

OCTOBER 2014

the Hummm

free

Arts,
Entertainment
& Ideas

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"If they'd just taken to the streets with their bagpipes, England would've separated from THEM!"

Guatemala Stove Project Information Session

Do you want to get dirty, lift heavy bricks and wheelbarrows, take long, dusty, bumpy rides morning and evening and then get up again the next day and do the same thing — with a big smile on your face? Then consider working with the **Guatemala Stove Project (GSP)**.

Every February, the GSP brings a group of volunteers to the western highlands of Guatemala as part of its work to improve the lives of the poorest of the poor. The travelling conditions are not glamorous, but you will have the unique opportunity to visit the homes of Mayan families and experience daily life in rural Guatemala. There are also many possibilities to explore the culture and beauty of the country. If you have ever considered a different kind of travelling, then you might want to stop by and hear more about the incredible opportunity the Guatemala Stove Project can provide to see and do.

Come on out to the **GSP Volunteer Trip Information Session** on Friday, October 17, 6:45PM at Coutts Coffee Shop in Perth.

See More Online!

This month, there's a ton of great content online because we simply ran out of space in print! Here are a couple of things you won't want to miss hearing about:

- **La Pura Vida** — an invitation to hear from artist Margaret Ferraro about her creative trip to Costa Rica, on October 8
- **Apple Day in Middleville** (complete with an dried apple doll contest) on October 11
- **North Lanark Historical Society's Fall Speakers Series** on October 15 and November 2
- **Nature Is Sense-Sational!** — a guided walk at High Lonesome Nature Reserve on October 18

In addition, you'll find a hilarious installment of Linda Seccaspina's **Menopausal Woman of the Corn**, which we couldn't fit in because Linda wrote such a wonderfully detailed article about upcoming fundraisers at Lanark County Interval House (see page 7). There are also some great links to interviews with our profiled artist **Linda Manzer**, a video clip of local music promoter and aficionado **Amanda Sears** inviting you to the Ashton Pub on Sundays to hear Kelly Sloan's open mic (as a lead-in to Rob Riendeau's article on page 29), Rona Fraser's tips on how to make the most of lollygagging at area **Farmers' Markets**, our monthly ticket giveaway, and some awesome photos of Rob's **deadline bike crash** (sorry hon — Rona and I couldn't resist!). And you won't want to miss this month's **recipe**:

Sweet Potato and Acorn Squash Soup

Rebecca Eide is a foodie photographer living in Almonte, who blogs at <rebecca eats.com>. She's an accomplished baker inspired by natural, plant-based foods with a fresh vegan influence. This month, you'll find her recipe for delicious fall soup at <thehummm.com>.



(above) Bob Lauzon of Almonte posed with Wezenet-Professor at Trinity School of Medicine in St. Vincent & The Grenadines back in July of 2012. The photo was taken at the French Verandah Restaurant, Mariners Hotel in Villa Bay, St. Vincent.

(below) Heather Phaneuf and Peter Baran (Almonte), posed in England with Chelsea Pensioner Jimmy Andersen (London), Dr. Cathy Younger-Lewis (Almonte) and Marcella Phaneuf (Calgary). The whirlwind trip included watching the preparations for Queen's Jubilee and the Olympics, enjoying the Chelsea Flower Show, and celebrating the Chelsea Football Club's win!



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Thanks this month to:

Everyone who is running for municipal election this month. If you're wondering why we feel thankful, read Glenda Jones's terrific article on page 14. Thanks also to Jason of Kraken Graphics for his help — he's great!

Linda Manzer — Building Guitars that Inspire the Guitarist

Almonte has a new artistic luminary in its midst. Linda Manzer is an extraordinary Canadian luthier who has built guitars for legendary jazz guitarist Pat Metheny, Canada's beloved Bruce Cockburn and Gordon Lightfoot, Brazil's world-famous singer/song-writer Milton Nascimento, Paul Simon, and many other renowned guitarists.

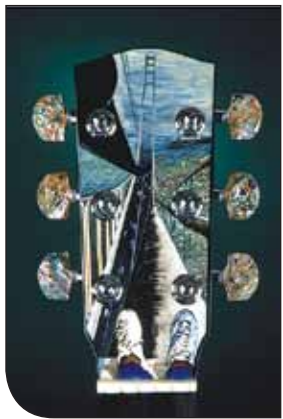
by Sally Hansen

Her guitars have been displayed in Ottawa's Museum of Civilization, in Washington in the Smithsonian, and at Boston's Museum of Fine Arts. Very few people in Almonte know who she is. Even fewer know she has set up a luthier studio here that she shares with apprentice luthier and singer/songwriter Peggy White.

Manzer's public visibility is tightly coupled to the fame of her customers. Just a few weeks ago she made CBC news headlines when Stephen Fearing, guitarist of Blackie and the Rodeo Kings, waged a Twitter war with Air Canada after he claimed the airline lost his valuable Manzer guitar for two days on a flight from London to Halifax. Fearing said the guitar, which he purchased in 1990, was insured. "That's not the point," he said. "It's got my blood, sweat and tears in it and I love it to bits. It's a rare, precious thing."

Just Her Cup of Tea

Manzer credits her collaboration with Pat Metheny as the turning point in her career. She first heard Metheny play guitar at a Joni Mitchell concert in Detroit. As she describes it in an excellent CBC documentary produced in 2011 for Patty Schmidt's "Inside the Music" program: "...in the middle of the song this man steps forward... he played a song; about three notes and my world changed." Manzer became an instant fan, and at a Metheny concert in 1982 she found the nerve to send a note backstage inviting Pat to her workshop the next day "to have a cup of tea." Instead he sent word he wanted to meet her after the concert, and after playing two of her instruments, Metheny said he wanted to buy one. In the documentary, he says "...with Linda, there was an instant recognition that this instrument was on an entirely different level... like when I sit down at a great German Steinway — the first time I'd ever



felt that from a steel string acoustic guitar... there was this incredible balance from the bottom to the top..." As a result, Linda created the guitar the duo have dubbed the "Linda 6". Months later she watched as Metheny walked on stage in Toronto at Ontario Place and played her guitar.

Lots of Strings Attached

Metheny describes Manzer's guitars as inspirational, and that is Manzer's goal. She creates her guitars as "tools that inspire musicians to want to play them and create wonderful music." Over three-plus decades the Manzer-Metheny duo has collaborated on a number of unique instruments. In 1984, when Metheny challenged Manzer to create a guitar with as many strings as possible, she spent four months designing, and five months building, the Picasso, replete with two soundholes, three necks and 42 strings in four groups. She invented a special feature known as "The Wedge," a tapered body shape that makes the side closest to the player thinner than the side that rests on the player's knee.

In 2012 Metheny and "pioneering designer" Manzer were recipients of the Tribeca Disruptive Innovation Awards (TDIA), celebrating "those whose ideas have broken the mold to create significant impact." You can find a link to the Youtube video of Metheny playing his Picasso at <thehummm.com> - minute 4 is amazing.

No Resting on Her Laurels

Linda Manzer is refreshingly down to earth. When I ask her how she handles fame, she laughs and says, "Luckily, it took so long I can't take it seriously." She also states that you "have to be honest with yourself to be a woodworker." She has been purchasing and drying superb woods for over thirty years. When she shows me the tools she works with and the tolerances (one tenth of a mm, or about the depth of a sheet of paper), I understand what she means. Since coming to Almonte, Manzer treasures the set of Japanese chisels given to her by Leonard Lee; they "became an indispensable part of my hand-tools instantly."

When I interview her she is working on a guitar that is going to Japan, and has just decided to re-make the neck because it isn't exactly the way she wants it. This is her biggest challenge, because, like Voltaire, she knows that the best is the enemy of the good. In four decades, Manzer has produced



almost five hundred hand-built instruments good enough to position her among the world's best luthiers.

The creative energy that made her the perfect collaborator with equally innovative Pat Metheny remains intact. She is working with six other luthiers with Toronto connections on a project she proposed to the McMichael Canadian Art Collection in Kleinsburg. Each luthier is building a guitar that will be displayed as a tribute to one of Canada's famed Group of Seven artists, with an accompanying book and film.

Stringing Us Along

Not content with an internationally acclaimed 42-string instrument, Linda has entered into a friendly competition with California luthier Fred Carlson, creator of the 39-string acoustic Harp-Sympitar. Both luthiers are known for making guitars with "too many strings", and have come up with an inside joke to see who can build a functional guitar with the most strings. As Linda tells "The Agenda's" Steve Paikin (in a great interview available on our website), she loves a challenge.

No Strings Attached

As a woman, Manzer fought an uphill battle to become a luthier, and she tells a funny story about how she convinced her first teacher, Jean-Claude Larrivée, to take her on as a student in 1974. He told her he was a male chauvinist pig and didn't want to teach a woman, but Linda could hear Larrivée's wife laughing in the background, so she persisted. Linda later studied with Jimmy D'Aquisto, who was trained by, and the successor to, renowned luthier John D'Angelico.

Self-described as a "bad folk-singer" as a teenager, Manzer credits her unhappiness in art school at the Nova Scotia College of Art and Design with becoming a luthier. She realized that guitar making combined all the things she loved most — art, design, music and making musical instruments — and she decided to follow her roommate's advice and focus. She quit school and called Larrivée. She is extremely focused.

Manzer loves being in Almonte. She is outspoken in her praise of apprentice Peggy White's capabilities as a luthier. Linda loves to teach, and Peggy has an intuitive feel for building guitars that is exceptional. As a newcomer, Linda is lending her voice in support of the Mississippi RiverWatchers' advocacy regarding the proposed expansion of the Enerdu power generation facility located just downstream of the train bridge in Almonte.

We are delighted that Linda Manzer is contributing her art and her considerable energies to our community. You can find a wealth of information about Linda at <manzer.com> and by perusing our website at <thehummm.com>.





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WHO Linda Manzer
WHAT Luthier (Guitar Maker)

WHERE <manzer.com>, <linda@manzer.com>, luthier studio in Almonte; Interview by Steve Paiken on The Agenda; CBC Documentary "Kindred Spirits: The 30-year musical relationship between Canadian luthier Linda Manzer and guitar great Pat Metheny."

WHEN By appointment at luthier studio in Almonte or Toronto

WHY My 'Why' is a quote from inlay artisan and luthier Larry Sifel: "The guitar is a weapon of peace."

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Feeling Thankful for Having the Blues

I recently received a note from **Blues on the Rideau** (BOTR) organizer and music promoter extraordinaire James Doran, enthusing about "how lucky we are to have Juno Award nominee **Harpdog Brown** and his band opening the season — our tenth anniversary this year! — since he lives in Vancouver and doesn't get down this way that often." James continued: "It will be his first visit to The Cove and his only stop in Eastern Ontario on this tour. He's bringing his great young guitarist Jordan Edmonds from Vancouver with him, as well as two members from the legendary Downchild Blues Band — Gary Kendall on bass and Mike Fitzpatrick on drums — both multiple Maple Blues Award winners in their instrument categories over the years. It will be quite a night!"

Well, that kind of infectious enthusiasm just brought home to me how lucky WE all are to have amazing folks like James beavering away (for ten years now, in his case) to bring the blues (in this instance) to patrons in the small towns and rural communities that make up theHumm's coverage area. If you take a gander at this year's BOTR lineup, you could easily be forgiven for assuming that the shows were taking place in Toronto rather than Westport: Harpdog Brown (Oct. 24), Fathead (on November 21), Jack de Keyzer (January 23), the Hogtown Allstars (February 20 and 21), Paul Reddick (March 20), the Paul James Band (April 17), and the David Rotundo Band (May 8 and 9).

Of course, something else to be thankful for is that we have wonderful venues like The Cove <coveinn.com>. For every BOTR show, The Cove puts on a delicious buffet (which is included in the \$60 price), and sets up a great stage for an acoustically awesome experience. Because of the dinner-and-show combo, advance reservations are re-



Seamus Cowan from The Cove (right) joined the great David Rotundo for a couple of songs at last May's Blues on the Rideau show — Seamus is an excellent bass player as well as Inn Manager. This year's season kicks off on October 24 with a show by Vancouver's Harpdog Brown.

quired and it's a good idea to book early (since most shows sell out). You can call 1-888-COVE-INN or 613-273-3636 to reserve.

And before we jump off the gratitude wagon, let me just mention that proceeds from each and every BOTR show go to support local causes, with over \$50,000 raised to date. First-class music... scrumptious food... philanthropy... here's a series that truly merits local support!

I'll go back to James for the final word on his season opener: "to give folks an idea of what a great night of swing blues they are in for if they come, there's lots more information on <bluesontherideau.ca>, including a link to Harpdog performing his song *Whiskey Bottle* from his hot new CD *What It Is*."

— Kris Riendeau

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TNIM Gala Dinner Theatre

Forty years ago the Merrickville District Medical Centre was established. Thirty-nine years ago a group of Merrickville residents, directed by Arnold Connerty, produced an evening of plays in order to raise funds for the new Health Centre. The actors enjoyed themselves so much that an official group was formed: **Theatre Night in Merrickville** (TNIM).

This year, in honour of the Medical Centre's 40th anniversary, TNIM's fall production will be in the form of a Gala Dinner Theatre. The event will be a fundraiser for the Centre's emergency patient fund.

There will be two evenings of one-act plays in the Merrickville Community Centre on Friday, October 24, and Saturday, October 25. *Paper Trail*, written by Dr. Sean Lang, is a play about discovery, truth, lies and human history. The play follows an Australian woman who visits an archive office in an attempt to discover who her mother was. The truth ends up being much more terrible that she realizes. The

second play, Bernard Shaw's *Augustus Does His Bit*, pokes fun at the smug British upper classes, which are incompetently represented by Lord Augustus Highcastle. Lord Highcastle commands a military base in a small British town during WW1, where he is determined to do his best to defeat the Hun. This play succeeds as a witty comedy full of one-liners.

So now you know about the theatre part of things — what about the dinner? Well, doors open at 6PM for pre-dinner drinks... There will be bacon-wrapped scallops and cherry tomatoes stuffed with Caesar salad... The entrée will be chicken stuffed with brie, alongside some rosemary roasted potatoes and seasonal vegetables... And, assuming you still have room, you will enjoy a selection of miniature desserts along with some tea or coffee. Now stop drooling and go get some tickets!

For information about tickets, please visit <merrickvilletheatre.org> or call Margaret Shearman at 269-3729.

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The thirty-third season of the Perth Performing Arts Committee gets underway on October 17 with a performance by **Campbell/Afiara** — a fascinating fusion of strings and clarinet

Music To Our Ears PPAC's Tuneful Thirty-third Season

Once the last of the geese depart for the winter, the Canadian soundscape can start to seem fairly bleak. Fortunately, the good folks at PPAC (that's short for the Perth Performing Arts Committee) are offering up another fine season that is sure to warm the cochleas of your frost-tipped ears!

The first concert, scheduled for Friday, October 17 at 7:30PM, unites the talents of internationally celebrated clarinetist James Campbell and jazz guitarist/composer Graham Campbell with the dynamic and award-winning Afiara String Quartet. **Campbell/Afiara** widens the definition of classical music to include works from many genres that have withstood the test of time. The great compositions of Mozart and Schubert share the stage with Brazilian choros from the 19th century, early 20th century ragtime and blues, and the gypsy jazz classics of 1930s' Paris. This intriguing mix of performers will bring a joyful musical fusion to the Mason Theatre, kicking off PPAC's 33rd season in style. If you're interested in winning two complimentary tickets to this fine show, turn to page 27...

Greatly influenced by the music of Django Reinhardt, Taiwanese-Canadian guitarist Denis Chang's formative years were spent alongside great Gypsy Jazz musicians such as Fapy Lafertin, Ritary Gaguenetti, Paulus Schäfer and Emmanuel Kassimo, to name just these few. Over the years, this virtuoso guitarist has developed his own sound that is inspired by numerous styles of music while remaining faithful to the Gypsy Jazz style; he has also added his own compositions to the standard Gypsy Jazz repertoire. The mesmerizing musical energy of the **Denis Chang Gypsy**

Jazz Quartet will be sure to warm up the evening of Friday, November 14.

One of the most dynamic and exciting world-class ensembles of its generation, the **Borealis String Quartet** has received international critical acclaim as an ensemble praised for its fiery performances, passionate style, and refined, musical interpretation.

Founded in Vancouver, British Columbia, in the fall of 2000, and rapidly establishing a stellar reputation, the quartet has toured extensively in North America, Europe and Asia and performed to enthusiastic sold-out audiences in major cities, and they will be showcasing their prowess at PDCI on Friday, March 13.

Finally, on the evening of Friday, April 17, award-winning multi-instrumentalist **Yiannis Kapoulas** will expand your musical horizons with his infectious blend of "ethno-fusion world instrumentals" — a unique sound that runs the gamut of influences from Latin, Mediterranean, Middle Eastern, jazz, classical and funk. He tours extensively with an ensemble comprised of top talent from Toronto and Montreal, and plays a multitude of exotic stringed instruments with agility, speed, precision and a passion that has been awing music fans at countless festivals across Canada.

All PPAC shows start at 7:30PM in the Mason Theatre at Perth & District Collegiate Institute, at 13 Victoria Street. 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.

— Kris Riendeau

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Apt613 Supports Local in Almonte

This October, Apartment613 (a great Ottawa online magazine) is planning to promote Almonte and area as part of their **Support Local** festival. This month-long event supports Ottawa businesses by advertising and promoting unique events and collaborations around the city. There will be a printed guide, posters and other public relations. This year they have decided to highlight Almonte as well!

Their organization is planning to rent the Almonte Old Town Hall to host a pop-up shop and trade show. The Town of Mississippi Mills is arranging for buses from Ottawa to Almonte for the day to visit local shops and see the Ottawa pop-up.

To make the most of the opportunity, the Town and Chamber of Commerce of Mississippi Mills are encouraging businesses from other parts of the municipality to participate in the **Greater Mississippi Mills Showcase** on the second floor of the Almonte Old Town Hall from 10AM to 4PM on October 25. If you would like to be a part of the action, please contact Nicole at <manager@mississippimills.com> for more details.

There are several ideas, partnerships and activities already planned for the October 25 event.

MVTM and Palms: A local history lecture and weaving demonstration will take place at the new Mississippi Valley Textile Museum pop-up gift shop, Bobbins, located within Palms Coffee Shop at 78 Mill St. Also featured there will be a local history and Almonte Gazette-inspired exhibit of paintings by local artist Jill McCubbin, titled *Long Gone: a day in the life of Almonte, in 1924*.

Beau's Patio Party: The Barley Mow in Almonte has one of the snazziest patios in Ontario. There is no better place to sit around and sample some of Beau's fancy pants beers while enjoying some fun music and great pals.

Hello Yellow & Victoire: Make a purchase at Victoire Boutique in Ottawa during October and receive 15% off at Hello Yellow in Almonte... and vice versa! Both shops share a love of handmade and locally crafted goods.

Mill Street Books and Kaleidoscope Books: For the month of October, pick up a bookmark from one independent bookstore and present it at the other for a 10% discount off regularly-priced merchandise.

Caramel Coffee Bock Beer Launch: The Clocktower Brew Pub and Equator Coffee Roasters invite you to come sample this delicious, seasonal, dark beer brewed locally and made from Equator coffee beans. The launch will take place at 8PM on October 30 at The Clocktower in Westboro.

Pop-up Lunch: From 10:30AM to 4PM on October 25, select local ingredients from Dandelion Foods, Almonte's newest organic grocer, will be deliciously prepared by LUNCH, Ottawa's good food truck, in Dandelion's parking lot. Local food has never tasted so good!

Coming From Ottawa? If you're coming from Ottawa to Almonte on the 25th, why not hop on the Support Local shuttle: only \$15 per person includes your return trip to Almonte. If you confirm your reservation before October 15 you will receive a \$10 voucher to use for shopping or eating in Almonte.

Crimes of the Heart at the Studio Theatre

Playwright Beth Henley didn't realize she had a tiger by the tail when she pulled *Crimes of the Heart* out of her typewriter in early 1978. At first, her comedy/drama about three troubled sisters in the South was roundly rejected by the theatre establishment. Then a friend secretly submitted the script to a play-writing contest in Louisville, Kentucky, and the rest is history — the play went on to win the 1981 Pulitzer Prize and the New York Drama Critics Circle Award, establishing Beth Henley as a major voice in theatre.

Flash forward to 2014, when Perth's own award-winning director Barb Guthrie discovers the play and becomes passionate about staging it here. Now, Perth audiences will finally have a chance to rave about this "warm-hearted, brilliantly imaginative" play themselves when it premieres at the Studio Theatre on October 9.

Crimes of the Heart is set in Hazelhurst, Mississippi, where the MaGrath sisters have gathered to await news of their grandfather, who is living out his final hours in the local hospital. The older sister, Lenny (Gina Tremaine), desperately wants to be married, but alas, at 30 and caring for her grandfather, her chances of landing a man are about the same as her chance of being hit by falling airplane parts. Meanwhile, middle sister Meg (Tracy Noonan) has fled back home from the West Coast, where her dreams of being the next big thing on the music scene have fizzled. For her, coming home is rife with tension — she had left Hazelhurst years earlier to escape a storm of scandal involving her boyfriend, Doc. Lastly, Babe (Mary Ann Majaury), the youngest sister, is just out on bail after having shot her husband in the stomach.

