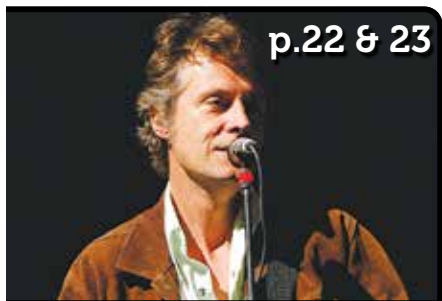


OCTOBER 2019

# the Hummm

free

Arts,  
Entertainment  
& Ideas



p.22 & 23

October's Events



p.18

Perth Autumn Studio Tour



p.21

Future of the Mill of Kintail

**What happens in Pakenham stays in Pakenham.**

p.156



The Art of Jean Morrow p.3



Patrick Kelly  
SALES REPRESENTATIVE

## Fall Colours

When the fall colours are at their most beautiful, artist studio tours will lure you out to the Ottawa Valley to admire gorgeous works of art as well. And when you realize that the Valley is irresistible, let me help you find the perfect home in the country!

**Pat's Picks for October:** Perth Autumn Studio Tour • perthstudiotour.com  
Crown and Pumpkin Studio Tour • crownandpumpkin.com  
Red Trillium Studio Tour • redtrilliumst.com  
Itty Bitty Art & Craft Show • artscarletonplace.com

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“That was the ever-popular ‘Thud! Thud! Honk!’ ... which, as you may know, inspired this next little number – ‘Honk! Honk! Thud!’”

Readers Write

### A Message from Stephen Kotze

We’re almost into the third week of the campaign as of press time; I’m getting out every day, knocking on doors and talking with people all across this huge riding.

What is most disturbing to me about the election to date is that most of the parties seem to be doing business as usual — attacking one another and doling out “goodies,” empty promises of various sorts that are supposed to entice a presumably gullible electorate into voting for the “offering” party.

Unfortunately, it takes a bold 16-year-old from Sweden, Greta Thunberg, to remind us that our house is on fire, that we have no time for complacency. We have an ever-shortening time in which to avert climate catastrophe. This isn’t hyperbole. The climate crisis is the overarching issue of this election. So where is our leadership in the face of this? Where is the political vision to guide us into the future?

I believe that the Green Party is the only party that is taking the issue of climate change seriously, that is willing to go beyond the rhetoric and take action on the initiatives that are needed to meet our targets under the Paris Agreement. We are the only party that is looking beyond election day (October 21), that has a vision for a sustainable future and a roadmap on how to get there.

And there are many practical problems that we will have to solve to let us follow that roadmap. But I think they can generally be grouped into four inter-connected areas:

- 1) Transforming to a green and sustainable economy — ensuring that people have jobs, that we can remain competitive in a rapidly changing world, and that our taxation systems are fair and equitable. If we do that, we as a society will have the resources to reverse climate change, support our social programs and re-invent our housing and transportation systems.
- 2) Protecting and enhancing our social programs — ensuring that all of them, from health care and education to pensions and old age security, are safeguarded and strengthened.
- 3) Coming to terms with our colonial past — redressing the wrongs of that past and working in true partnership with the Indigenous People of this country to dismantle the Indian Act and fully implement the United Nations Declaration on the Rights of Indigenous Peoples.
- 4) Working for changes to our system of governance by replacing our first-past-the-post voting system and encouraging cross-party collaboration on matters of national importance and security.

There’s a lot to be done, and I’m ready to get to work!

— Stephen Kotze is the Federal Green Party candidate for Lanark-Frontenac-Kingston



Look who is reading The Humm on the steps of the Harvard University Library in Cambridge: **Diane Thibault** and **Marie Traversy** from Almonte.

Thanks for sending in the lovely photo!

Who’s Reading the Humm



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

**Submissions**

By email or on disk.

**Content Deadline:**

20<sup>th</sup> of the month prior to publication

**Advertising Deadline:**

22<sup>nd</sup> of the month prior to publication

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**Thumm’s up this month to:**

Al Potvin, Shirley Fulton-Deugo-Potvin and Milo Richards for sharing their wonderful sunflowers with the community — for free! And thanks in advance to everyone who votes on October 21 — go citizens!!

### Great Veggie Grow-Off: Follow-Up

Further to his article in the September issue of theHummm (The Great Veggie Grow-Off: Let’s Keep a Great Idea Growing), Shaun McLaughlin writes: “The final weigh-in for the Great Veggie Grow-off will take place on Saturday, October 12 at 10AM at the friendship oven by the Almonte library. Growers from all participating areas can still drop off produce until that time, and if you drop it off just before 10AM you can even chat with Ed Lawrence!”

# VOTE 2019

## Meet Your Candidates!

Everyone is invited to an All Candidates Meeting on October 2 from 7–9PM at the Beckwith Township Office (located at 1654 9<sup>th</sup> Line in Carleton Place). It is presented by Carleton Place Chamber of Commerce, and for more information you can call them at 257-1976.

## VOTING DAY is OCTOBER 21

Millians  
are  
shocked  
by the  
loss.

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# Jean Morrow — theHumm Came Out to Morrow

It was time to check out the artistic chops of another member of the amazing Almonte art scene. A relative newcomer to the community, Jean Morrow has opened her solo art gallery as part of her stunning Thoburn Mill condo overlooking the Mississippi River. Her art also brightens the walls and nicely complements Deborah Arnold's supremely appropriate stone sculptures in the main

by Sally Hansen

corridor of this remarkable building. After several iterations of renovation since the historical landmark closed as a woollen mill in 1956, the Thoburn Mill condos are now home to more than twenty owners and shops.

Morrow's exuberant acrylic paintings throb with joy — pleasure at being alive and doing what she loves best. Her abstracts have titles like *Colour Me Energy* and *Inner Self*. They radiate the sheer pleasure she experiences as a full-time artist — finally! On her website, her Artist Statement explains: "Painting is my passion in life. I have always needed to be creating in order to express myself, and found early on that painting fills this need. I live for that moment when the painting takes on a life of its own and flows through me onto the canvas. Often hours pass by unnoticed. When it's working right it becomes like meditation. It is so satisfying to me to make something beautiful that didn't exist before."

Colour is her friend. In her abstracts she plays with it, experiments with it, uses it with gusto and spontaneity, but is always acutely conscious of the consequences. Many of her works are light and full of movement, achieved partially through her generous use of white space. To me, a few of her works suggest hints of Jackson Pollock's, but hers are much more accessible, smaller, affordable, and — you guessed it — happier. This is no tortured artist expressing existential angst;

on the contrary, this is an artist who uses her art to celebrate how wonderful life is.

Her online gallery at <morrowgallery.com> is divided into five collections: Water, Trees, Abstract, Human Form, and Sun Rise/Sun Set. Morrow takes a very modern approach in her Human Form collection, playing with unfamiliar colours on familiar subjects. Several works are on display at 8008 Lingerie, a new addition to the shops in Almonte's antidote to shopping malls — the Heritage Court. Morrow's collection — modern, sexy, and "bejazzled" — is a major departure from her previous works.

A confirmed autodidact, Jean embraces the freedom and excitement that she derives from tapping into the vast resources available through the internet as her primary method of discovering and mastering new artistic media and techniques.

Like many artists she remembers always loving to draw. About thirty years ago a good friend gave her a set of paints and asked her to make him a painting of his hero — Bobby Orr. She never looked back. She absolutely loved creating art, starting in oils and painting landscapes, always learning. When she discovered acrylics her reaction was: "That's it for me!" and it remains so.

So much so that she recently created a line of jewellery using the same acrylic paint techniques she use on her canvases. Jean strongly believes that original art should be affordable and accessible. Her jewellery fits the bill — wearable, unique art. Another impetus for developing her line of jewellery was that the couple spends much of each year in London, England, and on Saint Simons Island, one of the Barrier Islands off the coast of Georgia. She was looking for an artistic outlet that did not require a studio. Again self-taught, she figured out how to create miniature fragments of her favourite paintings. She sells her pieces at her gallery and also on Etsy.

## Happiness Came To Morrow

No. That is not an anachronism. Happiness came to Morrow when Morrow came to Almonte. Ten years



ago, she and her husband George Shafer took early retirement together from long, successful and satisfying careers at Telesat, relinquished their condo in downtown Ottawa, and moved to Almonte. Longtime Almontonians love it when new residents react like Jean: "I'm the happiest I've ever been in my life!" Having a gorgeous condo with an attached studio that gives her more space "to work with messier media" is a major part of that happiness. The couple wisely enlisted the services of Peter Mansfield to guide their conversion of a former wood-working shop into a strikingly modern condo. (Mansfield was the primary architect for the multi-use redevelopment of the landmark former factory, one of five Almonte buildings that just won a national heritage award — see page 25 for more details.)

## Smiles Are Powerful

Morrow has been an autodidact throughout her life. She grew up in the southeast Ottawa suburb of Gloucester and entered the Public Service from high school. Being a quick learner, she became a legislative assistant, and then applied for an entry-level job at Telesat. In her words, "It was a great company to work for — if you worked hard." She fortuitously met her husband there, whom she credits with helping her overcome painful shyness as a self-described introvert. That characterization was so at odds with the demeanor of the person I was interviewing that I called her on it. She convinced me it is true, but she has worked hard at forcing herself to overcome it. Her trademark is her smile — take a look at her Trading Card. She claims that meeting her husband, and then "meeting a bunch of intelligent people and wanting to be more like them" motivated her to learn how to — and even enjoy being — more social. Science confirms that smiling can improve your self-confidence. It looks like it's working for Jean.

Since her arrival in town, Morrow has participated in a number of arts events in Almonte and Carleton Place. Her works are on display at the Thoburn Mill, at Stairway Gallery at 65 Mill Street, and at 8008 Lingerie. On Thanksgiving weekend she is participating again in the annual juried **Crown and Pumpkin Studio Tour** at her Morrow Gallery at Unit 110 in the Thoburn Mill at 83 Little Bridge Street. In addition to a collection of lively, colourful and uplifting acrylic paintings, complemented by unique and affordable jewellery, you are guaranteed a warm welcome and an irresistible smile!

**Rama lama pakahama ding-dong.**



Susan Tooke, "Dancing Brook"



Jane Irwin, "Lagoon"



Gillian Willans, "Ascension"

JANE IRWIN

SUSAN TOOKE

GILLIAN WILLANS



34 Mill St, Almonte ON  
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**CANADIANA II**  
OCT 11 - NOV 17, 2019

We are delighted to bring together three artists from Nova Scotia, Ontario, and Alberta!

Vernissage/Meet the Artists  
Sat Oct 19, 3pm-6pm



WHO Jean Morrow

THE HUMM

WHAT Acrylics Artist, Affordable Acrylics Jewellery

WHERE Morrow Gallery, 110 Thoburn Mill, 83 Little Bridge St, Almonte, <MorrowGallery.com>, 562-9167, <jean@morrowgallery.com>, <etsy.com/shop/morrowgalleryjewelry>; Stairway Gallery, 65 Mill Street, Almonte; 8008 Lingerie, Heritage Court, Almonte

WHEN Oct. 12-14, Crown & Pumpkin Tour, 10AM to 5PM, <crownandpumpkin.com>, Stop 12

WHY "I live for that moment when the painting takes on a life of its own and flows through me onto the canvas."

ARTIST TRADING CARD

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2nd Annual  
Christmas Artisan  
Market

Smiths Falls District Collegiate Institute  
299 Percy St., Smiths Falls  
SATURDAY, NOVEMBER 9, 2019  
10 am - 3 pm

Contact SmithsFallsArts@gmail.com for more info

FEATURING LOCAL ARTISANS AND STUDENTS

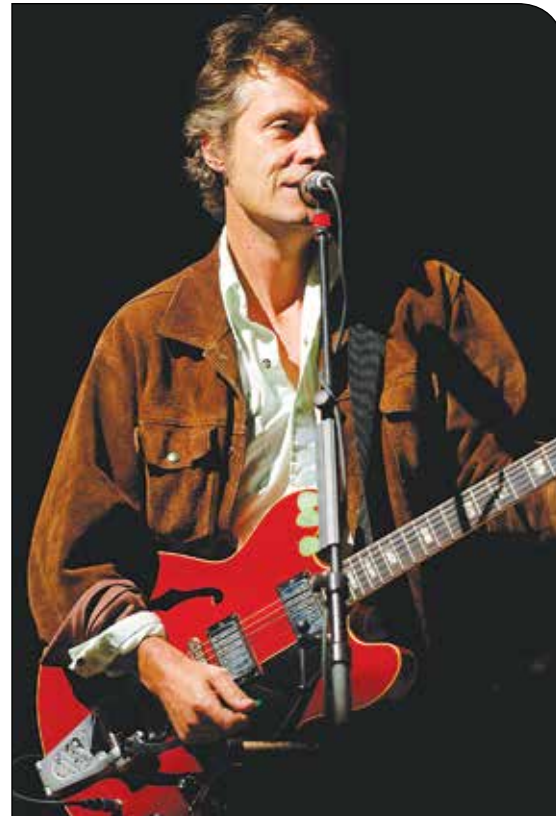
# Jim Cuddy, Tracey Brown & Randall Prescott to Headline AGH Benefit

Jim Cuddy, one of Canada's most beloved singer-songwriters as both a solo artist and as part of Blue Rodeo, will headline an intimate evening of music at the Almonte Old Town Hall on Sunday, October 20 to benefit the Almonte General Hospital Fairview Manor Foundation. Presented by KE Electrical Ltd., the evening will feature the Jim Cuddy Family Band, including Jim's sons Devin Cuddy and Sam Polley, as well as the Prescott Brown Family Band, including Tracey Brown, Randall Prescott and their daughter Kelly Prescott. Tickets are \$125 (only 200 are available) at Mill Street Books, the Almonte General Hospital Volunteer Gift Shop, or online at <almontehospitalfoundation.com/jimcuddy>.

Tracey Brown and Randall Prescott are the driving forces behind the show. "We felt like we hadn't done anything for the Hospital in a while," says Prescott, "so Tracey and I approached our friend Jim and he was all-in right from the beginning. We live here so supporting quality health care close to home is really important to our family. Jim's from a small town too so he totally gets it."

Funds raised will support the Hospital's current drive to bring a CT scanner to Almonte to benefit its patients and community members whose doctors feel that a CT scan is required to ensure a more informed diagnosis.

Doors open at 6:30PM, and the concert will begin at 7PM.



Jim Cuddy (above) joins Randall Prescott and Tracey Brown for a very special fundraiser at the Almonte Old Town Hall on Sunday, October 20

## Come for the Harvest!

Harvest season is here, and the vendors of the Almonte Farmers' Market are gearing up for their 6th annual Harvest Market! It will be held on Saturday, November 9 from 9AM until 2PM, upstairs in the Almonte Community Centre (aka the arena).

Quick,  
let's get to  
my parents'  
basement.

Along with the regular vendors, they have invited a number of guest vendors to participate! You will find plenty of produce, house plants, pickles, ferments, a wide selection of meats (including grass-fed beef and organically raised lamb and pork), fresh bread and desserts, herbal remedies, plus an array of gift ideas. Bring your knives or axes to be sharpened while you enjoy a hot breakfast or lunch. There will be some delicious choices!

So if you find yourself panicking that the market season is coming to a close, don't forget to note the date of the Harvest Market: Saturday, November 9. While you're at it, mark down the Christmas Market, too, which will be on Saturday, December 7, same time, same place. See you there!



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# Lighting the Way

## 9 Short Plays that Stubbornly Celebrate a Sustainable Future

The science is clear. All our major political parties have acknowledged it: we are in the midst of a Climate Crisis. But after people have cast their votes, what are you and I going to do about it? How can we act in a meaningful way to ensure a different future than the one that is being projected? How can we champion those who are working for change on a global level, a national level, and in our own backyards?

On October 17 and 18, a group of thirty people from our community aged 10–62 invite you to join them in an exploration of these questions at *Lighting the Way — 9 short plays that stubbornly celebrate a sustainable future*. The event is co-produced by Mi Casa Theatre and Climate Change Theatre Action.

Climate Change Theatre Action is an international organization seeking to spark dialogue through theatre events paired with climate education opportunities. They commissioned fifty plays from countries all over the world, and have made them available to communities willing to pair the work with Climate Action initiatives. In Almonte we have undertaken to perform five of those plays. The other four are new works by local creators, many built collectively by teams who only met each other six weeks before the performance dates.

“A tight timeline demands innovation, trust, collaboration and risk,” says event organizer Emily Pearlman. “If we can’t be brave to do that artistically, how can we demand that our political leaders do the same?”

The shows are five- to ten-minute pieces that create an evening diverse in style and content. The comedy *Absolutely Nothing of Any Meaning*, directed by Humm editor Kris Riendeau, sees a couple un-repentantly ordering things they don’t need from Amazon while up to their knees in floodwater. ADHS students, under the guidance of Jenny Sheffield, introduce us to *Ash and Lin* — young people trying out an odiferous form of activism. *2 Voices*, performed with professional local actor David Frisch, is a poetic plea for divestment from oil companies. Almonte Theatre Camp Co-director Lindsey Lambden leans heavy on satire as a familiar orange-haired leader finds himself captaining the Titanic. A collaborative team helmed by Nicki Gallo includes mother/daughter performers and explores young people’s wishes for the future.

The plays constitute one part of the evening. After the audience has been sufficiently riled up and inspired by the art, they will be able to meet with organizers from initiatives that are part of the puzzle of climate action in our community. Over free delicious snacks provided by Strawberry Blonde Bakery, the audience is invited to mingle and



Photo by Julie Eaves

Come on out and get activated by nine short plays (and an opportunity to connect with local climate action initiatives)! Above, Nicki Gallo (centre) works with Marjorie Mennie-Piper and Kathryn Dever on one of the plays that will be presented by actors aged 10 to 62 at the Mississippi Valley Textile Museum on October 17 and 18

learn about how they too can join in and act, or find like-minded collaborators to start their own initiatives, TODAY.

