what happened, listen to what others have to say, and reach a decision about how to make things right. It is important that victims get a chance to voice their concerns, obtain insight about the incident, and have input into how the offender will make amends."

Accused persons have an opportunity to take steps toward repairing the harm. Another important outcome is steering the offenders toward community services that might help them to avoid making similar mistakes in the future. The justice system benefits by a reduction in expensive court costs. The police benefit by being able to refer cases



John Gerretson (Min Attorney General) and Kathleen Wynn (Premier of Ontario) present the Victim Services Award to Lanark County Community Justice Program members Christine Peringer, Sheri Halladay and Joellen McHard

that meet their community policing mandate. And, of course, the community as a whole benefits when problems are resolved in a positive way by the people most affected, and because there is a low incidence of repeat offences by those who participate in the program.

The program deals with minor criminal offences and most clients are youth in trouble with the law for the first time. To qualify, they must be willing to take responsibility for their actions. Some people think the restorative approach is "soft on crime" — but many clients report that it is a lot harder to look your victim in the eye and hear about how their lives were negatively affected by your actions, than to sit in a courtroom and say nothing as your lawyer speaks on your behalf. Victims report leaving the forum with a greater understanding of the incident and a huge sense of relief that they have been heard and given the opportunity to share the impact the crime had on their lives and on the lives of their loved ones.

"It is wonderful to see the Lanark Community Justice Program being acknowledged in this way. The dedication provided by their team of volunteers and professionals to restorative community justice is a true testimony to the value of commitment and hard work. It is a model that other communities would be wise to emulate," said Randy Hillier, MPP for Lanark, Frontenac, Lennox & Addington. These awards recognize victims of crime whose courage and dedication have raised awareness of victims' issues in Ontario, and organizations, professionals and volunteers that advocate on their behalf. Ruth Campbell, Chair of the Office for Victims of Crime, stated "this year's recipients are proof that courage, compassion and dedication can truly make a difference."

LCCJP is funded by the Ministry of the Attorney General, the United Way of Lanark County and donations. For more information, visit <commjustice.org> or call (888) 264-1558.

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July 11 & 25 at 7:30PM
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Celtfest, Almonte, Jul 5-7
Blooming Arts & Garden Tour, Carleton Place, Jul 6
Art in the Barn, Lombardy, Jul 13-14
Art in the Park, Renfrew, Jul 13-14
Almonte Fair, Jul 19-21
Stewart Park Festival, Perth, Jul 19-21
Herbfest, Almonte, Jul 28
Puppets Up!, Almonte, Aug 10-11
MUSICWestport, Aug 17
Pakenham Fair, Aug 17
ARTstravaganza, Carp, Aug 17
Highland Games, Almonte, Aug 24
Maberly Fair, Aug 24
Sundance Artisan Festival, Maberly, Aug 31-Sep 2
Fibrefest, Almonte, Sep 6-8
Tweed Ride, Almonte, Sep 7
Miss Mills at a Glance, Almonte, Sep 11
Culture Days, Sep 27-29
Crown & Pumpkin Studio Tour, Mississippi Mills, Oct 12-14

Visual Arts

Vernissage, Jun 2, 1-4PM. Ottawa Soc. of Botanical Artists at The Herb Garden, Almonte. ottawabotanicalart.blogspot.ca.
Vernissage, Jun 6, 7-9PM. Jill McCubbin's paintings. MVTM, Almonte. 256-3754
Vernissage, Jun 7, 7-9PM. Lorraine English. Brush Strokes, 129 Bridge St., Carleton Place. 253-8088, brushstrokesart.ca.
Annual Jewellery Show, Jun 8, 11AM-5PM. Fundraiser for Ovarian Cancer. Bittersweet Gallery, Burnstown. 432-5254.
Art & Craft Weekend Gallery, Jun 8-9. Carvings, furniture, paintings, mixed media. 18 Russell St., E., Smiths Falls.
Of Brush and Clay, Jun 8 & 9, 10AM-5PM. Marie Paquette & Ann Gruchy. 1584 So-beau Court, Kars. anngruchy.com
Almonte & Area Artists' AGM/potluck, Jun 10, 6-9PM. Millfall Condos Meeting Room, 1 Rosamond St. E., Almonte.
Westport Artists' Group, Jun 11, 8AM. Grist Mill Artist Retreat, Westport.
Art in The Garden, Jun 15 & 16, 9AM-5PM. Kiwi Gardens, 687 Harper Rd. near Perth. 267-7384, kiwigardens.ca. \$5
Art Journey Studio Tour, Jun 15 & 16, 10AM-4PM. 16 artists, 9 studios. Smiths Falls. artjourney.ca.
Vernissage, Jun 16, 3-5PM. Kaija Savinainen-Mountain's spring show. Fairview Manor, 75 Spring St., Almonte.
Almonte Quilters' Guild, Jun 17, 7-9PM. Almonte Civitan Hall, 256-5858, empeys@xplornet.com.
Lanark County Quilters Guild, Jun 25, 6PM. Refreshments. Guests: \$3. Lions Hall, Perth Fairgrounds. 264-9232.
Rideau Lakes Studio & Garden Tour, Jun 29-Jul 1, 10AM-5PM. Brochures at area shops. rideaulakesstudioandgardentour.com

Theatre

Rock Around: The Musical, Jun 1 at 2PM & 7PM. SFDCI production. The Station Theatre, Smiths Falls. 283-0288x2323
Proof, Jun 6-8, 14, 15 (8PM); Jun 9, 16 (2PM). Studio Theatre, Perth. 485-6434. \$22; \$20 adv Ticketsplease.ca
The Wizard of Oz, Jun 6-8 (7PM), Jun 8 (2PM). Arnprior District High School, tworiversmusicals.ca.
Bike-In Movie & more, Jun 14, 7:30PM. Coady's Car Care, Mill St. Almonte, 325-2165, typsyouthcentre.org. By donation
Deathtrap, Jun 14-15, 20-22 (8PM); Jun 16, 23 (2PM). Thriller by BarnDoor Productions. Full Circle Theatre, Perth. 267-1884, \$20/\$10