Did we mention this is a comedy? You could say that *Crimes of the Heart* puts the fun in dysfunction, as it teems with humour and humanity. As the New York Times says, "The play... is unmistakably the tale of a very troubled family. Such is Miss Henley's prodigious talent that she can serve us pain as if it were a piece of cake."

The MaGrath sisters' weighty yet somehow hilarious problems are underscored by their arrogant cousin Chick (Patti Greer), and by awkward young lawyer Barnette Lloyd (Andrew Macdougall), who can't help falling in love with Babe while trying to keep her out of jail. Scott Duncan plays Meg's ex-boyfriend Doc Porter, who has recently returned to Hazelhurst and is now married (gasp!) to a Yankee.



In rehearsal for *Crimes Of The Heart*: Barnette (Andrew MacDougall) springs into action, hoisting Babe (Mary Ann Majaury) to his shoulder to hide away some "blackening evidence" atop a cupboard

Crimes of the Heart presents a rich smorgasbord of characters desperately trying to escape their past in order to seize the future. It's a story that's so human, touching and, yes, funny, that it will stay with you long after the applause fades.

Crimes of the Heart premieres at the Studio Theatre, 63 Gore Street East in Perth, on Thursday, October 9, with performances on October 9, 10, 11, 17 and 18 at 8PM, and Sunday matinees on October 12 and 19 at 2PM. Take advantage of the opening night special of \$5 off the regular price, October 9 only! Regular tickets are \$22 at The Book Nook (60 Gore Street East, cash only), Tickets Please (39 Foster Street, 485-6434, ticketsplease.ca, credit cards accepted, a convenience fee applies), and Shadowfax (67 Foster Street, 267-6817, shadowfax.on.ca, credit cards accepted, a convenience fee applies). Tickets are \$24 at the door, and students with ID pay just \$10 at the door on show nights. Opening night special is available at all ticket outlets and at the door. For further information be sure to visit <studiotheatreperth.com>.

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STUDIO & GALLERY

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LCIH — Local Help for a Global Problem

A few weeks ago, when a video was released of former Baltimore Ravens star Ray Rice dragging his unconscious wife from an elevator at the Revel Hotel and Casino, rage was heard around the world. Sadly, that disgust didn't reach the NFL until the full video of him knocking her out last summer was released by the social media site TMZ. Janay Rice's voice suddenly mattered because her husband was a celebrity and was becoming a public relations nightmare for the NFL.

But what about all of the other women of the world? Do their voices matter even if they aren't famous? Each woman, no matter who she is, has a voice, a presence, and a value, even if they are not viewed in a 20-second glimpse on an iPhone. I am sure many wondered why Mrs. Rice stayed in an abusive relationship and even defended her situation. An abused person is a psychological prisoner, often convinced by the abuser that it was their own fault they are abused, that they were deserving of it.

Lanark County Interval House (LCIH) is a local non-profit organization dedicated to helping individuals and families escape the traumas of domestic violence and exploitation. The depths of domestic violence are difficult for most to understand. It takes courage to walk away, and it's not as easy as you think. There should be zero tolerance — a star athlete, a national hero, and even our neighbors should be held accountable.

Education is the first step, but let's remove the stigma from the victim, and let's make sure safe places such as Lanark County Interval House are always fully supported. Domestic violence is not just a punch, a broken rib, or a black eye. It is

control, instilling fear, taking away freedom, and breaking someone down. And remember, the abuser will never, ever hurt you again — until the next time.

LCIH officially opened in May 1979, and 2014 marks their 35th anniversary. Since opening, their programs and services have increased dramatically to include extensive outreach counselling, sexual assault programming, children's counselling, support for family court, transitional support, youth outreach, and a strong public education program. Last year alone, staff provided residential service to more than 100 women and children, assisted over 500 women and children in outreach programs, and handled over 2,200 calls to the crisis line.

Please support these upcoming fundraisers!

How You Can Help

On Thursday, October 9, in honour of LCIH's 35th anniversary, the chef and staff of Ballygiblin's are crafting a very special meal called **Feed the Fight to End Violence Against Women**. The event will feature celebrity servers, including such people as Sandra from the KISS FM morning show, former professional Canadian football running back Darren Joseph, Lake 88's favourite man on the street Hugh Colton, Y101's Mary Anne, comedienne Jenn Hayward, and your wonderful and gorgeous hostess at the door, Hyddie Hoe!

This upscale dining experience will include vegetarian and gluten-free options, and is a fundraiser to help support Lanark County Interval House programs.

There will be two seatings — at 5:30 and 7:30PM — of a gourmet, upscale, celebrity-served dinner, beer tastings and wine tastings at Ballygiblin's Restaurant and Pub, 151 Bridge Street in Carleton Place. At \$35, the price of a ticket represents one dollar for every year LCIH has been supporting women to leave abuse behind and begin a new life free from violence. For



women business owners. It is one of the best-known and most anticipated business expos in the region, with lineups of visitors before the event opens.

The Women's Fair is one of the largest fundraisers for Interval House. The agency depends on events like this to support programs for women and children threatened by abuse. This year's event will be held November 8 and 9, from 10AM to 4PM at the Carleton Place Arena Upper Hall (75 Neelin Street).

If you have a business or make a special product and would like to tap into this unique and time-honoured event, contact <creative.minds@live.ca>.

Join us once again for **Violet Femmes** — your fabulous girls' night out on Friday, November 21 (from 5:30PM on), at the Almonte Arena! It's a spectacular evening with your closest gal pals, featuring a wonderfully delicious catered meal by The Leather Works, dancing with DJ Johnny Five, expansive silent

parties of six people or more, please call ahead so seating can be arranged.

Tickets are on sale now at <lcih.org> and will be on sale soon at Ballygiblin's Restaurant.

For the first time ever, the **Women's Fair** is growing into a two-day event! This year it will showcase up to 88 women in business, displaying a unique array of products and talents. Because new spots have opened up, there is room for the first time for many new and diverse women's businesses.

The Women's Fair is arguably the largest annual gathering of Lanark County's

auction and box raffles, signature drinks served by wonderful male volunteers, and hosted again this year by Kiss FM morning show host, the dazzling and delightful Sandra Plagakis! Wear your favourite shade of purple and have a great time with all this and more. This event sells out every year; make sure to buy early.

Tickets (\$55 each or \$440 per table of 8) are on sale at Doree's Habit in Almonte, Static Hair Salon in Carleton Place, or from the comfort of your own home by buying online at <lcihmorg>.

— Linda Seccaspina

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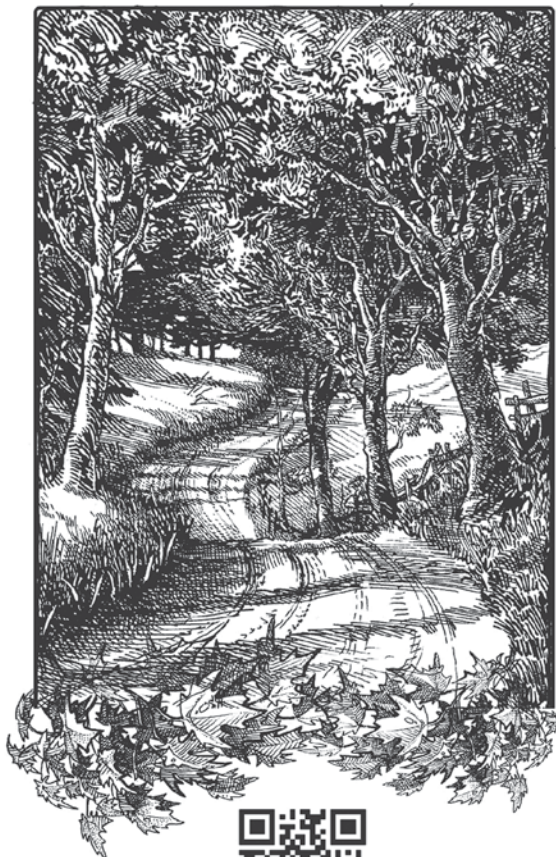
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Artist profiles, images of their work, and a map are available on the website:

Age Shall Not Weary Them

Almonte Legion and ADHS Students Collaborate on WWII Casualties Book

At the hundredth anniversary of World War I and seventy years after World War II, there is certainly a resurgence of interest in remembering those who fought overseas for our country. With the passage of time, however, the task of connecting young people with the sacrifices that were made several generations ago becomes increasingly challenging. In the fall of 2012, Almonte & District High School history teacher Jennifer Yake was looking to make those connections in a meaningful way for her Grade 10 students. Inspired by work done by Blake Steward, a teacher in Smiths Falls, she decided to ask Legion Branch 240 Almonte to assist with her "Lest We Forget" project. After two years of research, writing, editing and compilation, the results of this ambitious undertaking are being published in book form. *Age Shall Not Weary Them... Second World War Casualties of Mississippi Mills* will be launched at the Legion on Sunday, October 26, at 2PM.

The project began with each student being assigned a name from the war memorial in Almonte, Pakenham or Clayton. The book itself is the culmination of hundreds of hours of research and writing by the students, which was facilitated by trips into Ottawa to visit the National Archives and the Canadian War Museum. As the introduction of the book notes: "It was no easy task. In some cases, the name on the memorial was misspelled or

the wrong first name was used. In one case, there was absolutely no record of a Mississippi Mills connection. Nonetheless, the students rose to the challenge."

Many of the contributors contacted friends and families of the servicemen they were studying, and a number of them ended up meeting these contacts in person (one even interviewed the brother of his serviceman only weeks before the brother himself passed away). Students unearthed photos, cablegrams and personal effects; deciphered old

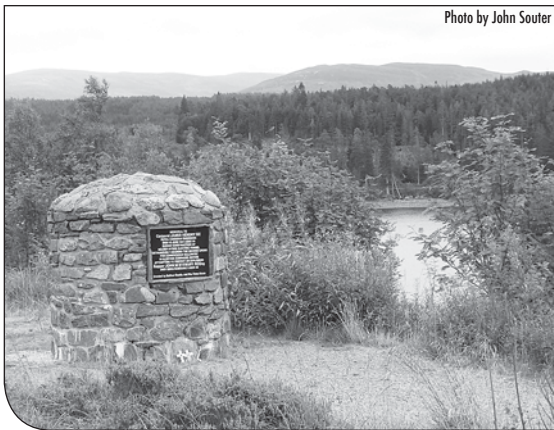


Photo by John Souter

This memorial cairn was erected near Loch Laggan in memory of the first serviceman from Almonte to be killed abroad during WWII

military acronyms; and gradually pieced together the personal history of "their" soldier, sailor or airman.

Because of this intense level of involvement, John Souter (Past President of Branch 240) is quick to call this "the students' book". It has been edited by both John and Jennifer Yake for grammar and spelling, and some fact checking has been done, but it is essentially their work. However, Branch 240 did play a seminal role in the book's production. They funded the class trips into Ottawa as well

as the printing of the book, and John estimates that he and the Legion's summer student Britany Burns have spent close to a thousand hours on the project. John even made a trip to Scotland this past summer to collect what he calls "the last piece of the puzzle" — a photo of a memorial cairn erected in memory of the first serviceman from Almonte to be killed abroad during WWII. John became aware of the cairn after the student researching the serviceman found a map that indicated he had been killed on the shores of Loch Laggan.

This book certainly deserves to be read by families and friends of the thirty-five men from Mississippi Mills who lost their lives during WWII, and by the families and friends of the thirty-five ADHS students who researched and wrote about them. But John Souter also recommends it for anyone who plans to attend the Remembrance Day ceremony at the cenotaph — he guarantees that you will have a much more meaningful experience when you recognize the names as they are read aloud.

Age Shall Not Weary Them will be available for sale (\$20, including tax) at the launch event on October 26, but you can also call the Legion at 256-2142 or drop in to order a copy. Only 150 copies are being printed so reservations are recommended, but if any are left over they will be available after the 26th at Mill Street Books in Almonte.

— Kris Riendeau



This photo of the crew of the Halifax Bomber H841, which includes W/O Bert Duncan from Almonte (far right), appears on the inside cover of *Age Shall Not Weary Them*. The book, which is the culmination of two years of work by ADHS students, their history teacher Jennifer Yake, and Legion Branch 240 Almonte, will be launched at the Legion on October 26

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Learning in Almonte

Two new series start in mid-October:

Time is a Four-Letter Word by Peter Watson
The nature of time
(starts Tuesday, October 14)

Looking Back in Hunger by Carl Widstrand
A history and geography of food
(starts Thursday, October 16)

These courses are six weeks in length. Each comprises one two-hour lecture every week, from 1:30-3:30 in the Almonte Public Library Classroom. No final exam, but lots of discussion time! \$75 per course.

To register contact Don Wiles at 256-4376 or don_wiles@carleton.ca

YES. Advertising Works

I was having dinner with friends the other evening, and one of the guests made a familiar statement. “I am not influenced by advertising,” she said.

Needless to say, it’s not the first time I’ve heard the comment. I usually respond by pointing out that U.S. companies invest \$70 billion in television ads alone each year, followed by: “It makes you wonder why they would waste so much money on something they thought didn’t work.”

by Patrick Arbour

Companies expect advertising to produce returns, just like any other investment. The reason that my friend — and, I’m suggesting, many people — think advertising doesn’t “work” is that they think advertisements are trying to make them do something immediately.

Melts in your mouth, not in your hands...

They’re wrong.

Successful advertising rarely succeeds through argument or calls to action. Instead, it creates positive memories and feelings that influence our behavior over time to encourage us to buy something at a later date. No one likes to think that they are easily influenced. In fact, there is plenty of evidence to suggest that we respond negatively to naked attempts at persuasion.

Takes a licking and keeps on ticking...

Instead, the best advertisements are ingenious at leaving impressions. Consider my dinner party friend, who, after claiming to be immune to marketing, proceeded to describe an erectile dysfunction ad with impressive detail. She then went on to say how she enjoyed the old Black Label beer commercials (Mable. Black Label).

I am Canadian...

In sum, the best advertisements use images, jingles, and stories to focus attention on the brand. They are not just creative for creative’s sake.

Built Ford tough...

From Catchphrases to Cash

Of course, as tickled as advertisers are to know they’re writing catchy jingles, they don’t make TV commercials for the honour of giving us free new music. They want us to buy something. The crucial challenge for marketers is: what’s the best way to translate these memories into actions?

Put a tiger in your tank...

Some imagine a debate between two groups. The first group believes in raw persuasion. Its focus is on crafting a compelling argument that will encourage you, with the delivery of “new news”, to buy something right away. The second group believes in the power of engagement. Its focus is on creating a positive experience that will influence you over the longer-term. Here, the objective is to seed positive ideas and memories that will attract you to the brand.

But this distinction is largely a myth. Advertisers have little control over how audiences receive their message. New news might appear relevant and credible to some (“Geico can save me 15 percent or more on my insurance? Let’s call!”), while others consider it unpersuasive (“My insurance company is cheap enough”). Similarly, a TV commercial designed to engage the viewer might cause you to buy the brand immediately, simply because it reminds you of how much you enjoy the product (“Cute Coke spot. You know, I am kinda thirsty...”).

I’ve fallen, and I can’t get up...

Once in a blue moon an ad might leave you thinking “Just what I need!” and send you running out the door to buy something. More often, however, you barely attend to the commercials you see. You do not reflect on the scenes and messages unless triggered by something else at a later date: seeing the advertised brand on the street, when you need to buy the product or, in the case of my friend, talking about it at the dinner table. Even then, it is not the ad that matters. The ideas, impressions and positive feelings about the brand are what matters. Any memory that will predispose you to view the brand in a more positive light than its alternatives is a plus.

They’re gr-r-r-eat!

All About Good Feelings

As demonstrated by my friend, advertising memories (Black Label) can last decades. But my friend’s discourse on advertising also touched one of the biggest pitfalls to creating successful advertising. Crafting a compelling message or creating an engaging impression is not easy (particularly when trying to reach an increasingly digitally distracted and time-poor audience). It is equally difficult to make sure that the intended memories stick to the right brand.

Is it true blondes have more fun?

So contrary to many people’s beliefs, advertising does influence them. But advertising’s influence is subtle. Strident calls to action are easily discounted and rejected because they are obvious. But engaging and memorable ads slip ideas past our defenses and seed memories that influence our behavior. You may not think advertising influences you. But marketers do. And in addition to millions of dollars, they have something else most people don’t have: access to data that proves their point.

There are some things that money can’t buy. For everything else there’s MasterCard.

— Patrick Arbour is a Creative Director and Executive Business Coach who has worked in the advertising world for major agencies in both Canada and the United States.

Just do it...

Humm Bits

Free Seminar With the Dog Father

Dan “The Dog Father” Lafortune will be giving a free seminar at Pet Valu in Carleton Place on Sunday, October 5 at 11AM. Dan will be talking about dog behaviors, how to communicate with your dog, how to correct bad behaviours, and how to build a better relationship with your dog. Learn more about these amazing animals and why they fit into our lives so well. Everyone is welcome!

Volunteers Needed in Smiths Falls!

Have you ever thought of volunteering for some local organization but weren’t quite sure how you could help? Are you a high school student trying to find the right fit for your volunteer commitment? Never known just what possibilities are out there? Not sure who to contact?

The **Volunteer Search** to be held Wednesday, October 8, from 2–4PM and 5:30–7PM at the Smiths Falls Memorial Community Centre is your opportunity to get involved. Many representatives from area organizations will be at the arena looking for different types of volunteers — folks interested in getting involved in everything from search and rescue to the theatre, from health organizations to LAWS. Drop in and see what volunteering opportunities are available. Sign up if you find an organization you’d like to help.

Volunteering is good for you — both mentally and physically — as well as being good for the community. All these opportunities provide challenges, as well as chances to meet new people, learn new skills and improve the life of the community. And most of all — they need you.

For more information on the Volunteer Search, contact Nancy Berthiaume at 613–800–1938 or <hambert099@gmail.com>.

“Unravelling” Japanese Textiles

On Sunday, October 5, from 2–4PM, curator Alan Elder will give a special tour of the exhibition “Reiko Sudo + Nuno” at the Mississippi Valley Textile Museum (MVTM). If you have not already visited this wonderful exhibition of Japanese textiles, this is the perfect opportunity to see these amazing pieces while getting an in-depth understanding of their significance and of the exhibit’s conception and development. For those who have already marveled at these fabrics, this is an opportunity to learn more about them from an expert.

Elder, who has been a curator at the Canadian Museum of History since 2002, curated this exhibition for the MVTM. He has an extensive background in arts organizations and galleries, and his research focuses on craft and design activities from early twentieth century to the present.

In developing this very special exhibition, Elder took the architecture of the MVTM’s gallery, with its twenty-two columns, as the starting point for the installation, and the result is stunning. Don’t miss the chance to walk through this marvelous space with the man who “dressed” the gallery and who will share his knowledge and observations about these fascinating fibres.

Admission for this event is by donation and all are welcome. For more information, call the MVTM at 256–3754. The museum is located at 3 Rosamond Street in Almonte.

Food and Entertainment at Union Hall

The 11th annual **Union Hall Potluck and Talent Night** is coming up on Saturday, October 25. This popular event is an opportunity to reconnect with friends while enjoying a rich variety of homemade dishes. If you are new to the community, here is your opportunity to meet the neighbours. The woodstove will be stoked to keep the place cozy for the hall’s last event of the season. As for the entertainment, you never know what to expect!

Bring your favourite main course, salad or dessert, and your own dishes and cutlery, so as to avoid the use of disposables. Dinner begins at 6PM and the show begins at about 7:30PM. Admission is free, but of course donations for the upkeep of the hall are always welcome.

Entertainers of all ages and levels of experience are welcome. Can you sing, dance, play an instrument, tell a story or recite a poem or limerick? Do your kids need an audience for their musical accomplishments or dance steps? If so, call Ray Fortune at 256–0025 to get a spot on the program.

Union Hall, situated at 1984 Wolf Grove Road at the corner of Tatlock Road, has been serving the area for more than 150 years.

Humm Bits

LiPS' Fantastic October slam

The first show of the season was a hit! Many people came together for the no rules slam last month. **Live Poets Society of Lanark County** (LiPS) is the only rural poetry collective in Canada to perform as a team in the annual Canadian Festival of Spoken Word (CFSW), a national five-day festival to which communities across the country send their best poets to compete. Leading up to that event, the Lanark County slam series — hosted by LiPS — is a great channel for poets, writers and storytellers, young and old alike, to share their works with a local, engaged audience. Don't be shy — if the pen is your sword, come and shed blood on the LiPS stage. For those who don't want to compete, remember there is always an open mic session before the slam begins. Performers get in free and admission for audience members is only \$5.