*Lighting the Way — 9 short plays that stubbornly celebrate a sustainable future* takes place at the Mississippi Valley Textile Museum on Thursday, October 17 and Friday, October 18 at 7:30PM. Tickets are \$10, \$15 or \$20 (your choice), and are available from Eventbrite or at Mill Street Books in Almonte. All funds raised will support local tree-planting initiatives.

For more information, please visit [micasatheatre.ca](http://micasatheatre.ca). This project was made possible, in part, by SPARC (Supporting Performing Arts in Rural and Remote Communities) through their Collaborative Community Initiatives fund.

— Emily Pearlman

**There's a pug wearing sunglasses.**



2019 WORLD TOUR  
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**Spirit SEEDS**  
A Celebration of Indigenous Beadwork

**October 26 to December 14, 2019**

**Naomi Smith, Guest Curator/ Artist**

Spirit Seeds is a rich exploration of Indigenous beadwork from the Great Lakes Region. This exhibit visually explores post contact trade-era beads, historical beadwork into present day examples of the artform.

Vernissage & Curatorial Talk: Saturday November 9, 2 pm to 4 pm  
Workshop: Sunday November 10, 10 am to 4 pm

**Mississippi Valley Textile Museum**  
3 Rosamond Street E, Almonte ON K0A 1A0

**Almonte in Concert**  
5 Soundsational Concerts for our **40th** Season

The Almonte Old Town Hall will be alive with outstanding performances for the 2019/2020 season of Almonte in Concert. This is a unique opportunity to hear some of Canada's distinguished artists and ensembles presenting inspired repertoire in an intimate, acoustically stellar concert hall.

**Concert 1 | The Missing Pages**  
A Chamber Musical by Tom Allen

- Tom Allen | Anton Schindler
- Richard Waugh | Ludwig van Beethoven
- Patricia O'Callaghan | Susannah Sozzo
- Bryce Kulak | Theodore Molt
- Lori Gemmell | harp

**October 26 | Saturday | 7:30pm**

Tickets	Adult	Student
<b>Last Chance for</b> Full Series of 5 Concerts	\$140	\$63
Mini Series of 3 Concerts	\$96	\$38
Single Concert	\$35	\$15

Full details | Purchase tickets at [almonteinconcert.com](http://almonteinconcert.com)



41<sup>st</sup> Tour  
October 2019

# Red Trillium Studio Tour

Saturday & Sunday  
October 26-27  
10AM-5PM

Visit some of  
West Carleton's best artists  
and craftspeople  
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## Joanne Beaton



Let me Tell Your Home's Story

### 2419 Tatlock Road: A Family Farm

For more than 40 years this property has been loved by one family, and now it's time to share. With 91 acres of beautiful mixed bush and managed forest, open fields and a small pond, the opportunities for this property are endless.

The original 1870 log house has been completely refinished — inside and out — with log walls now featured as interior walls. A wrap-around verandah and a sunroom overlooking rolling fields provide an ever-changing view of the gorgeous sunsets, while the large eat-in kitchen with its Heartland wood cookstove keeps you cozy indoors. The private back deck with salt-water hot tub is a great place to unwind at the end of the day. The barn and fields were once home to cattle, and the bush was a haven for kids to play in, with some trees for tapping as well. A once-in-a-lifetime opportunity to own this lovely piece of Lanark County!

### Features:

- 3 bedroom/2 full bath
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Don's rare roast beast.

# Pumpkinfest Returns!

Since Pumpkinfest 2018 was a such a smashing success, Downtown Carleton Place, the Carleton Place Sister City Committee and the Carleton Place Tourism Committee are ready to bring this wonderful celebration of Fall back again this year.

This year, Pumpkinfest will be held on October 19 at the brand-new Carleton Junction. "We are thrilled to have such a top-notch venue for our event," says Downtown Carleton Place BIA Coordinator Kate Murray. "This space is loaded with things to do, including a newly installed pump track, train play structure and skateboard park. We will also be building a hay climber with slides. The GIANT pumpkin will be on-site for pictures before it is driven down to Franklin, TN. We will also have pumpkin-inspired games for families, a costume dance party, spooky storytime, pumpkin crafts and a food market, and last, but certainly not least, St. James Gate will be holding their second annual Hot Wing Eating Competition!"

If you are a maker, crafter or baker, organizers are looking for vendors for their Pumpkinfest Makers Market.

### Escape the Town, to Save the Town!

If zombies more your thing, Escape Road presents "Escape the Town, to Save the Town!" While families are distracted at one end of town building loot bags at the Witches General Store and decorating mini-pumpkins... *they* are coming! When the public is blithely enjoying horse-drawn wagon rides through a haunted tour of this historic town, they are oblivious to how scary it will be. *They* are coming! You have been selected to save what is left of humanity. Due to

years of global warming, overuse of antibiotics and over-population, humans are turning into zombies. And they are coming!

You have been chosen to escape and help the town of Carleton Place — the last stronghold for hu-

manity. A resistance fighter has informed us that Carleton Place will be attacked on October 19. You must go before it's too late. Choose a team (6 to 8 people) that you trust for this mission! Zombies are easily fooled. If you look like a zombie, they will leave you alone. General Chaos will judge and reward the most realistic zombie disguise.

Your top-secret instructions can be found at <escaperoad.ca>. Once you register for this mission, the exact location of the Carleton Place resistance headquarters will be revealed, but only at

midnight on the night before your mission.

Pumpkinfest 2019 will take place on Saturday, October 19, from 11AM to 3PM. New this year is a Pumpkin Package: for \$5/child or kid-at-heart, you can decorate a small pumpkin and receive a loot bag from the Witches General Store! For more information, please visit <downtowncarletonplace.com> or Facebook @downtowncarletonplace.com. To sign up for Escape Road, please visit <escaperoad.ca/booknow/>.



Celebrate Pumpkinfest on October 19 in downtown Carleton Place!

Nope.  
Not listening  
at all.



## Expressions of Art

Vernissage preview evening  
with live music by Kate Weekes & James Stephens, refreshments, cash bar

Friday October 11<sup>th</sup> from 7-9pm

Saturday October 12<sup>th</sup> from 8am-4pm

Sunday October 13<sup>th</sup> from 10am-4pm

Carp Agricultural Hall, 3790 Carp Road



[www.WestCarletonArtsSociety.ca](http://www.WestCarletonArtsSociety.ca)



# No One Told Me! Puppy, Part II

Why didn't someone warn me about this? We got puppy Diva in June when common sense was on holidays, obviously. By the end of July, we knew we needed a new vehicle to accommodate the lot of us. On Carroll Side Road we all know the cars coming and going, so it was important to let our neighbours know we were changing vehicles. Isn't it wonderful to live where we watch out for

by Glenda Jones

each other like this? The new car, a lovely little SUV, has been vetted by all and confirmed as the sensible thing to have bought. It's silver grey, won't show the dirt — much — and still has the agility sticker on the back. All good!

The salesman said I could get Sirius radio too. I nearly said, "CBC news is serious enough for me. I don't need a dedicated station for that stuff."

However, I was left nodding sagely as the salesman explained all the bells and whistles, none of which I can operate! I have read the manual, and am none the wiser. Being a "tech-know-nothing", I'm not on Facebook, don't have Blue Tooth except when I eat blueberries, and haven't figured out podcasts even. Apparently I can sync my cell phone to the audio system, but I haven't a clue where to start. Everyone tells me I really need this feature so I can use hands-free calling. Who would I call, and why? If the phone rang while I was driving, I'd likely panic, since no one knows the number except for emergencies.

On long drives it would be interesting to listen to podcasts, but I don't know how to access those on my phone or computer at home, let alone in the car. I can't be running around with earbuds dangling, so if I need those on my phone, it's a non-starter. Audiobooks are available as well, to those who know what they're doing with these systems, and that doesn't include me.

Mercifully, the car doesn't have a video screen with backup features and all that. There's no GPS system to distract me, and Alan is pretty good at map reading. The little screen does allow for all sorts of media access though, from good old radio and CD to MP3 player. Again, I have no idea what an MP3 player is, if I need some extra device, how to program it or anything. There's one more feature of the car that's lost to me.

The salesman said I could get Sirius radio too. I nearly said, "CBC news is serious enough for me. I don't need a dedicated station for that stuff." Best to conceal my ignorance and say nothing. However, when I scrolled through the various Sirius music choices, it looked appealing until I found out it was a subscription that would be plonked on my Visa. No thanks to that.

I came away from the dealership happy that I could turn on the lights and work the windshield wipers, and figured all these extras would have to wait. We've been driving around for a couple of weeks now and are thrilled to have the radio working. We haven't missed the other things, and I keep my fingers off the excess buttons. However, I

do feel we're missing out when others tell me about the books they're hearing or the podcasts they enjoy. I feel like the media world left the station and I'm still on the platform with a grubby ticket in my hand.

Maybe next week, when I have a couple of free hours, I'll give it a go and see if I can install this stuff. Otherwise, that'll be me at the station while the rest of you are driving away with all your gadgets.

### Glenda's Update

Bonus! I can now work the Sirius radio stations, and could easily be persuaded to keep it. The Bluetooth business still escapes me, but no matter; I didn't need it before so likely won't need it now. We are luxuriating in the extra space for the whole family, and I now do not think we could return to stuffing ourselves in a little car. I still have convertible envy pangs when I see a little two-seater whizzing past me, but then, they aren't carting around crates full of fluffy love like we are. Maybe in my next life...



## The Troubadour at 60

There's another chance to get "Up Close & Personal" with Ottawa Valley's own troubadour, Lyle Dillabough. He will be performing an intimate concert at the Carleton Place & Beckwith Historical Museum on Sunday, October 20 at 2PM, with partial proceeds going to the Museum. Tickets are \$15, available from Temptations or SRC Music in Carleton Place. For more information, call 257-9002 or email <lyleproductions@gmail.com>.

## Harvest Moon Orchard

### Apples, Cider & Gifts

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**Don't Miss It!**  
Our last weekend of 2019  
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/thequeenscraftmarket



# Humm Bits

## Glorious Gardens and Plant Delights

This gardening season is quickly coming to a close, but plan to join the Perth & District Horticultural (PDHS) at their meeting on Tuesday, October 8. You will be transported by special presenter Brian Carson to several garden destinations worth seeing and, at the very least, hearing about!

Brian is an enthusiastic gardener and prolific plant hunter and grower. He enjoys sharing and astonishing fellow gardeners with his floral treasures. His current obsessions — plant hunting and photography — have brought international recognition to the Ottawa Valley for its double trilliums and many marvelous mutations. A few years ago, Brian had the good fortune of discovering a large colony of a new orchid for North America.

PDHS meets at 7PM St. Paul's Untied Church, located at 25 Gore Street West. The D'Arcy Street doors open at 6:30 for set-up. Annual membership is only \$15, and visitors are welcome for \$5.

## Almonte Zombie Walk

It's official! The fifth and final 2k Zombie Walk will take place on October 19, rain or shine. Organizers are hoping for sunny skies and lots of folks to turn out and take part. Registration starts at 1PM and the walk will start at 2PM at the Almonte Arena (182 Bridge Street).

Once registered, your name will go in to a draw for the many donated prizes to be given out, generously donated by local businesses. Your registration fee of \$10 will be equally donated between Soi Dog Foundation and Country Cat Sanctuary, two non-funded animal rescues. Please consider bringing non-perishable food items for our local food bank as well. For more information, email <hgadbois53@gmail.com> or find [almontezombiewalk](#) on Facebook.

## Union Hall Potluck

It's that time of year again, and folks are getting ready for Union Hall's annual Potluck and Talent Show, scheduled for Saturday, October 26.

Everyone is welcome! Bring a main course, salad or dessert and your own plates and cutlery and join your neighbours for this home-cooked feast. Set out your favourite dish and find a seat at about 5:30PM. Dinner begins at 6PM, followed by the show at around 7:30. You are sure to have a good time getting to know your neighbours and enjoying a sampling of local talent.

This is also your chance to showcase your musical virtuosity, singing, dancing or stand-up abilities, or to make a video of your talented kids performing on stage to send to Grandma! Call 256-2277 or email <camponi@storm.ca> for more information or to reserve a spot on the program. Union Hall is situated at 1984 Wolf Grove Road (at the corner of Tatlock Road).

## Fine as Binder Twine!

The Stone Fence Theatre Showband is being launched in 2019 to help the company reach out and travel to communities around the Valley. This year the Showband performs *Fine as Binder Twine*, a show full of comedy, fun, great music and memories of shows from Stone Fence Theatre's fifteen years of existence.

If you enjoyed past shows such as *The Train*, *Hippies Up the Line!*, *The Heart Institute*, *Say Moo!*, *Joan Finnigan*, *Mac Beattie* and others, you'll love this one too. *Fine as Binder Twine* features an all-star cast of Stone Fence veterans: Peter Brown, Evan Burgess, Chantal Elie-Sernoskie, Ambrose Mullin, Fran Pinkerton, Derek Tolhurst and Ish Theilheimer.

The Lanark County Genealogical Society is bringing this show to the Beckwith Township Public School on Sunday, October 27. Only \$45 includes an Oktoberfest buffet supper (at 5PM) and the show (starting at 6PM) — reserve yours by sending an e-transfer to <lcsrpresident@gmail.com> or by calling 343-262-2772.

## Remembrance Day Service in Carp

The Village of Carp BIA, the Anglican Parish of Huntley and St. Paul's and Dunrobin United Churches will hold a Remembrance Day service on Monday, November 11 at the West Carleton War Memorial in the village of Carp. The service will commence at 10:50AM. Seating and bleachers will be provided. Parking is available along Carp Road and in the Carp Fairgrounds. A soup and sandwich levee will be available for all attendees in the Agricultural Hall following the service. Alice's Village Café is once again extending an invitation to all serving and past members of the Canadian Armed Forces in uniform to come for a free meal following the service.

# Great Songs, Musicality and Happenstance

On November 2, after you have taken your seat in the theatre, a lady and two gentlemen will enter the stage with one goal: to share a snapshot of a lifetime of musical performance with you. The hope is that their familiar and novel sounds will stir your emotions. Some notes will float through the air with a delicacy that soothes and warms, while others will bounce around the room woven in an infectious groove of piano, bass and voice.



Vocalist Roxy Swan will be joined by pianist Peter Brown and bass player Dave Arthur for an intimate concert on November 2

Roxy Swan moved to Lanark Highlands five-plus years ago. She was unaware that a piano player she had enjoyed performing with in the earliest stage of her singing career lived but ten minutes away. How handy is that! Oh my — can he bring that piano to life. Peter Brown is a noteworthy pianist and

unwaveringly generous with his talent. Roxy was more than pleased that he accepted her invitation to work up a jazz repertoire for a concert audience. And so it began... Well, if you were a fly on the wall at rehearsals, you would hear them deftly and spontaneously taste-testing one song then being reminded of another and taken in any direction the music wanted to go. Over the course of these gatherings, songs and suggestions and creativity resulted in a unique and inspiring collection of music spanning many decades and genres.

The November 2 show can no longer be defined solely as a jazz concert. There are certainly some jazz tunes, but there is also much more. Even a couple of originals.

It is now time to bring in a bass player to hold down the bottom end. As fate would have it, Peter is currently playing piano in a stage production with Dave Arthur at the helm. Dave is a tremendously talented and versatile player! His main instruments are bass guitar and trombone. He and Peter speak the same language. Well — how handy is that? This is so cool! Roxy and Dave even played together years before in an infectious groovy band called The Cadillacs. Wonderful things are falling into place!

If you are not familiar with Roxy Swan, she is an engaging and dynamic entertainer. Her vocal presentation has an endearing authenticity that moves assuredly from vulnerability to palatable confidence. The talent and presence of these three individuals coming together is sure to affect you as they push and pull the beat of this superb song list. They are genuinely excited to present this show to you.

Roxy is leaving nothing to chance. Her partner and producer Don Atchison is producing and mixing the music through an exquisite sound system. They enthusiastically invite you to join them at the Full Circle Theatre on Saturday, November 2 at 7:30PM. Tickets are \$20 and available at Tickets Please. For more information and media samples please visit <roxyswan.com>.

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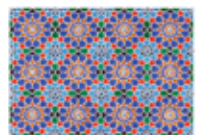


# Perth Autumn Studio Tour

## Thanksgiving Weekend

Oct 12, 13, 14

10:00 - 5:00



Many new and emerging artists this year.  
See their profiles, images of their work,  
and a map on the website:

**\* Free Admission \***

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Phone: 267-5237

Win a \$50 artist gift certificate!

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



# An Evening of One-Act Plays

## Setting the Stage for the EODL Festival

For theatre goers, one-act plays are rare, tantalizing theatrical delicacies. In a cluster of two or more, one-acts provide an enticing assortment of dramatic experiences in a single evening.

That's the idea behind *An Evening of One-Act Plays*, opening October 24 at the Studio Theatre in Perth. It's also a preview of an exciting event coming to town. More about that in a minute...

*An Evening of One-Act Plays* begins with the short play *Mr. Philbin*, a drama about an artist whose arthritic hands can no longer hold a brush. Angry and frustrated, he cuts himself off from the art world, and alienates his son and a string of support workers. Finally he meets Melissa, one last support worker who helps him rediscover the value of his work and his family. *Mr. Philbin*

touches on the challenges of aging, and the importance of family and art. The play is written by Linda McCready and directed by Annie West. It stars Grey Masson, Garrett Piper and Grace Poltrack.