WHAT'S ON IN

Monday **Tuesday** **Wednesday** **Thursday**

Mississippi Mills Bicycle Month presents events all month. See ad or <mmbm.ca>
Artemisia Gallery presents Stephen Rothwell's watercolours [-Jun 16] <artemisia@kingston.net>
Bittersweet Gallery presents Anne Marie Chagnon's jewellery <burnstown.ca/bittersweet>
General Fine Craft, Art & Design presents The Joy of Cycling <generalfinecraft.com>
Heritage House Museum presents SFDCI art, Carvings of the Rideau, Home in a Suitcase <smithsfalls.ca/heritagehouse>
Kanata Civic Art Gallery presents Anything But Flowers <kanatagallery.ca>
Palms Coffee Shop presents Nona Argue, Richard Skrobecki, Shawn DeSalvo <palmsonline.ca>
Perth Museum presents Now and Then: Found Treasures of Canadian Theatre History [June 20-]
The Mississippi Mills Chambers Gallery presents Karen Curran-Phillips, watercolour/mixed media
The Almonte Library Corridor Gallery presents Synthesis II, textile artists
Brush Strokes presents Lorraine English <brushstrokesart.ca>
Gallery Perth at Code's Mill presents "Perth Artists Recognition" <galleryperth.com>

3	<ul style="list-style-type: none"> 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 Brock Zeman, O'Reilly's Pub 🎵 Green Drinks, Perth 🎵 Meditation of Light, Almonte 🎵 Open Mic, Alice's Village Cafe 	<ul style="list-style-type: none"> 🎵 CP Horticulture Potluck, CP 🎵 Lan. Co. Genealogical Soc., Middleville 🎵 N. Lanark Historical Soc. AGM, Appleton 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's 🎵 Open Mic, John St. Pub 🎵 Volunteer Info Event, CP 	<ul style="list-style-type: none"> 🎵 Adult Bereavement Walking Group, CP 🎵 Ali McCormick, O'Reilly's Pub 🎵 Busfusion, Almonte 🎵 Jazz at Bally's, Ballygiblin's 🎵 Spencer Evans Trio, The Cove 🎵 Proof, Perth 🎵 The Wizard of Oz, Arnprior 🎵 Vernissage, Almonte
4	<ul style="list-style-type: none"> 🎵 Almonte & Area Artists' AGM/potluck, Almonte 🎵 BBQ & Shawn McCullough, The Cove 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 PFLAG Mtg, Carleton Place 🎵 Brock Zeman, O'Reilly's Pub 🎵 Meditation of Light, Almonte 🎵 Open Mic, Alice's Village Cafe 🎵 Town Singers Concert, CP 🎵 West Carleton Garden Club, Carp 🎵 Westport Artists' Group, Westport 	<ul style="list-style-type: none"> 🎵 Adult Bereavement Group, Perth 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's 	<ul style="list-style-type: none"> 🎵 Ali McCormick, O'Reilly's Pub 🎵 Cultural Awareness Training, Perth 🎵 Spencer Evans Trio, The Cove 🎵 Perth Citizen's Band, Perth
17	<ul style="list-style-type: none"> 🎵 Almonte Quilters' Guild, Almonte 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 Morgan Davis, The Cove 🎵 Brock Zeman, O'Reilly's Pub 🎵 Meditation of Light, Almonte 🎵 Open Mic, Alice's Village Cafe 	<ul style="list-style-type: none"> 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's 	<ul style="list-style-type: none"> 🎵 Ali McCormick, O'Reilly's Pub 🎵 Blues Jam Night, John St. Pub 🎵 Deathtrap, Perth 🎵 Spencer Evans Trio, The Cove 🎵 Labyrinth Peace Walk, CP
24	<ul style="list-style-type: none"> 🎵 Almonte Horticultural Soc., Almonte 🎵 Carp Celtic Jam, Carp Masonic Lodge 🎵 Kids Town Singers, Carleton Place 🎵 Brock Zeman, O'Reilly's Pub 🎵 Lanark Cty Quilters Guild, Perth 🎵 Meditation of Light, Almonte 🎵 Open Mic, Alice's Village Cafe 🎵 Strawberry Social, Almonte 	<ul style="list-style-type: none"> 🎵 Adult Bereavement Group, CP 🎵 Mills Community Support AGM, CP 🎵 Neat SoundCheck, Neat Coffee Shop 🎵 Open Celtic Jam, Naismith Pub 🎵 Open Jam w/Dave Balfour, O'Reilly's 🎵 Welcoming Communities Workshop, Carleton Place 	<ul style="list-style-type: none"> 🎵 Ali McCormick, O'Reilly's Pub 🎵 Spencer Evans Trio, The Cove 🎵 Strawberry Social/Perth Citizens' Band, Perth 🎵 Welcoming Communities Workshop, Almonte

Gender Illusions Female Impersonators, Jun 14, 8PM. Doors open 6:30PM. lcih.com. Farrell Hall, Perth. \$20
Extreme Freak Show, Jun 15, 6PM. John St. Pub, Arnprior: 623-8149, \$30/\$25
Bonnechere River - Future Tense, Jun 29. Stone Fence Theatre. Pine Bay, Park, Braeside. BonnechereRiver.ca.
Spiritual Cinema Circle, Jun 30, 2PM. McMartin House, 125 Gore St. E., Perth. info@familypastimes.com. Free
Westport Heritage Festival, Jun 22, 9AM-4PM. Arts, crafts, food, music, children's activities. Bedford St, Westport. 273-4780
White Lake Acoustic Jam, Jun 8, 7-10PM. White Lake Fire Hall, wlol.ca/home/hot-licks-acoustic-jam. \$5
Aboriginal Hand Drumming Circle, Jun 9, 23; 1:30-4PM. Moore House, CP 850-2803, lanarkdrum@gmail.com.
Cuban Guitar on the Patio, Jun 9, 2-5PM. Mario Franco. Fall River Pub & Grill, 21980 Hwy 7, Maberly.
Town Singers Concert, Jun 9 & 11, 7PM. Everybody's Jazz. \$10 at Brush Strokes. St. Andrew's Presbyterian, CP. 257-4100.
Valley Voices Concert, Jun 9, 7:30PM. Almonte United Church. 624-5104. \$10/\$7 adv at Baker Bob's
Perth Citizen's Band Outdoor Concert, Jun 13, 7:30PM. Classical, Broadway, movie themes, jazz, blues. Bring lawn chair or stroll, Stewart Park, Perth.
Piano Concert, Jun 15, 7PM. Karen Phillips plays Baroque to modern. Almonte United Church, \$10; free for kids 12 & under.
Save Our River Benefit Concert, Jun 15, 8PM. Tufts, Brown, Prescott & more. Almonte Old Town Hall. \$20 at Mill St. Books
Traditional Song Session, Jun 16, 2-4PM. Barley Mow, Almonte. 355-5552,
Fiddlers' Night/Dinner, Jun 21, 6PM. Dinner, music & dancing. Almonte Civitan Hall. \$12. Musicians eat free.
Heritage Mica Festival Opening Concert, Jun 22, 8PM. Celtic Rathskallions. Murphys Point Park. 267-5340
Jazz House Concert, Jun 22, 7:30PM. The Tim Murray Trio. Almonte. jazzn.ca
Gospel Concert, Jun 23, 7PM. Faithful Friends. Westport United Church. 273-2866. Freewill offering
Songs of Faith, Hope, Love & Inspiration, Jun 23, 3PM. OVMF. Grace Lutheran Church, Eganville. 433-9457, \$20/\$10
Kids Town Singers, Jun 24, 7PM. St. Andrew's Presbyterian Church, CP. ktschoir@gmail.ca. \$7