October's slam will be on Friday, October 3 at 7PM (doors will open at 6:30PM) at the Thirsty Moose, 20 Bridge Street in Carleton Place. See you there!

New Travelogue Series at Almonte Library

Have you recently travelled or lived abroad? Would you like to share your stories and photos with others at the library? The Mississippi Mills Public Library will be hosting a travelogue series this fall and winter, and is looking for a few more presenters.

The first travelogue will take place on Tuesday, October 7 at 7PM in the meeting room at the Almonte Branch Library. Join Hilary Clauson as she tells of her recent Aga Khan Foundation internship to **Bangladesh**. Hilary has a Master's Degree in African Studies, has conducted research in a refugee camp in Malawi, has worked for Free the Children, and is a lifelong Girl Guide.

In Bangladesh, Hilary worked for the Aga Khan's Early Childhood Development Support Program. While there, she witnessed the diverse lives of garment factory workers, rickshaw drivers and tea plantation owners, as well as seeing firsthand the impact of Canada's development dollars. Join her to discover more about the Aga Khan Foundation's fellowship program, Bangladesh, and to learn how we can take responsibility for our actions and help people around the world.

For more information, call Jocelyn at 624-5306 or visit <mississippimills.ca/en/live/almontebbranch.asp>. This is a free event.

Our Haunted Heritage

Do you love ghost stories? The Carleton Place and Beckwith Historical Society presents their second annual **Our Haunted Heritage** event on Saturday, October 18, at 7PM. Join them for an evening of scary storytelling at the museum! Linda Seccaspina will share local ghost stories, scary songs will be performed by Stephen Mayne, and local psychic Ken Mason will tell us just how haunted the museum building is. Dare to have your photo taken in our "haunted photo booth", courtesy of Freedom Photography. This fundraising event will take place at the Carleton Place and Beckwith Museum, 267 Edmund Street in Carleton Place. There will be a \$5 admission at the door. For more information go to <cpbheritagemuseum.com> or call 253-7013.

Learn About Heart Health

Heart attacks are the number one killer of women today. The public is encouraged to join members of the Canadian Federation of University Women, Perth and District (CFUW), for an informative and educational evening on **Women's Heart Health**, presented by the Ottawa Heart Institute.

On Monday, October 20, 7PM at the Canadian Legion Building (26 Beckwith Street East in Perth), hear from Courtney Westcott of the University of Ottawa Heart Institute, which is Canada's foremost Cardiovascular Health Centre, caring for more than 80,000 patients and training over 100 physicians each year.

Ms. Westcott will focus on awareness and knowledge of cardiovascular disease, as well as prevention and management. There will be a time for questions and answers after the presentation.

CFUW is an organization of women, linked locally, nationally and internationally, to promote quality education, encourage participation in public affairs, and improve the status of women and girls, all in an atmosphere of cooperation, friendship and fun. More information is available at <cfuw-perth-district.com>.

Postcards from Perth

Impressive Indie Women

Perth is a town chock-full of artistic talent. One of those talented folks, musical theatre director C. Lee Bates, has set up a notable and exciting new production company which she's taking to our nation's capital for its debut show.

The new production company is called **indie women productions** (iwp), and its members are a talented crew of locals, as well. They include some familiar names:

by John Pigeau

Joan Edwards Frommer, who worked with C. Lee as stage manager for a very successful Perth production of *Little Women*; Laurel Tye, who was the musical director for *Little Women*; and Lin Dickson, who created the costumes for that production and many other plays.

That musical production of *Little Women*, directed by C. Lee, was a huge hit for the Studio Theatre — as was *The 25th Annual Putnam County Spelling Bee* (also under C. Lee's direction) — breaking attendance records for the theatre and selling out the majority of shows. As a director of musical theatre, for which she holds a great passion, C. Lee has and is steadily building an impressive résumé.

Not surprisingly, the mission of the new production company is a lofty one. They are aiming to stage high-quality community theatre, especially plays and musicals featuring strong female roles. While entertaining theatregoers, iwp is also aspiring to produce "socially relevant theatre that educates and raises awareness in its

audience." They also hope to raise funds for organizations that serve the community.

The production company's initial show, *Next to Normal*, débuts in Ottawa at the Gladstone Theatre from October 15-18. For more information about that show and more about indie women productions, please visit <indiewomenproductions.ca> or call Joan Frommer at 421-4151. You can also contact C. Lee Bates at <cleebates7@gmail.com> or by phone at 219-3489.

C. Lee Bates and Laurel Tye will be back in Perth in the spring of 2015 to present a workshop together as director and musical director of *The Drowsy Chaperone*, part of the Studio Theatre's 2014-2015 season. Watch for that!



This talented group of local ladies (l-r C. Lee Bates, Joan Edwards-Frommer, Laurel Tye and Lin Dickson) recently formed a new production company called **indie women productions**. Their inaugural show, *Next to Normal*, débuts in Ottawa from October 15-18.

Don Ross at Full Circle

Also watch for Full Circle Theatre's first musical concert of this special season on October 2, when widely acclaimed guitarist **Don Ross** hits the stage, featuring special guest Thomas Leeb. Tickets for that show are available at Shadowfax, 67 Foster Street, Perth or by calling 267-6817. Information about this and other shows at Full Circle can be found at <barndoorproductions.ca>.

Nature Is Sense-Sational!

Taking Your Senses for a Walk in the Woods

On Saturday, October 18, Mississippi Madawaska Land Trust invites you to the High Lonesome Nature Reserve to let your five senses guide you through the woods. Feel the furry fungi. Listen to the pines whispering to you. Reach out and touch the rough bark of the tree and you may just want to give it a hug. Admire the last fall colours contrasting with the deep greens of the spruces. Smell the fallen leaves. Just stop, close your eyes and breathe it all in. Feel your cares drop off like those autumn leaves.

While the woods will be full of opportunities for many rich sensory experiences, **mushroom expert George White** and other knowledgeable naturalists will focus on fungi, with all their wide array of colours and textures — woolly, slimy, velvety, crisp or shaggy. They will not only help you find, identify and admire the various mushrooms but also explain how amazing mushrooms are and what an important role they play in determining what plants grow in the forest. That mushroom on your plate in future will get much more respect.

Immersed in the woods, the quiet is soothing. But wait, there are birds and frogs singing, the trees are creaking and whispering to you. Some of these sounds of nature are so soothing that they are imitated by white noise machines to mask offensive sounds. To enhance the listening experience,

MMLT's **Soundscaping expert Chad Clifford** will provide opportunities to hear nature's sounds amplified in new ways with enhanced audio recorders and headsets. Not only will you be encouraged to detect the differences between the smell of twigs of distinct trees, the soundscaping equipment will focus your attention on how firs sob and moan, ash trees hiss, beech trees rustle, some evergreens whistle, and then there is that strange animal sound that in fact is tree branches rubbing together. Soon you will not only be hugging trees but talking back to them!

High Lonesome Nature Reserve is located in the Pakenham Hills. The 200 acre property is legally protected forever by Mississippi Madawaska Land Trust.

Registration for this journey of the senses begins at 9:30AM with the guided outings leaving the trailhead at 10AM and lasting approximately 2 hours. Bring your lunch and dress for the weather. A \$10 donation to the Land Trust will go towards the maintenance of the property and its 8kms of trails, and help the MMLT acquire other wilderness properties for the benefit of nature and your well-being.

For more information and directions to High Lonesome Nature Reserve, visit <mmlt.ca> or call 253-2722.

Tales Galore in Almonte!

There are many good reasons to read. We can be entertained, informed or amused; we can expand our horizons, increase our empathy, or be called to action. If we are lucky we get to read for pleasure, but in some cases we read because we ought to. Once in a while we are extra lucky, and something we "ought" to read ends up squarely in the "for pleasure" category.

In September, I was fortunate to have been handed two newly released books by two newly minted authors with local connections. Both authors will be holding launch events in conjunction with Mill Street Books in Almonte <millstreetbooks.com>, but that's about where the similarities end...



Author Jennifer Kingsley, in her natural habitat. She reads from her new book in Almonte on October 8.

Paddlenorth

Generally speaking, "adventure travel" is not a genre to which I am typically drawn. Although I have paddled canoes around serene lakes on sunny summer afternoons, I confess that the title *Paddlenorth — Adventure, Resilience, and Renewal in the Arctic Wild* struck me as being perhaps a tad out of my ken. But as it was written by a talented young lady who has lived for some time in Almonte, I wanted to embark on Jennifer Kingsley's adventure — at least from the comfort of my armchair — with an open mind. The book is a very personal account of her 54-day, more than 1000km journey along the Baillie and Back Rivers in Nunavut with five companions. It occurred to me early on that the author's challenge would be to make the account interesting first to the six of them, secondly to other fairly hard-core trippers (and wannabes), and finally to a layperson like me. I am happy to report that by page eight I knew I would be reading the entire story — I was hooked.

The recipe for a compelling book varies from topic to topic and author to author, but it seems to me that Jennifer worked diligently to find just the right combination and proportion of ingredients. For starters, her wordcraft is evocative and often humorous, as evidenced by phrases like "tofu jerky (innovative, but not recommended)" and "neoprene ninjas" (describing the paddlers in their wetsuits). Chapter titles such as "First Mistakes", and later on "Hunger", build interest and at the same time convey the stark, unforgiving nature of the trip itself. The pacing of her writing seems to resemble the velocity of the rivers they were travelling: lengthier introspective and descriptive stretches are interspersed with shorter intense sections of death-defying action that cause your pulse to race and your reading speed to accelerate.

The other element that helped *Paddlenorth* transcend the adventure travel genre was the author's deft blending of wilderness de-

scriptions with fascinating historical details and the back-stories of the travellers themselves. My appreciation of this remote place that I will probably never visit grew incrementally as Jennifer introduced me to the land, water, flora and fauna; to the harrowing tales of earlier explorers; and especially to the very personal reasons why she and her fellow travellers endured such hardships to be there. She certainly does not sugar-coat those hardships, which include (but are not restricted to) bears, bugs, wolves, weather, white-water, more bugs, dissension, expectations, and physical and mental limitations. But she completely convinces me that, at least to her, the "why" vastly exceeds the "why not".

For a first-hand account and a chance to buy your own copy of *Paddlenorth*, join Jennifer Kingsley at the Mississippi Valley Textile Museum on Wednesday, October 8 at 7PM. For more information, visit her website at <jenniferkingsley.ca> or call Mill Street Books at 256-9090.

a thin line between

Wanda Praamsma is another talented young writer with local connections. She grew up in Clayton, attended Almonte High School, and even wrote for theHumm as a summer student before moving on to the wider world. After attending the University of King's College, she worked for the *Toronto Star* before settling in Kingston. She has recently published her first book, entitled *a thin line between*. It could be called a book of poetry, but I prefer this description: "In what can be described as a verse-novel for its lyricism and rhythmic structure, Wanda Praamsma crafts a story that transcends geographic boundaries and time periods, by weaving together lives from her own family's past, including her famous writer-grandfather and sculptor-uncle."

Her unique family history (and geography) sets an intriguing stage for Wanda's reflections. At times introspective and at times universal, her perceptive insights are likely to strike a chord. "Subtle in its life lessons, *a thin line between* works at 'peeling away the I's' to explore concepts of self and family in flux. What emerges is a poignant, and at times humorous, portrait of a Dutch-Canadian family and a close look into a young woman's exploration of her own being and creative life."

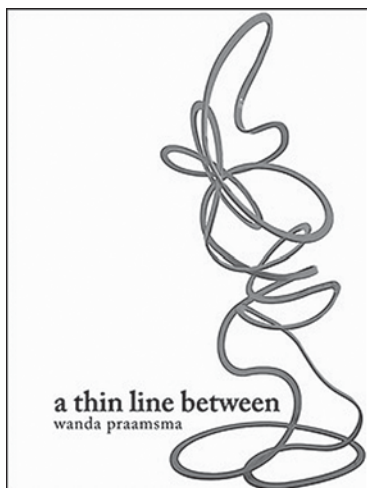
Wanda will read from her new book at Mill Street Books on Saturday, November 1 at 4:30PM. More information can be found at <bookthug.ca>.

Itani and Wine!

Frances Itani is coming to Almonte on October 19. Her first novel, *Deafening*, received a Commonwealth Writers' Prize for Best Book. In her new novel, *Tell*, she returns to the period following WWI with an extraordinary novel of secrets withheld and secrets revealed. With the narrative power for which she is celebrated, Itani has crafted a deeply moving, emotionally rich story about the burdens of the past. She shows us how, ultimately, the very secrets we bury to protect ourselves can also be the cause of our undoing. *Tell* is a stunning achievement. Advanced tickets are required from Mill Street Books.

Mill Street Books is also finalizing plans for a guided wine tasting and lecture by Ottawa Citizen wine columnist Rod Phillips early in November. Tickets will include a copy of his new book, *The 500 Best-Value Wines in the LCBO 2015*. Seating is limited, so call 256-9090 to reserve your place!

— Kris Riendeau



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Two Comedies Arrive at Station Theatre

Educating Rita, the stage play that won the Laurence Olivier Award for Best New Comedy in 1980, and *Chef*, the comedic slice-of-life film that has been delighting audiences this summer, come to the Smiths Falls Station Theatre in October.

Written by British playwright Willy Russell, *Rita* features two actors whom local audiences will remember for their hit performances in *Looking*: Katharine Coleman (Rita) and Michael Adams (Frank). The play borrows themes from George Bernard Shaw's *Pygmalion*, touching lightly on issues of freedom, change, self-development, and the English class system. Frank is a tutor of English in his fifties, whose disillusioned outlook on life drives him to drink and bury himself in his books. Enter Rita, a forthright young hairdresser who is eager to learn. After weeks of cajoling, Rita slowly wins over the hesitant Frank with her innate insight and refusal to accept "no" for an answer. Their relationship as teacher and student blossoms, ultimately giving Frank a new sense of self and Rita the knowledge she so craves. The play became a hit film starring Michael Caine and Julie Walters.

"We have spent a lot of time exploring the depths of Frank and Rita's characters," explains director Jamie Schouler. "We want to present our audience with a good representation of what playwright Russell was attempting to accomplish. Mike and Katharine have worked tremendously hard to develop their characters, and I know that the audiences will be impressed with their realistic portrayals. The challenge for us is to make this great piece of comedic writing come alive in a way that informs the audience on personal and societal issues that are perhaps less familiar to a Canadian audience than they would be to a British audience."

Educating Rita will be performed at 7:30PM on October 17, 18, 24 and 25, and at 2PM on October 19 and 26 (advisory: some coarse language). Tickets are \$20 for adults and \$10 for students (with ID), with special group rates also available. Call the Station Theatre at 283-0300 for details. Tickets can be purchased at Special Greetings at 8 Russell Street East in Smiths Falls (cash only), online from smithsfallstheatre.com, by phone at 283-0300, or at the door (subject to availability) a half-hour before the performance (cash only).

The Station Theatre's premier film series continues on Friday, October 10 and Saturday, October 11, with a delightful pre-Thanksgiving treat: *Chef*, an audience favourite at many recent festivals. *Chef* tells the story of a troubled man who loses his job at a high-end restaurant only to find himself remaining dedicated to his craft by starting up a food truck service in his area. As the scenes unfold, he attempts to repair the damage done to his estranged family in this story of steadfast determination and a will to succeed in both personal and professional areas of life. This movie boasts a great ensemble cast starring Jon Favreau, John Leguizamo, Scarlett Johansson, Dustin Hoffman, Sofia Vergara, Oliver Platt and Robert Downey Jr.



Frank (Mike Adams) and Rita (Katharine Coleman) in rehearsal for *Educating Rita*. The student does not appear to be buying...

Tickets for the movie, sold only at the door, are \$10 for adults and \$5 for students (with ID), at 53 Victoria Avenue, Smiths Falls. The movie starts at 7:30PM.

Patrons are invited to attend the two exciting film and play offerings in the month of October, and to keep informed about upcoming shows — outstanding plays, great movies and special events — by signing up for the e-newsletter through a visit to smithsfallstheatre.com or by joining Smiths Falls Community Theatre on Facebook.

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R. Tait McKenzie

A Sculpture of a Sculptor in Almonte?

In an interview in the 1920s, Dr. Robert Tait McKenzie was asked: "What is the charm of the sculptor's work?" In his reply he said: "it is the deliberate and progressive character of it, rounding your creation out, finding or feeling that it is ripening and glowing in your hands, touching it with life, hidden life, reserve of life..."

Plans are underway to tap into the "reserve of life" of this renowned local personality with the creation of a bronze sculpture in Almonte's downtown core. The likeness will complement the existing Dr. James Naismith sculpture on Mill Street.

Artist Blair Paul, who conceived the idea of striking a statue to commemorate McKenzie, feels that he has found "a kindred soul" in the life of McKenzie. "His creative accomplishments in all of his endeavours — physical education, rehabilitation therapy, medicine and sculpture — have become a powerful inspiration to me." Paul was born in Almonte and spent his youth in Poland and Lanark. As a child, he became a member of the Boy Scouts, and he later learned that McKenzie helped establish that organization in North America. Both pursued artistic careers internationally and then returned to their Almonte roots, drawing creative inspiration from the landscape of the area, in particular the fields and woods of the Mill of Kintail. "R. Tait McKenzie is a Canadian treasure, and more people should be made aware of this," says Paul.

To start off the statue campaign, Paul will be holding an exhibition of approximately 80–100 paintings at local galleries, including the Mill of Kintail Museum, Palms Café, Heirloom Café, Thornburn Mill Gallery, and the General Fine Art, Craft & Design gallery. A **gallery crawl** will showcase his works on November 7 at 7PM. Patrons will be able to explore and experience the downtown art scene as they move from venue to venue. Paul will personally be donating 45% of the money raised from sales of his art to the sculpture fund.

The idea has also caught fire elsewhere within Almonte's artistic community. In their new musical, *The Dirt on Tait McKenzie*, director Thora Pugh and writer Fern Martin have joined forces again (the first was with the play about James Naismith) to masterfully tell the story of McKenzie



Artist and Almonte native Blair Paul is using his own works to kick-start a campaign to raise money to install a sculpture of R. Tait McKenzie in town. Coincidentally, Fern Martin has written a new musical, entitled *The Dirt on R. Tait McKenzie*, to be performed in November.

and his wife, Ethel, through the eyes of a time-travelling reporter and a talented musical ensemble. In an effort to uncover the truth about the principled McKenzie, a cast of characters will grace the stage of the Almonte Old Town Hall, including the King of Sweden, Queen Victoria, four showgirls and a couple of gold-painted "living statues". Martin says: "this is a wonderful opportunity for us to come together to honour an important figure in our community's history and to show support for the creative arts." The musical runs on November 14, 15, 21 and 22, and tickets are \$20 for adults and \$10 for students. There will be a dress rehearsal on November 12, with admission by donation. Tickets will be available at Baker Bob's, the Pakenham General Store, the Clayton General Store, and Read's Book Shop. A portion of the ticket sales will be donated to the McKenzie sculpture project. The next phase of the sculpture project will be a call for artists and applications for funding. For further information or to make a donation, please contact <skolsters@mvc.on.ca>.

— Lucy Carleton



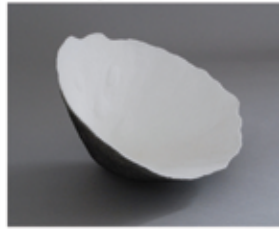
As a war artist, R. Tait McKenzie's works focused on themes that lifted the spirit and boosted public morale. His memorial *The Volunteer* captures a young soldier's dedication to duty, and was created to honour the many young local boys who served in the Great War. Commissioned by the family of Alex Rosamond, the work was conceived in the McKenzies' Pine Street studio in Philadelphia and carried out in the Rosamond carriage house at Pinehurst on Union Street in Almonte, during the summer of 1923. It was placed at the cenotaph, according to the final wishes of Alex Rosamond, as a "permanent memorial to all those who lost their lives in the present war who were from the Town of Almonte, Township of Ramsay and surrounding district."

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It's Our Privilege

I've nagged you about this before, but I'm doing it again, since the message hasn't gotten through to about 40% of the population.

Before the end of the month, you will have the opportunity to mold your community, and if you don't take advantage of it, I don't want to hear whining or mewling for at least four years. **You're going to get to vote.** It doesn't take five minutes to dodge behind the

by Glenda Jones

cardboard shelter and mark your "x", but it does take some serious thought, and appreciation of the process.

There are serious considerations involved in any election — look at what Scotland has just been through — and the obligation should not be taken lightly. It is your responsibility to learn all you can about the prospective candidates. After all, they are putting up their own funds, taking immeasurable time to communicate with constituents, and committing the next four years of their lives to serving the population that elects them. Sitting at any council table is not a cushy job for the faint of heart. To learn the meaning of the word "meeting", try trailing a councillor from one session to another, from one ribbon cutting to the next, always smiling, shaking hands, missing family dinners, never allowed to be Joe/Josephine Public for one minute of the whole tenure. Even

to put one's name forth requires dedication, knowing the slap of defeat could sting. Imagine going up against people you know and respect with the certain knowledge that one of you is going to lose. If candidates take this election seriously, surely we should too. Before you discard the ubiquitous brochures, gloss over the posters, or shrug off the whole affair as a waste of resources, take the time to read what is there. It's a candidate's plea for support. Be gracious enough to give them their due, since it could well be that a month down the road you're going to be banging on their door expecting them to answer your urgent requests.