The second play is Patricia Clapp's *A Candle on the Table*, a poignant drama about three elderly women on their first day in a senior citizens' home. A candle in the centre of their lunch table awakens memories for each of the three, some happy, some sad, some bittersweet; revealing unexpected aspects of their lives and personalities. *A Candle on the Table* offers sensitively drawn characters, gentle humour, and a generous dash of truth. The play is directed by Adam Pelletier and stars Janet Rice, Danielle Turner, Joanna McCauley Treffers and Juli Heney.

timacy they both long for in their lives. *Trade Secrets* stars Guy Newsham and Juli Heney.

*An Evening of One-Act Plays* runs at the Studio Theatre on October 24, 25 and 26 at 7:30PM, and on October 27 at 2PM. Advance tickets are \$24 at Tickets Please (485-6434; ticketsplease.ca) and at the theatre box office on show nights, subject to availability. Students with ID pay just \$10 at the door. Save \$5 opening night. For complete details, please visit <studiotheatreperth.com>.

As mentioned above, *An Evening of One-Act Plays* is a preview of a special event coming to Perth from November 8-10. That weekend, Perth's Studio Theatre will host the Eastern Ontario Drama League's One-Act Play Festival, a prestigious annual competition that features one-act plays performed by theatre groups from across Eastern Ontario. *Mr. Philbin* and *A Candle on the Table* will be the Studio Theatre's entries in the Festival. Tickets to the EODL One-Act Play Festival go on sale October 15, and full ticket information will be available soon at <studiotheatreperth.com>. The



Above (l-r), Grace Poltrack, Garrett Piper and Grey Masson star in *Mr. Philbin*. At left (l-r), Danielle Turner, Juli Heney, Janet Rice and Joanna McCauley Treffers star in *A Candle On The Table*. Photos by Terry Boyd.



The third one-act is *Trade Secrets*, written by David P. Temple and directed by Patti Greer. This very brief, very funny romantic comedy takes place in a Manhattan food court and involves a conversation between about a Master Baker and a Muffin Maker. Throughout, unintentional sexual innuendoes hint at the in-

Festival will likely sell out quickly, so please purchase tickets well in advance for this exciting event.

— Paul Joyce

**Sounded  
like some  
prime  
clickbait.**

**OCTOBER 19 2019**  
**Carleton Junction**

**Hay Slide & Climber**

**Family Games**

**Photo with Giant Pumpkin**

**PUMPKIN FEST**





# The Mudds' CP200+ Time to Remember

How *do* you bring history to life? Easy! Create an original live theatre musical show!

The Mississippi Mudds have put together a brand-new, original musical show that shines a light on the history of the town of Carleton Place. Will it be dry and boring? NO WAY! The fascinating facts of history will be brought to life through a strong storyline, amazing costumes and rousing music!

## Here's What Happens...

A young boy, fleeing bullies, takes refuge in the Carleton Place Museum. To conceal himself, he goes through a door and comes upon a magical archive. Inside the archive, every item, scroll and record, when touched, brings history to life. Inhabiting the archive are amazing characters who know all about the history of Carleton Place, including the museum curator, an historian and a trapper. They encourage the boy to learn — from our past and present — how the threads of love, time, death, sacrifice and community weave together to create a beautiful tapestry. In doing so, the boy also learns to find his courage and that many amazing things can happen in a small town — just as in any place in the wider world. The show features historical characters from Carleton

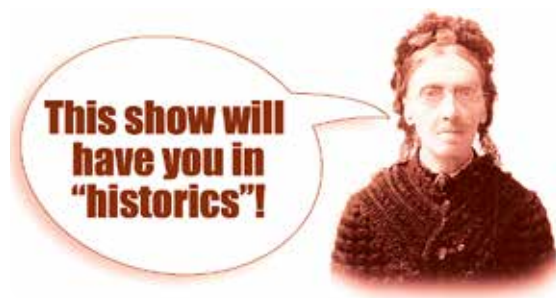


Written and directed by Catherine Clark with help from Jenny Pfitzer, and featuring a cast and crew of about a gajillion, this amazing show celebrates Carleton Place's 200<sup>th</sup> anniversary

Place and — of course — a variety of songs; including *Remember*, *Wavin' Flag*, *Paper Moon*, *Highway of Heroes*, *As Time Goes By*, *History Repeating* and many more.

## How Did It Come Together?

The show is written and directed by Catherine Clark, with help from Jennifer Pfitzer. The very experienced Jeff Lee is the producer, with musical direction by Laurel Tye. The team is very grateful to the Carleton Place and Beckwith Heritage Museum for their enthusiastic and generous help with research. They not only provided a plethora of fascinating facts, but also a boatload of amazing historical photographs.



# Cranmer Singers of Ottawa Come to Perth

The annual visit of the Cranmer Singers of Ottawa to St. James the Apostle Anglican Church in Perth will take place on Sunday, October 27 at 4PM, with a prelude at 3:45PM and a postlude. The Cranmer Singers, directed by Fances Macdonnell, will join the St. James Liturgical Choir to sing Choral Evensong using the *Book of Common Prayer*. The service of *Evening Prayer* is noted for its contemplative and spiritual language, and all are welcome.

This year, Evensong with the Cranmer Singers features an anthem by Henry Purcell (1659–95) entitled *O God, Thou Art My God*, which was written for two choirs. Traditional church architecture has two sets of choir stalls at right angles to the altar and facing one another; and as the singing alternates between the two sides, a haunting and beautiful sound echoes throughout the church. The Cranmer singers will be on the decanal (right) side and the St. James

choir on the cantoral (left) side. The canticles — *Magnificat* and *Nunc Dimittis* — will be sung to a setting by Canadian composer Healey Willan, and the congregation will join in the hymns.

The public is also invited to two other evening services this year. The **Advent Carol Candlelight Service** takes place on Sunday, December 1, also at 4PM. The **Festival of Nine Lessons and Carols**, on Sunday, December 22 at 7:30PM, is a joint service with the choirs of St. Paul's United Church and St. James. In this case, the sopranos and tenors sit on the cantoral side and the altos and basses sit on the decanal side.

All services will be held at St. James Church, which is located on the corner of Drummond and Harvey Streets in Perth. Travelling west on Highway 7, turn left at the first traffic light as you enter Perth. For more information, contact the church office at 267–1163 or visit <stjamesperth.ca>.

## OCTOBER'S EVENTS

<p><b>MONDAYS</b> Curious Club for teens (registration required)</p>	<p><b>TUESDAYS</b> Message in a Bottle Process Nights Bring a creative project to work on 6:30–9PM</p>	<p><b>WEDNESDAYS</b> Writing for Kids Child-led workshop 4:15–5:30PM (Oct. 23–Dec. 11)</p>	<p><b>SATURDAYS</b> Craft Market 10AM–2PM</p>
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**FRIDAY OCTOBER 11** comedian DeAnne Smith 8PM, \$20 in advance, \$25 at the door

**OPEN WEEKDAYS 11–3PM**

a space for storytelling, poetry, comedy, workshops, podcasting, soap pouring, crafting, art, community gathering and all sorts of curious happenings!

**CURIOUS & KIND**

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CURIOUSANDKIND.CA

In fact, they so loved seeing them that they have creatively included many of them in the show! Audience members will see them projected right onto the stage, adding some nice context to the scenes.

## Show Times & Tickets

It all takes place at the Carleton Place Town Hall auditorium, with 7:30PM shows on November 14, 15, 20, 21 and 22; and 2PM matinées on Saturday, November 16 and Saturday, November 23. Tickets are \$17, with a special \$12 price on Saturday, November 16 and Wednesday, November 20. Get yours from Tickets Please — online at <ticketsplease.ca/TheMudds.html>, by emailing <tickets@ticketsplease.ca>, or by phoning 485–6434 Monday to Saturday from 10AM to 5PM (or leave a message).

For more information about this very special show, please email <info@mississippimudds.ca> or visit <mississippimudds.ca>.

## Almonte Potters Guild

Classes Starting Sept. 23 for Adults, Teenagers, and Children  
Workshops • Children's Parties • Special Events

Loonie Banks

An exhibition of money containers

October 1 to 31

Vernissage October 4, 6–8PM

www.almontepottersguild.com  
95 Bridge Street 613 256 5556

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# ALLIANCE

## COIN & BANKNOTE

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## THE FINAL WALK

ALMONTE OCTOBER 19TH





**Lanark-Frontenac-Kingston  
New Democratic Party**

## Who is she and why did Satinka decide to take on all comers?



*Nominated to represent LFK in the 2019 Federal election, Satinka Schilling has already shown she's a force to be reckoned with after "stealing the evening" at the riding's first all-candidates meeting.*

### Here's the who:

- Satinka is a social activist and an active community member who is committed to engaging youth in politics and advocating for those who are under-represented in government. She was recognized in 2010 by Experiences Canada for her role in Youth Taking Action. Satinka lives in downtown Perth.
- Satinka is involved in theatre communities across Lanark County and is a champion for the arts. Through her community connections, she has gained a unique perspective on the hardships facing Canada's aging population – particularly in rural areas.

### Here's the why:

- Satinka has seen how Liberal and Conservative governments have neglected Canadians – from seniors on a fixed income to young people facing the threat of a climate crisis and food insecurity. That's why she is standing with Jagmeet Singh and the NDP to fight climate change, build affordable housing, provide universal pharmacare, and create good, green jobs.

## Where do I get my campaign sign? You don't!

That's right. Satinka cares about the environment and the last thing she and the riding association want to do is pollute our environment with more plastic. We simply can't digest it.

"My campaign will not be putting out plastic signs – they are way too bad for the environment," Satinka said. "However, if you would like a reusable orange cloth ribbon to wrap around a front yard tree, indicating your support, please contact us."

**Phone: 613 264 7442**

**Email: jfenik@rideau.net**

**satinkaschilling.ndp.ca**

This ad has been authorized by the Official Agent of Satinka Schilling campaign.

Hanging Around the Valley

# Fall Studio Tours...

## Loonie Banks at the Almonte Potters Guild

Do you remember when children saved pennies in a piggy bank? Well the Almonte Potters Guild is going back to that time with an exhibition of "Loonie Banks". The money containers in this show run the gauntlet from elephants to fish, houses to masks, heads and more. The exhibition starts on

by Miss Cellaneous

October 1 and runs until October 31. A vernissage will be held on October 4 from 6–8PM. The Potters Guild is located at 95 Bridge Street in Almonte. Find more details at <almontepottersguild.com>.



The Almonte Potters Guild will be showing ceramic "loonie banks" all month

## Strévé Presents *Animale*

*Animale* is the new exhibit for the month of October in the Strévé Design Studio Boutique Gallery in Perth. This show sees four local artists interpreting their favourite subject in four very different styles! The word *Animale* is derived from French and Latin spellings, and the show includes not only wild and domestic mammals but also birds, butterflies and insects.

Wildlife artist **Kristi Bird** has been painting for thirty years in Ontario and is passionate about her subject matter. Kristi creates a surreal background or fantasy element to her acrylic paintings, so that the viewer is left with a sense of belief in the positive. A prolific painter, she has pieces in private collections across Canada.

**Caroline Evans** grew up in England next to a large woodland and pond with which she became intimately acquainted. She is strongly attracted to wild landscapes and to signs of change in the natural world. Her style is realistic, although odd flings of fantasy and imagination creep in from time to time in her oil and acrylic paintings. Her work hangs in homes and offices in Wales, England, New Zealand, the USA, Canada and Italy.

**Jenn Raby's** works explore many African animals, primarily in batik and watercolour. Every piece of artwork is a journey that she takes with her heart, body and sense of wonder. Jenn has been working in batik and painting for more than forty years. The batik process can best be compared to watercolour, but is much less forgiving. Catch this talented artist before her works are seen in Ottawa at Wall Candy – the juried show taking place at Landsdowne Park at the end of November.



Dayle VanAlstine's *Hare* will appear at the *Animale* show at Strévé Gallery, which opens on October 4

**Dayle VanAlstine** is a multi-media artist who feels blessed to have recently followed the life-long pull of art to find where it will take her on a serious level. Most recently she has discovered a fascination with working with wool; sculpting the rovings into art dolls and two-dimensional works. There is a child-like innocence to her felted rabbits, sheep and butterflies.

All four of these artists are members of the Rideau Lakes Art Association. Jenn Raby and Caroline Evans are founding members of Perth Art Works. *Animale* runs from October 4 to November 4. Meet the artists on Sunday, October 20 from 2–4PM in the Gallery, which is located at 64 Gore St. East in Perth (behind the TD Bank). For more information, visit <strevedesign.com>.

## Expressions of Art

Thirty-one local artists have been selected to participate in this year's Expressions of Art Show and Sale hosted by the West Carleton Arts Society. This show, which has been celebrated annually for more than 25 years, will be held on Thanksgiving weekend (October 11–13) at the Carp Agricultural Hall.

The opening reception will be held on Friday, October 11, and will feature musical guests Kate Weekes and James Stephens. Refreshments will be served and there will be a cash bar. Attendance and parking are free, and the venue is wheelchair accessible. The show runs on Friday from 7–9PM, on Saturday from 8AM to 4PM, and on Sunday from 10AM to 4PM.

Established in 1988, the West Carleton Arts Society (WCAS) is an active, non-profit volunteer organization of vibrant, talented visual artists and fine crafts people. For more information, please visit <westcarletonartssociety.ca>.

**And when  
you need us,  
we'll  
giv'er.**



# ...Gallery Exhibitions & More!

## CANADIANA II at Sivarulrasa Gallery

From October 11 to November 17, Almonte's Sivarulrasa Gallery is delighted to present *CANADIANA II*, bringing together three talented artists from Nova Scotia, Ontario, and Alberta.

The exhibition includes new drawings and water-colour works by Toronto-based artist **Jane Irwin**, inspired by her artist residency in the village of Tilting on Fogo Island, Newfoundland in the fall of 2018. Based in Port Royal, Nova Scotia, artist **Susan Tooke's** new paintings focus on woodlands and wilderness areas on Canada's East Coast. Providing a counterpoint to these two artists is Edmonton-based artist **Gillian Willans**, who creates paintings of domestic interiors that reflect her personal history as well as her research into the historical tradition of genre painting.

Everyone is invited to meet the artists at the vernissage on Saturday, October 19 from 3-6PM. The gallery is located at 34 Mill Street in Almonte. For more information, please visit <sivarulrasa.com>.

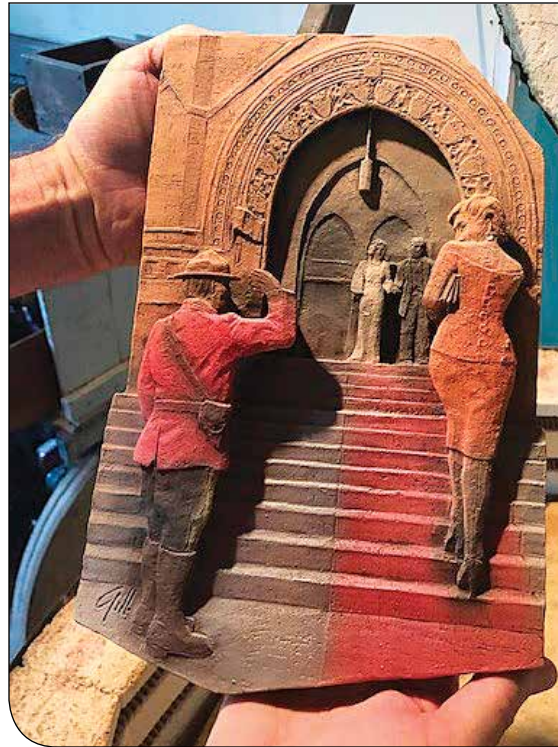


*The Grounds Keeper*, by Gillian Willans, is featured in the show *Canadiana II* at Sivarulrasa Gallery

## Fragments of Canada's History

Richard Gill is currently preparing for his 47<sup>th</sup> annual show at Bittersweet Gallery in Burnstown. Entitled *Fragments of Canada's History*, it will feature clay relief representations of 50 seminal events, such as the one pictured here of Princess Diana on the steps

of Parliament. The show continues to October 14 in Richard's studio at Bittersweet Gallery, where his ongoing work and that of over fifty Canadian artists can be seen year-round. The gallery is open daily from 11AM to 5PM, and you can find details and directions at <burnstown.ca/bittersweet>.



## Red Trillium Studio Tour

The Red Trillium Fall Studio Tour returns on October 26 and 27, showcasing the studios of some of West Carleton's most talented artists and artisans. Just twenty minutes beyond Kanata, into the scenic countryside around Carp, Dunrobin and Kinburn, you will be welcomed at studios featuring paintings, jewellery, pottery, glasswork, basketry, handweaving, designer clothing and fine art textiles, as well as at a unique local winery, Kin Vineyards. Artists will be on hand to discuss their work and tell you about their inspiration!

One of the stops on the tour is St. Mary's Church, where in addition to meeting several artists, you will be able to enjoy a light lunch prepared by the Church's women's group. The nearby Heart and Soul Café also welcomes visitors with great breakfast and lunch options.

Visit <redtrilliumst.com> to download a brochure and map and for detailed information about the artists and craftspeople at each studio, or find the tour on Facebook or Instagram.



The longest-running, most successful studio tour in the rural area of West Ottawa, the Red Trillium includes an ever-changing selection of some of the area's best artists and craftspeople, plus invited guests

*Kombucha*  
**WORKSHOP**  
**OCTOBER 20**  
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[WWW.ARTIZENKOMBUCHA.CA](http://WWW.ARTIZENKOMBUCHA.CA)

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**Fluid**  
Solar Roasted Coffee

**Thanksgiving Weekend**  
October 12, 13, 14 - 10am - 5pm

202 Floating Bridge Road, Clayton ON  
Studio Tour and Map at [crownandpumpkin.com](http://crownandpumpkin.com)

CROWN & PUMPKIN



# Mugwort (and other infinite dewy details...)

This morning I woke early as the day broke, and with coffee and chair in hand, went to watch the sun rise from the forest to the east. I made my way across the grass to sit next to a patch of Mugwort planted last year that grows beside a tangle of nettle, motherwort, goldenrod, comfrey and rugosa rose that hedge along a rail fence at the northeast corner of the barn.