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Andrew McDougall, Perth Astronomy Night, Almonte Freud's Last Session, Carp James Keelaghan/Jenny Whiteley, Lanark Rock Around: The Musical, Smiths Falls Steve Barrette Trio, The Swan at Carp The Debenham Brothers, John St. Pub The Low Mileage Band, Our Place in the Prior 	<ul style="list-style-type: none"> Arms Of A Girl, John St. Pub Head over Heels, The Cove Pride Celebration, Perth Rock Around: The Musical, Smiths Falls Scarlett Jane, Neat Coffee Shop The Elemental Journey, Almonte Antique Show & Sale, Westport Yard Sale Day, Westport 	<ul style="list-style-type: none"> FaeryFest, Perth Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Valley Singles Lunch, Calabogie Vernissage, Almonte Antique Show & Sale, Westport
<ul style="list-style-type: none"> Busfusion, Almonte Maria Hawkins Band, John St. Pub Proof, Perth The Wizard of Oz, Arnprior Vernissage, Carleton Place 	<ul style="list-style-type: none"> Of Brush and Clay, Kars Acoustic Jam, White Lake Busfusion, Almonte LiPS Finals, CP Annual Jewellery Show, Burnstown Art & Craft Weekend Gallery, Smiths Falls Auditions - Mudds Youth, Carleton Place Beckwith Heritage Days, Beckwith Brent Dickie & The B-List, John St. Pub Celtfest Contra Dance, Almonte From Truth to Reconciliation, Carleton Place Head over Heels, The Cove Stride to Turn the Tide, Almonte 	<ul style="list-style-type: none"> Aboriginal Hand Drumming Circle, Carleton Place APEX Jazz Band, The Royal Oak Art & Craft Weekend Gallery, Smiths Falls Busfusion, Almonte Cuban Guitar on the Patio, Maberly Doors Open Smiths Falls, Smiths Falls Henry Norwood & Shawn McCullough, The Cove Of Brush and Clay, Kars Open Mic w/Kelly Sloan, Ashton Pub Proof, Perth Town Singers Concert, Carleton Place Valley Voices Concert, Almonte Walk your Paws for LAWS Walkathon, CP
<ul style="list-style-type: none"> Bike-In Movie, Almonte Deathtrap, Perth Gender Illusions Female Impersonators, Perth J.P. Cormier, John St. Pub Morgan Davis, Neat Coffee Shop Proof, Perth Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> Deathtrap, Perth Art in The Garden, near Perth Art Journey Studio Tour, Smiths Falls Beatles Dinner/Dance, The Cove Dinner Dance, Almonte Extreme Freak Show, Arnprior Golf Tournament & Pig Roast, Pakenham Lambs Down Park Festival, Carleton Place Mica Volunteer Training Day, Perth Piano Concert, Almonte Save Our River Benefit Concert, Almonte Star & Micey, Neat Coffee Shop Turkey Dinner, North Crosby 	<ul style="list-style-type: none"> Art in The Garden, near Perth Art Journey Studio Tour, Smiths Falls Deathtrap, Perth Edible Garden Bicycle Tour, Almonte Guided Nature Outings, Pakenham Head over Heels, The Cove Jazz Brunch, Fiddleheads Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Proof, Perth Traditional Song Session, Almonte Vernissage, Almonte
<ul style="list-style-type: none"> Deathtrap, Perth Drumhand, The Cove Fiddlers' Night/Dinner, Almonte Keith Glass, Neat Coffee Shop Spencer Scharf, John St. Pub 	<ul style="list-style-type: none"> Deathtrap, Perth Heritage Mica Festival Opening Concert, Perth Jazz House Concert, Almonte Ashton Fest, Ashton Pub Outdoor Family Music Festival, CP Perth Kilt Run, Perth Slowtown Fire, John St. Pub Westport Heritage Festival, Westport 	<ul style="list-style-type: none"> Aboriginal Hand Drumming Circle, Carleton Place APEX Jazz Band, The Royal Oak Deathtrap, Perth Gospel Concert, Westport Museum Opening/Ribbon Cutting, Middleville Guatemala Stove Project AGM, Perth Head over Heels, The Cove Open Mic w/Kelly Sloan, Ashton Pub Valley Festival, Eganville Strawberry Social, Appleton
<ul style="list-style-type: none"> Shawn McCullough, The Cove Kelly Sloan/Ryan Cook, O'Reilly's Pub Silver Creek, Neat Coffee Shop Steve Barrette Trio, The Swan at Carp Welcoming Communities Workshop, Smiths Falls 	<ul style="list-style-type: none"> Bonnechere River - Future Tense, Braeside Cantores Celestes Women's Choir, Perth Danny Michel, Neat Coffee Shop Head over Heels, The Cove Rideau Lakes Studio & Garden Tour 	<ul style="list-style-type: none"> 1907 Canada Day Celebration, Perth Danny Michel, Neat Coffee Shop Head over Heels, The Cove Jazz Brunch, Fiddlehead Magnolia Rhythm Kings, The Royal Oak Open Mic w/Kelly Sloan, Ashton Pub Rideau Lakes Studio & Garden Tour Spiritual Cinema Circle, Perth Strawberry Social, Almonte

Cantores Celestes Women's Choir, Jun 29, 7:30PM. 40-voice choir from TO. St. Paul's United Church, Perth. 267-2973. \$20

The Swan at Carp (Carp, 839-7926): jazz Jun 14, 28 Steve Barrette Trio, 7-10PM

Fiddleheads (Perth, 267-1304): Jun 16, 30 Jazz w/Clay Young, 12-3PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, no cover Jun 2, 16 Magnolia Rhythm Kings, 3-6PM Jun 9, 23 APEX Jazz Band, 2-5PM