You have to be informed to be able to vote with a clear conscience and knowledge. To that end, forego TV for one evening and attend a candidates' meeting. Go with an open mind, but some thoughtful questions. Take the time to acquaint yourself with your choices, especially if a candidate is new on the scene. There is a plus side in this for you: if you have made personal contact with a candidate, you can be sure he will remember you when you contact him after the election.

Further, involve your children in this process, especially your teenagers. They likely will have the best questions. Politics, like any other subject, should be learned from an early age, and a municipal election is the best platform for education.

Even very small children like to think they can have a choice beyond red T-shirt or blue one, and here's where they can learn how to go about that.

Teenagers in particular should be actively engaged in any election, since four years from now they will be in a position to enact change if desired. Before you know it, they'll be earning a living, buying homes, and raising families of their own, and by golly, at that time they had better



know how to choose their public representatives in a responsible fashion. They had better not shrug and deny involvement, or we will be facing the end of our democratic process.

Voting day is seen as a sort of celebration around here. We take delight in marching into the polling station to declare our choices. We drop our ballots in the sealed box with all the aplomb of celebrities waiting to be photographed. We don't vote online — not enough excitement in that — we make the effort to do it properly. We've not missed one election since we were old enough to make our mark.

What does it take to get people to vote? It couldn't be simpler now that you can schlepp around in your jammies and slippers and click your choices in the comfort of your own home. And yet, many will forego the very crux of democracy and declare it doesn't matter to them. Well, it does matter. For the sake of the future of our community, we all need to exercise our franchise. It's more than a task: it's a responsibility. Ask the thousands of people in new democracies why they line up for hours in the blazing sun simply to choose their leaders, and they will declare their joy in finally having a say in their own lives.

If you do nothing else on election day, for heaven's sake, get down to the task of selecting the people who will represent you for the next four years. Do it thoughtfully, do it with reverence, and remember always that it is a privilege we should never take lightly. While millions are killed in their quest to be a democracy, we cannot in good conscience take our peaceful way of life for granted. Voting in our municipal election is the first step in retaining our democratic way of life.

And by the way, when the election is over, be kind enough to tell all the candidates, winners and losers, how much you appreciate their efforts. It's a very hard job they are doing on your behalf.



October Features



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Questions? Contact Jane
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www.janetorrance.ca

Words From Westport

Fabulous Artists – Fabulous Studio Tour

Westport artists and studios are gearing up for a superb studio tour on Thanksgiving weekend, opening Saturday, Sunday and Monday from 10AM until 5PM. This year's **Fall Colours Studio Tour** has 31 artists showing and selling their work in ten studios. We are very proud of our artists here in the Westport area and are certain that you will find wonderful items, either for

at Papillon Press, who will be hosting you only on Saturday this year.

The Grist Mill Studios will be hosting glass artist Kirei Samuel, body products by Latimer Soap Works, John Shea's watercolour paintings; pastels by Sharon Fox-Cranston and pottery/sculpture by Diane Black. Further down Main Street, fine wood-working will be yours to discover at the studio of Roch Laviolette.

by Georgia Ferrell

yourself or as gifts, at these amazing studios. Please do come — you will see some wonderful works of art and learn much about these hardworking artists. You will not be disappointed.

Participating studios can be accessed from several different routes. From the west and Godfrey one can find Ditty Van Tol and her delightful pottery at the Burridge Farm Studio. Driving along the Westport Road from there, the Centre For Creative Learning can be found by turning down the Devil Lake Road and then taking a right onto Centreville Road. Here, fabulous artwear by Isadora Spielmann and wonderful plein air paintings by Nicole McGrath will be on display.

Continuing along the Centreville Road onto County Road 10 will bring you into Westport and the studio of painter Shirley Mancino. At Art on Centre Studio you'll find sculptures by David Church, pottery by Delvalle, and recycled art by Karen and Steven Henderson. Further into the town you'll find delightful works by Joel Kimmel and Chantal Bennett awaiting your attention



Going south on County Road 10, a right turn on McAndrews Road takes you to the Enchanted Forest Studio, where the fine artwear of Kathy Cashman, the stunning photography of Brian Mantrop, pottery by Michael Collins (pictured here) and sculpture by David Maracle will delight you as you listen to the music of Thomas Starwalker Clair, who will also show his paintings.

If, on the other hand, you go north on County Road 36 from Westport, you will find two more great studios. Red Door Studio is just off Ritchie Side Road to the west off 36, and the Steven Boyd studio is to the east on Althorpe Road. The Red Door is hosting salvage artist Ingrid Bron, painter Rhéni Tauchid, photographer Meghan Balogh, watercolour painter Jennifer White, sculptor Mary Lou Devine, printmaker Martina Field, and custom sign maker and portrait artist Donna Larocque. Continue on

to Steven Boyd's studio and you can admire Steven's stained glass art, cast stone work by Doug McDonald, and fine wood turning by Jim Sprague.

I guess I have used up all my space for this month, but I cannot think of a better use than to invite you to see all the wonderful works that our artists produce. Happy Thanksgiving!

As Mayor, I will showcase the arts, culture and heritage of Mississippi Mills within the Town, and to neighbouring cities and beyond. Our success will lead to new opportunities for artists and artisans, and continued success of our tourism-related businesses.



Shaun McLaughlin for Mayor

"Shaun understands the issues that will help grow the creative economy in our Town. That is why I will vote Shaun McLaughlin for Mayor." Chandler Swain, curator of The General, Mill Street, Almonte



On October 20-27, click or phone your Vote for Mayor.

Vote Shaun McLaughlin for the bright future of arts, culture and heritage in Mississippi Mills.

Seven Great Reasons to Fall in Love...

Art in West Carleton

Don't miss the West Carleton Arts Society's annual Fall Show and Sale, **Expressions of Art**. Thirty-four inspired local artists will display their work in the Agricultural Hall on the Carp Fairgrounds on the first weekend in October.

This year, the theme for the always popular Viewer's Choice display is "The Selfie". Vote for your favourite interpretation for a chance to win dinner for two at the Grey-stone Grill in Constance Bay.

by Miss Cellaneous

Expressions of Art will be open October 3 from 7-9PM, October 4 from 8AM to 4PM, and October 5 from 10AM to 4PM. Everyone is invited.



Richard Gill's annual fall show runs from October 3 to 13 in Burnstown

Burnstown Sculptor Strikes a Chord

In the days of **Richard Gill's** youth, he was known for having one of the best and most diverse record collections in high school. Later, as a young budding student of architecture studying urban design at the University of Florence, he was enchanted by the surrounding hill towns and vineyards, where he would retreat to sketch and draw. Today, as his taste in wine and music has evolved, so has the nostalgic desire to express it in his work, in the shape of the human form and expressive body language of well- and lesser-known blues, jazz and

rock musicians, as well as the architectural structure of their instruments.

Composing and capturing the harmony and rhythm of cascading vineyards and hill towns of Tuscany, in his unique medium of sculpted clay-relief, Richard hopes his new works will strike a chord with the viewer. This year's show will also highlight his new designs in lamps; they shed an intriguing soft glow of light through the windows of interior walls of village settlements.

The show marks the 42nd annual event for the Burnstown artist/sculptor, and opens at his Fog Run Studio at Bittersweet Gallery on Friday, October 3, with an afternoon preview at 2PM, and vernissage until 9PM. As is tradition, Tastefunatics Gunnar and Bettina Guckes will create gourmet canapés to complement the show's theme and delight the senses.

The show continues daily 11AM to 5PM until October 13. Images of some new works can be seen at <burnstown.ca/bittersweet>. For more information, call 432-5254 or 433-9990.

Breaking Barriers at the Diefenbunker

As co-finalists for Ottawa Tourism's 2014 Partnership of the Year Award, the Diefenbunker and One World Dialogue are proud to partner on Breaking Barriers, an exhibition that celebrates International Peace Day in Ottawa.

The Berlin Wall divided a country, a city and the world. This physical divide between communist East Berlin and capitalist West Berlin was one of the most powerful symbols of the Cold War, and has resonated around the world for 25 years. This exhibition uses visual art interpretations to explore expressions and lessons of breaking barriers, and the symbolism of the Berlin Wall in efforts for peace. Breaking Barriers continues to January 31, 2015.

Once a top-secret bunker, the Diefenbunker is a non-profit charity that offers a wide variety of programs, activities and

tours. This museum and National Historic Site of Canada offers a unique learning environment for present and future generations to better understand one of the most critical times in the world's history, and is a physical reminder of a powerful Canadian value: the importance of



The new Harmony Gallery in Smiths Falls makes the most of an intimate space. Visit their open house Gala on October 23

peaceful conflict resolution and a democratic society.

One World Dialogue (OWD) was founded in 2010 with the goal of bringing peace to the centre of conversation as the driving force for change. OWD aims to build a culture of peace through the promotion of dialogue and integrative thinking <oneworlddialogue.org>.

Gala at Harmony Gallery

Harmony Gallery, at 24 Russell Street East in Smiths Falls, is hosting a **Wine and Cheese Gala Exhibit** on Thursday, October 23, from 5-10PM. The new gallery showcases world-class art and collectables, as well as recent installations of national and international acclaim.

Betty Compton, owner of Harmony Gallery, is also proud to introduce the exceptional works of local photographic artist Suzanne Donovan. Ten percent of the evening's proceeds will be donated locally to the Susan Shirley Program <susanshirleyprg.ca>. All are welcome, but please RSVP at <harmonyartgalleryandstudio.com> or 912-3599, or stop in at the gallery.

Come One and All to the 26th Valley Artisan Show

Are you looking for gifts made with originality, quality and attention to detail? Then forgo the impersonal big box stores and make your first Christmas shopping

destination the popular **Christmas in the Valley Artisan Show**, where a juried selection of over 25 artisans, crafters and bakers will be presenting their work in a relaxed, friendly and festive atmosphere.

The Valley Artisan Show strives to bring in new vendors and old favourites to give you a wide variety of hand-crafted items for those special people and pets on your shopping list. You'll find gifts such as sun-catching stained glass and fused glass, rustic pottery in many forms, scented soaps and scrubs, maple products and gift baskets, folksy painted reclaimed ceramics and containers, local photography on cards and puzzles, canes and walking

sticks created from tree branches, flavoured honey and beeswax candles, silky scarves to dress up a winter coat, things knitted and sewn, repurposed silver-plated jewellery, and wire-wrapped pendants. Delicious cakes, cookies and sweet confections, framed intricate miniature quilts, and decorative and useful wood-working items are just a few more examples of what you will find at this popular Almonte Christmas sale.

Delicious homemade light meals and snacks will be served by the Friends of the Mississippi Valley Textile Museum, as a fundraiser. Please feel free to bring along Canadian Tire money, tinned dog or cat food, loose change, or even paper towels for the Lanark Animal Welfare Society (check their wish list at lanarkanimals.ca).

The show offers free admission, free parking, and a chance to win this year's fabulous lap quilt of festive Christmas fabrics. So plan to spend a day in Almonte on the weekend of November 8 and 9! Start your Christmas shopping at the Almonte Community Centre Upper Hall (182 Bridge Street), where the show runs 10AM to 4PM, and then visit the pretty village of Almonte with its quaint downtown full of boutiques, antiques and restaurants. Details, descriptions and updates can be found at <valleyartisanshow.blogspot.com>.

Tell your friends about the Valley Artisan Show, and plan to meet them there!

MILL STREET BOOKS Who's in the store this Fall?



Jennifer Kingsley
Paddlenorth



Wanda Praamsma
a thin line between

For location, dates & tickets please call or drop in!



Rod Phillips
500 Best-Value Wines

Frances Itani
Tell

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... With the Artists of the Ottawa Valley

It's Beautiful Here!

Local photographer Allan Joyner is a man on a mission. He is trying to show residents of the Ottawa Valley that we live in an area whose beauty rivals any place in Canada. "I got tired of seeing perfect images of iconic landscapes across Canada but virtually none of our own local area," he explains. "In a lifetime of travelling, making videos and photographing Canada, every time I came home to the Valley I knew we had places that rival anywhere else in Canada. I want people here to realize what an amazing area this really is."

His current exhibition of large framed and canvas giclée prints at Alice's Village Café in Carp proves his point. Prints of the falls in Almonte, autumn leaves on Carp Road and fields of sunflowers near Kinburn are interspersed with his images from across Canada, and the local images easily compete with any of the others.

"Places like the falls in Almonte are priceless. I hope when people look at my prints of the them they see the falls with the eyes of a visitor who sees them for the jewel they really are."

Allan has been a photographer since childhood, beginning on 35mm and large format film cameras before making the leap to digital photography ten years ago. Although he resisted the change at first, his prints show his mastery of the new medium. "When I left film I never thought I would be able to recover the ability to see in my mind what the final print would look like. I had no idea the power new technology had to let photographers process and print images that look like the scene did with the naked eye. The digital darkroom has given me power I never had with the paper and chemicals of film processing."

He avoids the temptation to alter the colours and the substance of his images. Instead, he tries to produce finished prints that convey the lighting and the mood of the scene when he was capturing



Allan Joyner's beautiful photography shows Ottawa Valley residents that we live in a place whose beauty rivals that of any place of Canada. It is currently on display at Alice's Village Café.

it with his camera. The only exception in evidence is his use of long exposures to give fast-moving water a flowing, ethereal feel.

In addition to his landscape and commercial photography, Allan teaches introductory and advanced photography courses in Carp and Mississippi Mills. He also conducts local photo tours where participants visit area locations and photograph them with his coaching.

"You can know all you want technically, but top images require being in the right place at the right time. I love watching how excited people get when they see what they and their entry level DSLRs are capable of capturing."

Allan's images are on display at Alice's until October 31. You can see them on his website at <allanjoynerphotography.ca>.

Calling All Artists and Artisans!

The Heritage House Museum in Smiths Falls would like to invite area artists and artisans to participate in its 33rd consecutive annual **Art Show and Sale**. This highly anticipated event will run daily from November 9 to December 21 in celebration of local artistry.

Since 1981, Heritage House Museum has offered this un-juried art exhibition opportunity to artists in Smiths Falls and area. It launches with a Gala Opening Reception, offering a great opportunity for you to meet with the public and other area artists. The exhibition also coincides with the busy autumn and holiday season at the museum and new, for this year's show, will be smaller "pop-up" exhibits at the Smiths Falls Town Hall, and the museum's major fundraising concert: **Farmsteads to Frontlines** on November 16.

For only a \$35 registration fee, artists can submit up to three pieces of work to the Art Show (some

exceptions may apply). On your behalf, the museum staff will hang the show, look after any visitor queries and process the sales of your work during the exhibition. A 20% commission per work sold will be applied by the museum at point of sale.

A new exciting feature in the 2014 Art Show will be a Christmas Artisan Market. This "pop-up" space will offer an opportunity to show and sell smaller artwork, handmade jewellery, pottery, cards, drawings, photographs or other crafts, with a retail value of less than \$100. Participation in the Artisan Market is included in the \$35 registration fee. However, should you choose to participate in the Market exclusively, there is a \$10 fee per table (for 6 weeks of display) and 20% commission from sales.

Interested in being a part of this special event? Contact the museum today at 283-6311 or email <heritagehouse@smithsfalls.ca>. The deadline to participate in the Art Show and/or Artisan Market is October 6. Only your paperwork is required at that time. Delivery of your artwork is later in the month. The Heritage House Museum is currently open 7 days a week, 10:30AM to 4:30PM.



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It's that time of year again folks. The days are getting short, the air is getting crisp, and the gardens are settling down for a long winter's nap.

There's only a small window of opportunity left to add new items to the garden and plan for next year. Clean up the yard, plant some bulbs, and set the scene for fall with pumpkins, cornstalks, straw and colourful hardy mums.

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5-Star Restaurants, 5-Star Studio Tours

Surprising as it may seem, assessing the merits of a restaurant can be remarkably similar to assessing the merits of a studio tour. The **Perth Autumn Studio Tour** is coming up this Thanksgiving weekend (October 11–13) and the list that follows should help you determine why you won't want to miss getting a seat at our "table"!

1. A great chef is like a great artist. They need to know what to do with their ingredients. Even the best ingredients can look and taste like hell without a highly skilled maker at the helm. Craftsmanship and expertise are the basic fundamentals of a great tour. Our juried tour features dedicated, skilled and award-winning makers.

2. As the saying goes, "you can't make a silk purse out of a sow's ear". Great food

and great art experiences start with quality ingredients. You can't make a great dish that will leave lasting impressions with second-rate ingredients, and you can't create an enduring studio tour without quality participants. We've been around for 22 years and have a five-star reputation.

3. Imagination. Taste buds like to be pleasantly surprised, don't they? Great chefs and artists put their personal "signatures" on their work and aren't afraid to surprise.

4. A distinctive environment. Whether this means a funky décor or the backdrop of an exquisite landscape, a restaurant and a studio tour should have their own unique "terroir"!

5. Keeping it fresh. New menu items and new talent go a long way in keeping the experience alive! Featuring new artists, diverse media, and, for regular participants, creating fresh work each year piques curiosity and keeps people engaged.

6. Diversity. Love this but can't tolerate that? The fun for the tour-goer is discovering an artist's work that really rocks your world. Great tours like ours have a wide range of makers and breadth of expression, even within a particular medium.

7. Affordable price points. Feeling flush or feeling strapped? There's something on the tour "menu" to suit all pocketbooks, including a free outdoor public art gallery called Fieldwork <fieldworkproject.com>. In our studios you'll see price tags ranging from \$5–\$5000.

8. Integrity and community. Who doesn't like supporting businesses that are fueled by good intentions and community support? Whether using local, organic food in your menu, or supporting local efforts that benefit the larger community (or both in our case), doing good for others while doing your own good work is simply a good thing! The Perth Autumn Studio Tour has this aspect covered in spades: lunch at Brooke Valley School raises money for its cool one-room school, and sales of Empty Bowls <emptybowls.ca> support food security initiatives in our area.

9. Great, welcoming service. Your interest and patronage make us happy! A big smile and an upbeat attitude will reward you for your attentions. Our tour is your opportunity to ask all the pressing questions you've been dying to ask us!

10. Passion. Really this should be numero uno! Great chefs and great artists should love what they do. When passion is brought to one's work it can be tasted, felt and seen. The Perth Autumn Studio Tour brings together a spirited bunch of artists and makers who love what they do and want to share their talents and passions with you!

With seven beautiful studios nestled along the meandering roads of Brooke Valley, the Perth Autumn Studio Tour offers art lovers and nature seekers alike a great way to get a taste of our gorgeous autumn landscape and to purchase work from 24 noteworthy artists and makers.



You'll find gorgeous jewellery by Gisele Beaulieu (above), stone sculptures by John Schweighardt (including the aptly named "Serious Addiction", at left), and much more at this year's Perth Autumn Studio Tour



Five new artists, as well as many popular returning guests, will complement the wide range of work our studios present. Clay, wood, stone, glass, ink, chocolate, photography, paper and textiles will be formed into items as varied as sinks, jewellery, paintings, prints, bags, canoes, clothing, sculpture, tableware, furniture and mosaics. For information about the artists on the Perth Autumn Studio Tour and to download a map to help you plan your route, visit <perthstudiotour.com> and Like/Share our Facebook Page. Or contact Riverguild Fine Crafts in Perth at 267–5237 for more information.

— Susie Osler






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Bring Your Brain!

New "Learning in Almonte" Courses

You've watched all the kids go back to school, and you are feeling bereft in the afternoons. Ah, school days: the smell of pencils and notebooks, the camaraderie of recess, the stress of meeting the new teacher. Now, what if you could go back to classes without the books, without the essays, without the exams? What if you could skip a class without a note from your mom? You know you'd be there before the first bell rang.

What good fortune that we have Don Wiles and his uncanny ability to choose topics of wide-ranging interest to lure us back to the classroom! The **Learning in Almonte** series will start again in October with six-week courses on two diverse subjects.

The first course, on Tuesdays starting October 14, will be given by Peter Watson, who taught two previous courses and is particularly good at clarifying scientific topics. In his new offering, called "**Time is a Four-letter Word**", he will delve into this universal human experience, exploring how we think about time, how time permeates our culture, and how most of our naive ideas are wrong! Oh yes: can we time travel? This may be the route to finding out.

The second course, on Thursdays, starting October 16, will be given by Professor Carl Widstrand, who brought us the course on the Vikings and the Silk Road, as well as on gardens of the world. Continuing on his eclectic interests, Professor Widstrand will present "**Looking Back in Hunger: The History of Food**". He will cover the importance of food in religion and ritual, the chemistry of food, dairy products and preservation (with a touch on food frauds, crime, and cannibalism!), vegetables and drinks, as well as bread, meat, fish and fowl. Guaranteed, you will be buying groceries with a whole new outlook on diet by the time this course is over, to say nothing of having toothsome topics for many upcoming dinner parties.