What a luminous morning it was! The remains of the waning moon, a sliver beckoning to the rising sun. And surrounding me, infinite dewy details — silver auras encasing each stem, each leaf, each little hair.

A chipmunk clucked to my right. The distant drone on Highway 7 wafted in — dim but incessant and punctuated occasionally by the alarm screech of a jay passing by, a chickadee from the barnyard, a sparrow grounded and gleaning some-



For my Celtic ancestors (and numerous cultures around the world), this time of year — specifically the end of October and the start of November — was understood as a liminal time when the barriers between the physical world and the spirit realms were most permeable. Personally I have no trouble believing this — for there has always been for me a glimmer of magic, intuition, darkness and dreaming in the fall.

But it seems these days that the planet is shrouded in a heavier cloak of darkness than ever before and many of us are feeling the effects of what amounts to an existential crisis of great magnitude. Climate crisis is real; toppling “norms” and disrupting ecologies at a quicker clip than anticipated. The Earth, which has long been pillaged, could use more than a dash of protection and we humans might benefit from a cleansing of our own intentions as well. The world is calling for the feminine voice to speak

— loudly — and be heard. And amazingly we are witnessing this happening across the planet with remarkable, courageous young women such as Greta Thunberg and many others who are stepping forward, calling truth to power with fierce, enlivened voices that speak for the wild, the creative, and the young.

Perhaps too, mugwort is a plant for these times. Amidst all the dry drooping of this particular autumn, she seems strangely in her element. I find myself hovering over the nascent patch I planted only a year ago — chanting and cooing like a new mother, admiring mugwort’s sturdy upright stems laden with clusters of small pearly flowers. Already she is steady, muscular, grounded and handsome. A wolf of a plant. A protective spirit. A conduit between worlds. She will come into her own in coming years.

by Susie Osler

where nearby. So still, so alive, and so *betwixt* the dark of night and the light of day. I sensed a dissolution — my own dissolution — small specks of me shaking into a pile around my feet. Wyrd.

Many of you may shake your heads hearing that anyone has deliberately planted a patch of Mugwort (*Artemisia vulgaris*). The plant does indeed have a tendency to run amok — to take hold in disturbed ground, to take up more than her share of space, to occupy gardens, indeed to drive gardeners a bit mad. To some she may be kin to the wicked witch of the west — a little challenging, a little perilous, a little on the dark side. But I like witches, and shadows, and I’ll take my chances.

Mugwort literally means “mug herb”, referencing the plant’s use in Europe as a flavouring agent in beer before the introduction of hops. However, “mug” may also derive from the old English word “moughte” meaning *moth* — a nod as well to mugwort’s effectiveness as a moth and midge repellent. For me however, it is her Latin name — *Artemisia vulgaris* (common Artemisia) that suggests her more interesting potent, magical powers.

Her namesake is the Greek deity Artemis: goddess of the moon, wilderness, animals, and protector of women. Given this, it is not surprising that Artemisia has been closely aligned with the night, lunar cycles, the underworld, and feminine instincts and faculties — intuition, art, creativity and dreaming.

Artemisias — of which there are hundreds, including wormwood, mugwort and numerous species of sagebrush — have been used across

continents for millennia — burned in smudges and incense for ritual cleansing, to protect and purify energy. St. John the Baptist is said to have worn a protective belt of mugwort around his waist when he walked out into the wilderness.

Like the arrows carried by Artemis, mugwort’s actions penetrate deep into the tissues and deep into the psyche. Mugwort can be used to bring about balance in mental and emotional energy. She is known to induce a heightened state of intuition and vivid dreaming when taken as a tea or tincture, or when placed under a pillow while sleeping.

Mugwort continues to be used medicinally to treat a number of other conditions. She is bitter in taste — hence a tonic for the digestive system; mildly sedative, and diuretic when taken as tea. However, the plant is most commonly known (worldwide but perhaps best in Europe as well as India and China) as a “woman’s herb” with an affinity for the female reproductive system — and is commonly used to treat imbalances and problems to do with menstruation and menopause.

Yesterday marked the Autumn Equinox — a pause — as much an end as it is a beginning. Energy is flagging, falling earthbound, sinking back into roots. There is an interiority to these times that I embrace after the manic euphoria of summer and, as the nights grow longer, I begin to migrate from the deck to the den.

**Whatever the reason, whatever his ills...**



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# Theresa Thomason & Paul Sullivan to Play Second “Group Encore” Show

On Saturday, November 9 at 7:30PM at St. Paul's United Church in Perth, music lovers can savour the extraordinary voice of singer Theresa Thomason and the virtuosity of Grammy Award-winning pianist Paul Sullivan. Thomason and Sullivan headline the second concert in the series supported by Group Encore!, a circle of people in Lanark County making events of this calibre possible.

The Thomason-Sullivan concert follows the inaugural, superlative concert held at St. Paul's on May 25 that featured cellist Eugene Friesen and pianist Joel Martin. Like that first concert, this second in the series will include talent from the Lanark region. Appearing on November 9 will be pianist Mary Lou Carroll, bassist Cam Gray, drummer Tom Kemp, organist Brad Mills, and a 25-voice ensemble who will join Thomason and Sullivan on several deeply emotive songs.



Theresa Thomason is a show-stopping, roof-raising singer of outstanding range, power and sensitivity. At age 13 and on her first try, she won a prestigious amateur music contest at New York's famed Apollo Theatre. Since then, Thomason's musical journey has seen her sing with Pete Seeger, Stevie Wonder and Ray Charles, collaborate with renowned composer and conductor John Rutter, create an acclaimed musical, perform on Broadway in *Hot Feet* (with music by Earth, Wind & Fire), sing at the United Nations and at the Vatican, and perform in hallowed concert halls in Europe.

For over 25 years Thomason has also been a guest performer and a fan favourite with the multi-Grammy Award-winning world music group the Paul Winter Consort. As saxophonist Paul Winter says, "Theresa brings a nobility of artistry and spirit that is unparalleled. I think she has one of the great vocal talents in history. For her, it's not a 'me' type of thing. So that humility that she has is just a tremendous gift. And something about that comes through. In a pure musical context, she's amazing."

Indeed, whether electrifying listeners with soaring gospel vocals, having fun with playful and intricate jazz numbers or singing from classical repertoire, as a vocalist Thomason can truly "do it all."

Pianist Paul Sullivan also enjoys a richly varied and distinguished career. As a

soloist, with his trio, and as another long-time member of the Paul Winter Consort, Sullivan has played on the stages of the world's finest concert halls, in New York's most prestigious jazz clubs, and in the living room of Leonard Bernstein. He has worked with countless musical greats including the legendary Benny Goodman, has performed with the Philadelphia Orchestra under Eugene Ormandy and the Boston Pops under Arthur Fiedler, and has worked as a musical director, pianist and/or conductor for many Broadway and off-Broadway shows. Sullivan's original compositions and recordings have also garnered rave reviews and earned him three Indie awards.

Like the Friesen-Martin show in May, the Thomason-Sullivan concert on November 9 is made possible thanks to Group Encore! This is a circle of "backers" who contribute toward meeting the costs of these high-calibre concerts staged in the exquisite sanctuary and soundspace of St. Paul's United Church in Perth. Backers support concerts on an event-by-event basis and make their contribution either as a donation or subject to a full or partial refund depending on whether a given concert breaks even or yields a surplus or loss. This event funding model realized nearly \$1300 from the May 25 concert, which goes toward supporting this second show.

Tickets for the November 9 concert featuring Theresa Thomason, Paul Sul-




Theresa Thomason, "one of the great vocal talents in history," and Paul Sullivan, a Grammy Award-winning pianist, headline a concert in Perth on November 9

livan, and talent from the Lanark region are available from Tickets Please online <ticketsplease.ca>, by phone (485-6434), or in person (Perth Visitors' Centre, Matheson House Museum, 11 Gore Street East). For more information about the concert or about Group Encore! please contact Producer Rob Rainer at <rainershinetvt@gmail.com>.

**Don't forget to stack your chairs.**

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# The Itty Bitty Art and Craft Show

A lovely recent tradition in Carleton Place involves November being ushered in with the Itty Bitty Art Show — an exhibition filled with gorgeous and diverse works of art that reflect just how talented our little town is. The fifth annual Itty Bitty Art Show will take place on Saturday, November 2 and Sunday, November 3 at the Carleton Place Canoe Club, from 10AM to 4:30PM each day.



Arts Carleton Place presents their annual sale of handmade art, priced at \$150 & under, on November 2 and 3

In celebrating Carleton Place's 200<sup>th</sup> year we honour all the beautiful pieces that make up our town's identity, and the arts community is a very important part of who we are. We are a stunning mosaic of talented artists and artisans — painters, photographers, potters, jewellery makers...

Hosted by Arts Carleton Place, the Itty Bitty Art Show provides an opportunity for artists to exhibit their works, and for the community to support local artists and to get a jumpstart on the gift-giving season by finding that unique gift for someone special. All works are original and priced below \$150. The show will have an amazing array of handmade pieces including pottery, wood, photography, jewellery and exciting mixed media works of art. The show will be a feast for the eyes of colour, form and texture.

It's also a perfect family event, with free parking and the beautiful landscape of the Canoe Club and Riverside Park as the backdrop. Visit the Itty Bitty Art Show to spend some quality time together appreciating the arts on a gorgeous autumn day — with

real live local artists that you can talk to about their pieces and who can provide you with details about their inspiration, their process and their passion. Beloved local children's author Natasha Peterson will be there to debut her brand-new colouring book. Natasha is the author of *Gayle the Goose Goes Global*, *Nutty Neighbours*, *Harold the Homeless Hermit* and *Polar Bear Pete's Perfect Performance*.

Music and drama will be represented as well, with members of the Carleton Place Town Singers and the Mississippi Mudds there to answer questions about their upcoming shows.

Arts Carleton Place donates a portion of the proceeds from the Itty Bitty Art Show back to the community by supporting bursaries to both Carleton Place High School and Notre Dame High School for graduating students hoping to continue their education in the arts.

Further information is available at [artscarletonplace.com](http://artscarletonplace.com) or [facebook.com/artscp](https://facebook.com/artscp).

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## Make Your Own Kombucha!

Kombucha — the en vogue drink that's meant to sort your gut bacteria and cure what ails you — seems to be everywhere these days. Locally, Artizen Kombucha has made a name for itself as a provider of fine and flavourful varieties of the fermented beverage, and now they want to share their expertise to help you brew your own. On Sunday, October 20, Sebastien and Dasha, owners of Artizen Kombucha, will be presenting a "Make Your Own Kombucha" workshop at their store in downtown Perth.

The workshop will begin with a traditional ceremonial tea tasting to understand the complexity of high-quality ingredients that make up a successful brew. Then participants go through the process of making kombucha step by step. At the end of the day, everyone will go home with their own very first batch of kombucha. Participants will also go home equipped to make their own "buch with a jar of starter liquid, "soby" (the kombucha "mother"), tea and sugar. In order to encourage young people's interest in nourishing foods and healthy lifestyle,

Artizen is inviting parents who register the opportunity to bring one child (aged 8–15) to the workshop for free.

Also, just in time for this workshop, Artizen has commissioned custom tea cups for traditional tea ceremonies. They are beautifully handmade by a local potter and each is uniquely shaped. Participants can purchase their own cups when they register for the workshop. Registration is \$55 and you can sign up online at [artizenkombucha.ca](http://artizenkombucha.ca). Hosts Sebastian and Dasha look forward to sharing their passion for healthy living and eating.

**Goat stranded on the roof of Gord Pike's mall...**



# POPIn2SHOP: An Intricately Woven Story

You may remember us from a previous article in theHumm or from meeting us. For those who don't, we are Charlee Ostrom and Bruce Bailey. Charlee is an artist, a wonderful tapestry weaver, former partner of Ground Waves in Perth — and since its sale, is evolving and searching. Bruce has spent many years in Asia working as an international development consultant, and lived in Indonesia for more than ten years. Both of us share an admiration for the art of Indonesian textiles (woven Ikat and batik) — their depth of complexity, extraordinary diversity and beauty. We find searching for batiks a very special way to interact and forge relationships with people we would not normally meet and to travel to places that are definitely not on the main tourist circuit.

One of our most memorable experiences earlier this year involved a truly Alice in Wonderland experience. The story started in Canada on Instagram and eventually moved to a taxi through the back streets of Cirebon in Java, to a point where the driver says: "this is as far as I can go", to a trip guided by a couple of school kids on bikes through back lanes, to

smaller lanes, through a rabbit warren of foot paths and eventually to a back door workshop where we found several ladies in the process of making batiks. There was confusion as we tried to connect with the person we were looking for who was actually in the front of the house — eventually, after furious texting, we found one another.

We meet Sinta, who is in her 50s, with her daughter (also named Sinta) and another daughter named Dewi, and begin a process of looking through dozens and dozens of batiks — some antiques, some depicting historical events, many highly original and non-conventional. We learn about Sinta (the mom), how she learned batik from her mom, how both worked for one of the previous sultans of Cirebon and how her creative process works to produce such extraordinary designs. Pictures of Sinta with the former sultan and other people from the palace emerge and are passed around with explanations of who is who. Sinta describes a process (which many artists share) of a complex connection between her mind, her ability to visualize, some creative force within her, her soul... it is very difficult to translate into English. Sinta junior is the Instragram manager and furiously pulls up other pictures on her phone. Dewi is simultaneously texting on her phone, giving us prices from some extraordinary memory bank in her head, pulling out various pieces of new cloth to look at and returning to ones we have looked at as we lose our sense of what we have seen. It is almost too much to absorb and even more difficult to retain and explain.

Which is why we invite you to come and see some of these marvelous batik fabrics along with our batik collection of tablecloths, wooden bowls and silk scarves, at our POPIn2SHOP events in Perth on October 12, 13, 19 and 20 at 5 Burchell Blvd. If you want to see a few photos of our adventures and the wonderful batiks we have found, please go to <instagram.com/finebatiks> or <facebook.com/POPIn2SHOP/>.

— Charlee Ostrom and Bruce Bailey



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# Enjoy Art & Autumn in & around Perth

While traveling through the beautiful countryside just west of Perth during September and early August, if you hear a low hum, don't be concerned! It's just the artisans of the Perth Autumn Studio Tour feverishly endeavouring to finish new works to be presented during the tour and readying their workspaces to accommodate the many talented guest artists that will be hosted at each studio.

Now in its 27<sup>th</sup> year, the Perth Autumn Studio Tour has become known for the high quality and diversity of artwork displayed. For many visitors it's become a Thanksgiving tradition to visit each studio, get a head start on Christmas shopping, take in the vibrant fall colours, and stop for a harvest lunch at the Brooke Valley School, which is conveniently located in the geographical centre of the tour route.

This unique tour is certainly about art but it's also about giving back to the community. It has a long history of supporting the Empty Bowls fundraising campaign that benefits many worthy causes within the community (bowls are for sale at a few studios). Each year the participating artists generously donate a piece of their work to be auctioned off at an annual Guatemala Stove Project fundraising event. In support of new artists, several guest spaces



This year's Perth Autumn Studio Tour will feature glass by Paulus Tjiang (above), pottery by Rita Redner (below left) and so much more!

are allotted to young and not-so-young people who are just getting started in their craft. These emerging artists are juried, as are all guest artists, which ensures the high standard of work on display, a source of pride for this tour.

The tour is a great chance to meet the artists, see where they live and work, get some insights into what inspires them to create, and to buy beautiful and distinctive pieces of art directly from the makers.

A leisurely drive in the country, autumn colours, beautifully unique and functional pieces of art for sale, good food, community support, meeting old friends and making new ones. This is a truly one-of-a-kind, can't-miss studio tour.

The artists look forward to seeing you at the Perth Autumn Studio Tour on Saturday, Sunday and Monday of Thanksgiving weekend (October 9, 10 and 11) from 10AM until 5PM each day. For more information on the individual artists and their work as well as directions to the area and locations for each studio, watch for brochures distributed throughout Eastern Ontario or available at Riverguild Fine Crafts in Perth (267-5237). Information is also available online at [perthstudiotour.com](http://perthstudiotour.com) or on Facebook @perthstudiotour.

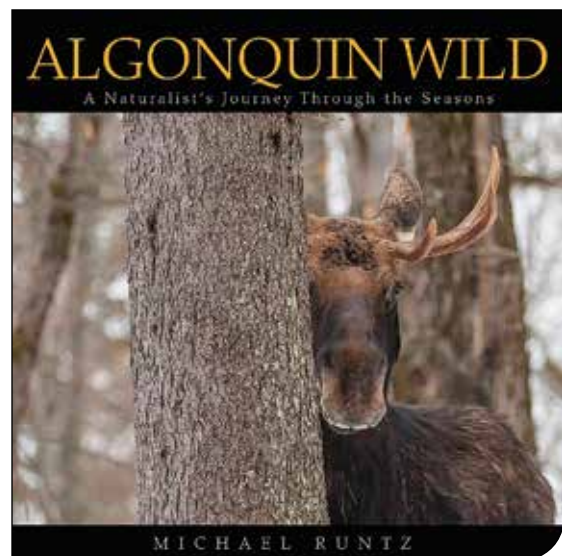
# Go Wild Gala Supports Local Land Trust

Every autumn, the Mississippi Madawaska Land Trust (MMLT) hosts its premier fundraising event. On October 19, the 2019 Go Wild Gala will be held at the historic Grand Hotel in Carleton Place, and will feature naturalist and author Michael Runtz as the guest speaker, sharing his experiences from nearly fifty years of exploring Algonquin Park.