The Cove (Westport, 273-3636): Thur Spencer Evans Trio, 9-11PM Jun 1, 8, 29 Head over Heels, 6-9PM Jun 9 Norwood & McCullough, 1-4PM Jun 10 BBQ & Shawn McCullough, 6-9PM Jun 16, 23, 30 Head over Heels, 12:30-3:30PM Jun 21 Drumhand, 7-10PM, \$10 Jun 28 Shawn McCullough, 6-9PM

Ashton Pub (Ashton): Sunday Open Mic w/Kelly Sloan, 2-5PM Jun 22 Ashton Fest (vendors, music, 12-4)

Ballygiblin's (CP, 253-7400): jazz, no cover Jun 6 Brown, Paterson & Robb, 6-9PM

Neat Coffee Shop (Burnstown, 433-3205): 8PM Jun 1 Scarlett Jane, \$14 Jun 14 Morgan Davis, \$15 Jun 15 Star & Micey, \$15 Jun 21 Keith Glass, \$15 Jun 26 SoundCheck open mic Jun 28 Silver Creek, \$15 Jun 29, 30 Danny Michel, \$35

The Naismith Pub (Almonte, 256-6336): Open Celtic Jam Wed (7:30-10PM)

Foodies Fine Foods (Almonte, 256-6500): Jun 8 Tufts/Briggs brunch, 10AM-1PM

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

O'Reilly's Pub (Perth, 267-7994): 8:30PM. Brock Zeman Tues, Open Jam w/Dave Balfour Wed, Ali McCormick Thurs Jun 28 Kelly Sloan & Ryan Cook, 8PM

Alice's Village Café (Carp, 470-2233): Tues Open Mic (8PM)

The John St. Pub (Arnprior, 623-8149): May 31 The Debenham Brothers, 9PM, \$5 Jun 1 Arms of a Girl, 9PM, \$6 Jun 5 Open Mic, 8PM, no cover Jun 7 Maria Hawkins Band, 9:30PM, \$10 Jun 8 Brent Dickie & The B-List, 9PM, \$6 Jun 14 J.P. Cormier, 8PM, \$25 (\$20 adv) Jun 20 Blues Jam, 8PM, no cover Jun 21 Spencer Scharf, 9PM, no cover Jun 22 Slowtown Fire, 9PM, \$6

Community 

Pride Celebration, Jun 1. Display, talk, music by The Commuters (Perth Legion). lgbtlanark.com. \$15; \$10 adv; \$5 students

Westport Antique Show & Sale, Jun 1 (10-5), Jun 2 (10-4). \$6 (under 12s free). Westport Community Centre. 795-9676

Yard Sale Day in Westport, Jun 1, 9AM. At many homes throughout town. 273-8775, wgse2013@gmail.com

Valley Singles Lunch, Jun 2, 1PM. Register at 256-8117 or 432-7622. Polly's Little Shanty, 12603 Lanark Road, Calabogie.

Green Drinks, Jun 4, 5:30PM. Informal meeting of environmental folk. O'Reilly's Pub, Perth. Perthgreendrinks@gmail.com.

CP & District Horticulture Potluck, Jun 5, 6:30PM. 25th anniv. dinner. St. Andrew's Church, CP. 257-4101

Lanark Co. Genealogical Soc., Jun 5, 7:30PM. middlevillemuseum.blogspot.ca. Middleville Museum. \$5.

N. Lanark Historical Soc. AGM, Jun 5, 7PM. John McKenty talk. N Lanark Regional Museum, 647 River Rd., Appleton.

Volunteer Info Event, Jun 5, 11AM-2PM. Free cake & coffee. Community Home Support, 50 Bennett St., #11, CP. 253-0733.

Adult Bereavement Groups, Jun 6 (6-8pm, Starbucks Hwy 7/McNeely, CP Walking Group); Jun 12 (1-3pm, Lanark Lodge, Perth); Jun 26 (1:30-3:30pm, Waterside,

CP), 267-6400, rebeccab@chslc.ca. Free

Busfusion, Jun 6-9. Volkswagen Camping Event. Almonte Fairgrounds. busfusion.com

Beckwith Heritage Days, Jun 8, 9AM-6PM. Family activities. Beckwith Park, 257-1539, twp.beckwith.on.ca.

From Truth to Reconciliation, Jun 8, 9:30AM. History of Algonquin Nation. Free, potluck. Carambeck Community Ctr, CP.

Stride to Turn the Tide, Jun 8, 10AM. Mississippi Grannies fundraising walk. Almonte Old Town Hall. 256-5995.

Doors Open Smiths Falls, Jun 9, 19 sites open to public (most 10am-4pm), 283-4124x1150, doorsopenontario.on.ca. Free

Walk your Paws for LAWS Walkathon, Jun 9, 9AM. 2 or 5km loop. Food, prizes., CP Arena, lanarkanimals.ca.

PFLAG Carleton Place, Jun 10, 7-8:30PM. Monthly meeting & LGBT youth drop-in. Zion-Memorial United, CP. 859-0100.

West Carleton Garden Club, Jun 11, 7:30-9PM. Spring flower show, Carp Memorial Hall, wcgarden@gmail.com.

Cultural Awareness Training, Jun 13, 9AM-1PM/12-4PM. w/lunch. Different cultures. Perth Civitan, 735-4292. Free

Almonte Farmers' Mkt - Sharpener Day, Jun 15, 8:30AM-12:30PM, incl. kitchen knife sharpening. Almonte Public Library.

Dinner Dance, Jun 15, 6:30PM. Steak & Lobster: Brad Scott Country Band. Buy tickets by Jun 11. Almonte Civitan. 256-9685, \$20.

Golf Tournament & Pig Roast, Jun 15, For St. Andrew's United Church., Pakenham Highlands Golf Club. 832-0006.

Mica Volunteer Training Day, Jun 15, Incl. tour, BBQ lunch. Murphys Pt Prov. Park, 267-5340, heritagemicadays.ca.

Turkey Dinner, Jun 15, 5PM. Burrridge, Newboro & Westport United. 5, 6:30. Adv: \$15 (kids \$8). N. Crosby Community Ctr.

Edible Garden Bicycle Tour, Jun 16, 9:30-11:30AM, Ed Lawrence. Register first. Almonte Old Town Hall, mmbm.ca.

Guided Nature Outings, Jun 16, 9:30AM, Dir'ns at mmltc.ca. High Lonesome Reserve, Pakenham. 278-2939. \$10 donation.

Labyrinth Peace Walk, Jun 20, 5:30PM. Bring a picnic supper. Beverages provided., CP Community Labyrinth, 257-1014.

Perth Kilt Run, Jun 22, 6PM. Lots of people running in kilts. Perth Town Hall, 264-8904.