Lectures in each of these courses are two hours in length, 1:30–3:30PM, with a break (recess!) in the middle. They are given at the Almonte Public Library for the very reasonable cost of \$75. People can register by email to <don_wiles@carleton.ca>. The maximum number of students per course is about 30, so it's urgent that you register right away to reserve a place.

These lectures are a painless way to stretch your brain power, meet new people, and discover a wide range of subjects that will lead you to new horizons. None of us are so intellectual that we can't benefit by a little more schooling!

— Glenda Jones

Crown & Pumpkin Time

The ever-popular Crown & Pumpkin Studio Tour returns again to Mississippi Mills on Thanksgiving weekend, October 11 to 13. The tour runs Saturday, Sunday and Monday from 10AM to 5PM and features 29 of the area's finest artists and artisans. Once again, the Ladies Auxiliary of the Almonte Legion will host the increasingly popular luncheon on all three days from 11AM to 2PM. Admission is free for this self-guided tour that offers a wonderful opportunity to both enjoy the art and meet the artists who make it.

The experience allows visitors to connect directly with the artist. Through this one-on-one interaction, you'll come to appreciate the person behind the art. Talk to the artists about their work and understand what makes them so passionate about their creations. Look beyond the work and hear first-hand about the artist's inspirations, creative process and commitment to excellence. Only artists whose work has been judged to be of the highest standard by a jury of their peers have earned the privilege of participating. With a total of 16 stops along the tour, you can create your own route.

Union Hall on Wolf Grove Road, ten minutes west of Almonte, features artists including soap maker Anita Dworshak, painter and portraitist Angelique Willard, glass artists Chris Van Zanten and Janet Potter, Korean paper craft and textile artist Hyesuk Kim, potter Clement Hoeck, and pewtersmith Colin Hamer.

From Union Hall, a five-minute drive to 355 Bowland Road takes you to the home of painter Laurel Cook, who specializes in animal portraits. A short drive along Tatlock Road brings you to Clayton village

where you can visit the studio of Karen Riches, a weaver and photographer. Karen's guests include sculptor Dave Card, and glass bead artists Melissa McKelvey and Rikki Cameron.

Also in Clayton, you'll find two studios facing each other on Bellamy Mills Road. Moondance features the work of jeweller Barbara Mullally and her partner Robert Pauly, who is a milliner, quilt maker and sculptor.



Looking for something new to hang on your wall? Try tree art by Sarah Moffatt — just one of the 29 artists participating in this year's Crown & Pumpkin Studio Tour

The quaintly shingled exterior hides a truly fascinating interior that's as interesting as their work. Across the road at Clayton Clay Works, visit the separate studios of potter Sietze Praamsma and ceramic artist Saskia Praamsma. Within walking distance is the studio of sculptor Diana Jackson at 101 Gemmill Street. Continuing up the road, you'll find Willow Creek Studio, the home of

painter and art teacher Kaija Savinainen-Mountain, displaying impressionistic paintings of flowers and wildlife. Heading back to Almonte on the Clayton Road, visit photographer Louise Shane at Brickmoir Digital Creations, 177 Clayton Road.

Back in Almonte, a total of nine stops are featured. Don't miss the opportunity to visit A & J Woodworks at 226 Country Street, the home and studio of wood artists Art and Janet Horton.

Heading towards downtown, you can visit the Food Stop at the Almonte Legion (100 Bridge Street). Across the way you'll find paintings and pencil sketches by Elizabeth Veninga and striking fused glass works by Jennifer Kelly at 119 Bridge Street, just a few steps from the Almonte Potters Guild where works by numerous potters can be found.

Kehla Design, a tasteful jewellery shop located at 88 Queen Street, features the work of award-winning goldsmith Michaela Wolfert. Around the corner at 117 Main Street is the Hamilton Studio, where watercolourist Linda Hamilton and illustrator Sam Hamilton display their work.

Head back downtown to 73 Mill Street to visit painter Sarah Moffatt (above Café Postino), and then stop at Eureka Studio at 113 Peacock Crescent to view the work of artist Irene Emig.

The artists look forward to meeting with you. Their mantra describes what visitors can expect of this event: quality, creativity, integrity. These are hallmarks of the unique Crown & Pumpkin Studio Tour. For more information please visit <crowndandpumpkin.com>, pick up a brochure, or contact Barbara Mullally at 256-3647 or <barbara.mullally@gmail.com>.

25th Annual



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Oct 11–13, 2014
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31 Artists

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Oct 9 with **Emily Fennell** (Soul Singer)
Fri. Oct 3 **Oktoberfest** with **Crooked Wood** (Folk/Celtic), 7–10
Sat. Oct 18 **The Rolling Stones Rock & Roll Revue**, 8–11
Tue. Oct 21 **French Canadian Wine Dinner** (5 Courses), 6–9
Fri. Oct 24 Blues on the Rideau presents **Harpdog Brown**, \$60 buffet & show, 7–11
Sat. Oct 25 **Head Over Heels** (Vocal Guitar Duo), 6–9
Fri. Oct 31 **Hell of a Hallowe'en Party** with **Spencer Evans Trio**, 8:30–11

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SPECIAL RATES FOR ARTISTS & DESIGNERS

Comedy's Cookin' with the Grannies!

Remember the good old days, when you smelled wonderful aromas and hurried home for delicious comfort food made by your granny on a chilly autumn night? Then come out to the Lanark County Grannies' fall event, **Comedy's Cookin' with the Grannies**, on Friday, October 24 at the Perth Legion — an evening of warm comfort food, good company, great comedy, door prizes, and a terrific silent auction. Entertainment will be provided by Lanark County's own comedy improv group: **Sage Age Theatre**. All proceeds from this fantastic evening will be donated to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign in support of African grandmothers turning the tide of AIDS in Africa.

The doors open at 5PM, with dinner served at 6PM. Tickets are \$25 per person and available at Shadowfax in Perth. There will be a cash bar provided by the Legion.

The Grannies will be cooking up a storm to offer you food just like you remember: shepherd's pie, chicken pot pie, mac and cheese and much, much more.

There will be great salads, breads and delicious homemade desserts just like your grandmother used to make!

The Grannies love to laugh and are really pleased to present Sage Age Theatre as the evening's entertainment. Sage Age Theatre is Canada's first improvisational seniors' theatre and is celebrating over 20 years of laughter! Their show is guaranteed to be funny, entertaining and thought-provoking. No situation is too delicate to handle, from grandchildren or grieving to internet dating and driving. If you are a senior, will be a senior, or know a senior, you are sure to enjoy the show!

The silent auction is sure to be a winner again this year. Local artists and businesses have made some very generous donations to the auction, and the items offered are sure to delight. Cash or cheque only, please.

The Lanark County Grannies thank the people of Lanark County for their ongoing support and hope to see a great turnout for a fabulous evening on October 24! Tickets are limited, so don't be disappointed — get yours early!



Sage Age Theatre performs and the Grannies cook for you on October 24!

Non-GMO Month Know What's In Your Food

This October, **The Granary** Bulk and Natural Foods in Carleton Place will join more than 1,500 grocery retailers across North America participating in the fifth annual Non-GMO Month. Created by the Non-GMO Project, this month-long celebration puts a spotlight on a person's right to choose food and products without genetically modified organisms (GMOs).

"I talk to our customers every day and they are worried about the spread of GMOs in our food supply. With GMOs now contaminating as much as 80 percent of conventional packaged foods, we are more committed than ever to helping people find safe, healthy non-GMO choices," says store owner Dena Comley. "We believe people have the right to know what's in their food, and we will be celebrating that right throughout October."

As part of this event, staff at The Granary will help shoppers identify Non-GMO Project Verified choices with special shelf

tags, end cap displays and educational materials. Join them on Saturday, October 18, for Non-GMO Shopping Day, during which 5% of all sales will be donated to the Non-GMO Project, so the organization can continue bringing awareness to this issue. There will also be demos and special savings all month long. Visit <granary.ca> for more details on all these events.

The non-GMO category is one of the fastest growing sectors in grocery; with 80% of shoppers seeking out non-GMO products, and 56% saying the absence of GMOs was key to brand buying. This growing awareness is sparking major change in the industry: labeling-related ballot measures, food manufacturers refining ingredients; retailers announcing their non-GMO purchasing policies; and food service companies inquiring about verification. For additional information on the Non-GMO Project, please visit <nongmoproject.org>.

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Mudds Youth Bust Scary Shakespeare Myths

I'm a lucky man: later this month, twenty young actors that I'm directing will perform William Shakespeare's *A Midsummer Night's Dream* with the Mississippi Mudds of Carleton Place. Over the past four years, I've also been lucky enough to direct four other Shakespearean productions.

But here's something I've noticed that worries me: when they started out, most of my actors had somehow picked up some scary beliefs about William Shakespeare. So right now, I'd like to re-examine a few of these myths.

Shakespeare isn't "relevant" to daily life...

Shakespearean veteran Hayley Fortier (below) is surely the best-kept secret in the acting community in Carleton Place. "I started doing junior musicals with the Mudds, but I wasn't comfortable with the music stuff," she admits, "so I auditioned for the Shakespeare." Has the experience changed her? "Oh, yes. I'm a different person now — more confident in my acting skills."

Did playing Hamlet and Iago — while still in high school — have something to do with that? "Well, not a lot of people have done it, right? I mean, I'm not always comfortable in front of other people — but when I'm acting, I'm okay."



The language in Shakespeare is too difficult for young people...

Claire Campbell and Sarah Parent (below) are two of the youngest actors that I've ever directed; both are under ten years old. Do they like Shakespeare?



"It's lots of fun. I like the fairies," says Sarah. Is the language too hard? "No," says Claire, "it's just English that used to happen."

"There's not too much homework," adds Sarah. Do they want to do more? Claire: "Yes. I think I'm amazing at memorizing words. I want a bigger part next time."



Shakespeare is only for English majors...

Callum LeRoy (above) is now in his second production with me as director. In his first — *Othello* — he got talked into auditioning (reluctantly) by some of his friends, and got a small but crucial part: Othello's Fool. In our current play, he has a romantic lead. In between these two, however, he had a part in another play at Almonte District High School: *Romeo*.

"You see," he says, "there's 'Acting', and then there's Shakespeare. With Acting, you're trying to get into the character. But with Shakespeare, there's this... craziness... all the time. No matter what you're doing."



Shakespeare is "boring" to young actors...

Maleeka Thaker (above) is in her first production and is playing one of the female romantic leads,

opposite Callum LeRoy. "I'm getting better at Shakespeare, but... it's been so much fun! There hasn't been a single rehearsal where we haven't all burst out laughing"



Shakespeare requires "too much work"...

There's no denying it: doing Shakespeare is hard work. Is it worth it?

Though still in high school, Leah West (above) has already played Shakespeare's two great tragic heroines — Ophelia and Desdemona. For *Midsummer Night's Dream*, drawing on the training she received at the Stratford Festival, she has taken on the thankless job of being my Assistant Director.

Here's her take: "To people who may be worried that Shakespeare is overwhelming, technically difficult or hard to sell in today's world, I would say that these concerns are totally valid. It's natural to be intimidated or unsure. But when starting out in Shakespeare, it is good to be unsure; it forces you to ask questions and make connections — to further your understanding. If you are willing to do the hard work, however, you will never be disappointed."

So don't believe the myths: Shakespeare is fun, universal, and worth the effort.

The Mississippi Mudds Youth fall production of William Shakespeare's *A Midsummer Night's Dream* will be presented at the Carleton Place Town Hall in two evening performances (October 17 and 18 at 7:30PM) and two matinee performances (October 18 and 19 at 2PM). Tickets are \$10 and available from Reads Book Shop at 135 Bridge Street in Carleton Place or by calling 257-7323.

— Mark Piper, with photos by Wendy Jewell

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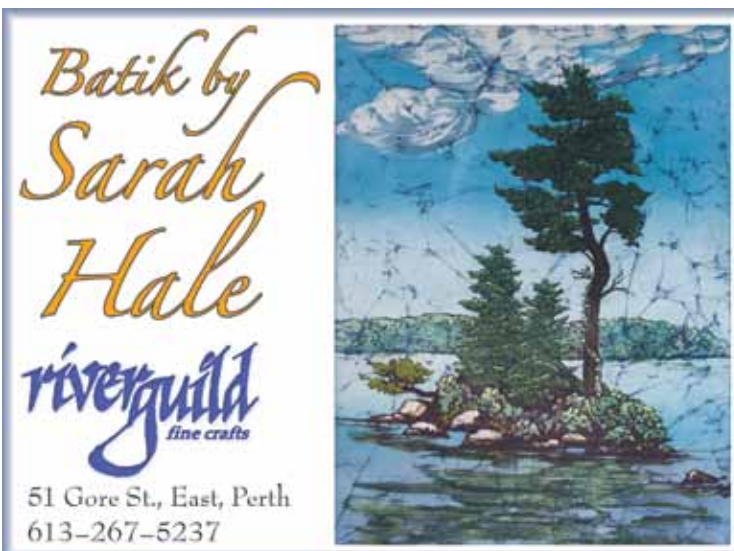
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Congratulations! It's a Little Sister!

In July 2013, I wrote an article about becoming an In-School Mentor, through Big Brothers Big Sisters of Lanark County <bigbrothersbigsisterslanark.ca>. This involved meeting with a young girl for an hour once a week, at school, throughout the school year (i.e. not during the summer). Many pictures were drawn, crafts and gifts were created, a couple of books were read, some games were played, and much chatting took place. We enjoyed our weekly mentor/mentee sessions for two years... but then we decided to end it. It was a mutual decision, and we both thought it was time. We spoke with the folks at BBBS and they agreed. It has been a few weeks, and I think everyone is fine with it. No, don't be sad...

We are now "traditional" Big Sister/Little Sister! I was feeling a bit confined by the hour and not being able to leave school, and worried about keeping her out of the same class each week as she entered Grade 6, plus it seemed weird to be friends only during the school year, so I asked my BBBS contact about it, then asked Mentee if she thought it was a good idea (which she did, even though it would mean NOT missing school...), and the process was set in motion. BBBS met with Big and Little individually, to both explain the differences and do a "home visit" for me (as Little could now visit me in my home), then we all met at my place, and then presto — Big and Little were left on their own for their first visit. As the weather put the damper

on my brilliant plan of walking downtown and by the Riverwalk, we chatted, watched a bit of old TV I knew she'd like, and drove to the local diner for supper. As we hadn't met for a couple of months, we had plenty to catch up on. Now we do things like cook a meal together, go for walks, draw (of course!), watch a DVD, and, most importantly and most fun: chat!

In case you are considering becoming a traditional Big Sister or Big Brother yourself, and I totally recommend it, here are some details to help you make an informed decision.

Time Commitment

Traditionals meet for 3–5 hours per week officially... but it really depends on the people. I'm told it can be from 2 hours (when one of you is having a busy week) to a day (no overnights the first year). And, of course, you may miss a week when either of you is away. You can schedule it for the same time weekly, or change it up every week... depends on what works for you and your Little's family.

Activities

When you first meet up, you discuss what interests you each have, and set some goals so as to have ideas as to what to do with your time. BBBS also has a lot of ideas for you if you want them, plus they put on the odd activity that you can attend for free. It's really all about having fun, in my opinion. Well, having fun and being a

friend — being there for them and having them know they can count on you.

Of course, I am not sure how the start-up process works when you go straight into being a traditional Big (without being a Mentor first) — I believe it is similar but perhaps a bit slower. I mean, we had already been hanging out for two years, so even though I had never met her parents at that point, they had certainly heard about me a lot by then, so I guess it wouldn't be as weird as suddenly having someone they didn't know hang out with their child one-on-one.

To find out more about becoming a Big Brother or Big Sister, have a look at <bigbrothersbigsisters.ca> or contact Rhonda Low at <rhonda.low@bigbrothersbigsisters.ca>. Or if you just want to chat informally about it, you can contact me as well at <rona@thehummm.com>.

I know they are in need of Bigs and Mentors — especially Brothers — so if you have been considering it, perhaps now is the time? It's likely the most fun I've ever had volunteering — and I've volunteered a lot!

— Rona Fraser

Music Matters

You Hurt Yourself Doing What?!

When people think of music, they don't generally think of it as being the type of pastime where you can get injured. However, after doing some research on statistics, it seems that music-related injuries are right up there with sports-related ones.

by Tony Stuart

Most of my summer was spent with a good deal of pain in my right shoulder and arm. It wasn't debilitating, but it certainly affected me. If Cynthia (my wife) and I were watching television, I would want to sit on the right side of the sofa because it felt more comfortable. Playing my clarinets and saxophones for extended periods of time was uncomfortable, and after playing piano for a while the arm would be aggravated.

I'm going to have to admit something. I hate going to the doctor. Maybe it's the Neanderthal part of the male brain at work, but throughout the summer, going to the doctor's was something that I didn't even consider. I just figured that the pain would go away on its own. On a side note, if my doctor is reading this, please don't take it personally. To restate a well-worn cliché: it isn't you, it's me.

I was finally persuaded to go, and within a minute or so, the cause of the soreness was obvious. After thirty years of playing instruments that need to be supported with the right arm, and conducting with my right arm for the past twenty, my body was finally saying "enough is enough." His recommendation was to see a massage therapist. I decided to take his advice, and within two sessions, all shoulder pain was gone, and the arm is doing significantly better.

This led to me to do a bit of research. I've known other musicians who have gone through similar ordeals, but the problem is a lot more widespread than I could have guessed. Musicians are right near the front of the pack when it comes to Carpal Tunnel Syndrome, which is characterized by numbness in the thumb, index, and middle fingers, and becomes

quite serious if not treated properly. Because musicians are constantly practicing and performing, these types of problems can become aggravated pretty quickly. Being told to stop playing for a while is not something that we want to hear.

One of the most common types of injuries falls under the category of repetitive strain injuries, or RSIs. Musicians have upcoming gigs, and have to practice to keep on top of everything. Even though their bodies are sending them plenty of warning signs, they keep on playing for a variety of reasons, including having their reputation diminished, fear of facing the truth, or even a lack of job security.


This quote from Dr. Timothy Jameson sums it up perfectly, I think: "It is like the oil light in your car. If the oil light goes on, do you simply say 'let's see if that will turn off by itself. It can't be that important.' That would be ludicrous, wouldn't it? Eventually, the engine would dry out, heat up, and for all intents and purposes seize up and be destroyed."

Luckily there are solutions, and if the problem is acted upon quickly enough, there is no reason that most musicians can't be playing pain-free. As I mentioned earlier, massage therapy was really effective for me after only a few treatments. If I feel my shoulder getting sore again, I will be there in a heartbeat. Physiotherapy is another option, as is chiropractic treatment.

Being proactive is also important, as I am discovering. Stretching exercises, strength training, and yoga are all really helpful activities. Knowing when it is time to rest is also key. A lot of musicians find this really difficult, as they have been driven to succeed from an early age.

On a positive note, I think that I can speak on behalf of most musicians when I say that, like athletes, despite the risk of injury, I wouldn't trade the ability to do what I do for anything in the world. I'm just going to be more careful and start listening to what my body is telling me.

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



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Hilda's Yard comes to Arnprior

The Prior Players of Arnprior are pleased to announce that the rehearsals for their upcoming autumn production are now under way! The Players will be presenting Norm Foster's heartwarming comedy *Hilda's Yard* at the Christian Educational Centre (CEC), 257 John Street North in Arnprior. There will be 7:30PM shows on November 7, 8, 14 and 15, and 2PM matinées on November 9 and 15.

Sam (Dave Anthony) and Hilda Fluck (Elaine Lowe) are finally on their own after their children — Gary (Mike Poehlmann) and Janey (Amanda Dixie) — have left the nest. Then, on a September morning, their world changes when both kids land at their doorstep. With additional characters Bobbi Jakes (Nadia Ouellet) and Beverly Woytowich (Marcel Girard) adding witty banter to the day, anything can, and does, happen!

Tickets are only \$15, available in advance at Peebles Lottery Centre in the Arnprior Mall (375 Daniel Street South) and at Bonnie Jane's Scones



Prior Players Elaine Lowe (who plays Hilda Fluck) and Dave Anthony (Sam Fluck)

(148 John Street North). Reserve your seats by calling 623-5585. Tickets are also available at the CEC door prior to show time on any performance date. For more information, please call the above number or email <priorplayers@gmail.com>.

The Prior Players are always looking for new members to join, both on- and off-stage, so if you are interested in getting involved or want any information, please do get in touch!

Seniors Get More Help in North Lanark

The Primary Care Outreach Program to Seniors is a new program being offered through the North Lanark Community Health Centre starting this October. This program has provided support to vulnerable frail seniors with complex care needs living at home with or without supports since 2008 in Ottawa. The NLCHC official program launch will take place at the North Lanark Community Health Centre on Tuesday, October 28, from 9:30-10:30AM. All members of the community are welcome to attend to help launch this new program.