Steeped in history, the Grand Hotel is the perfect venue to visit with friends and enjoy the venue's fine and full buffet dinner. Doors open at 5:30PM, and as is tradition, the MMLT silent auction will be chock-full of items to suit all tastes and pocketbooks and get you in the mood for the gift-giving season.

MMLT is a not-for-profit charitable organization that has made a 999-year commitment to protect the wilderness properties under its care. These conservation lands will thrive for generations to come, help to mitigate climate change, and stand as examples of how to care for our wild lands and the species that inhabit them. There are currently eight properties under MMLT's protection with another three under consideration. As a charitable organization, with no government funding, events such as the Go Wild Gala are essential to help fund the work that they do.

For tickets and additional information, please visit [mmlt.ca/events](http://mmlt.ca/events), email [admin@mmlt.ca](mailto:admin@mmlt.ca) or call 253-2272. Tickets (\$50 per person) are also available at the Granary in Carleton Place, Gilligallou Bird in Almonte and Shadowfax in Perth (cash or cheque only).



Michael Runtz is the guest speaker at this year's MMLT Go Wild Gala on October 19

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**Don't step in poop, boss.**



# Signals from the Station

## October is a Hopping - and Haunted - Month in Smiths Falls!

It's a little cooler now, eh? Bit of a chill in the air. Sweater weather is how I like to think of October. Time to throw on your favourite old sweater and slip into your most comfortable pair of jeans, layer up, and take an early evening stroll through the park, crunchy leaves underfoot, the trees alight in autumn's dazzling hues — golden yellow, burnt orange, muted red, bronzy green, plum purple. Fall foliage truly is quite beautiful and peaceful.

by John Pigeau

Little wonder L.M. Montgomery once wrote, "I'm so glad I live in a world where there are Octobers. It would be terrible if we just skipped from September to November, wouldn't it?" It would, indeed.

Smiths Falls is alight in October with plenty of wonderful things to do.

You can catch the last run of *Death by Design* at The Station Theatre, for one. The play's final four performances run at 7:30PM from Thursday to Saturday, October 3–5, with a 2PM matinée on Sunday, October 6. Written by Rob Urbinati, directed by Katharine Coleman, the play is part mystery, part farce, part love story. A witty and comical mystery set in the 1930s, *Death by Design* stars Mike Adams and Katharine Coleman plus a house full of suspects: Noel White, Sue Reno, Hugh McColloch, Rich Croteau, Jessica Weedmark and Nicki Hayes. It promises to be an enjoyable, clever, suspenseful ride to the end.

Tickets are \$20 for adults, \$10 for students, and can be purchased with cash at Special Greetings (8 Russell Street), by phone at 283-0300, or online at <smithsfalltheatre.com>.

Also slated for October 3 is a delightful fundraising show at the Settlers Ridge Centre with all proceeds going to breast cancer research. The 4<sup>th</sup> annual **Small Town Feeling Breast Cancer Fundraiser** promises to be a fun-filled evening featuring live entertainment, a fashion show, a live and silent auction, raffle prizes and refreshments.

**You realize you're asking a cow, right?**

Tickets are \$5 in advance and \$9 at the door. They are available at A Buck or Two, The Score, or at Gifford's Self Storage. The night's festivities begin at 6PM and end at 8:30.

This year in Smiths Falls, before the bustle of Thanksgiving comes the **Bustle on Russell**. What's that, you say? Well, it's a fully licensed street festival, and it's set to take place on Friday, October 4 with a whole lot going on. The first annual Bustle on Russell is a celebration of Smiths Falls' vibrant downtown, featuring live music by King of the Swingers, Dr. Jazz Band and Tom Watson, free carnival games for kids and adults (including a dunk tank and axe throwing), plenty of local food vendors, and craft beer from local distilleries. Admission to this family-friendly street festival, co-hosted by the Smiths Falls DBA and the Chamber of Commerce, is absolutely free. The 1<sup>st</sup> annual Bustle on Russell runs from 4:30 to 10:30PM. For those wishing to continue enjoying festivities later into the night there's an added bonus: an after party at Bowie's!

The Smiths Falls Community Hospital Foundation will be hosting a thoroughly delightful evening of entertainment at Hanley Hall on Saturday, October 5. **Dancing with Our Stars** will feature professional dancers paired up with Smiths Falls' very own celebrities. A delicious four-course meal is also on the menu, as is music by DJ Rhythm. All funds raised will help purchase a mammogram machine for the Mammography Department at the Perth site of the Perth and Smiths Falls District Hospital. Tickets are \$75 per person, or \$500 for a table of eight. They can be purchased at the Smith Falls Community Hospital Foundation office located at 60 Cornelia Street West. For more information, please call 283-9743.

Thanksgiving weekend is coming, and in Smiths Falls that means more than gathering with family and friends over a yummy homecooked turkey dinner — in Smiths Falls it means **Thanksgiving train rides!** On Saturday, October 12, the Railway Museum of Eastern Ontario invites everyone out to celebrate the town's rich railroading heritage and come for a train ride between 11AM and 3PM. What better way to take in the beautiful autumn foliage than from an old train? The train departs every half-hour beginning at 11AM, and this year the rides will be longer — approximately 2km, round-trip.

The Railway Museum is open from 10AM to 5PM and Thanksgiving marks its closing weekend, so this is your last chance this year to get on board



If you hurry, you can still catch a performance of the comedic murder-mystery *Death by Design* at the Station Theatre in early October

— with the whole family too. Tickets are \$10 for adults, \$8 for children aged 4-12, and free for those aged 3 and under. They can be purchased online through <eventbrite.ca> and at the Museum before the event daily from 10AM to 5PM. On-site, tickets may be available the day of the event on a first-come, first-served basis. Please call the Railway Museum at 283-5696 for tickets or any other information.

Later in the month, Bowie's will play host to a stellar lineup of fine musicians as part of the **Songwriters Series** when it welcomes Campbell Woods, Patrick Dorie and Claude Munson to its stage on Sunday, October 20. Doors open at 7PM, and the show begins at 8. Tickets are \$15 from <ticketscene.ca> and at Bowie's (20 Russell St. East).

Is the Smiths Falls Heritage House haunted? Maybe... (I'm actually contractually obliged not to say. Spooky, huh?) But it definitely will be on October 25 and 26 when the old abode hosts its annual **Haunted Heritage House**. The house, which dates back to 1860, will be darkened for the night, and you'll be allowed to tour its rooms and corridors by flashlight. There will be eerie sights, scary sounds, and perhaps a frightening character or two. To calm your nerves, warm homemade apple cider will be served up after the tour.

Of note, from 6–6:45PM there will be a family-friendly walk through the Haunted House. Admission for that tour is \$5 for all ages. But from 7-9PM the old house kicks into full-fright mode, so be forewarned. If you dare brave that tour, admission is \$10 for adults, and \$5 for those 15 and under. Tickets are available through <eventbrite.ca>. For more information about that, or anything else related to this spooky night, please call 283-6311, or email <heritagehouse@smithsfalls.ca>.

Frightful or not, enjoy October everyone!

## Fall Events at Dandelion Foods

**Customer Appreciation Day!**

10% off all day prizes • demos  
October 26, 10AM-2PM

**Back to Basics Supplementation**

with Morgan Dickson, RNH • Oct. 9, 6:30-7:30PM • FREE



**How Being Female can Hinder Diagnosis of a Heart Attack**

with Cyrus Kuhzarani • Oct. 23, 7-8:30PM • FREE

**The 5 Root Causes of all Autoimmune Diseases**

with Brett Howes • Oct. 30, 6:30-8PM • FREE



www.dandelionfoods.ca | info@dandelionfoods.ca | 256-4545 | 451 Ottawa Street, Almonte





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October 4 to November 4

# ANIMALE

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64 Gore St E Perth (behind the TD Bank)  
strevedesign.com 613-267-0230

**Tight shoes, heart too small...**

The Bigger Picture

# Twelve Truths (and Maybe a Few More)

Waiting my turn to order the usual (a cup of dark roast, black, for here) at North Market last week, I watched the woman in front of me pick a crumb of a red leaf off of her t-shirt. Like a CSI agent on a crime scene, she lifted it up to her eyes, slowly turned it over and over, and then held it out to

by Angie Arendt

me saying: *You've got to be @\$-ing kidding me. Seriously? It could swear it was just May...* I didn't have the heart to tell her that there have been red leaves on the ground at our place for weeks now. But I did have the heart to listen as she smiled and continued on: *God, it seems like it was just a month ago that I was potty training my kids... and now they are potty training theirs. Damn it goes fast, doesn't it...* She was still shaking her head in disbelief as she turned to place her order (a skim milk latte to go) and present the barista with the irrefutable evidence cupped in her hand that life is passing before our eyes as I smiled and replied even though she was off to the next thing: *Yes. It goes way too fast...*

Her comment made me think of Anne Lamott's TED Talk on *Twelve Truths I Learned From Life and Writing*, where she says (in response to being asked for advice on life): "...I sat down a few days before my 61<sup>st</sup> birthday, and I decided to compile a list of everything I know for sure. There's so little truth in the popular culture, and it's good to be sure of a few things. For instance, I am no longer 47, although this is the age I feel, and the age I like to think of myself as being..." And then she goes on to offer up her twelve truths, which are basically: life is beautiful and hard and oh-so-short, grace matters, stories matter, and we need each other. She states those truths much more eloquently and with more humour than I'm offering up here — the video is worth a watch. Disclaimer: I completely disagree with her on #5. That's OK. She's entitled to her opinion.

There are so many things on that list that I do agree with, though: #10, #11 and #12 to be sure. Oh, and #6, #7, and #8 too. And then there's #4: "...being full of affection for one's goofy, self-centered, cranky, annoying self is... where world peace begins."

Yes. That one makes me think of Hannah Gadsby and her award-winning Netflix stand-up comedy special *Nanette*. Damn if that one didn't make me both laugh out loud and snotty cry when I watched it this summer — evidence that this world is full of cruel and kind... and kind wins in the end. If I could, I'd replace #5 on Ms. Lamott's list with one of Hannah's take-away messages: "...stories that connect are what we all need... stories with a beginning, a middle, and an end (and not just the beginning and middle)..." Amen.

I don't know how to slow time down, y'all. The leaves are turning red all around and the snow will be here in what seems like a few hours. But I do know that, fast as they might be, the days in



between our first breath in and our last breath out are both precious and impossible, connection is an antidote for the anxiety and overwhelm and a magnifier for the joy and love that fills those days, grace is the duct tape of spiritual tools that holds us together and binds us to each other on any given day, kindness wins, stories matter... and that breathing, connection, grace, and kindness only get better with practice.

Keep practicing, y'all. Keep practicing.

— Angie Arendt is the Director of Big Stone House. *"Sitting on Saturday Nights"* starts in November: a once-a-month-or-so practice for folks of all ages to sit a bit, listen a lot, laugh and sigh some, throw some kindling on the soul, and connect with each other and *The Bigger Picture* a little more. Join us on Saturday, November 2 at 5:30PM.

Look and feel 5-15 years younger before the holidays!



Dr. Michaela Cadeau,  
Doctor of Chiropractic

## 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.

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Call by October 31 for your free consultation.

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Check out our website [www.handsonhealing.ca](http://www.handsonhealing.ca) for the Dr. Oz video on facial acupuncture

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# The Future of the Mill of Kintail

A special advisory committee will be struck to examine the future of the R. Tait McKenzie and Dr. James Naismith collections in the museum at the Mill of Kintail Conservation Area. That's the direction from the Mississippi Valley Conservation Authority (MVCA) Board of Directors following a meeting earlier this week.

MVCA began reviewing its programs and services in order to manage new funding constraints imposed by Provincial Bill 108 (More Homes, More Choice Act), passed in June 2019. Since the regulation expected later this fall will likely limit core funding to these types of museums, MVCA initiated discussions on how to keep the heritage building open for community use.

"We heard loud and clear from the public at this month's Policy and Priorities Committee meeting that the R. Tait McKenzie and Naismith collections belong at the Mill of Kintail," said MVCA Chair Janet Mason. "We look forward to working with the special advisory committee to reach a viable and sustainable solution that satisfies the community while respecting the Authority's role and regulation handed down by the Province."

"The MVCA Board of Directors has been an exceptional steward of the Mill of Kintail property and collection since 1972. As we move into this next chapter for the museums, I have every faith that the MVCA Board will continue to make decisions to ensure that the legacy of Dr. R. Tait McKenzie and Dr. James Naismith will be respected and preserved for future generations," said MVCA Board of Directors member and Mississippi Mills Mayor Christa Lowry. "While change may be inevitable, let our collective goal be to shape this change into a positive, new opportunity to celebrate Ramsay and Canadian history."

Advisory committee members will include MVCA staff, board members and volunteers, as

well as experts from the museum and fundraising sectors and government and non-government agencies. Anyone wishing to be considered for a seat on the committee should contact MVCA's Community Relations Coordinator Shannon Gutoskie at <sgutoskie@mvc.on.ca> no later than October 1. While the timeline won't be determined until the regulation is released by the Province, it's anticipated the committee will meet monthly beginning in October and throughout 2020.

At the September 18 meeting, the Board of Directors also approved the Mill of Kintail Museum Strategic Plan which contains long-term goals and objectives and meets the required criteria for provincial funding via the Ministry of Tourism, Culture & Sport's Community Museum Operating Grant (CMOG), which can now be accessed to support implementation.

MVCA is one of 36 Conservation Authorities in Ontario. Formed in 1968, MVCA's mandate is to manage the watershed's resources in partnership with the eleven member municipalities and the Province of Ontario. For more information, visit <mvc.on.ca>, follow them on Twitter or like them on Facebook.

## Note from Mayor Lowry:

Residents are always welcome to reach out to myself <clowry@mississippimills.ca, 256-2064 x230> or Councillor Bev Holmes <bholmes@mississippimills.ca, 316-0501> as your representatives on the MVCA Board. As we move into this next chapter for our museums, I have every faith that the MVCA Board will continue to make decisions to ensure that the legacy of Dr. R. Tait McKenzie and Dr. James Naismith will be respected and preserved for future generations.



## Oct. Pub Listings

**The Cove** (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 7-10PM  
Oct 3, 10 Jazz w/Spencer Evans Solo, 8-10PM  
Oct 4 Chris Murphy, 6-10PM  
Oct 6, 13 Head over Heels on the Patio, 12:30-3:30PM  
Oct 18 Al Lerman, 6-9PM  
Oct 19 Dave Balfour & Jamie Campbell, 6-9PM  
Oct 25 Young Petty Stones "Ghosts of Woodstock" Halloween Party, 7-11PM, buffet+show \$50  
Oct 26 Spencer Evans, 7-10PM

**Almonte Lobby Bar** @Riverside Inn (Almonte, 461-2745): Tue Music Trivia, 8PM  
Oct 6 Jazz w/The Brindled Cats, 7-10PM

**Ashton Pub** (Ashton, 257-4423): Sun Open Mic, 2-5PM

**Carp Masonic Lodge**: Mon Carp Celtic Jam, 7-9PM

**CC's on the Rideau** (Rideau Ferry, 267-6060): Oct 19 Jon Van Wingerden, 7PM

**Cheshire Cat** (Carp, 831-2183): Mon Trivia, 8-10PM  
Oct 1 Zach Martin, 6:30PM

**Fiddleheads** (Perth, 267-1304): 8PM, Thu Open Mic w/Kevin Choffe

**Golden Arrow Pub** (Perth, 267-4500): 9PM, Wed Karaoke  
Oct 4, 25 Danielle Hewitt  
Oct 11 Jordy Jackson  
Oct 12, 19 Matt Dickson  
Oct 18, 26 Jeff Leeson  
Nov 1 Halloween Party w/Matt Dickson

**The Swan at Carp** (Carp, 839-7926): Oct 11, 25 Steve Barrette Trio, jazz, 7-10PM

**Juke Joint Soul Kitchen** (Carp, 470-8888): 7PM  
Oct 5 Joe McDonald & the Walkin' Hawks  
Oct 12 Dimestore Duo  
Oct 19 Chris Strang  
Oct 26 Cargo Cult  
Nov 2 The eMTees

**Neat Coffee Shop** (Burnstown, 433-9960): 8PM  
Oct 3 Lloyd Spiegel, \$30  
Oct 5 The Stanfields, \$30  
Oct 19 Craig Cardiff, \$25, 2 & 8PM  
Oct 25 Myles Goodwyn, \$60  
Oct 26 Jessica Mitchell, \$22.50

**O'Reilly's Ale House** (Perth, 267-7994): Tues Brock Zeman, 8:30PM  
Oct 4 Ken Workman & Blair Hogan, 8:45PM  
Oct 11 Shawn McCullough, 8:30PM  
Oct 12 Joseph McDonald, 8:45PM  
Oct 18 Stephen Mark Fisher, 8:45PM  
Oct 25 Jono Townsend, 8:45PM  
Nov 1 David McGrath, 8:30PM  
Nov 2 Joseph McDonald, 8:45PM

**Ridge Rock Brewing Co.** (Carp, 470-2337): Sun Open Mic w/Jillian Kerr, 2-4PM

Oct 4 Chris Gagnon, 8PM  
Oct 5 Intensity Band, 8PM  
Oct 18 Tragically Hopped - Little Bones Live, 7:30PM, \$20

**The Royal Oak** (Kanata, 591-3895): jazz on Sun, 2-5PM  
Oct 6, 20 APEX Jazz Band

Oct 13, 27 Magnolia Rhythm Kings  
**Waterfront Gastropub** (CP, 257-5755): Wed Open Jam 9PM; Thurs Karaoke 9PM; Sun Blues w/Redneck Limousine 3-6PM  
Oct 4 Mississippi Blues Jam, 8:30PM

Speaking Volumes

## Librarians are a Resourceful Bunch!

What happens when a group of librarians from local rural branches get together to lament the lack of resources available to smaller libraries? Give it two months of planning and you have a full blown conference attracting well over 100 bookworms from all over Eastern Ontario!

by Karen DeLuca

The Little Branches, Rural Roots Library Conference came to fruition in just this way, and will be held at the Arnprior Public Library on October 4 and 5.