Westport Heritage Festival, Jun 22, 9AM-4PM. Bedford St. 273-4780, facebook.com/heritagewestport.

Grand Opening/Ribbon Cutting, Jun 23, 1-4PM. Opening of expansion. Middleville Museum, 259-5462, \$5; >12 free.

Guatemala Stove Project AGM, Jun 23, 1-3PM. Hear about initiatives & stove-building trip., Baker's Bean, Perth.

Strawberry Social, Jun 23, 2-4PM, w/ Perth Citizen's Band. N. Lanark Regional Museum, 257-8503, \$10

Almonte & District Horticultural Soc., Jun 24, 7:30PM, Cornerstone Community Church, Almonte.

Strawberry Social, Jun 25, 2-4PM, For AGH/Fairview Manor. Silent auction., Almonte Civitan. \$5

Mills Community Support AGM, Jun 26, 1-2:30PM, Carambeck Community Ctr, CP. 256-1031x63, jmills@themills.on.ca.

Welcoming Communities Workshop, Jun 26 (9AM-Noon, Carambeck Community Centre, CP); Jun 27 (6-9PM Almonte Old Town Hall, incl. supper); Jun 28 (9AM-Noon, SF Legion). 256-1031x61, themills.on.ca. \$20; \$10 snrs/youth

Strawberry Social/Perth Citizens' Band, Jun 27, 7PM. Perth Rotary Club hosts, at the bandstand behind Town Hall., Stewart Park, Herriott St., Perth.

1907 Canada Day Celebration, Jun 30, 11AM-1PM, BBQ, Paddling Puppeteer, games. Murphys Pt Prov Park. 267-5340.

Strawberry Social, Jun 30, 2-4PM. Tickets at Read's Books or 257-7121x238. Herb Garden, therapeuticriding.ca. \$10

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Our Town: Visual Stories

Visit the Heritage House Museum in Smiths Falls from June 9 to July 31 to catch a glimpse of Smiths Falls' past as the grade 10, 11 and 12 art students from Smiths Falls District Collegiate Institute showcase their one-of-a-kind art show: "Visual Stories from *Our Town*". Each art student was given the opportunity to choose a story from a book titled *Our Town*, written by local author Valerie Hudson. Each tale found in *Our Town* depicts various aspects of Smiths Falls history, as told by local community residents. With this inspiration, the art students went to work capturing the stories in a variety of media. With over forty pieces, there is a lot of history to see!

Join the SFDCI art students at the Heritage House Museum on Sunday, June 9, for the grand opening and celebration of their one-of-a-kind art show. Students will be present from 11AM to 3PM to showcase their works of art and answer any questions. Author Valerie Hudson will also be on hand, from 1-4PM, to join in on the celebration, view the pieces inspired by her book, and answer questions anyone may have in regards to the stories that inspired the students. Hudson is more than pleased to see her book inspire the next generation of local history. "That was the whole purpose of the book," she explained. Admission to the art show grand opening is free, as

this is a Doors Open Smiths Falls event.

Stop in and take a walk through Smiths Falls history with the Visual Stories from *Our Town* art show, from June 9 to July 31 at the Heritage House Museum in Smiths Falls. They are open daily from 10:30AM to 4:30PM; a small admission fee applies.

For more information on this event or other events taking place at the Heritage House Museum, visit <smithsfalls.ca/heritagehouse>, call 283-6311 or email <heritagehouse@smithsfalls.ca>. The museum is located at 11 Old Sly's Road in Smiths Falls. Like their Facebook page at "The Heritage House Museum of Smiths Falls".

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Middleville Museum Expansion Celebration

The Middleville & District Museum has had a major facelift. On Sunday, June 23, drop by to see what they've done and join their expansion celebration and ribbon cutting ceremony.

With a farciful vision of much needed expansion, the curator of the museum, Alice Borrowman, guided the process of building an addition to accommodate the growing collection of pioneer and farming artifacts that are so treasured by the surrounding community.

A generous grant from the Ontario Trillium Foundation in 2012 allowed the construction to proceed, and the Township of Lanark Highlands bridged the gap to allow the completion of the project. Many hours of volunteer labour were vital to the project, and a long list of helpers will be feted at the celebration.

The additional display space allows for the preservation and display of many large new items. The Lanark Township "Old Baptist Manse" (donated by Marilyn McKay Gerhardt) was moved, and the logs of the historic pre-1850s cabin were reassembled in a special corner. The family of the late Clive Rodger has placed his 1918 Chevrolet Model T truck on loan, and equipment from early community telephone companies is being assembled to accompany the 1922 Model T Ford used by linesman Lawrence Gibson while maintaining the lines for the Hopetown Telephone Company.

Bob Reid has donated an ox cart, used in the mid-1800s, that he rescued from the Rodger farm in Arklan decades ago, and Raymond Blackburn has donated his grandfather's Royal Mail stage used in 1912.

The expanded museum also allows for the spacious display of implements and artifacts once needed to survive and thrive on farms, as well as the collection of early Canadian tools, featuring locally made wood planes, treasured by long-time collector the late Dick Jones.

Everyone is invited to attend the expansion celebration with the reception beginning at 1PM on Sunday, June 23. The official ribbon cutting ceremony at 2PM will be followed by a chance to view the displays in the new facilities. Admission is free and refreshments will be served. The museum is now wheelchair accessible.

The Middleville & District Museum is located at 2130 Concession 6D in Middleville. For more information, see <middlevillemuseum.blogspot.com> or call 259-5462.

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Sat. Jun 1, 8 & 29 **Head Over Heels**, Vocal Guitar Duo, 6-9
Every Thursday **Jazz Night** with Spencer Evans Trio, 9-11
Sun. Jun 9 **Henry Norwood & Shawn McCullough**, 1-4
Mon. Jun 10 **Beer, BBQ and Music**, with Labatt & Shawn McCullough, 6-9
Sat. Jun 15 Westport Arts Council presents **Beatlejuice**, 7-11, \$50/person Buffet & Show
Sun. Jun 16, 23 & 30 **Head Over Heels**, Vocal Guitar Duo, 12:30-3:30
Mon. Jun 17 Acoustic Blue Mondays with **Morgan Davis**, \$45/person Buffet and Show, 7-11, Reservations only
Fri. Jun 21 **Drumhand**, World/Jazz horn & percussion quintet from Toronto, 7-10, \$10
Fri. Jun 28 **Shawn McCullough**, Guitar/Vocal, 6-9
Sun. Jun 30 **Patio Tiki Bar** with cocktails by Master Mixologist from Toronto, 12-4

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A VW Door Closes, a PAMT Window Opens

Ever feel like getting away for a while? Taking some time off, travelling the open road, and getting a fresh perspective on life?