According to Jane Coyle, the Director of Health Services at the North Lanark Community Health Centre, "the primary care outreach team works in collaboration with other health professionals to support high risk seniors in leading healthy and independent lives in their own homes, and we are thrilled to offer this new service in north Lanark."

The program is delivered by a registered nurse, Meredith Cullen, who is responsible for early intervention, assessment and monitoring. She will support the implementation of care plans as established by the clients' Primary Care Provider. Community health worker Joellen McHard works with the nurse by linking people with supports and services in the community.

"Most seniors want to remain in their home as long as possible," said McHard, "and we want to help them do that safely by providing support, information and health care at home." Meredith Cullen shares that: "we aim to help seniors maintain their health and independence so they can continue to do the things they like to do, and also so we can reduce the number of emergency visits, hospital and long-term care admissions." By working in collaboration with other health professionals, geriatric partners, community agencies and the Community Care Access Centre, the goal is to reduce the number of emergency room visits, prevent hospital admissions, and reduce isolation.

Vulnerable seniors with complex needs face multiple challenges, frequently requiring an intense and integrated service response to enable them to live at

home safely. Services include response to immediate needs, monitoring and support for care plans, individual health information, advice and education, screening for environmental/safety risks and mobilization. Meredith says that older adults "might be living in isolation or have little care or support, they may have challenges accessing or maintaining a relationship with their primary care provider, or they may have no or limited support services in place." These are the seniors who resort to calling 911 or present at the emergency department, sometimes unnecessarily.

Primary Care Outreach to frail seniors will have a crucial role in care coordination, acting as a gateway to more acute or specialized health care services. McHard states: "I think the hardest part will be getting our 'foot in the door', and I expect that it will take time to build a trusting relationship with many of the seniors." Meredith and Joellen are available to do a brief presentation or meet with any seniors group or agency.

The program is offered at no cost to the senior. Referrals are accepted from any source, including self-referral for eligible seniors aged 65 and older. "You do not have to be a health care provider to make a referral to the program," says Jane Coyle. "Perhaps you know a senior in your community who is struggling at home? We encourage you to talk to them about this program and ask them to call. Alternatively, you can get their consent to call and make a referral on their behalf, or encourage them to talk to their doctor about making a referral."

To make a referral to the program please call 1-844-726-5115. Referral forms are available online at <seoehc.on.ca> or you can get a copy of the form at the Community Health Centre in Lanark. For more information about the program or to invite a speaker to come to your group/organization, call the North Lanark Health Centre at 259-2182 and ask to speak with Joellen or Meredith. This program is funded by the Champlain Local Health Integration Network (LHIN).

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LIVE MUSIC

- Oct. 2 Open mic
- 3 Shawn McCullough
- 4 Brea Lawrenson
- 9 Open mic
- 10 T. Tufts & K. Briggs
- 11 Doughty Brothers
- 12 Octoberfest Night
- 16 Open mic
- 17 The Hoovers
- 18 George Reynolds
- 23 Open mic
- 24 Matt Hughes Band
- 25 Stephen Staines
- 30 Open mic
- 31 Hallowe'en Party w/ The Lucky B's
- Nov 1 George Reynolds

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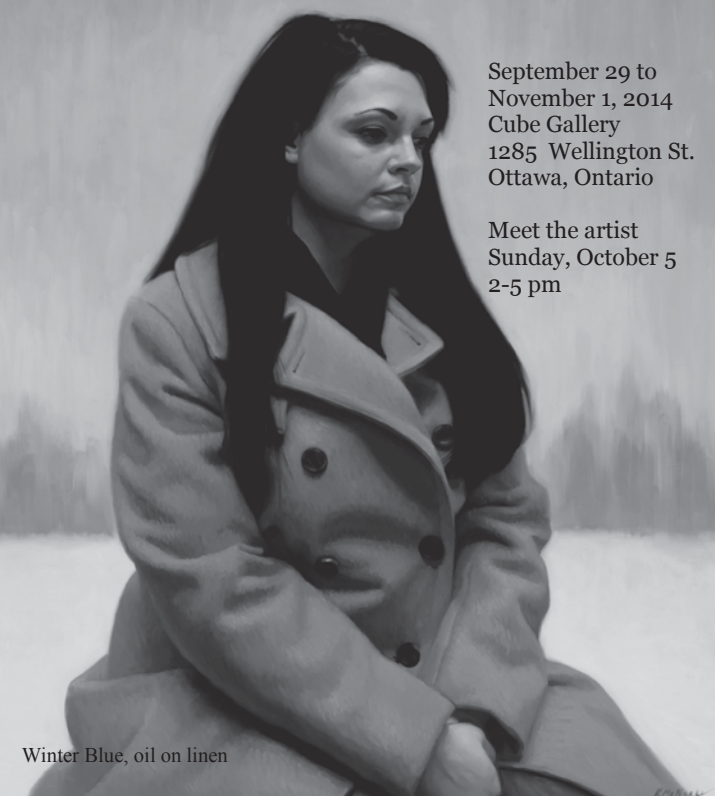
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Katherine McNenly Exhibition of New Works

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Visual Arts

Expressions of Art, Oct 3 (7-9PM), 4 (8AM-4PM), 5 (10AM-4PM). WCAS fall art show/sale. Carp Fairgrounds. 839-1918

Richard Gill Fall Show, Oct. 3 vernissage, 2PM-9PM. Show continues to Oct. 13. Bittersweet Gallery, Burnstown. 432-5254

Calabogie Artfest, Oct. 4-5, 10AM-4PM. Calabogie Comm Ctr; 433-2083, calabogiearts.wordpress.com

Letterpress Stationery Workshop, Oct. 4, 10AM-5PM. Create your own stationery. Papillon Press, Westport. \$150

Madawaska Valley Studio Tour, Oct. 4-5, 10AM-6PM. 15 studios in Eganville, Barry's Bay area. madawaskastudiotour.com

Merrickville Artists' Guild Studio Tour, Oct. 4-5, 10AM-6PM. 269-3886, merrickvilleartists.com

Textile Exhibit Tour, Oct. 5, 2-4PM. Curator of Cdn Museum of History gives tour of Reiko Sudo + Nuno. MVTM, Almonte

Crown & Pumpkin Studio Tour, Oct. 11-13, 10AM-5PM. Almonte-Blakeney-Clayton. 256-3647, crownandpumpkin.com

Fall Colours Studio Tour, Oct. 11-13, 10AM-5PM. 31 artists in 10 studios. Westport area. westportstudiotour.com

Perth Autumn Studio Tour, Oct. 11-13, 10AM-5PM. Maps online. Perth area. 267-5237, perthstudiotour.com. Free

Vernissage: Somerset, Oct. 16, 7-9PM. "Distillations", photography by Felicity Somerset. Fairview Manor, Almonte

Fashion Open House, Oct. 17-18, 24-25, 10AM-5PM. Judy Joannou Designs, Ashton. 253-5054, judyjoannoudesigns.net

Art Journey Show & Sale, Oct. 31 (6-9PM), Nov 1 & 2 (10-4). Smiths Falls Com Centre. artjourneysmithsfalls.com

Wine & Cheese Gala Exhibit, Oct. 23, 5-10PM. Harmony Gallery, Smiths Falls. 912-3599, harmonyartgalleryandstudio.com

Gallery Opening, Oct. 25, 11AM-3PM. Sivarulrasa Studio & Gallery, Almonte. 293-2492, sanjeevsivarulrasa.com

Lanark County Quilters Guild, Oct. 28, 7PM. Speaker: Brambleberry Cottage Quilts. Perth Lions Hall. 264-9232. \$3 guests

Youth

Thanksgiving Train Rides, Oct 11-12, 11AM-3PM. Railway Museum, Smiths Falls. 283-5696, rmeo.org. Free

A Midsummer Night's Dream, Oct 17-18 7:30PM; Oct 18-19 2PM. Tickets at Read's. CP Town Hall, 257-7323, mississippimudds.ca. \$10

Youth 'Glow' Dance, Oct. 17, 6:30-9:30PM. Ages 10-14. Carambeck Community Centre, Carleton Place. \$5

Theatre

O'Brien Arnprior Film Series, Sun-1PM, Mon-7:30PM: Oct 5 & 6 **The Grand Seduction**; Oct 19 & 20 **Tracks**; Oct 26 & 27 **Boyhood**; O'Brien Arnprior: obrientheatre.com. \$10 or pass

O'Brien Renfrew Film Series, 7:30PM: Oct 8, **Magic in the Moonlight**; Oct 22 **Boyhood**. O'Brien Renfrew. \$9 or pass

Film Night Int'l: Oct 8, 2PM/7PM (Full Circle, Perth); Oct 9, 7PM (Station Theatre, SF), **The Past**. Oct 22, 2PM/7PM (Full Circle, Perth); Oct 23, 7PM (Station Theatre, SF). **The Grand Seduction**. Pass \$40. filmnightinternational.blogspot.ca

Crimes of the Heart, Oct 9-11, 17-18 8PM; Oct 12, 19 2PM. Studio Theatre, Perth. studiotheatreperth.com. \$24; \$22 in adv

Chef, Oct 10, 11, 7:30PM. Film, The Station Theatre, Smiths Falls. 283-0300, smithsfallstheatre.com. \$10; \$5 students

Educating Rita, Oct 17, 18, 24, 25, 7:30PM; Oct 19, 26, 2PM. Station Theatre, SF. 283-0300, smithsfallstheatre.com. \$20/\$10

WHAT'S ON IN

Monday Tuesday Wednesday Thursday

<h2>29</h2> <p> Carp Celtic Jam, Carp Masonic Lodge </p>	<h2>30</h2> <p> Brock Zeman & Blair Hogan, O'Reilly's Pub Labyrinth Walk, Carleton Place </p>	<h2>31</h2> <p> Valley Search for a Star, Renfrew Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove Open Mic Night, Grumpy's </p>	<h2>1</h2> <p> Blues Jam, Grumpy's Don Ross, Perth Jazz at Bally's, Ballygiblin's Jazz Night, The Cove Immigration Forum, Almonte Live Jazz w/Ric Denis, ARK Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow The Grapes of Wrath, Neat </p>
<h2>2</h2> <p> Carp Celtic Jam, Carp Masonic Lodge Rotary Club Mtg, CP The Grand Seduction, Renfrew </p>	<h2>3</h2> <p> Brock Zeman & Blair Hogan, O'Reilly's Pub Current Swell, Neat Coffee Shop Green Drinks, Perth Karaoke w/Barry, Grumpy's Travelogue: Bangladesh, Almonte </p>	<h2>4</h2> <p> Adult Bereavement Group, Perth Magic in the Moonlight, Renfrew Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Valley Search for a Star, Renfrew SF Volunteer Search, Smiths Falls Shawn McCullough, The Cove Open Mic Night, Grumpy's The Past, Perth Health Talk, Almonte </p>	<h2>5</h2> <p> Blues Jam, Grumpy's Crimes of the Heart, Perth Don Ross & Thomas Leeb, Neat End Violence Against Women, CP Jazz Night, The Cove Jazz w/Ric Denis, ARK Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow The Past, Smiths Falls </p>
<h2>6</h2> <p> Carp Celtic Jam, Carp Masonic Lodge Crown & Pumpkin Studio Tour, Almonte Fall Colours Studio Tour, Westport Perth Autumn Studio Tour, Perth Rotary Club Mtg, CP </p>	<h2>7</h2> <p> Brock Zeman & Blair Hogan, O'Reilly's Pub Duplicate Bridge, Smiths Falls Karaoke w/Barry, Grumpy's </p>	<h2>8</h2> <p> Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's Pub Shawn McCullough, The Cove Open Mic Night, Grumpy's Talk: The Lost Villages, Appleton </p>	<h2>9</h2> <p> Blues Jam, Grumpy's Live Jazz w/Ric Denis, ARK Merrickville's Jazz Festival Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Vernissage: Somerset, Almonte </p>
<h2>10</h2> <p> Almonte Quilters' Guild, Almonte Carp Celtic Jam, Carp Masonic Lodge Rotary Club Mtg, CP Tracks, Renfrew Women's Heart Health Talk, Perth </p>	<h2>11</h2> <p> Brock Zeman & Blair Hogan, O'Reilly's Pub Karaoke w/Barry, Grumpy's Ladies in Harmony, Constance Bay Paper Lions, Neat Coffee Shop Poetry/Prose Open Mic, Stittsville </p>	<h2>12</h2> <p> Adult Bereavement Group, SF Arnprior Quilters' Guild, Arnprior Bobby Bazini, Neat Coffee Shop Boyhood, Renfrew Headache Free Living, Almonte Ladies in Harmony, Constance Bay Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove Open Mic Night, Grumpy's The Grand Seduction, Perth </p>	<h2>13</h2> <p> Blues Jam, Grumpy's Ladies in Harmony, Constance Bay Foodsmiths Ladies Day, Perth Jazz w/Ric Denis, ARK Mark Twain's Patent Scrap Book, Perth Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow The Grand Seduction, Smiths Falls Wine & Cheese Gala, Smiths Falls </p>
<h2>14</h2> <p> Boyhood, Renfrew Carp Celtic Jam, Carp Masonic Lodge Rotary Club Mtg, CP </p>	<h2>15</h2> <p> Book Talk, Merrickville Brock Zeman & Blair Hogan, O'Reilly's Pub High Valley, Neat Coffee Shop Karaoke w/Barry, Grumpy's Lanark County Quilters Guild, Perth Seniors' Program Launch, Lanark </p>	<h2>16</h2> <p> Open Celtic Jam, Naismith Pub Open Jam, O'Reilly's Pub Shawn McCullough, The Cove Open Mic Night, Grumpy's </p>	<h2>17</h2> <p> Evening of One Act Plays, Perth Blues Jam, Grumpy's Keith Hallett & World's Fair, CP Jazz w/Ric Denis, ARK Musicians' Circle, Bolingbroke Nathan Rogers, Neat Coffee Shop Open Mic, Alice's Village Cafe Open Mic, Golden Arrow </p>

Mark Twain's Patent Scrap Book, Oct 17, 18, 23, 24, 25 8PM; Oct 19, 26 2PM. Full Circle Theatre, Perth. 267-1884.

Ladies in Harmony, Oct 21-25, 7:30PM. Rural Root Theatre. Constance & Buckham's Bay Com Centre. ruralroot.org. \$15/\$12

One-Act Play Dinner Theatre, Oct 24-25, 6:30PM. Dinner & 2 1-act plays: *Paper Trail & Augustus Does His Bit*. Merrickville Comm Ctr; 269-3729, \$50

An Evening of One Act Plays, Oct 30, 31, Nov 1 8PM; Nov 2, 2PM. *A Bench at the Edge & Prisoners of Hazelteen Ave*. Studio Theatre, Perth. 267-7469

Mill Street Books presents Jennifer Kingsley's **Paddlenorth** book launch, Oct. 8 at 7PM at the Textile Museum; Frances Itani's **Tell** book launch on Oct. 19; and Wanda Praamsma's **a thin line between** poetry launch, Nov. 1 at 4:30PM. Mill Street Books, Almonte, 256-9090

Poetry & Prose Open Mic, Oct. 21, 7PM. Calling all writers! Audience welcome. Gaia Java, Stittsville. vivtay@kos.net

WWII Book Launch, Oct. 26, 2PM. *Age Shall Not Weary Them, WWII Casualties of Mississippi Mills*. Almonte Legion

Book Talk, Oct. 28, 7:30PM. Author Jennifer DeBruin at Merrickville Historical Soc., Merrickville Legion, 245 Main St.

273-9005, \$5 for hall

SchoolBox Latin Fiesta, Oct. 3, 7PM. Latin jazz fusion band, 7:30 dance lesson. Tickets Equator, Read's. Almonte Civitan Hall. schoolbox.ca. \$20/\$15 (under 13 free)

GASM CD Release Party, Oct. 4, 9PM. W guests Andrew McDougall, Bob Cave & Kirk Armstrong. Waterfront Gastropub, CP. gasmmusic.com. No cover

McMunn CD Release Show & Dance, Oct. 5, 1-8PM. Jamie & Jeff McMunn with McMunn Music. Tickets at Graham's Shoes. CP Arena, \$10

Merrickville Jazz Festival, Oct 16-19. See performers, times, prices at merrickvillesjazzfest.com. 290-0028

PPAC: Campbell & Afiara, Oct. 17, 7:30PM. Clarinet, jazz guitar strings. PDCI, Perth. 485-6434, ticketsplease.ca

AiC: Valdy to Vivaldi, Oct. 18, 8PM. Tickets at Mill St. Books & online. Almonte Town Hall. almonteinconcert.com. \$30/\$15

GT & the Earthtones, Oct. 18, 3-7PM. Live music. Almonte Legion. No cover

Country Harvest Show, Oct. 19, 7PM. Great Ottawa Valley Country Music. CP. 253-5046. \$15

Gertrude Letourneau & Garry Elliott, Oct. 19, 2PM. MERA, McDonalds Corners. 485-6464, ticketsplease.ca. \$22

BOTR: Harpdog Brown, Oct. 24, 7-11PM. Blues on the Rideau. The Cove, 2 Bedford St., Westport. \$60+tax dinner & show

Halloween Dance, Oct. 25, 7-10PM. Tania's Dance Studio, 55 Lansdowne Ave, Carleton Place. 253-0035, \$18; \$15 in adv

Jazz House Concert, Oct. 25, 8PM. The Steve Berndt Trio. jazzn.ca. \$25 cash

The Bakersfield Sound with Henry Norwood, Oct. 25, 8PM. Studio Theatre, 63 Gore St. E., Perth.

The Slocan Ramblers, Oct. 26, 2PM. MERA, McD Corners. 485-6464, ticketsplease.ca. \$24 in adv