It started as a few calls to publishers, vendors and book industry folks, primarily based in Toronto. They jumped at the chance to be part of something innovative and new in Eastern Ontario. By mid-July there was a corporate sponsorship, donations stacked high and a website with online registration opening on August 1. The steering committee, comprised of library

CEOs from Barry's Bay, Killaloe, Renfrew and Arnprior, sat back to see what the uptake would be.

By the end of registration, the inaugural LBRR Library Conference was just shy of its maximum capacity.

There will be a plethora of incredible presenters, awesome give-aways and the potential for attendees to walk away with a wealth of knowledge and new contacts. All of this while managing to keep costs low for those without big conference and training budgets. The Arnprior Public Library Board has lent its support by closing the facility to the public for the two-day conference, allowing all staff to participate in the training, workshops and networking with peers.

Local authors Kerry-Lynn Sparrow (Arnprior), Amanda West Lewis (Perth) and Luke Murphy (Shawville) will share the stage for an author plenary focussing on how libraries can assist in the creative process. The second plenary is an important conversation about mental health and stigma.

Other sessions include starting a T'ween Knitting program for community engagement, learning how to podcast, best practices in cataloguing, finding free (or nearly free) online resources, and so much more!

The LBRR Steering Committee is thrilled that all of this information can be shared with peers coming from as far away as Millbrook, Muskoka Lakes and Cobourg. And no gathering of librarians would be complete without some fantastic social activities, including guided walking tours of Arnprior's historic downtown, a Trivia Challenge, a closing concert featuring Sean McCann and a Make Your Own Sundae Bar to send everyone off in style!

The Steering Committee is excited at the prospect of delegates bringing knowledge and some fantastic giveaways back to their respective libraries, and helping each of these communities grow their resources, programs and collections! — *Karen DeLuca is the CEO / Head Librarian at the Arnprior Library*

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**THE HOGTOWN ALLSTARS**  
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**Almonte Lectures**

**Louise Plouffe**  
**What Makes a City Age-friendly**

7:30 pm Friday, 25 October, 2019  
in the Almonte United Church Hall

Visit: [almontelectures.net](http://almontelectures.net) for the series schedule



EODL 1-Act Play Festival, Perth, Nov 8-10

XMas Artisan Market, SE, Nov. 9

SchoolBox Latin Fiesta, Almonte, Nov. 9  
Theresa Thomason & Paul Sullivan, Perth, Nov 9

Valdy, McD Crnrs, Nov 14

CP200+, Carleton Place, Nov 14-23

BOTR: S. Martin & Delta Sugar, Westport, Nov 15-16

Close to Home Marketplace, Almonte, Nov 16

Tim Nast, Smiths Falls, Nov 16

Robin Hood & the Babes in the Woods, Smiths Falls, Nov 29-Dec 8

Little Red Riding Hood panto, Perth, Nov 29-Dec 8

Pakenham Country Christmas, Nov 30

Charlotte Gray: Murdered Midas, Almonte, Dec 1

The Algonquin Ensemble, Almonte, Dec 1

Light Up The Night, Almonte, Dec 6

Xmas Night Parade, Pakenham, Dec 7

Heritage Perth Xmas House Tour, Dec 7-8

Santa Claus Parade, Almonte, Dec 8

Who Stole Christmas from Mississippi Mills?, Almonte, Dec 12-15

## Visual Arts

**Madawaska Valley Studio Tour**, Oct 4-6, 10AM-5PM. Studios from Golden Lake to Purdy. madawaskastudiotour.com.

**Vernissage: Loonie Banks**, Oct 4, 6-8PM. An exhibition of money containers. Almonte Potters Guild. almontepottersguild.com.

**Merrickville Artists' Guild Studio Tour**, Oct 5-6, 10AM-5PM. Merrickville. mag-artists.ca.

**Vernissage: Meed Barnett**, Oct 5, 2PM. Various styles. MERA Schoolhouse, McDonalds Corners. meraschoolhouse.org.

**Paint Day: Sunflowers**, Oct 6, 9AM-3PM. MERA Schoolhouse, McDonalds Corners. meraschoolhouse.org. \$30+10

**Expressions of Art**, Oct 11 (7-9PM), 12 (8AM-4PM), 13 (10AM-4PM). W. Carleton Arts Soc. Carp Fairgrounds. westcarleton-artssociety.ca.

**Crown & Pumpkin Studio Tour**, Oct 12-14, 10AM-5PM. 50 artists at 17 stops. Almonte-Clayton. crownandpumpkin.com.

**Open House**, Oct 12, 10AM-5PM. Resident artists & guests. Carriageway Studios, Almonte. facebook/carriagewaystudios.

**Perth Autumn Studio Tour**, Oct 12-14, 10AM-5PM. Maps online. Perth. perthstudiotour.com. Free

**Meet the Artists: Jane Irwin, Susan Tooke, Gillian Willans**, Oct 19, 3-6PM. "Canadiana II". Sivarulrasa Gallery, Almonte. sivarulrasa.com.

**Meet the Artists: Bird, Evans, Raby, VanAlstine**, Oct 20, 2-4PM. Show: "Animale." Strévé Design, Perth. strevedesign.com.

**Almonte Quilters' Guild**, Oct 21, 7-9PM. Spkr: Bill Stearman. All welcome. Almonte Civitan Hall. Guests free in Oct

**Lanark County Quilters Guild**, Oct 22, 7-9PM. Spkr: Bill Stearman. Lions Hall, Perth. lanarkcountyquiltersguild.com. \$5 guests

**Vernissage: Sarah Moffat**, Oct 24, 7-9PM. Multi-media. Fairview Manor, Almonte.

**Red Trillium Studio Tour**, Oct 26-27, 10AM-5PM. Many artists & studios. West Carleton area. redtrilliumstd.com. Free

**Cheerfully Made Holiday Market**, Nov 2 & 3 (10AM-4PM). Almonte Old Town Hall. cheerfullymade.com. \$2

**Christmas in the Valley Artisan Show**, Nov 2-3 (10AM-4PM). 30 artisans, crafters & bakers. Almonte Community Centre. valleyartisanshow.blogspot.com.

**Women's Fair**, Nov. 2, 10AM-4PM. CPArena.

## Monday

- Almonte Pottery Guild** presents *Loonie Banks*: an exhibition of money containers <almontepottersguild.com>
- Bittersweet Gallery** presents Richard Gill's annual show <burnstown.ca/bittersweet> [to Oct 14]
- Fairview Manor Lobby** presents The Contemplative Photography Group's *Spring: New Beginnings* [to Oct 7], Sarah Moffat's multi-media *Roots & Rhythm* [from Oct 8]
- MERA Schoolhouse** presents *The Happy Wanderer*, the work of Meed Barnett <meraschoolhouse.org>
- Mississippi Valley Textile Museum** presents *Go-Somewhere!* Japanese Art Tour [to Oct 12]; *Spirit Seeds*, Indigenous beadwork [from Oct 26] <mvtm.ca>
- N. Lanark Regional Museum** presents *Out of the Box* artefacts <apletonmuseum@hotmail.com> [to Oct 30]
- Sivarulrasa Gallery** presents *Reverie*: Gayle Kells & Catherine Gutsche [to Oct 6], *Canadiana II*: Jane Irwin, Susan Tooke, Jane Irwin, Gillian Willans [from Oct 11] <sivarulrasa.com>
- Strévé Design Studio & Boutique** presents *Animale* [from Oct 4]

- Cancer Support Group**, Almonte
- Carp Celtic Jam**, Masonic Lodge
- Sage Age Theatre**, Almonte
- Smiths Falls Duplicate Bridge Club**
- Trivia Night**, Cheshire Cat Pub

- Perth Autumn Studio Tour**
- Crown & Pumpkin Studio Tour**
- Carp Celtic Jam**, Masonic Lodge
- Hackberry Men's Shed**, Carleton Place
- Sage Age Theatre**, Almonte
- Smiths Falls Duplicate Bridge Club**
- Trivia Night**, Cheshire Cat Pub

- Almonte Quilters' Guild**
- Cancer Support Group**, Almonte
- Carp Celtic Jam**, Masonic Lodge
- Historical Tour of United Cemeteries**, Carleton Place
- Sage Age Theatre**, Almonte
- Smiths Falls Duplicate Bridge Club**
- Trivia Night**, Cheshire Cat Pub

- Almonte Hort: Alpine Plants/Rock Gdns**
- Cancer Support Group**, Almonte
- Carp Celtic Jam**, Masonic Lodge
- Hackberry Men's Shed**, Carleton Place
- Sage Age Theatre**, Almonte
- Smiths Falls Duplicate Bridge Club**
- Trivia Night**, Cheshire Cat Pub

## Tuesday

- Brock Zeman**, O'Reilly's Pub
- Hackberry Men's Shed**, Carleton Place
- Message in a Bottle Creative Process**, Almonte
- Music Trivia**, Almonte Lobby Bar
- Olde Time Bingo**, Carleton Place
- Perth Hort: Glorious Gardens & Plant Delights**
- Smiths Falls Duplicate Bridge Club**

- Brock Zeman**, O'Reilly's Pub
- Coffee 101**, Almonte
- Message in a Bottle Creative Process**, Almonte
- Music Trivia**, Almonte Lobby Bar
- Olde Time Bingo**, Carleton Place
- Smiths Falls Duplicate Bridge Club**

- 12 Angry Jurors**, Constance Bay
- Brock Zeman**, O'Reilly's Pub
- Hackberry Men's Shed**, Carleton Place
- Lanark County Quilters Guild**, Perth
- Message in a Bottle Creative Process**, Almonte
- Music Trivia**, Almonte Lobby Bar
- Olde Time Bingo**, Carleton Place
- Smiths Falls Duplicate Bridge Club**

- Brock Zeman**, O'Reilly's Pub
- Coffee: Brew It Right**, Almonte
- Message in a Bottle Creative Process**, Almonte
- Music Trivia**, Almonte Lobby Bar
- Olde Time Bingo**, Carleton Place
- Smiths Falls Duplicate Bridge Club**

## Wednesday

- Health Talks: Supplementation**, Almonte
- Almonte Duplicate Bridge Club**
- Karaoke**, Golden Arrow
- Meditation & Associated Processes**, Perth
- Open Jam**, Waterfront Gastropub
- Open Mic w/Shawn McCullough**, The Cove

- Almonte Duplicate Bridge Club**
- Karaoke**, Golden Arrow
- Open Jam**, Waterfront Gastropub
- Open Mic w/Shawn McCullough**, The Cove

- Health Talks: Women & Heart Attacks**, Almonte
- 12 Angry Jurors**, Constance Bay
- Almonte Duplicate Bridge Club**
- Karaoke**, Golden Arrow
- Meditation & Associated Processes**, Perth
- Open Jam**, Waterfront Gastropub
- Open Mic w/Shawn McCullough**, The Cove
- Writing for Kids**, Almonte

- Health Talks: Causes of Autoimmune Diseases**, Almonte
- Almonte Duplicate Bridge Club**
- Karaoke**, Golden Arrow
- Open Jam**, Waterfront Gastropub
- Open Mic w/Shawn McCullough**, The Cove
- Writing for Kids**, Almonte

## Thursday

- Death by Design**, Smiths Falls
- Jazz w/Spencer Evans solo**, The Cove
- Karaoke**, Waterfront Gastropub
- Lloyd Spiegel**, Neat Coffee Shop
- Naismith Men's Shed**, Almonte
- Open Mic w/Kevin Choffe**, Fiddleheads Bar & Grill
- Small Town Feeling Breast Cancer Fundraiser**, Smiths Falls

- Fall Street Market**, Almonte
- Jazz w/Spencer Evans solo**, The Cove
- Karaoke**, Waterfront Gastropub
- Naismith Men's Shed**, Almonte
- Open Mic w/Kevin Choffe**, Fiddleheads Bar & Grill
- Toastmasters**, Carleton Place

- 9 Plays for a Sustainable Future**, Almonte
- Generals Die in Bed**, Perth
- Karaoke**, Waterfront Gastropub
- Naismith Men's Shed**, Almonte
- Open Mic w/Kevin Choffe**, Fiddleheads Bar & Grill
- Perth Breast Cancer Support Group**

- 12 Angry Jurors**, Constance Bay
- An Evening of One-Act Plays**, Perth
- Generals Die in Bed**, Perth
- Karaoke**, Waterfront Gastropub
- Naismith Men's Shed**, Almonte
- Open Mic w/Kevin Choffe**, Fiddleheads Bar & Grill
- Toastmasters**, Carleton Place
- Vernissage: Sarah Moffat**, Almonte

**Itty Bitty Art & Craft Show**, Nov 2-3, 10AM-4:30PM. Original works, under \$150. Arts CP. Canoe Club, Carleton Place. artscarletonplace.com.

## Local Food

- Great Veggie Grow-Off Weigh-In**, Oct 12, 10AM. Almonte Library.
- Coffee 101**, Oct 15, 7PM. Appreciation/tasting. Equator Coffee, Almonte. equator.ca. \$35
- REAL's Local Foods Harvest Dinner**, Oct 19, 6PM. Smiths Falls Legion, Smiths Falls. REALaction.ca. \$60
- Kombucha Workshop**, Oct 20. Includes ingredients. Artizen Kombucha, Perth. artizenkombucha.ca. \$55
- Coffee: Brew It Right**, Oct 29, 7PM. Freshness, quality, brewing. Equator Coffee, Almonte. equator.ca. \$35

## Theatre

- Sage Age Theatre**, Mon, 10AM-12PM. Join anytime. 55+. St. Paul's Anglican, Almonte
- Death by Design**, Oct 3-5, 7:30PM; Oct 6, 2PM. Mystery farce. Station Theatre, SF. smithsfallstheatre.com.
- The Lady in the Van**, Oct 4, 7PM. Film. Studio Theatre, Perth. ticketsplease.ca. \$10 (\$12 adv)
- Comedian DeAnne Smith**, Oct 11, 8PM. Curious & Kind, Almonte. curiousandkind.ca. \$25; \$20 adv.
- Generals Die in Bed**, Oct 11-12, 17-19, 24-26 at 8PM and Oct 13, 20, 27 at 2PM. Full Circle Theatre, Perth. \$20; \$22 reserved
- 9 Plays for a Sustainable Future**, Oct 17-18, 7:30PM. Textile Museum, Almonte. Tix: Mill St. Books, \$10/\$15/\$20
- Yesterday**, Oct 18-19, 7PM. Film. Station Theatre, SF. smithsfallstheatre.com.

- 12 Angry Jurors**, Oct 20, 2PM; Oct 22-26, 7:30PM. Rural Root Theatre. North Wind Ctr. Constance Bay. Tix: ruralroot.org. \$17
- An Evening of One-Act Plays**, Oct 24-26 7:30PM, Oct 27 2PM. *Mr. Philbin*, *A Candle on the Table*, *Trade Secrets*. Studio Theatre, Perth. studiotheatreperth.com
- Lanark Laughs**, Oct 25, 8:30-10PM. Stand-up comedy. Waterfront Gastropub, Carleton Place. facebook.com/LanarkLaughs/
- Fine as Binder Twine**, Oct 27, 5PM. Beckwith Public School, CP. stonefence.ca. Buffet+play \$45
- World Tour Paddling Film Festival**, Oct 27, 3PM. Riverwalk Fundraiser. Tix: Mill Street Books & Vamos. Almonte Old Town Hall. \$15
- FrankenSteve: Welcome to the Jungle**, Oct 31-Nov 2, 7:30PM. VV. Carleton Amateur Sports Club, Carp. ruralroot.org. \$10

## Music

- Tim Nast Solo Piano**, Oct 4, 7:30PM, Oct 4 Delta, Oct 25 Almonte, Nov 1 Tatlock Hall, Nov 2 Maberly. timnast.com.
- Great Music for the Green Party**, Oct 5, 7PM. Perth Civitan Hall. ticketsplease.ca. \$40
- Turpin's Trail**, Oct 5, 7PM. Celtic/Folk group. Zion-Memorial United Church, Carleton Place. \$20; ages 6-16 \$10
- Tutti - Grove Fundraiser**, Oct 5, 7:30PM. Grace St-Andrews United Church, Arnprior. www.lisawebbermusic.com
- BOTR: The Hogtown Allstars**, Oct 11 & 12, 7-11PM. Blues on the Rideau. The Cove Country Inn, Westport. bluesontherideau.ca. \$70 buffet/show/dancing
- AGH Fundraiser: Jim Cuddy, Tracey Brown, Randall Prescott**, Oct 20, 7PM. Almonte Old Town Hall. almonte-hospitalfoundation.com/jimcuddy. \$125