Peter Dixon and Heidi Stepanek, the husband-and-wife team behind the Perth Academy of Musical Theatre (PAMT), felt that way. So, last November, that's exactly what they did.

The couple sold most of their possessions, including the Myriad Centre, rented out their home, bought an old Volkswagen van, packed up their four-year-old daughter Skye, and headed south on a fascinating journey.

"We had a very ambitious journey planned," Peter writes from the road, "which we have, miraculously and in spite of numerous extreme and expensive mechanical repairs, been able to complete almost in its entirety."

The couple had purchased a 1984 brightly painted green, yellow and red, turbo-diesel VW Vanagon, which they then converted into a camper with a high hardtop area.

"It has been home for the three of us for the past seven months, and we still have a month to go," says Peter. "We began our journey by heading down the east coast into the US, down to the Florida Keys, then across the US from east to west at the southern end, through Louisiana, Texas, and the four corners area into California, then up the west coast into Oregon and Washington, back into Canada via ferry to Victoria, and we're now in the Gulf Islands preparing for the final push across Canada back home."

"Our goals," he adds, "were to simplify our lifestyle, re-plan and rethink our journey in this life by exploring and talking to people and getting inspired by new ideas and places, and to start fresh upon our return."

Some highlights of their trip so far, according to Peter and Heidi and Skye, include Mardi Gras in New Orleans, visiting the Smithsonian Institute in Washington DC, wading across the Rio Grande in Mexico, camping in Big Sur on the rugged California coast, taking a ride on the Durango



Heidi Stepanek and Peter Dixon return to Perth, and to PAMT, this summer!

steam train through the Colorado Mountains, and seeing Vancouver Island across the Juna de Fuca straight.

"We've collected a kit-full of memories," Peter says, "and ideas for how to live, how to work, and how to *be*; having, most especially, had the time to contemplate these together as a family in some very inspiring settings and with some very inspiring people. We won't so much be 're-inventing' ourselves upon our return, but more living like our 'real selves.'"

The couple has been truly inspired by their incredible adventure. With a month left on their journey, they are now looking forward to returning with a new plan for a very diverse and exciting theatre in Perth.

PAMT, which will now call Perth's Studio Theatre their temporary new home, has an exciting summer of events and productions lined up. For their 16th season, Dixon says they are "offering four excellent workshops of diverse styles and for different age groups. The summer will open with *Glee 3* — a celebration of songs and dances from the hit TV show — which will have one of its final performances on the main stage of the Stewart Park Festival. Then *Lord of the Rings: The Two Towers* takes the stage, where we will focus on character development, sword fighting and stage combat techniques, with an epic final production."

"Next up is our famous teenage workshop, *The Who's Tommy*, where a live band will accompany our performers as they sing, dance and act their way through this complex and intriguing production." They will wrap up the summer season with Disney's *The Little Mermaid*.

Peter and Heidi will also be taking a group of students and theatre-minded community members on a bus trip to Stratford at the end of June to see, and be inspired by, five exciting productions there, including *The Who's Tommy*.

"We'll have an opportunity to meet the actors from the show backstage," Peter says, "and do a song and dance workshop with them in preparation for our own version of the production this summer."

For more information about the summer season, including the trip to Stratford, you can visit PAMT's website at <perthacademy.ca> or phone 709-0954.

The couple says they will certainly miss having their own theatre, and they'll always have fond memories of the Myriad Centre. "But," Peter says, "we definitely outgrew that particular location, and have exciting new plans as we re-think and re-develop for the future." Opening a new theatre, Dixon says, is "definitely a big possibility."

"We're tossing around ideas of either building, or retro-fitting an existing building, to become a versatile black box space which can house many different ventures," he says. "Those on the table include, of course, a PAMT and Orion Theatre rehearsal and performance space, an indie film screening house, a used bookstore, a philosopher's café, a children's museum, a performance venue for live local music and improv, a music studio for teaching and learning various instruments, a space to learn circus arts or have a juggle circle, and whatever other exciting and inspiring things we can think of."

To read more about the family's adventures, you can visit their blog at <3inthebus.wordpress.com>.

— John Pigeau

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Music Matters

Moves Like Jagger

As musicians get older, they discover that things that seemed easy in their youth aren't so easy any more. Yet there are always those select few who seem to defy Father Time. I was watching a video of a concert by The Rolling Stones from not too long ago, and was astounded by how much energy Mick Jagger brings to his performances. This from a man who turns seventy next year!

by Tony Stuart

The other popular artist who comes to mind is Madonna. Now in her fifties, her shows still feature choreography that requires tremendous athleticism and endurance. While I'm not particularly a fan of her music, I admire her desire to constantly innovate.

I decided to do some research into what drives people like Mick Jagger and Madonna, and was fascinated by what I discovered. Jagger had a reputation for being a "bad boy" in his youth, and had many flirtations with alcohol and drug abuse. Many musicians have let alcohol and drug problems destroy their careers, but at some point Jagger decided that, in order to keep going, he had to make some lifestyle changes. Madonna's lifestyle changes were very similar.

Both artists became totally clean and sober, and embraced vegetarianism for extended periods of time. Physical fitness and activities such as yoga became increasingly important for both as well. Madonna's fitness regimen is the stuff of legend, and her spiritual quest over the last decade has been well documented.

With both of these artists, and many others who manage to stay active at a very high level as they get older, the balance be-

tween mind, body, and soul becomes increasingly important. This realization also occurs with elite athletes.

For students in our schools, this balance is also critical, yet it is very often overlooked. We live in the age of information, yet despite the knowledge that is readily available, more and more people are trusting that the meal they get from a box at the supermarket is good for them. Our students are frequently making poor lifestyle choices, eating lunches full of junk food and consuming huge amounts of sugar, salt, and other nasty chemicals, some of which are being sold from vending machines and cafeterias in the schools themselves.

I've noticed a real decrease in attention spans over the past five years, and I know that many of my colleagues have perceived the same thing. Some of it is certainly attributable to the amount of time being spent in front of electronic screens, which could be an entire column unto itself, but I think that poor diet and a lack of exercise both play a far more important role.

In the case of music education, students who have a short attention span find it very difficult to learn, especially because learning to play an instrument isn't something that comes instantly, and requires constant attention to instruction. One thing I have noticed is that students who persist for a few years actually learn to develop better attention spans and listening skills, and these both translate well in the world outside of the classroom.