OCTOBER 2014

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Expressions of Art - Vernissage, Carp LiPS Poetry Slam/Open Mic, CP Oktoberfest w/Crooked Wood, The Cove Richard Gill Fall Show Vernissage, Burnstown River City Junction, Grumpy's SchoolBox Latin Fiesta, Almonte Scottish Country Dancing, Perth Shawn McCullough, Golden Arrow Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> Calabogie Artfest, Calabogie Brea Lawrenson, Golden Arrow Expressions of Art, Carp Fall Colours Nature Walk, Lanark Fashion Show, Pakenham GASM CD Release Party, Carleton Place Jeremy Fisher, Neat Coffee Shop Lanark Co. Genealogical Soc., Perth Letterpress Stationery Workshop, Westport Madawaska Valley Studio Tour Merrickville Artists' Guild Studio Tour Writers Reading, Westport 	<ul style="list-style-type: none"> Calabogie Artfest, Calabogie Expressions of Art, Carp Madawaska Valley Studio Tour Magnolia Rhythm Kings, The Royal Oak McMunn CD Release Show & Dance, CP Merrickville Artists' Guild Studio Tour Open Mic w/Kelly Sloan, Ashton Pub Seminar by The Dog Father, CP Textile Exhibit Tour, Almonte The Grand Seduction, Renfrew Valley Singles Lunch, CP
<ul style="list-style-type: none"> Chef, Smiths Falls Crimes of the Heart, Perth GT & the Earthtones, Love That Barr Scottish Country Dancing, Perth Tufts & Briggs, Golden Arrow 	<ul style="list-style-type: none"> Apple Day, Middleville Chef, Smiths Falls Crimes of the Heart, Perth Crown & Pumpkin Studio Tour, Almonte Doughty Brothers, Golden Arrow Elvis Tribute, Gallepeau Centre Fall Colours Studio Tour, Westport Get Sharp at Farmers' Market, Almonte Justin Rutledge, Neat Coffee Shop Open Studio, Westport Perth Autumn Studio Tour, Perth Riq Turner, Grumpy's Thanksgiving Train Rides, Smiths Falls 	<ul style="list-style-type: none"> APEX Jazz Band, The Royal Oak Clay Young Duo Jazz Brunch, Fiddleheads Bar & Grill Crimes of the Heart, Perth Crown & Pumpkin Studio Tour, Almonte Fall Colours Studio Tour, Westport Guy Davis, Neat Coffee Shop Octoberfest, Golden Arrow Open Mic w/Kelly Sloan, Ashton Pub Perth Autumn Studio Tour, Perth Thanksgiving Train Rides, Smiths Falls The Great Train Race, Smiths Falls
<ul style="list-style-type: none"> A Midsummer Night's Dream, CP Crimes of the Heart, Perth Educating Rita, Smiths Falls Fall Fling Dinner/Dance, Perth Fashion Open House, Ashton Guatemala Stove Project Info Session, Perth Mark Twain's Patent Scrap Book, Perth Merrickville Jazz Festival, Merrickville PPAC: Campbell/Afiara, Perth Scottish Country Dancing, Perth Steve Barrette Trio, The Swan at Carp The Hoovers, Golden Arrow Youth 'Glow' Dance, Carleton Place 	<ul style="list-style-type: none"> Crimes of the Heart, Perth Educating Rita, SF A Midsummer Night's Dream, CP Valdy to Vivaldi, Almonte Fashion Open House, Ashton George Reynolds, Golden Arrow GT & the Earthtones, Almonte International Potluck & Slideshow, Carp Harvest Dinner/Murder Mystery Evg, Smiths Falls Mark Twain's Patent Scrap Book, Perth Merrickville Jazz Festival, Merrickville Our Haunted Heritage, Carleton Place Rolling Stones Rock & Roll Revue, The Cove Walk in the Woods, Pakenham 	<ul style="list-style-type: none"> A Midsummer Night's Dream, CP Country Harvest Show Crimes of the Heart, Perth Educating Rita, Smiths Falls Valley Search for a Star semi-finals, Renfrew Gertrude Letourneau & Garry Elliott, MERA Magnolia Rhythm Kings, The Royal Oak Mark Twain's Patent Scrap Book, Perth Merrickville Jazz Festival, Merrickville Open Mic w/Kelly Sloan, Ashton Pub The Strawbs Acoustic, Neat Coffee Shop Tracks, Renfrew
<ul style="list-style-type: none"> Almonte Lectures: Forestry, Almonte BOTR: Harpdog Brown, Westport Comedy's Cookin' with the Grannies, Perth CP Chamber of Commerce Awards Gala, CP Dan DesLauriers, Grumpy's Educating Rita, Smiths Falls Fashion Open House, Ashton Ladies in Harmony, Constance Bay Mark Twain's Patent Scrap Book, Perth Matt Hughes Band, Golden Arrow One-Act Play Dinner Theatre, Merrickville Scottish Country Dancing, Perth 	<ul style="list-style-type: none"> Apt613 Support Local, Almonte Educating Rita, Smiths Falls Fashion Open House, Ashton Gallery Opening, Almonte Halloween w/One Night Stand, CP Haunted Tales on the Rails, Smiths Falls IODE Harvest Craft Show, Carleton Place Ladies in Harmony, Constance Bay Mark Twain's Patent Scrap Book, Perth Maskeraid Halloween Parade & Dance, CP One-Act Play Dinner Theatre, Merrickville Potluck & Talent Show, Almonte The Bakersfield Sound & Henry Norwood, Perth 	<ul style="list-style-type: none"> Valley Search for a Star Finals, Renfrew APEX Jazz Band, The Royal Oak Boyhood, Renfrew Clay Young Duo Jazz Brunch, Fiddleheads Educating Rita, Smiths Falls Landon Chatterton, Grumpy's Mark Twain's Patent Scrap Book, Perth Open Mic w/Kelly Sloan, Ashton Pub The NightCrawlers, Generations Inn The Slocan Ramblers, McDonalds Corners WWII Book Launch, Almonte
<ul style="list-style-type: none"> An Evening of One Act Plays, Perth David Bromberg, Neat Coffee Shop Hallowe'en Party, Golden Arrow Hell of a Halloween Party, The Cove Scottish Country Dancing, Perth Southbound, Grumpy's Steve Barrette Trio, The Swan at Carp 	<p>Alice's Village Café presents Allan Joyner's nature photography <alicesvillagecafe.com></p> <p>Bittersweet Gallery presents Richard Gill's annual show Oct 3-13 <burnstown.ca/bittersweet></p> <p>Diefenbunker presents "Breaking Barriers" <diefenbunker.ca></p> <p>Fairview Manor Foyer presents Amelia Ah You's paintings to Oct 14; then Felicity Somerset's photos</p> <p>General Fine Craft, Art & Design presents Carmella Karijo Rother & John Ward <generalfinecraft.com></p> <p>Kanata Civic Art Gallery presents Young & Old group show <kanatagallery.ca></p> <p>MVTM presents Reiko Sudo + Nuno — textiles from Japan <mvtm.ca></p> <p>Ottawa West Arts Assoc Gallery presents "It's a Wonderful Life" exhibit <owaa.ca></p> <p>Palms Coffee Shop presents Jill McCubbin: "Long Gone: a day in the life of Almonte, in 1924" <palmsonline.ca></p> <p>Railway Museum presents Whistle Stop Dentist — Life on the Dental Car [to Oct 2014]</p> <p>The Mississippi Mills Chambers Gallery presents Kerry Stothers' oil/portraits</p> <p>The Almonte Library Corridor Gallery presents Marie Rakos' mixed media/abstracts</p>	

Dog Father Seminar, Oct. 5, 11 AM. Dan Lafortune re dog behaviours, relationship. Pet Valu, 39 Lansdowne Ave., CP. Free

Valley Singles Lunch, Oct. 5, 1 PM. Singles lunch, all welcome. The Gourmet Restaurant, Hwy 7 at Hwy 15, CP. 623-6698

Rotary Club Mtg, Mondays 6 PM. Rotary Club of CP and Miss Mills. Slackoni's, 35 Mill St., CP. carletonplacerotary.ca

Green Drinks, Oct. 7, 5:30 PM. Chris Weiss-flog re 0-carbon. Around the Corner, Perth. Perthgreendrinks@gmail.com

Travelogue: Bangladesh, Oct. 7, 7 PM. Talk re recent internship in Bangladesh. Almonte Public Library. 624-5306. Free

Adult Bereavement Groups: Oct 8 (1-3 PM, Lanark Lodge, Perth); Oct 22 (1-3 PM, Alzheimer's Society, Smiths Falls). 267-6400, rebeccab@chslc.ca. Free

SF Volunteer Search, Oct. 8, 2-4 PM, 5:30-7:30 PM. Volunteer info & sign-up. Smiths Falls Com Centre. 800-1938

Health talks: Oct 8, 7 PM, Fibromyalgia & Chronic Fatigue. Oct 22, 7 PM, Headaches. Hands on Healing Almonte. 256-0222

Feed the Fight to End Violence Against Women, Oct. 9, 5:30/7:30 PM. Interval House fundraiser: \$35 online or Ballygiblin's. Ballygiblin's, CP

Apple Day, Oct. 11, 1-4 PM. Middleville Museum. 259-0229, middlevillemuseum.blogspot.ca. \$5; under 12 free

The Great Train Race, Oct. 12, 9 AM-Noon. Railway Museum, Smiths Falls. 283-5696, rmeo.org. Free

Talk: The Lost Villages, Oct. 15, 7 PM. Talk re towns flooded by St. Lawrence Seaway. N Lanark Regional Museum, Appleton

Fall Fling Dinner/Dance, Oct. 17, 5:30 PM. Andy Bowes, Stool Pigeons. \$50 at Com. Support Services. Perth Civitan

Guatemala Stove Project Info Session, Oct. 17, 6:45 PM. Re volunteer trip in Feb. Coult's Coffee, Code's Mill, Perth

International Potluck & Slideshow, Oct. 18, 6 PM. Travel in the Holy Land. St. Paul's Church, Carp. 839-2155

Harvest Dinner & Murder Mystery, Oct. 18, 6 PM. REAL Fundraiser. \$50 at REAL SF Curling Club. 205-0818

Our Haunted Heritage, Oct. 18, 7 PM. Scary stories, songs. CP & Beckwith Heritage Museum, CP. 253-7013. \$5

Walk in the Woods, Oct. 18, 9:30 AM. High Lonesome Nature Reserve, Pakenham. 253-2722, mmlt.ca. \$10 donation

Women's Heart Health Talk, Oct. 20, 7 PM. CFUW mtg. Perth Legion. cfuw-perth-district.com

Ladies Day, Oct. 23, 12-6 PM. Demos, mini makeovers, snacks. Foodsmiths, Perth. 267-5409. foodsmiths.com

Almonte Lectures, Oct. 24, 7:30 PM. Canada & China in Forestry. Almonte United Church. almontelectures.ncf.ca

Comedy's Cookin' with the Grannies, Oct. 24, 5 PM. w/Sage Age Theatre. Perth Legion. stephenlewisfoundation.org. \$25

CP Chamber of Commerce Awards Gala, Oct. 24, 5:30 PM, CP Town Hall, 175 Bridge Street, Carleton Place. 257-1976

Apt613 Support Local, Oct. 25, 10 AM-4 PM, Greater Mississippi Mills Showcase & more. Almonte Old Town Hall

Halloween w/ One Night Stand, Oct. 25, 7:30 PM. Carleton Heritage Hotel, 7 Bridge St., CP. 253-1300. \$12; \$10 in adv

Haunted Tales on the Rails, Oct. 25, 7 PM. Railway Museum, Smiths Falls. 283-5696, rmeo.org. \$7; \$5 youth

IODE Harvest Craft Show, Oct. 25, 10 AM-3 PM. CP Arena, 253-1516

Maskeraid Halloween Parade, Oct. 25, 7 PM. Donate to Food Bank. Downtown CP. cmcormond@carletonplace.ca

Potluck & Talent Show, Oct. 25, 6 PM. Union Hall, Almonte. 256-0025. Free

Seniors' Program Launch, Oct. 28, 9:30-10:30 AM. N. Lanark Community Health, 259-2182

Keith Hallett & the World's Fair, Oct. 30, 8-11 PM. Carleton Heritage Boutique Hotel, CP. 253-1300. \$10

The Swan at Carp (Carp, 839-7926): Oct. 3, 17, 31 Steve Barrette Trio, jazz, 7-10 PM, no cover

Fiddleheads (Perth, 267-1304): Sunday Jazz Brunch, 12-3 PM

Oct 12, 26 Clay Young Duo

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

Oct 5, 19 Magnolia Rhythm Kings, 3-6 PM

Oct 12, 26 APEX Jazz Band, 2-5 PM

The Cove (Westport, 273-3636): Wed Shawn McCullough 6-9 PM

Oct 2, 9 Jazz w/Spencer Evans Trio

Oct 3 Oktoberfest w/Crooked Wood

Oct 4, 25 Head Over Heels

Oct 18 Rolling Stones Rock & Roll Revue

Oct 31 Halloween Party

Neat Coffee Shop (Burnstown, 433-3205): 8 PM. See above or neatfood.com

Ballygiblin's (CP, 253-7400): jazz, no cover

Oct 2 6-9 PM Peter Brown, Don Paterson, Dave Arthur, Glenn Robb

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

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

Ashton Pub (Ashton, 257-4423): Sundays Open Mic w/Kelly Sloan, 2-5 PM

O'Reilly's Pub (Perth, 267-7994): 8:30 PM. Tues Brock Zeman & Blair Hogan; Wed Open Jam w/Dave Balfour

Love That Barr (Pakenham, 624-2000): Oct 10 GT & the Earthtones, 8 PM-12 AM

Alice's Village Café (Carp, 470-2233): Open mic Thursdays, 7:30 PM

Golden Arrow (Perth, 267-4500): 9 PM

Oct 2, 16, 30 Open Mic w/Stephen Staines

Oct 3 Shawn McCullough

Oct 4 Brea Lawrenson

Oct 9, 23 Open Mic w/Matt Dickson

Oct 10 Terry Tufts/Kathryn Briggs

Oct 11 Doughty Brothers

Oct 12 Oktoberfest Night

Oct 17 The Hoovers

Oct 18 George Reynolds

Oct 24 Matt Hughes Band

Oct 25 Stephen Staines

Oct 31 Hallowe'en Party w/The Lucky B's

Gallepeau Centre Theatre (Smiths Falls, 284-9916): Oct 11 Elvis tribute, 7 PM, \$39

Generations Inn (CP, 253-5253): 6-9 PM

Oct 26 The NightCrawlers, no cover

Almonte Riverside Inn (Almonte, 461-2745): Thur Jazz w/Ric Denis, 6:45-9:15 PM

Grumpy's (CP, 492-3000): Tues 9 PM Karaoke, Wed Open Mic 8 PM, Thurs 8 PM Blues Jam, Live Music 9 PM

Oct 3 River City Junction

Oct 11 Riq Turner

Oct 18 Blind Dog Willy

Oct 24 Dan DesLauriers

Oct 26 Landon Chatterton, 4-7 PM

Oct 31 Southbound

Community

Valley Search for a Star, Oct. 1 & 8 (tryouts), 7-10 PM. Semi-finals Oct. 19, Finals Oct. 26. valleyheritageradio.ca

Lanark Immigration Community Forum, Oct. 2, 6-7 PM. Almonte Old Town Hall. lanarkcountywelcomesyou.com

Scottish Country Dancing, 9:30 AM, Fridays. All levels welcome. McMartin House, 125 Gore St. E., Perth. 264-2787

Fall Colours Nature Walk, Oct. 4, 9:30 AM. Blueberry Mountain, Lanark. 259-3412, mmlt.ca. \$10 donation (under 12 free)

Almonte Nursery School Mom-2Mom Sale, Oct. 4, 9 AM-1 PM. Almonte Civitan. almontenurseryschool.ca. \$2

Fashion Show, Oct. 4, 2:30 PM. Dessert tea 1:30 or 3:30. \$10 at Pakenham Gen. Store. St. Andrew's Church, Pakenham. 832-2556

Lanark Co. Genealogical Soc., Oct. 4, 1:30 PM. Archives Lanark, Perth. 866-2029,

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Speaking Volumes

You Mean You Get Paid To Work Here?

Everyone that works at the library is a "Librarian" and you really don't need much education to just check out books.

Actually this is not true. The library profession requires a defined skill set. A professional librarian is an individual who has a Master of Library Science or a Master of Library and Information Science. Others have a Library Techniques Diploma from Community College and some have BAs or high school diplomas. While most medium-to-large public libraries employ professional librarians or technicians, many smaller ones do not.

by Bettijane O'Neill, Librarian

It must be a nice job. It's quiet and you get to read or knit all day.

Sometimes, not often, libraries can be quiet, but there is a lot to be done: planning policies, procedures and budgets, answering research questions, helping people pick reading material, managing the materials collections, cataloguing the materials so they can be found, maintaining the website, helping patrons with their computer queries, planning, advertising and carrying out programs, checking out books and re-shelving them.

Libraries are about to become obsolete, now that we have the internet and e-books.

If you believe that everything you need to know can be Googled or found at Wikipedia, then you really do need the library. Librarians can help you navigate the internet and select reliable information. With assistance and a library card you can search, access or download hundreds of quality databases that provide newspapers, reliable research articles and e-books from the library computers or from the comfort of home. CDs, DVDs, audiobooks and e-readers can be borrowed. Having said that, books — the physical kind — still top the items circulated.

School libraries make the public library redundant.

Libraries in schools have been cut back for many years now, and the public library provides many additional resources relied upon by both students and their teachers.

Libraries are also incredibly important to those families and individuals who do not have their own computers, e-readers, cable or satellite TV, high-speed internet, and the discretionary income to purchase these or even to purchase books, magazines and newspapers. A strong and vibrant public library within a community stands as a testimonial to its values; its belief in universal access to literature, knowledge and recreation.

— Bettijane O'Neill is the CEO/Chief Librarian of the Renfrew Public Library

A School Starts in Haiti

September signifies the starting of school for students in Canada. In Haiti, however, children often do not even have a school to attend! Qualified teachers are lacking there, as are the funds to pay for school fees, books and uniforms.

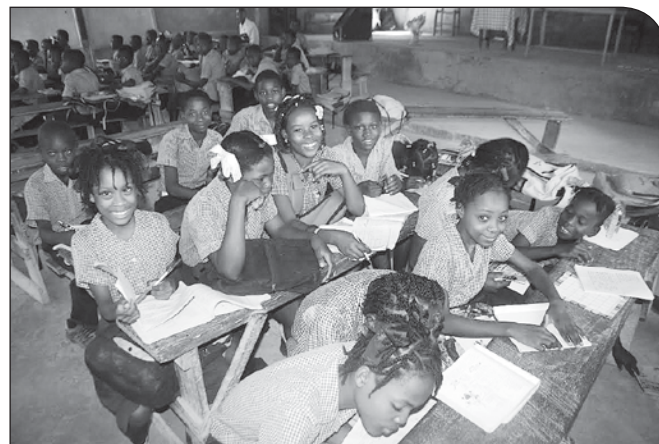
In St. Marc's, Haiti, where **Centre Vie Orphanage** has operated since the earthquake in 2010, thirty-one children are fortunate that their legal guardian/benefactor Dieudonne Batrville, also known as DD (a Haitian Canadian living in Almonte), considers education a high priority and the means to escape poverty and the child slave system known as "restavec".

All the children at Centre Vie attend school. Most are still in primary school, and many are very bright children. It is DD's deep desire for all the children to become high level contributors to Haitian society and to help others. Of course, education requires buying school supplies, books and uniforms, and paying the private school fees yearly.

The Challenges

DD recently returned from nine months of working at the orphanage, as well as setting up a new medical clinic in Gracette. During her time there, she discovered that some of the children's schooling has been inadequate. All children in Haiti, for instance, must pass Grade 6 exams to enter secondary school. A few of Centre Vie's children did not pass their exam or grade level.

As a result, DD has taken a bold step forward in faith and hired four qualified teachers to teach primary classes in the Centre Vie Orphanage as of September 2014. Much of this venture will redirect funds now going to school fees. A huge container of donated supplies (basic pencils, notebooks) and setup items such as blackboards, desks and solar panels have been sent to Centre Vie by donors, with ensuing shipping costs covered as well.



Students at Centre Vie Orphanage in Haiti

However, new costs will be added in the form of the teachers' salaries (\$100 a month for twelve months), as well as the teachers' curriculum books (\$1000).

At press time, one teacher's salary has already been paid in full for a year by a donor. At the same time, a professor and her friends are considering how to share the sponsorship of a second teacher. In fact, the same professor has originated the idea of seeking **Teacher Sponsorships**, which might be of interest to current or retired teachers or principals, or as a gift to honour them.

As well, children who are aware of the situation in Haiti since the earthquake might view raising \$100 (one month of a Centre Vie teacher's salary) as a feasible goal to initiate by themselves, or with their classroom, club or church.

DD is already planning to allow the poor, unschooled children and restavec girls living in the Centre Vie neighbourhood to join the school for free, as soon as is possible. To donate or help fundraise, please contact Dieudonne Batrville at <centrevievim@gmail.com> or 256-6334, or Linda Dryer at <led613mail@gmail.com> or 257-7617.

— Linda Dryer, volunteer

So Many Friends...

Disclaimer: please consult your best friend, who you never see, before heeding any of the following advice. Got a question? Send an email to Miss Write at <misswrite@thehummm.com>.

Dear Miss Write,

I have a couple friends that still insist on buying me gifts for my birthday and Christmas. It was a

Dear Holly,

Two words: Been. There. Here's the thing. You don't need to spend a lot of money to be thoughtful. What about suggesting to friends that you have a festive get together during which you have a gift exchange. Each person buys ONE gift, and you all draw a name or number to see who gets to pick from the pile first. My girlfriends and I do this every year and we all buy a beautiful Christmas ornament for about \$20. Let me tell you friend, a \$20 ornament is a beautiful thing. As for your family, you could do something similar, or get a little more creative with your gifts. Make something, do something really cool with an old photograph, invite them all for a meal and make that your gift. I'm sure you'll find you're not the only one who feels this way. And you might make a great new tradition out of the situation.

Peace on Earth.

Dear Miss Write,

Here's the deal. You are invited to dinner by people you have recently met and you really like them, and you know that you would have a fun evening with

them. What's the problem, you ask? You already have enough people you owe return invitations to. For reasons you don't want to get into, you know you will not be able to reciprocate. Please advise!

— *Too Many Friends, Too Little Time*

Dear TMFTLT,

If having too many friends is your biggest problem, I'd say you're in pretty good shape. My advice? Give yourself a break. If someone new invites you to dinner and a) you want to go, and b) it works with your schedule in that moment, I say go for it! No one else even needs to know. And don't apologize if they do find out! Be kind, be honest, spend time with the people you care about when you're able to, and go ahead and forge new relationships that work. No one's going to be hurt. If they are, maybe that's their problem and not yours. Too harsh?

Dear Miss Write,

My husband and I are expecting our first child next month and, although we've been pretty good at helping lots of kids to

go to school... we don't actually know how to keep one of those kids alive. I know there are lots of books and online courses out there which we are furiously searching through for help, but just thought you might be able to cut to the basics of how to keep a baby healthy and happy.

— *The Clueless Preggo*

Dear Clueless,

Welcome to the club! Nobody knows how to keep a kid alive. And I mean that. Nobody. Not even those authors. You know why? Because every kid is different. They need different things, get into different kinds of trouble, have different likes and dislikes. It's a total crapshoot, this parenting thing. All you can really do to give this bundle of joy a leg up is hide anything smaller than a tennis ball until they're 4, feed them anytime you think they're hungry, and love them. Super simple really.

PS. Best thing I ever figured out is "sleep begets sleep". If you keep them awake in the afternoon thinking they'll go to bed easier in the evening, you're wrong. The more they sleep, the better they sleep. Don't wake them up if they're breathing and you don't have to. Trust me on this.

Dear Miss Write,

I have a cheap no-value print that I want to hang in full sunlight. Should I use: regular glass,

non-glare glass, UV protective glass, or use it for kindling?