# OCTOBER 2019

## Friday

## Saturday

## Sunday

<ul style="list-style-type: none"> <li>Madawaska Valley Studio Tour</li> <li>Vernissage: <b>Loonie Banks</b>, Almonte</li> <li>Death by Design, Smiths Falls</li> <li>Chris Murphy, The Cove</li> <li>Bustle on Russell, Smiths Falls</li> <li>Chris Gagnon, Ridge Rock Brewing Co.</li> <li>Danielle Hewitt, Golden Arrow</li> <li>Ken Workman &amp; Blair Hogan, O'Reilly's Pub</li> <li>Mississippi Blues Society Jam, Waterfront Gastropub</li> <li>Scottish Country Dancing, Perth</li> <li>The Lady in the Van, Perth</li> <li>Tim Nast Solo Piano, Delta</li> </ul>	<ul style="list-style-type: none"> <li>Almonte Yoga Festival</li> <li>Craft Market, Almonte</li> <li>Madawaska Valley Studio Tour</li> <li>Merrickville Artists' Guild Studio Tour</li> <li>Great Music for the Green Party, Perth</li> <li>Death by Design, Smiths Falls</li> <li>Dancing with Our Stars, Smiths Falls</li> <li>Intensity Band, Ridge Rock Brewing Co.</li> <li>Joe McDonald &amp; the Walkin' Hawks, Juke Joint Kitchen</li> <li>Lanark Co. Genealogical Mtg, Carleton Place</li> <li>Meet Stephen Kotze (Green Party), Ompah</li> <li>Sacred Heart Church Bazaar, Lanark</li> <li>The Stanfields, Neat Coffee Shop</li> <li>Turpin's Trail, Carleton Place</li> <li>Tutti — Grove Fundraiser, Arnprior</li> <li>Vernissage: Meed Barnett, McDonalds Corners</li> </ul>	<ul style="list-style-type: none"> <li>Sitting on Sundays, Almonte</li> <li>Death by Design, Smiths Falls</li> <li>Discover Lovely Lichens, Lanark</li> <li>Fall Colours Hike, Lanark</li> <li>Head over Heels (Patio), The Cove</li> <li>Madawaska Valley Studio Tour</li> <li>Merrickville Artists' Guild Studio Tour</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Ashton Open Mic, Ashton Pub</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Open Mic w/Jillian Kerr, Ridge Rock Brewing Co.</li> <li>Paint Day: Sunflowers, McDonalds Corners</li> <li>The Brindled Cats, Almonte Lobby Bar</li> </ul>
<ul style="list-style-type: none"> <li>Expressions of Art – Vernissage, Carp</li> <li>BOTR: The Hogtown Allstars, Westport</li> <li>Comedian DeAnne Smith, Almonte</li> <li>Generals Die in Bed, Perth</li> <li>Jordy Jackson, Golden Arrow</li> <li>Scottish Country Dancing, Perth</li> <li>Shawn McCullough, O'Reilly's Pub</li> <li>Steve Barrette Trio, The Swan at Carp</li> </ul>	<ul style="list-style-type: none"> <li>Perth Autumn Studio Tour</li> <li>Crown &amp; Pumpkin Studio Tour</li> <li>Expressions of Art, Carp</li> <li>Indonesian Batiks, Perth</li> <li>BOTR: The Hogtown Allstars, Westport</li> <li>Craft Market, Almonte</li> <li>Great Veggie Grow-Off Weigh-In, Almonte</li> <li>Dimestore Duo, Juke Joint Soul Kitchen</li> <li>Fall Luncheon, Ashton</li> <li>Generals Die in Bed, Perth</li> <li>Joseph McDonald, O'Reilly's Pub</li> <li>Matt Dickson, Golden Arrow</li> <li>Open House, Almonte</li> <li>Train Rides at RMEO, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Perth Autumn Studio Tour</li> <li>Crown &amp; Pumpkin Studio Tour</li> <li>Expressions of Art, Carp</li> <li>Indonesian Batiks, Perth</li> <li>Sitting on Sundays, Almonte</li> <li>Ashton Open Mic, Ashton Pub</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Generals Die in Bed, Perth</li> <li>Head over Heels (Patio), The Cove</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Open Mic w/Jillian Kerr, Ridge Rock Brewing Co.</li> </ul>
<ul style="list-style-type: none"> <li>9 Plays for a Sustainable Future, Almonte</li> <li>Al Lerman, The Cove</li> <li>Generals Die in Bed, Perth</li> <li>Jeff Leeson, Golden Arrow</li> <li>Scottish Country Dancing, Perth</li> <li>Stephen Mark Fisher, O'Reilly's Pub</li> <li>Tragically Hopped - Little Bones Live, Ridge Rock Brewing Co.</li> <li>Yesterday, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Craft Market, Almonte</li> <li>Pumpkinfest, CP</li> <li>Indonesian Batiks, Perth</li> <li>Zombie Walk, Almonte</li> <li>Meet the Artists: Irwin, Tooke, Willans, Almonte</li> <li>MMLT Go Wild Gala, Carleton Place</li> <li>Chris Strang, Juke Joint Soul Kitchen</li> <li>Balfour &amp; Campbell, The Cove</li> <li>Tour of United Cemeteries, Carleton Place</li> <li>Huntley Historical: Open House, Carp</li> <li>Invasive Plants, Monarchs, Site Restoration, Perth</li> <li>Jon Van Wingerden, CC's on the Rideau</li> <li>Matt Dickson, Golden Arrow</li> <li>Workshop: Pollinator Restoration, Perth</li> <li>REAL's Local Foods Harvest Dinner, Smiths Falls</li> </ul>	<ul style="list-style-type: none"> <li>Sitting on Sundays, Almonte</li> <li>Meet the Artists: Bird, Evans, Raby, VanAlstine, Perth</li> <li>Indonesian Batiks, Perth</li> <li>Kombucha Workshop, Perth</li> <li>12 Angry Jurors, Constance Bay</li> <li>AGH Fundraiser, Almonte</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Ashton Open Mic, Ashton Pub</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Generals Die in Bed, Perth</li> <li>Lyle Dillabough, Carleton Place</li> <li>Open Mic w/Jillian Kerr, Ridge Rock Brewing Co.</li> <li>Songwriters Series, Smiths Falls</li> <li>Wendell &amp; Wheat, McDonalds Corners</li> </ul>
<ul style="list-style-type: none"> <li>Almonte Lectures</li> <li>An Evening of One-Act Plays, Perth</li> <li>Young Petty Stones Halloween Party, The Cove</li> <li>12 Angry Jurors, Constance Bay</li> <li>Danielle Hewitt, Golden Arrow</li> <li>Generals Die in Bed, Perth</li> <li>Haunted Heritage House, Smiths Falls</li> <li>Jono Townsend, O'Reilly's Pub</li> <li>Lanark Laughs, Carleton Place</li> <li>Myles Goodwyn, Neat Coffee Shop</li> <li>Scottish Country Dancing, Perth</li> <li>Steve Barrette Trio, The Swan at Carp</li> <li>Tim Nast Solo Piano, Almonte</li> <li>UCW Fall New To You Sale, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>Red Trillium Studio Tour, West Carleton</li> <li>AiC: The Missing Pages, Almonte</li> <li>An Evening of One-Act Plays, Perth</li> <li>Spencer Evans, The Cove</li> <li>12 Angry Jurors, Constance Bay</li> <li>Cargo Cult, Juke Joint Soul Kitchen</li> <li>Craft Market, Almonte</li> <li>Euchre, Pakenham</li> <li>Generals Die in Bed, Perth</li> <li>Haunted Heritage House, Smiths Falls</li> <li>Jeff Leeson, Golden Arrow</li> <li>Jessica Mitchell, Neat Coffee Shop</li> <li>Potluck &amp; Talent Show, Mississippi Mills</li> <li>UCW Fall New To You Sale, Carleton Place</li> </ul>	<ul style="list-style-type: none"> <li>Sitting on Sundays, Almonte</li> <li>An Evening of One-Act Plays, Perth</li> <li>Ashton Open Mic, Ashton Pub</li> <li>Autumn Fair Show, Lanark</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Choral Evensong, Perth</li> <li>Fine as Binder Twine, Carleton Place</li> <li>Generals Die in Bed, Perth</li> <li>Magnolia Rhythm Kings, The Royal Oak</li> <li>Open Mic w/Jillian Kerr, Ridge Rock Brewing Co.</li> <li>Red Trillium Studio Tour, West Carleton</li> <li>Trad Song Pub Session, Almonte</li> <li>World Tour Paddling Film Festival, Almonte</li> </ul>
<ul style="list-style-type: none"> <li>David McGrath, O'Reilly's Pub</li> <li>FrankenSteve – Welcome to the Jungle, Carp</li> <li>Halloween Party w/Matt Dickson, Golden Arrow</li> <li>Mississippi Blues Society Open Jam, Waterfront Gastropub</li> <li>Scottish Country Dancing, Perth</li> <li>Tim Nast Solo Piano, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Christmas in the Valley Artisan Show, Almonte</li> <li>Itty Bitty Art &amp; Craft Show, Carleton Place</li> <li>Roxy Swan, Perth</li> <li>FrankenSteve – Welcome to the Jungle, Carp</li> <li>Women's Fair, Carleton Place</li> <li>Joseph McDonald, O'Reilly's Pub</li> <li>Pakenham Youth Group, Pakenham</li> <li>The eMTees, Juke Joint Soul Kitchen</li> <li>Tim Nast Solo Piano, Maberly</li> <li>Cheerfully Made Holiday Market, Almonte</li> </ul>	<ul style="list-style-type: none"> <li>Sitting on Sundays, Almonte</li> <li>Christmas in the Valley Artisan Show, Almonte</li> <li>Itty Bitty Art &amp; Craft Show, Carleton Place</li> <li>APEX Jazz Band, The Royal Oak</li> <li>Ashton Open Mic, Ashton Pub</li> <li>Blues w/Redneck Limousine, Waterfront Gastropub</li> <li>Kate Weekes &amp; James Stephens / Emilyn Stam &amp; John David Williams, Maberly</li> <li>Old Tyme Country Dinner Dance, Clayton</li> <li>The Brindled Cats, Almonte Lobby Bar</li> <li>Tim Booth Jazz Trio, McDonalds Corners</li> <li>Cheerfully Made Holiday Market, Almonte</li> </ul>

**Sacred Heart Church Bazaar**, Oct 5, 11AM–2PM, Church fundraiser. Foy Hall, Lanark. \$10

**Fall Colours Hike**, Oct 6, 10AM–2PM. Blueberry Mountain, Lanark. 259-3412, mmlt.ca. \$15 (members \$10); under 12 free

**Discover Lovely Lichens**, Oct 6, 11AM–4PM, Bring lunch. Max 25, so reg: 253-2722. Blueberry Mountain, Lanark. mmlt.ca. \$25 (members \$20)

**Hackberry Men's Shed**: Oct 8, 22, 7:30AM, breakfast, Gourmet Restaurant, CP; Oct 14, 28, 7PM, meeting, Shed opposite 98 Donald St., CP. Mtgs free

**Perth Hort: Glorious Gardens & Plant Delights**, Oct 8, 7–9PM, Talk by Brian Carson. St. Paul's United Church, Perth. perthhortsociety.com. \$5 guests

**Meditation & Associated Processes**: Oct 9, 23, 1:30-3PM, Perth Library. By donation

Health Talks: **Supplementation**, Oct. 9, 6:30–7:30PM; **Women & Heart Attacks**, Oct. 23, 7–8:30PM; **Causes of Autoimmune Diseases**, Oct. 30, 6:30–8PM. Dandelion Foods, Almonte. Free.

**Toastmasters**, Oct 10 & 24, 7-8:30PM. Guests free. Riverview Snrs' Residence, 204 Lake Ave., CP.

**Fall Street Market**, Oct 10, 5–9PM, Specials, demos, food, music. Downtown Almonte.

**Indonesian Batiks**, Oct. 12–13, 19–20, 10AM–4PM. Material, scarves, and more. PopIn2Shop, Perth. facebook.com/POPIn2Shop

**Fall Luncheon**, Oct 12, 11AM–1PM, Soup, chili, etc. Ashton United Church. \$10

**Train Rides at RMEO**, Oct 12, 11AM–3PM, Every 30-min. Railway Museum of Eastern Ontario, Smiths Falls. rmeo.org. \$10; \$8 ages 4-12

**Perth Breast Cancer Support Group**, Oct 17, 7–9PM, Monthly mtg. Perth Family Health Centre.

**Historical Tour of United Cemeteries**, Oct 19 1PM, Oct 21 6:30PM. Tix at CP&B Museum., Carleton Place. \$10

**Huntley Historical: Open House**, Oct 19, 1:30–3:30PM, w/historical displays. Borden Bldg, Carp Airport, Carp. Donations welcome

**Info: Invasive Plants, Monarchs, Site Restoration**, Oct 19, 10AM–12:30PM. Lanark Co Admin Bldg, Perth. www.lanarkcounty.ca/Page1875.aspx

**MMLT Go Wild Gala**, Oct 19, 5:30PM, Mississippi Madawaska Land Trust. Tix: Gillgallou, Granary, Shadowfax. The Grand Hotel, Carleton Place. mmlt.ca/events. \$50

**Outdoor Workshop: Pollinator Restoration**, Oct 19, 1–2:30PM, Register online. Lanark Co Admin Bldg, Perth. www.lanarkcounty.ca/Page1875.aspx

**Zombie Walk**, Oct. 19, 1PM. 2km rain/shine. Almonte Arena. \$10 reg'n.

**Almonte Lectures: What Makes a City Age-friendly?**, Oct 25, 7:30PM, Louise Plouffe. Almonte United Church. almontelectures.net. free; donations accepted

**Haunted Heritage House**, Oct 25 & 26, 6–9PM, 6PM family-friendly \$5; 7-9PM full-fright \$10, \$5 aged 15 & under. Heritage House Museum, Smiths Falls. heritage-house@smithsfalls.ca.

**UCW Fall New To You Sale**, Oct 25 9AM–6PM; Oct 26 9AM–2PM. Zion-Memorial United Church, Carleton Place.

**Euchre**, Oct 26, 7:30–9:30PM. Cedar Hill Schoolhouse, Pakenham. \$5

**Potluck & Talent Show**, Oct 26, 6PM, Bring food, dishes/cutlery. Union Hall, Mississippi Mills. Free

**Autumn Fair Show**, Oct 27, 9AM–4PM, 20+ vendors. Foy Hall, Lanark. \$10

**Almonte Hort: Alpine Plants/Rock Gdns**, Oct 28, 7:30PM, Speaker: Judy Wall. Cornerstone Community Church, Almonte. \$2 (first time=\$0)

**Old Tyme Country Dinner Dance**, Nov 3, 2PM, Country music, dancing, 5PM buffet. Clayton Community Centre, Clayton. \$13; musicians free

**Lyle Dillabough**, Oct 20, 2PM, Tix: SRC Music, Temptations. CP & Beckwith Heritage Museum. \$15

**Songwriters Series: Campbell Woods, Patrick Dorie, Claude Munson**, Oct 20, 8PM. Bowie's, Smiths Falls. ticketscene.ca. \$15

**Wendell & Wheat**, Oct 20, 2PM. MERA Schoolhouse, McDonalds Corners. mera-schoolhouse.org. \$27.50

**AiC: The Missing Pages (a chamber musical)**, Oct 26, 7:30PM, Almonte in Concert. Almonte Old Town Hall. almonteinconcert.com. \$35/\$15; series available

**Choral Evensong**, Oct 27, 3:45PM. St. James the Apostle Anglican Church, Perth. stjamesperth.ca.

**Trad Song Pub Session**, Oct 27, 2–4PM. The Barley Mow, Almonte. www.shantyman.ca/almonte-trad-songs.

**Roxy Swan**, Nov 2, 7:30PM, Jazz, RnB, pop. Full Circle Theatre, Perth. ticketsplease.ca. \$20

**Kate Weekes & James Stephens / Emilyn Stam & John David Williams**, Nov 3, 7–9PM. Maberly Hall.

**Tim Booth Jazz Trio**, Nov 3, 2PM. MERA Schoolhouse, McDonalds Corners. mera-schoolhouse.org. \$27.50

## Pub Crawling p21 Youth

**Pakenham Youth Group**, 1<sup>st</sup> & 3<sup>rd</sup> Sat. Pakenham Library, Pakenham. Free

**Pumpkinfest**, Oct 19, 11AM–3PM, MYO loot bag, mini pumpkin. Events. Carleton Junction Park, Carleton Place. \$5

**Writing for Kids**, Oct 23 & 30, 4:15–5:30PM. Child-led workshop. Curious & Kind, Almonte. curiousandkind.ca.

**Toddler Halloween Hunt**, Oct 31, 10AM–4PM, Dress up, treats, picnic. Diefenbunker, Carp. diefenbunker.ca. By donation

## Community

**Cancer Support Group**, Mon (excl 14<sup>th</sup>) 10-11AM. Patients & survivors. Almonte Library. Free

**SF Bridge Club**, Mon 7PM, Tue 1PM. 2. SF Legion

**Message in a Bottle Creative Process**, Tue, 6:30-9PM. Curious & Kind, Almonte. curiousandkind.ca

**Olde Time Bingo**, Tue 7PM. Held by CP Civitans in CP Arena upper hall

**Almonte Bridge Club**, Wed 7PM. Almonte Legion

**Scottish Country Dancing**, Fri, 9:30AM. All levels. McMartin House, Perth.

**Craft Market**, Sat, 10AM-2PM. Curious & Kind, Almonte. curiousandkind.ca

**Sitting on Sundays**, Sun, 10AM. Meditation, mindfulness. Big Stone House, Almonte. bigstonehouse.ca. By donation

**Naismith Men's Shed**: Oct 3, 17, 31, 8AM, breakfast, Mamma's Place, Almonte; Oct 10, 24, 9AM, meeting, Mill of Kintail gatehouse. Mtgs free

**Small Town Feeling Breast Cancer Fundraiser**, Oct 3, 6–8:30PM. Settlers Ridge Centre, Smiths Falls. \$9; \$5 adv.

**Bustle on Russell**, Oct 4, 4:30–10:30PM, Music, carnival games, food, beer. Smiths Falls.

**Almonte Yoga Festival**, Oct 5, 8:30AM–5PM, Yoga, meditation, more. Almonte Old Town Hall., almonteyogafestival.com. \$60 pass

**Dancing with Our Stars**, Oct 5., SF Hospital fundraiser. 4-course meal, DJ. Hanley Hall, Smiths Falls. \$75; \$150/8

**Lanark Co. Genealogical Mtg**, Oct 5, 1:30PM, Talk & Tour. All welcome. Cdn Coop Wool Growers, Carleton Place. Free

**Meet Stephen Kotze (Green Party)**, Oct 5, 10AM–12PM, Refreshments. Ompah Community Centre.





## Big Time Blues!

Unquestionably one of the favourite bands to play the Blues on the Rideau series over the years, Toronto's **Hogtown Allstars** return to Westport on October 11 and 12 for their sixth visit. Their popularity is no surprise – the Allstars consist of six of the most talented veteran blues artists in the country, with over 300 years of playing experience in total. Five of them come from Canada's legendary Downchild Blues Band: Chuck Jackson (vocals & harmonica), Michael Fonfara (keyboards), Pat Carey (sax), Gary Kendall (bass) and Mike Fitzpatrick (drums). Teddy Leonard (formerly of Fathead) joins them on guitar. All of these musicians have received Juno Awards as members of Downchild and Fathead, and individually they have either won, or been nominated for, a Maple Blues Award in their respective instrument categories.