Our next step as a school system and a society is to understand, encourage, and develop the nurturing of mind, soul, and body, to allow more people to have the health and wellness to prance around Jagger-style well into their golden years.

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

From Truth to Reconciliation

June is **National Aboriginal History Month** — an opportunity to celebrate and honour the heritage, cultures and contributions of First Nations, Inuit and Métis people in Canada.

On Saturday, June 8, The Lanark County Neighbours for Truth and Reconciliation, in partnership with the Social Concerns Committee of Carleton Place, will be hosting their second "From Truth to Reconciliation" event.

The event will be held at Carambeck Community Centre and registration will begin a 9:30AM. There is no cost for the day, however participants will share in a potluck feast.

Our vision for the event is for an inclusive gathering that will bring together young and old, indigenous and non-indigenous, church and secular, in a shared journey of listening, learning, and reconciliation.

The focus of the event is the history of the Algonquin Nation and its territory. It is a history that our community needs to know, as Lanark County exists on Algonquin Lands. Land settlement negotiations continue at this time between Algonquin leaders and the Government of Canada. There is value for all citizens in knowing and understanding the Algonquin history, so that we are informed and can appreciate the complexities, as well as promoting justice and supporting reconciliation during this process. Through education, such things as stereotypes, misinformation and misunderstandings, as well as fears, can be discarded and replaced with a new relationship grounded in mutual respect, friendship and understanding.

The event is co-sponsored by The Town of Carleton Place and KAIROS: Ecumenical Justice Initiatives.

Old Stone Mill National Historic Site in Delta

When you first enter the mill, you'll see and hear the rushing water that first powered a water wheel, and later a turbine, to operate the varied machinery of the mill. Much of this machinery is on display, starting with equipment such as millstones used the early 1800s and moving up to machinery from the early 1900s.

The Old Stone Mill at Delta was built in 1810 by William Jones, and is one of the earliest surviving, fully automatic grist mills of Upper Canada. In 1817, the mill was described as "unquestionably the best building of the kind in Upper Canada." It is an imposing Georgian-style stone structure of four stories, 40 by 60 feet (12m x 18m). This National Historic Site is a proud reminder of the industrial heritage of Eastern Ontario. In 2005, the newly renovated mill was enhanced with beautiful interpretive signboards and displays. A water-wheel was installed in 2007, and, in 2010, working millstones and a bolt-



Photo by Ken W. Watson

er were put in place. A feature exhibit, "Down by the Old Millstream, Celebrating Life on the Beverley Lakes" can be found on the third floor of the mill. Flour from the Old Stone Mill is of extremely high quality, stone ground from locally-grown Red Fife wheat, an Ontario heritage wheat. We are grinding grain into flour much as it was done when the mill was first opened over 200 years ago. Good flour comes from good wheat, and

we use only the best, a locally-grown Red Fife wheat. Red Fife was first grown by David Fife in Otonabee, Ontario, in 1842. It is a hard spring wheat, high in protein and lower in starch. Our Red Fife is grown by Chris Wooding of Ironwood Organics.

Our flour is ideal for bread-making, and we'll have bread

term storage (longer than 2-3 months), put the flour in a sealed container in the freezer.

The **Mill, River and Flour** special exhibition, featured in our mill from June 29 to August 24, is bilingual, interactive and comes to us from the Légaré Mill in Saint Eustache, Quebec. Ours is the only museum outside of Quebec scheduled to host this professional travelling exhibit. The Légaré Mill in Saint Eustache was built in 1762 and is the oldest continually-operating facility of its kind in Canada. Delta Mill Society Curator, Paul George, had the opportunity to visit the mill in the fall and was impressed by the water-powered milling facility and its historic equipment.

Mill, River and Flour examines the milling industry in Canada, from the New France era to the early 20th century. Through a series of interactive modules, visitors are invited to learn about the importance of agriculture in Canada and its direct link to the country's development.

This travelling exhibition was produced by the Corporation du Moulin Légaré, with special thanks to the contributors: Canadian Heritage through the Museums Assistance Program, Ville de Saint-Eustache, and Desjardins Caisse de Saint-Eustache-Deux-Montagnes.

— Joanne van Dreumel is the Museum Manager at the Old Stone Mill National Historic Site <deltamill.org>



Kids Town Singers!

Over thirty kids, ranging in age from 8 to 14, are obviously enjoying rehearsing for their upcoming Kids Town Singers (KTS) concert, to be held on June 24 at 7PM at St Andrew's Presbyterian Church in Carleton Place.

The group will also perform two songs at the Town Singers' adult choir "Everybody's Jazz" performances on June 9 and 11 at the same location. Tickets will be available at the door for both events (\$7 KTS, \$10 TS).

KTS was formed this spring after a small number of children performed with the adult choir at their Christmas performance and showed an interest in forming their own group. For more information, contact choir director Kristine MacLaren at <ktschoir@gmail.ca>.

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Lincoln Center-bound Choir Performs in Perth

The forty-voice women's choir, **Cantores Celestes** from Toronto, will be performing in Perth on Saturday, June 29 (the Saturday of the Canada Day weekend). This award-winning group was founded in 1989 by director Kelly Galbraith. From their beginnings as an eight-woman choir, they have grown into a forty-plus voice ensemble, representing women of all ages and from all walks of life. They perform regularly in the greater Toronto area and have toured throughout southern Ontario and eastern Canada. In their 2013-2014 season they will be the core ensemble for a special all-female performance in the Distinguished Concert Series in New York City, with a performance at Lincoln Center. They have appeared on CBC Radio 1 and 2, recorded music for three films, and have released six CDs. Most recently they were one of the featured choirs at the Toronto Vocal Arts Festival 2012.

Director Kelly Galbraith grew up in St. John, NB, and attended Mount Allison University where she conducted the Mount Allison Women's Choir. Her work life has been closely connected with CBC Radio; she has produced *Choral Concert, Saturday Afternoon at the Opera*, and *Music and Company*, as well as organizing their *Competition for Amateur Choirs*. She also conducts the Manulife Financial Choir and the CBC Complaints Choir, and was the guest conductor for the Toronto Mendelssohn Choir's 2011 presentation of



Catch Cantores Celestes at St. Paul's United Church in Perth on Saturday, June 29

Faure's *Requiem*. She is currently the music director at St. John's United Church in Agincourt.

Accompanying the choir will be Ellen Meyer, one of the most in-demand collaborative pianists in Ontario. She has recently performed in recital at Carnegie Hall, and has worked with English clarinet phenomenon Julian Bliss, the Canadian Children's Opera Chorus, and the Toronto Choral Society.