Anxiously waiting your reply...

PS. What did I win?
— *Your phriend, Matt Cutter*

Dear Matt,

Sounds like a job for Wallflower Framing here in Almonte. I think they'd tell you that all prints are valuable and you should probably get it double, maybe triple matted. Also, UV glass all the way. Sure, it's pricey, but you can feel really good about sending my kids to college.

PS. You didn't win. Don't worry about it.

— *Emily Arbour is a freelance writer; mother and shop owner who lives and works in Almonte. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking Clementine how to pick a weather-appropriate outfit for Kindergarten. (Sorry. Seeeeenior Kindergarten.) Only difference is she doesn't have a column in this fine publication.*

See More Online!

This month, Miss Write is giving away two tickets to the first PPAC show: **Campbell/Afiara**. Visit <thehummm.com> to get in on the action!

by Emily Arbour

fun thing to do when we were younger, but now that we are in our late twenties, I just find it too much (especially now that I have my boyfriend and his family to buy for, on top of my own family). As well, I feel obligated to buy them gifts in return. I like giving gifts as much as the next person, but I also find it a bit of a financial burden and just not necessary to do at this point in our lives. I don't want to hurt their feelings but just don't know how to approach the topic in a gentle way. Help!

— *Holly*

Merrickville Jazzes It Up!

Merrickville's Jazz Fest (MJF), taking place on the weekend following Thanksgiving, will offer a wide variety of jazz performances taking place at locations throughout the beautiful downtown core. While there will be occasional presentations of other genres of music, MJF can proudly say that it offers almost 100% jazz content. The complete programme is available online at <merrickvillesjazzfest.com>.

The festival swings into action on Thursday, October 16, with the Grand Opening. This event takes place in the Baldachin Inn Restaurant and features musical entertainment by Merrickville's own Swing Bridge. There will be a draw for some wonderful prizes donated by local merchants, festival performers and other MJF supporters. All are welcome to attend, with a \$15 ticket for any concert or a Day or Festival Pass (in advance or at the door).

Friday offers an interesting mix of groups from the Ottawa-Gatineau region that showcase a variety of jazz styles, from the original and somewhat avant-garde, to classic vocals. The night winds up with an all-out New Orleans style soul, roots, shout, folk, jazz and gospel gumbo guaranteed to lift listeners off their seats! The lineup includes Tom McMahon Trio, The Lee Anne Frederickson Quartet, Doug Martin Duo and The Sun Crescent Barbecue Stompers.

Saturday features a number of Ottawa artists, including The Peter Liu Trio, Neil Sealy Quartet and a double bill at The Merrickville Legion of East Side Jazz Quartet and Quarteto Latino. The festival is also pleased to welcome the Adam Dadrich Trio from Montreal and the Denielle Bassels Quintet from Toronto. Always surprising and inventive, Adam's trio will sweep you away with their treatments of standards and Adam's gorgeous original compositions. Denielle Bassels is a rising

star on the Toronto scene. Recent winner of the Grand Prize in the John Lennon Songwriting Contest, Denielle has the classic jazz sound and feel, mixed with a unique soulfulness that catches the listener's attention right from the start and keeps them wanting more. The night concludes with a lively send-off featuring Latin jazz and the exciting performances of vocalist Caridad Cruz and pianist Miguel De Armas.

The festival's final day gets underway with artist-in-residence Brian Browne's master class. A Merrickville favourite, Brian returns that afternoon for a concert with Peter Woods and a guest appearance in the evening at the closing event. Also featured on Sunday are Ottawa-area performers Peter Brown Quartet, Nicole Ratté & Tim Bedner, and Norman Marshall Villeneuve's Jazz Message.

The closing event begins at 7:30PM in The Baldachin Ballroom. Kicking off the evening is local singer-songwriter Grace Hrabí (a recent arrival from Winnipeg), followed by the concert A Tribute to Blossom Dearie. The Blossom tribute debuted to a sold-out house at the Fourth Stage of the National Arts Centre in the spring of 2010. The original cast and creative team includes popular Ottawa vocalists Caroline Gibson, Marcie Campbell and Karen Oxorn, accompanied by the swinging trio of Martin Newman on bass, Don Johnson on drums and Music Director Mark Ferguson on piano and trombone. Brian Browne returns for a special Blossom duet with Caroline Gibson.

Tickets and passes are now on sale, and information about Brian Browne's master class, artists, venues and schedules is also available at <merrickvillesjazzfest.com>. Those who purchase a festival pass by October 10 will be eligible for a draw to win a second pass free of charge. Come jazz it up in Merrickville, from October 16 to 19!



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Farewell to Good Friends, Hello to New Ones!

Back in the fall of 1998, when theHumm was but a glimmer in the eyes of a few (crazy) folks from Almonte, I optimistically (and crazily) took on the job of selling ads in the not-yet-extant publication-to-be. After a few weeks of beating the bushes, one of our original editors, Jill McCubbin, told me that the good folks at Valley Design Co. in Carleton Place were interested in hearing more about this paper that was going to cover the arts. I happily drove over to meet Paul and Donna Sorfleet for the first time, and they agreed to pre-pay for three months of quarter page ads to run on the back cover of the paper that we didn't even have a proper mock-up for. Along with ads from Bread & Butter Bakery (now Baker Bob's), The Miller's Tale (now Mill Street Books), and the Good Food Company (still the GFC!), that investment covered the printing of the inaugural edition of theHumm. Since then, Valley Design Co. has advertised

in every single issue, and Paul and Donna have been the most supportive advertisers we could ever have hoped for.

But time marches on, and recently Donna and Paul decided that it was time for a change. They put their marvellous business up for sale, and we must now bid them farewell.

New Faces, Same Great Service!

When we went over to take the photo above, Donna greeted me with a big smile on her face. At first I thought it might be a "free at last!" thing, but in fact it was a "we're thrilled because we found them!" smile. Selling one's business is no small thing, and the Sorfleets' first concern was for their customers. They are delighted to have found new owners Sonia and John Albrecht, because they have the same appreciation for service that has made Valley Design the best place in the Valley for paint and design expertise.

In fact, it was at Valley Design that John says he and Sonia had their "aha!" moment, and discovered the difference that real service means to the client. It ended up being that very commitment to service that inspired the Albrechts to purchase the business. As John noted, "they spent a lot of time with us as clients, and this was consistent over a number of visits. Valley Design is not just about selling a product — it's more of an experience."

Paul and Donna are going to be in the picture for a while helping John and Sonia to make the transition, and after that Donna will continue offering her design expertise (you can find her at her new "Donna Sorfleet Interiors" website, adsinteriors.ca). In the meantime, John and Sonia are very excited about the new chapter of their life, and are looking forward to offering the same quality of small-town service that Valley Design Co. customers so appreciate.

— Kris Riendeau

Too Much Fun In the Summer Sun? Repair the Damage Just in Time for Fall!

Facial Rejuvenation Acupuncture

This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects. A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

Call by October 31 for your free consultation.

Reduce Double Chin • Eliminate Puffy Eyes
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Welcome to the Pub Crawl!

Balladeers, troubadours, weekend warriors — whatever you call them, local musicians who play regular weekly or monthly gigs throughout the Ottawa Valley are a significant part of the local entertainment scene. Up until this month, theHumm has attempted to support these musical journeymen and women by listing their performances in our monthly calendar and, when a special occasion occurred, perhaps writing up a short profile. It recently occurred to us that we could be doing more.

by Rob Riendeau

This month we are introducing a new column: *Pub Crawling*. Every month, we'll highlight some of the blues jammers, open mic'ers, jazz brunchers, and Thursday night giggers who liven up local watering holes. Hopefully, you will find the encouragement you've been looking for to check out some great local talent.

An Old Soul at the Old Mill

Open Mic with Kelly Sloan, every Sunday from 2-5PM at the Old Mill at Ashton.

It takes a special kind of person to successfully host an open mic. That is because an open mic is a special kind of event — part performance, part workshop, part social club — a good host keeps all of those balls in the air. There is a real community feel to it as regulars welcome newcomers both on stage and in the audience. The host keeps everything rolling along and checks in with everyone sporting a music case of some kind. Kelly Sloan certainly seems to have what it takes, judging by my visit to the Old Mill at Ashton on a lovely Sunday in early September.

The Old Mill at Ashton, aka the Ashton Pub, is a cozy, English-style, family pub that immediately makes you feel welcome. The staff was friendly and attentive despite the fact that the place was quite full. (As a general rule, you should probably make a reservation at the pub if you are planning to go there. In my experience it is usually operating near capacity.) The pub is also the home of the Ashton Brewing Company, so besides the great food, there is a selection of excellent in-house brewed beers to tempt you. I must admit that I did indulge in an ABC Hopstravaganza IPA or two.

Starting at 2PM, Kelly warmed up the audience with her blend of folk, country and soul. If you have never heard Kelly Sloan before, you really owe it to yourself to check out this talented, classically trained young veteran of the booming Halifax music scene. Her repertoire at this show included well-crafted originals and classic Irish pub tunes. Between songs, her on-stage banter kept the vibe light and fun.

After her set, Kelly went to work canvassing the room for performers. In fairly quick order, there was a new musician up on stage and two more on deck. Each performer played about three songs and then another musician was up. There is no need for participants to sign up beforehand at this open mic, so Kelly kept circulating the room, talking to musicians and figuring out who was up next.

The end result was that the music kept flowing and the energy kept lifting. It was the kind of gig where everyone, audience and performers, feel engaged. This is a perfect event to attend if you are a musician who has recently moved to the area — you will definitely meet some kindred spirits. I highly recommend that you add this open mic to your Sunday plans some time this fall. For more details, visit <kellysloan.ca> or <ashtonbrewpub.ca>.



The eminently talented Kelly Sloan hosts an open-mic session at The Ashton Pub on Sunday afternoons

One Pint Review

Once a month, I'll drop in on a live gig, order a pint, and give a quick impression. This month, I stopped in at **The Golden Arrow Pub** in Perth and enjoyed an ale while listening to **The Brockolees**.

What a charismatic band! I understand that there are sometimes up to five performers in the group, but on this night there were three and they were rocking. The songs were tight, although some of the harmonies were a bit wobbly. The feeling overall was that the band and the very appreciative crowd were having a really fun time together. Even though I was there during the first set, there was quite a bit of dancing to the high-energy numbers like *Cover of the Rolling Stone* and *Margaritaville*. The song selection was surprisingly eclectic. Classic rock tunes by the Eagles and Neil Diamond were followed by unexpected choices like *King of the Road* or Men at Work's hit *Down Under*.

Find out what the Brockolees are up to by following them on Facebook, and check out The Golden Arrow's line-up at <goldenarrowpub.com>.



Ottawa Valley Weavers' and Spinners' Guild
Exhibition and Sale

Oct. 31, Nov. 1, 2
Fri. 4-8, Sat. 10-5, Sun. 10-4
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Matinée Sunday Nov. 9 at 2PM
Friday Nov. 14 at 7:30PM
Saturday Nov. 15 at 7:30PM

Performances take place at
the Christian Education Centre, 257 John Street North, Arnprior
For information contact 613-623-5585 or priorplayers@gmail.com

Tickets can be purchased at:
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Peebles Lottery Centre • Arnprior Mall • 613-623-4367

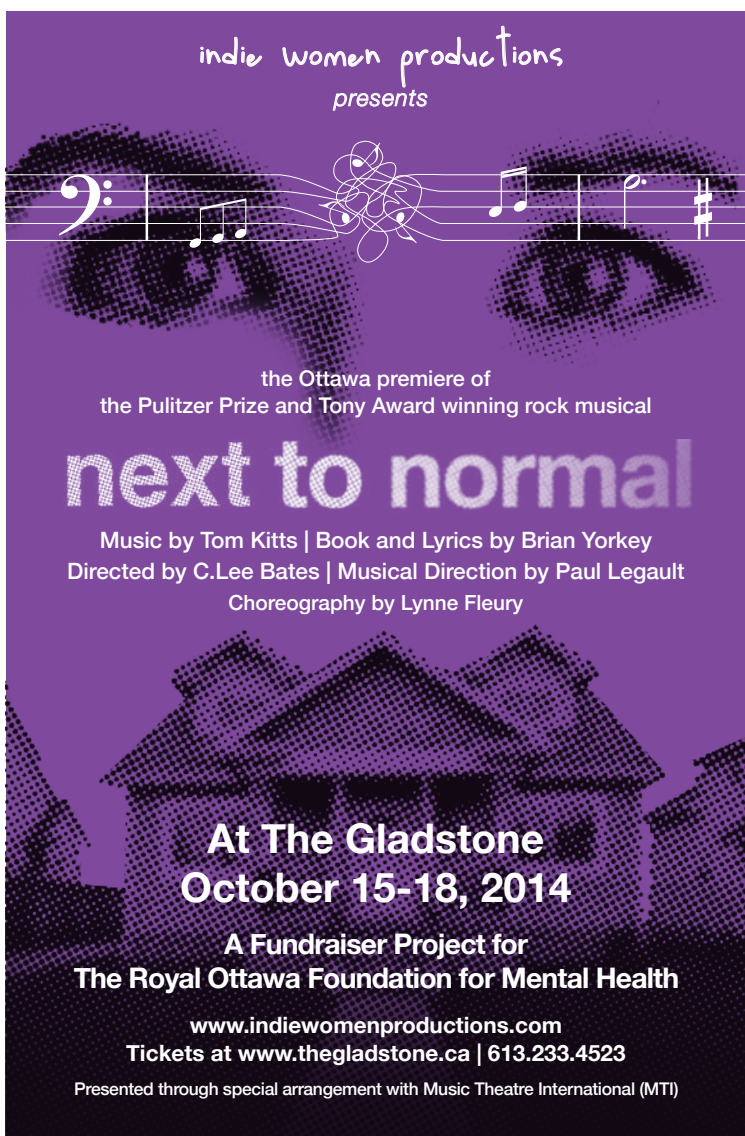


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Happy Fall!!! Sarah
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Weavers' and Spinners' Guild Show

The Ottawa Valley has a long history of spinning and weaving. Settled largely in the 1820s by Highland Scots and later by Irish immigrants who brought both their skills and their equipment with them, cloth manufacture has always been important to the livelihood and development of the area. Although the Scottish weavers could not bring their looms with them, many of the early settlers brought the smaller important tools of their trade. It was easy enough to construct the big barn looms that graced so many local farms, but many weavers brought their reeds, braking mechanisms and other metal parts with them.

After sheep farming was established in the area, itinerant weavers often travelled from farm to farm in the spring to weave the yarns spun by the women over the winter. The weavers were usually men from the Highlands and Isles of Scotland who brought their skills and patterns with them. Eventually, as water power developed and mills were established by waterways, weaving became a commercial enterprise in many Valley towns. We can see many of the beautiful old stone mill buildings still standing, with new life as shops, restaurants and apartments, in Valley towns like Almonte and Carleton Place.

The traditions of weaving are still alive in the Valley and, although the commercial mills are closed, another generation of handweavers is carrying on the

skills and producing unique fabrics. The looms of today still work on the same basic principles as those of the past, but some have crept into the 21st century with the addition of computer-generated patterns and programs to run multi-harness looms.

At Studio Three Fibre Arts in Dunrobin, three like-minded weavers — Roberta Murrant, Anne Rombeck and Jean Dunn

upon traditional and historic weaving patterns for multi-harness looms. Jean Down has developed a special interest in historical weaves and the historical development of weaving in Eastern Ontario. Her current projects focus on using traditional coverlet overshot designs in a modern context. For Anne, weaving is about a combination of precision, colour and texture. It combines a strong historical awareness with new techniques. By integrating old and new skills, all three hope to show that handweaving has a bright future as well as a long history.

Earlier this year, Jean and Roberta took part in an exhibition at the Mississippi Valley Textile Museum, itself one of the old stone mills that abound in Almonte. Their traditional skills and artistic imagination were stretched by the demands to produce collaborative works as well as their own pieces.

Studio Three, along with other weavers, spinners, fibre artists and suppliers, will be exhibiting and selling their work at the Ottawa Valley Weavers' and Spinners' Guild Exhibition and Sale, October 31 to November 2 at the Glebe Community Centre (175 Third Avenue). The exhibition demonstrates how these traditional arts can move into the 21st century with both useful and decorative products. For details visit <OVWSG.com>, call 728-0941 or email <guildsale@hotmail.com>. There will be free parking at Corpus Christi School and free admission.



Plaid shawl by Lanark weaver
Heather Sherratt

— began working together to preserve and further the arts of weaving, spinning and dyeing. Their textiles range from computer designed, woven on multi-harness looms to reproductions of historical patterns woven on four harnesses. Roberta specializes in complex weaves and dyed warps, using her computer software to build



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Flavourful Carp!

Remember when you went to the farmers' market that time and, bags full of healthy food and belly full of fresh-made snack full of fresh-made snack...

One of my favourite things about Alice's is that they make it easy on us gluten-free folk. Simply select one of the delicious menu choices and ask "Can I have that with gluten-free bread please?" and yes you can!

I stuck to my usual breakfast order — bacon and two eggs, over — but my friend, ever the tasteful adventurer, went for the Lemon Loaf French Toast and gave it two happy thumbs up (as her mouth was too full to tell me what she thought). She recommends getting a side of bacon or sausage with it though, to balance the sweet with some savoury. And because... bacon. I also recommend their Gourmet Grilled Cheese (with bacon jam!). They open at 6AM Mon-Fri, 7AM on the weekend, and close 6PM Sun-Wed, 10PM Thurs-Sat. Plan your lollygagging for Thursday night at 7:30PM to be there for their Open Mic night.

The other good reason to start early at Alice's on a Saturday is so you have time to work up an appetite for lunch at the Carp Farmers' Market (8AM to 1PM, Saturdays throughout October). Bacon on a Bun always has a long line-up, which is a good recommendation; I tend to visit Mali's Egg Rolls for some Pad Thai, and my Humm cohorts are quite partial to her egg rolls (to go). But before you stop to eat (again), take a walk through the indoor market (maybe you need pottery, fudge, Pakenham-made granola, or British meat pies). It had been a while since my last visit and I was very happy to see that Pat's Sweet Temptations now makes a gluten-free version of her delicious gingerbread. And that's just a few of the indoor vendors. Outside it's a whole other world — a colourful world filled with all sorts of fresh produce and



more. You will get extra fit as you walk from one produce stand to the other, trying to decide which apples look best, and where that weird-looking gourd you wanted was, slowly tiring under the weight of your ever-filling bags. Maybe it's time to set down those bags and rest a while... perhaps with a gelato?

Before you go, check out <carpfarmersmarket.ca>. Click on Harvests to see a handy chart that tells you what produce is in season. Fall produce includes apples, squash, beets, tomatoes, Brussels sprouts (if you are into that kind of thing...), corn, greens, onions and more. They also have some yummy-looking recipes there, from refreshing Blueberry Lemonade to hearty Tomato & Green Onion Frittata, not to mention a very drool-worthy Honey-Caramel Apple Bundt Cake.

That was all the lollygagging I managed to do this month! But to help you to slow down and enjoy the fall and all it brings, I am posting some further farmers' market suggestions online. At the very least you should visit the one nearest to you. Talk about eating local food! Find information on the Perth, Almonte, Carleton Place, McDonalds Corners, Smiths Falls and Renfrew Farmers' Markets — including some special events on October 4 and 11 — at <thehummm.com>.

by Rona Fraser

I had that experience one Saturday last month, when I finally made a point of taking a daytrip to Carp. Ok, it was a morning-trip. Do you know the best way to get an early start on the day? Plan to meet a friend (commitment) and dangle a carrot on a stick (or a bacon on a bun). We met up at Alice's Village Café <alicesvillagecafe.com> on Carp Road, conveniently located across from the farmers' market. A cozy-looking red brick building, Alice's dark wood tables, walls hung with art, funky lighting and delicious aromas draw you in and make you feel right at home. Well, if your home was spacious and beautiful and you were married to a chef.



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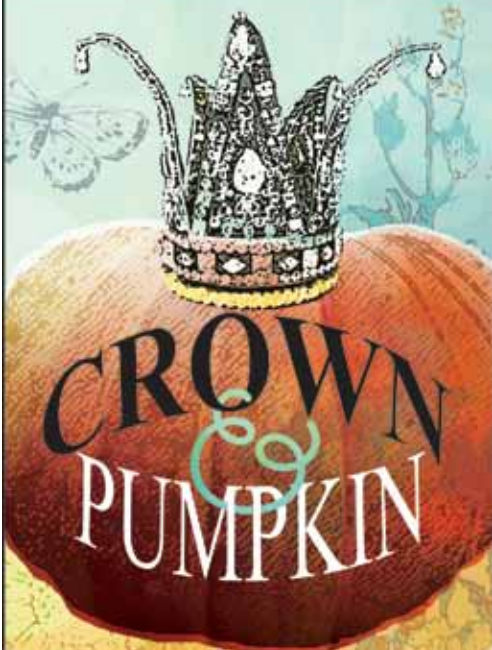
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