Led by dynamic singer/showman Chuck Jackson, the Hogtown Allstars play a great mix of blues, soul and R&B classics as well as their own original material. They have

sold out every Blues on the Rideau show at The Cove in the past, so don't wait too long before reserving your tickets! \$70 gets you a delicious buffet dinner and a terrific show (with dancing). Reservations are required and it is wise to book well in advance, especially if you want to stay overnight. You can contact The Cove at 273-3636 or <info@coveinn.com>. Visit <bluesontherideau.ca> for details about all of the performers and links to their music. Proceeds from this show go to the Westport Library and the Westport Arts Council.

**40 parts water, 1 part soap.**

Opinion Ate It...

# This Article is Gluten-Free!

Weetabix has long felt that Descartes got off to a bad start. We have had more than one encounter with people who clearly do not think and yet exist. Better he should have stated: "I eat; therefore I am," since if one ceases to eat, pretty soon one is not. But wait, dear reader — what

properties and a passport to better nutrition. The removal of something to give a benefit is, paradoxically, a great value proposition — less IS more.

Glutens are structural proteins that occur in all wheats, wheat hybrids and related plants. They do not occur in rice, corn, potatoes, cassava or other major starch crops, and starch as a source of calories is what keeps most of humanity going. But wait, dear reader, when is the last time you ate pure starch? Food and eating are not reducible to simple chemistry, and gluten (more specifically wheat gluten) is not just any protein. It has a unique molecular structure which give it its almost magical transformative powers. Yes, gluten is a molecular superhero worthy of an episode of *The Incredibles!* It is capable of almost as much extension as Elastigirl! Breads, noodles and a host of other food products are designed around the properties contributed by gluten. Imagine cuisine without most breads, pastries and pastas and you have the beginnings of an idea of how prevalent gluten is. And yet, there is a serious problem in a culinary paradise of fluffy baguettes, al dente pastas and phyllo-based baklavas, which is that gluten, that enabling superhero, has a side darker than Darth Vader.

Most food substances are complex mixtures that must meet a number of criteria in order to be of benefit. Gross nutritional composition (carbohydrates, proteins, fats, etc.) is only a part of the story. Lack of toxicity (non-poisonous) is another. In between are a host of benefits and trade-offs that can be assessed and classified in at least as much detail as any religion. Much of what passes for doctrine in food circles has little basis in the realm of facts, but arguments are constructed to support predetermined positions. Weetabix is getting off on a rant here and self-corrects to the point: wheat gluten is not benign in its effects on some people.

Celiac disease is a severe manifestation of gluten toxicity. It is the consequence of an immune reaction to gluten that damages the small intestine, which is where many essential nutrients are absorbed. Intestinal damage can lead to growth problems in children and a whole host of unpleasant symptoms, as well as discomfort and malaise in adults. No joke and no cure. For most celiacs, following a strict (there are tests for trace amounts of gluten) zero-tolerance, gluten-free diet can manage symptoms and allow the gut to heal. Other wheat and gluten-related dietary maladies are real and some are psychosomatic, but the documented incidence of celiac disease is around 1% of the population. Before you shrug that off, consider the following: based on research done at Columbia University in 2013, odds are that you already know more than five people who suffer from celiac disease. Next month Weetabix plans an article on a local entrepreneur who has an important contribution to solving this problem. Also, November 22 is the Feast Day of St. Cecelia, patron saint of musicians.

by Sebastian Weetabix

if what you eat is killing you? Welcome to the sometimes paradoxical and confused territory of food sensitivities, allergies and food-related diseases.

The Roman poet Lucretius is sometimes credited with "one man's meat is another man's poison," but except for rare circumstances, vegetables are more likely to cause troubles. The Arrogant Worms should be pleased that carrots are constantly being avenged, and that is just the beginning! Our diets are the result of a long and complex interaction between opportunities, necessities and cultural practices. In North America, the prevalent dietary styles are heavy on processed foods and generally provide a surplus of calories as well as adequate amounts of protein. What could be bad about that? Well, quite a lot actually. Weetabix has convinced the Worthy Editor that a series of articles might entertain and enlighten his readers on some specific topics in this space. Being ever the optimist, the series will attempt to offer some solutions, but Weetabix is not a miracle worker and reminds his readers that while "you can lead a horse to water, but you can't make it..." (rhymes with think!)"

And writing of horses brings us, quite naturally, to oats, and thus to wheat and gluten and maybe to the end of the patience of the Editor. The Northern European and thus North American diets are substantially built on wheat and wheat products. Wheat is, in fact, the most geographically diverse crop and one of the first to be domesticated. It owes its prevalence and dominance to a number of factors that make it both nutritionally and economically successful. Wheat yields a high return on both cultivation labour and land base; it has low harvest losses, stores well when dried, and is easy to transport and package. It provides a good mix of calories and protein so it can form the nutritional base for a population. It also is fairly reliable in terms of pest and disease resistance; it is tolerant of adverse weather and adaptable to a wide range of climates.

Wheat as a food ingredient has unique features that benefit farmers, shippers, processors and consumers. Let's hear it for wheat! Wheat is neat! And it is even possible to make beer from wheat. But for all the good that comes of it, there is a less-than-silver lining to those fluffy-cloud pastry confections and it is called gluten. Who amongst you has not heard of gluten — as in "gluten-free"? Weetabix is of the opinion that it is impossible to visit a modern grocery store without encountering the word — usually in conjunction with "free". Gluten-free seems to be almost an implied guarantee of health-promoting

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**Show dates**

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 Sat Nov 16 @2:00 • Wed Nov 20 @7:30  
 Thurs Nov 21 @7:30 • Fri Nov 22 @7:30  
 Sat Nov 23 @2:00

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**READ THE ARTICLE IN THIS ISSUE!**

**Time to Remember - November 2019**

**Mississippi Mudds of Carleton Place**

FOR MORE INFORMATION ON THIS SHOW VISIT MISSISSIPPIMUDDS.CA





The Five Almonte Buildings have won the award for Resilient Places from National Trust for Canada's Ecclesiastical Insurance!

# FABulous Recognition!

Last month we featured an article about Five Almonte Buildings (FAB) having been shortlisted for a National Trust for Canada's Ecclesiastical Insurance award for Resilient Places. And... drum roll please... they have indeed won!

On Wednesday, September 25, a crowd of about one hundred people packed the main corridor of the Thoburn Mill to watch Michael Seaman, the Chair of the National Trust's Board of Directors, present the award to Stephen Brathwaite, representing the Almonte Heritage Redevelopment Group.

This group of people who have financially partnered with Brathwaite on the five rehabilitation projects consists of Johannes Hill, Inez Kettles, Mark Lefebvre, Bob McKay, John Pattison, Al Potvin, Greg Smith, Dick and Lorraine Veenstra, and Vicki Veenstra. They were applauded enthusiastically.

Brathwaite also was at pains to thank the extraordinary tradespeople who have worked on the projects, the architects who have designed them, the credit unions that have financed them, the lawyers that made them all legal, and most especially the community leaders — friends and family who have held the faith through difficult times and continue to do so as plans unfold.

We then heard from Mississippi Mills Mayor Christa Lowry, MPP Randy Hillier and MP Scott Reid, who all spoke eloquently about the value of heritage rehabilitation in our communities. In particular, a theme that recurred was the honouring of our grandparents through our work on old buildings,

particularly in the case of creative re-use projects. Reid, for instance, evocatively invited us to imagine the amazement of the original Thoburn millworkers to see their factory being used for businesses and residences as it is today. And Lowry drew parallels between the crowds that used to come downtown to socialize on Saturday afternoons at the height of the milling era and those who come today to get overcaffeinated.

Another theme that came up throughout the event was the question of economics, and the link between great public spaces and a thriving local economy, with everyone acknowledging that through their contribution to great buildings, the Almonte Heritage Redevelopment Group is contributing to an economically healthier town.

Empty or derelict old buildings actively deter people from visiting an area, but when those buildings are rehabilitated they tend to draw creative and interesting businesses into them. And the people who come to those businesses tell other people about them, and a positive feedback loop is created, like what we are seeing in downtown Almonte today.

So next time you see one of the people who helped win the National Trust award, please thank them for their personal resilience. Through their perseverance and energy, they have set Almonte on the road to ever greater beauty, prosperity and resilience.

— *David J. Stephenson is a retired federal policy guy who now divides his time between life on the Mississippi in Almonte and roughing it in the bush on two acres near Pakenham*

**Rita Redner & Anne Chambers**  
works available at Riverguild and during the **Perth Autumn Studio Tour** (October 12-14)

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*The Silver Shingle*

Guest Artist at the Perth Autumn Studio Tour



TANIA MARSH | WWW.SILVERSHINGLE.COM

# SchoolBOX Latin Fiesta

## Celebrating the Little Charity that Could

The “little charity that could” is celebrating the construction of their 111<sup>th</sup> classroom in Nicaragua, after a year of instability in the country. SchoolBOX has recovered due to their strong network of supporters, donors, and team on the ground. This year was a bounce-back one for the Almonte-based charity, as they are on schedule to build twelve classrooms, deliver over 18,000 educational supplies and equip countless communities around Nicaragua with books.

SchoolBOX has its roots in Almonte, dating back to when Tom Affleck started the organization with a pencil, a notebook and a dream. Through Tom and his wife Sarah's efforts, along with hundreds of supporters in Almonte and the Ottawa Valley, SchoolBOX has grown to support so many children. This year, SchoolBOX North Director Sarah Kerr has re-launched a program to help bring educational programming to Indigenous communities within Canada. It is amazing to see how much impact SchoolBOX is having.

The 14<sup>th</sup> annual Latin Fiesta will take place on Saturday, November 9 at the Almonte Old Town Hall. It is a welcome opportunity for the entire SchoolBOX community to come together to celebrate a successful 2019 in Nicaragua. Last year, the SchoolBOX family pitched in to keep the organization running throughout the socio-political crisis in Nicaragua. This put the organization in a position to continue empowering their partner communities with a basic education.

Executive Director Jonathan Tam is particularly thankful to the community of Almonte and surrounding areas for their support. “Last year was a difficult one for SchoolBOX, but our community really stepped up to make sure



Don't miss this year's Latin Fiesta in support of SchoolBOX — it takes place on Saturday, November 9 at the Almonte Old Town Hall

that we could continue operating. The twelve classrooms that we will build in 2019 are a testament to our supporters who continued to believe in us! Thanks to Tom Affleck, Sarah Kerr, Ronald Chavarria, and our entire family in and around Almonte for keeping us going. We look forward to celebrating the success with you.”

Everyone is invited to celebrate this amazing milestone at the Almonte Old Town Hall on November 9, starting at 7PM. SchoolBOX Nicaraguan Director Ronald Chavarria will be making an appearance at this year's Fiesta to thank everyone personally. Snacks will be provided, and there will be a cash bar featuring beer, wine and non-alcoholic beverages.

Event Chair Parker Armstrong and many dedicated volunteers on the Fiesta Committee have put together an amazing evening. There will be a silent auction with unique items from Nicaragua and Almonte donated by local businesses, artists and community members. A live auction will

feature a luxury box to watch the Ottawa Senators, and a trip to Costa Rica. Tickets can be purchased at Baker Bob's and Equator Coffee Roasters in Almonte, or online at <schoolbox.ca/fiesta>. They are \$20 in advance (\$15 for students) or \$25 at the door. Kids under 13 are free. Remember to bring cash, credit card or cheque to participate in the auctions!

### About SchoolBOX


SchoolBOX is committed to “Making Education Possible” for the children of Nicaragua and the world. The organization implements cost-effective programming by building schools and providing school supplies, libraries, washrooms and teacher training. SchoolBOX has built 107 classrooms and 81 libraries in Nicaragua and serves thousands of students and teachers in over 100 communities on an annual basis. In 2017, they implemented their first library project in a North-western Ontario Indigenous community, and continue to empower children in that community with a lunch program.

The SchoolBOX community is united in love for the children they serve and the belief that education can defeat poverty. SchoolBOX is comprised of thousands of people from different faiths and socioeconomic backgrounds. They empower educators and students, who in turn empower their communities and change our world.

**Glory to God!**

St. James the Apostle Anglican Church  
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Join us on Sunday, Oct. 13 from 4 p.m. to 8 p.m. for our **Thanksgiving Special**

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Every Thu. **Jazz Night** with Spencer Evans, 8-10, until Oct. 10  
Every Sun. **Head Over Heels** on the patio (Blues/Folk, Gananoque) 12:30-3:30 until Oct. 13  
Fri. Oct. 4 **Chris Murphy** (Folk/East Coast, Leader of Turpin's Trail, Perth Road Village) 6-10  
Sat. Oct. 5 **Private Wedding**. Dining Room and Patio Open.  
Fri./Sat. Oct. 11/12 Blues on the Rideau with **The Hogtown Allstars** (Electric Blues feat. Members of **Downchild**, Toronto) 7-11, Buffet, Show + Charity, \$70 + HST  
Fri. Oct. 18 **Al Lerman** (Solo Acoustic Blues, Havelock) 6-9  
Sat. Oct. 19 **Dave Balfour + Jamie Campbell** (Acoustic Folk/Rock, Westport/Rideau Ferry) 6-9  
Fri. Oct. 25 **Young Petty Stones** “Ghosts of Woodstock” Halloween Party! (Musical Tribute to the Music of Neil Young, Tom Petty and The Rolling Stones, Kingston/Montreal/Westport) 7-11, Buffet + Show, \$50 + HST  
Sat. Oct. 26 **Spencer Evans** “Mr. Jazz Night” (One Man Show playing all styles of music on Piano/Clarinet/Vocals, Kingston) 7-10

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**It will be a real red blight district!**



# Christmas in the Valley Show

Are you looking for gifts with originality, quality and attention to detail? Then forgo the gift cards, big box stores and stressful malls, and make your first holiday shopping destination the popular Christmas in the Valley Artisan Show! There you'll find a juried selection of over thirty carefully selected artisans, crafters and bakers presenting their original creations in a relaxed, friendly and festive atmosphere. This year's show takes place on November 2 and 3 from 10AM to 4PM at the Almonte Community Centre and Arena Upper Hall, located at 182 Bridge Street.

This show always strives to bring in lots of new artistic talent as well as returning favourites to provide a wide variety of hand-crafted items for those special people on your shopping list. You'll find great items to add to gift baskets and fill stockings, plus a few things for yourself too!

Some of the gift choices from the exceptional array of vendors include wooden cheese trays and rustic turned bowls, beeswax candles and flavoured honey from award-winning Heavenly Honey, soaps and scrubs in wonderful scents, eye-catching glass works in blown form and fused, and local photography in prints, cards and puzzles. You'll find knitted, woven, felted and sewn items, repurposed silver-plated jewellery, and delicate crocheted jewellery with precious stones and wire-wrapped pendants to enhance an outfit. Springdale Maple products and gift baskets come wrapped and ready to give, perfect for a family or a corporate gift. No need to bake, because Sweet Temptations has you covered. Great books for children, miniature quilts, bird houses, metal works, calligraphy signs, weaving, sweet and savoury preserves... the list goes on and on.

More details can be found at <valleyartisanshow.blogspot.ca> and on Facebook. Parking and admission are free, and you can enter for your chance to win a handmade festive lap quilt. Homemade light meals and baking will be served by the Friends of The Hub, with proceeds going to assist many great causes in the community. The Lanark Animal Welfare Society will be selling raffle tickets, calendars and other items to raise money for their shelter. You can find out more about them and see their wish list at <lanarkanimals.ca>.

There are plenty of additional reasons to plan a daytrip to Almonte beside the Christmas in the Valley Show. You can take a stroll down the main street with its boutiques, antique stores and restaurants, and enjoy the views on the winding river-walk pathway. For even more "hand-made" shopping, there are other craft sales happening in Almonte that same weekend!



This year's Christmas in the Valley Artisan Show takes place on November 2 and 3

## Who Stole What, And From Where?

My heart too small? Nah, this whole place gives me gas and I knew it was time to get outta town. But since my head isn't screwed on right, and my shoes are too tight, I got stranded with my goat on the roof at the mall.

This pug wearing sunglasses asked if I'd stepped in any poop. I didn't think I did, so I put it on Instagram. Didn't smell a thing. Millions were shocked by the loss of my smell but it isn't really all that bad. Not as bad as not hearing the collective Millions gasp.

For you to know, my parents understand why I appear not to be listening. It's


not just for appearances. To me it sounded like some prime clickbait, which gave me a great idea. Have bait will fish, so off to the Mississippi we went (me and my goat, in case you forgot) and caught something in the air.

Ham? Something happened to a ham out there and, if that's true, it will be a real red blight district here. Forget fishing for a while. Plotter's block is a serious (not for fish) disease and if I don't stay buckled in, this article may never end. Just sayin'. Have you guessed yet?

**Have you guessed yet?**

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