This performance will showcase classical music, including selections of Henry Purcell's *Come Ye Sons of Art* and Orban's *Mass No.6*. A spiritual tone will be evoked with *Shen Khar Venakhi*, a 12th century Georgian hymn; however, the choir will also demonstrate that classical music is not always serious, as evidenced by a delightfully wicked rendition of Giuseppe Verdi's *The Witches' Chorus*, from *Macbeth*.

Canadian compositions will also be included in the program. Featured is *Over the Hills* by Canadian composer Stephen Hatfield. The piece ends with a rendition of *Amazing Grace*, played on clarinet, overlaid with a beautiful choral countermelody. Other Canadian compositions include Kingston composer Mark Sirett's *Watane*, and *Ave Maria* by British Columbia's David Macintyre.

The concert will take place at St. Paul's United Church, 25 Gore Street West in Perth, at 7:30PM on Saturday, June 29. Tickets are \$20, from ticketsplease.ca or from the church office (267-2973, Monday through Friday from 9AM to 3PM). The choir will also be singing at the St. Paul's United Church's 10AM service on Sunday, June 30. For information, visit cantorescelestes.com or stpauls-uc-perth.org.

— Brad Mills



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From Nicaragua With Love

Disclaimer: In early May, my husband Brad and I traveled to Nicaragua to take part in the latest SchoolBOX build (schoolbox.ca). After that incredible experience, I couldn't help but add a little traveller's twist to this edition of Miss Write. (Thanks for your questions!) Please consult your Spanish-speaking tour guide before heading any of the following advice. Got a question? Email <misswrite@thehummm.com>.

by Emily Arbour

Dear Miss Write

I am recently separated from my partner, and have just booked my very first solo trip within a group. All of my traveling companions are strangers. I'm terrified. Of course, I hope to make a friend or two, but what suggestions do you have that might allow me to enjoy myself? Even if I end up going it alone for most of the trip.
— Going Solo

Dear Going Solo

One question. Are you a jerk? If your answer is "No, frankly, I'm offended", then you're going to have a great time on this trip. And you're going to make friends. At the very least, you're going to make temporary ones, and that's all you really need anyway. My advice to you would be to "just go with it" on this adventure. Toss

any preconceived notions about your travelling companions with those expensive 100+mL hair products at airport security. You might be surprised by the personalities you actually connect with. These types of tours are geared toward folks who are open to new experiences and that includes meeting new people. Hey! That's you! Bring your best attitude along with you (leave the hairdryer if you need the space) and you'll be a great addition to any group. What's more, you'll have a fantastic, memorable trip. Have fun!

Dear Miss Write

Later this year my husband and I will be taking our two pre-teenaged children on a volunteer mission to Nepal. I've been on similar missions in the past (alone), and each time I returned to Canada, I struggled to convey what I'd experienced and apply some change at home. What do you think we can do this time to help my kids adjust to coming home and keep the memory of their experience alive back on Canadian soil?
— Sincerely, Mom on a Mission

Dear Mom on a Mission,

I think it's really wonderful that you're taking your kids on this trip. What an awesome perspective it'll give them on how big and diverse the world is. Not to mention how lucky we all are to live in Canada. Since they are still young, don't expect them to get quite as much out of the trip

as you will (and, obviously, have). Try not to force them to feel any particular way about it either. You may find that they don't have the same struggles compartmentalizing the experience as you might. They may have an easier time leaving what they've learned behind, but rest assured, it'll mean something important. Let them soak in the experience in their own time.

Throughout the trip ask them what they think about certain situations and have them make parallels between the way people live there and the way they live at home. When you get home, talk about the experience and ask them if there was anything they feel strongly about changing in their own lives. Ask them if there's anything they appreciate more about home now that they've been to Nepal. If they're interested in continuing to help either by donating or by saving for a second trip, encourage it. Keep the conversation going and the memories will be kept alive.
Happy travels!

Dear Miss Write,

My husband has just told me that sometime in the next six months he's taking me on a surprise trip. In his words "I won't know when, I won't know where, but pack light." Pack light! But how?
— Bag Lady



Miss Write (with Mr. Right and a great gang of volunteers) recently went on a SchoolBOX build in Nicaragua. She shares some tips on travel...

Dear Bag Lady,

Spoiled! The last time my husband surprised me was with a trip to a provincial park during blackfly season. Maybe that's where you're going! If so, pack a deet-soaked onesie and a box of wine to numb the itch. Assuming that's not it, however, I would pack a couple of cotton knit dresses that you could dress down with flip flops and dress up with accessories. Unless it's cold where you're going, in which case, just stay on the plane. I'm sorry I'm not more help really. I took four pairs of shoes to a place where not everyone has them. I may not be the best person to ask.

— 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 do just as well asking the bell boy for a bottle opener in a Christian hotel in rural Nicaragua. Only he doesn't have a column in this fine publication...



Meet us:

Upcoming Mixer:
Wednesday, June 19, 6PM
at the Barley Mow
Featuring **Nathan Rudyk**, president of Market2World, speaking on "The Rural Imperative: Real Hipsters Drive Pick-ups"; and **David Baril**, outgoing Chamber executive director, on the Chamber's role as a business networking hub.

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As a recent retiree from a 38-year career with the provincial government, Michael Pitcher decided that the time was right to pursue his longtime interest in selling real estate. Having called Mississippi Mills home for the past 25 years, he found the **Royal LePage Gale Real Estate Almonte** office (located at 48 Mill Street) to be a perfect fit. Michael now offers real estate services in Mississippi Mills, Ramsay, Carleton Place, Beckwith, Kanata, Ottawa and surrounding areas. His knowledge of the area is of great benefit to his clients, whether they are selling their home or looking to move into the region.

Michael's involvement with local organizations also gives him a greater appreciation for the communities that he serves. He and his colleagues at the Royal LePage office support, sponsor and participate in events such as Puppets Up!, The Big Brothers / Big Sisters Christmas Toy Show, Light Up the Night, and the Santa Claus parade. Over the years, Michael has personally been involved with the Almonte Soccer Club, the Town of Mississippi Mills Pipe Band, and school councils.

Being new to the job of offering real estate services, Michael is aware of the many challenges facing people who are trying to establish their businesses. One in particular is the task of becoming better known in the area. He sees the Mississippi Mills Chamber as a great venue in which to achieve that, as well as a resource for networking and sharing information. Michael also appreciates that "there is a tremendous amount of experience within this group, and it is a great way to remain current about what is happening in our community."



Michael Pitcher — Mississippi Mills Chamber member since 2012



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www.almontecelfest.com



July 19-21, Almonte

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