

AUGUST 2012

the Hummer

free

Arts,
Entertainment
& Ideas



p.26 & 27

August's Events



PuppetsUp! p.17-20



p.6 & 7

All Aboard in August

CLASSES

COURSES

LESSONS

p.29-31



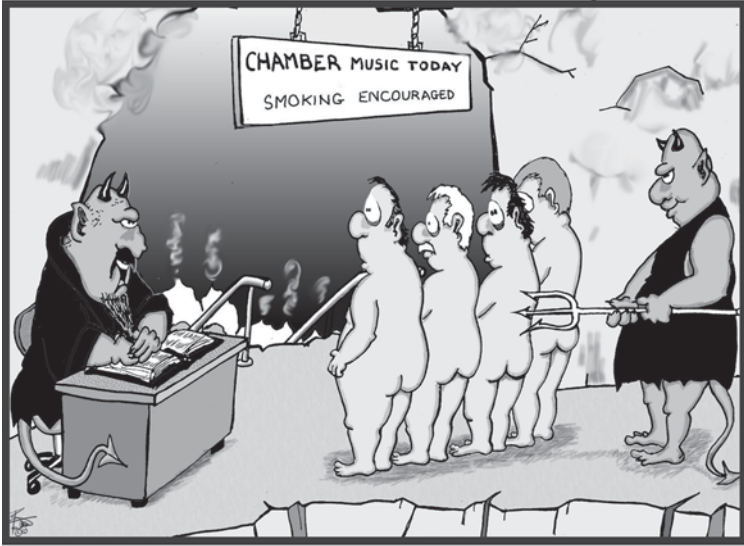
The Art of fieldwork Collective p.3



Selling and Installing
blinds
for 17 years



Valley
DESIGN CO.
22 Lake Avenue East, Carleton Place
257-1197
www.valleydesignco.com



"Then we got thinking... those OTTAWA churches aren't the ONLY hot venue around!"

Readers Write

Event Planning Plea

Hello to all those in the world of Humm, Generally speaking, why are so many up-and-coming events announced with such little notice? It is quite common to receive from two days' to two weeks' notice to attend an event. Just how difficult is it to get an announcement out at least one month prior? My own straw poll indicated that this is a shared frustration.

My plea to those planning events is to first get the announcement out! There, I've had my say and I feel so much better.

All the very best to all of you out there in Humm land,
— Nic Maennling, Lanark

Editor's Note: To second Mr. Maennling's plea, we love it when people tell us about their events in time for us to list them on our free community calendar! Our deadline is the 22nd of the month prior to publication, and you can send the details to <calendar@thehummm.com>.

Humble Thought

There's just a great atmosphere of coming together, supporting each other, knowing each other.

Good friendship.

And that's the kind of synergy where you just don't know what's going to happen when you reach the field of play.

— Mark Tewksbury, Canada's Olympic chef de mission



Who's Reading the Humm

John and Sue Rayner of Carleton Place were in Saint John in late July of 2010. They sent along two photos — Sue sharing the paper with some impressive fauna, and John trying to interest a local in the Ottawa Valley arts scene (John reports that the dummy remained stoic...).

Back in November of 2010, **Inara Jackson** of Carleton Place sent us this photo two Jacksons in New Orleans' Jackson Square: herself in the foreground and Andrew on his horse.

Thanks for taking theHummm on your travels!



PO Box 1391
Almonte ON K0A 1A0
Phone: (613) 256-5081

Editor:

Kris Riendeau
editor@thehummm.com

Layout and Design:

Rob Riendeau
rob@thehummm.com

Advertising and Promotions:

Kris Riendeau
Phone: (613) 256-5081
kris@thehummm.com

Assistant Editor:

Rona Fraser
calendar@thehummm.com

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, Lanark, 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.

Deadline

is the 22nd of the month prior to publication.

Subscriptions

cost \$35 (includes HST) for one year (12 issues). Send a cheque with your name and address to:
theHummm
PO Box 1391
Almonte ON K0A 1A0.

Opinions and information published in *theHummm* in letters, press releases, or individual columns do not necessarily reflect the opinion of this newspaper.

All writing, artwork, and photographs published in *theHummm* are copyright to the author, or to *theHummm* in the case where no author is specified. Reprinting any content without permission violates copyright and is prohibited (and despicable!).

Thanks this month to:

Our intrepid (and apparently intimidating) bookkeeper Jo Danaher, for chasing down some way way way overdue payments for us. Which she did simply because it makes her mad when people don't pay what they owe. Go Jo!

Get Fresh with a Lanark County Farmers' Market!



www.LanarkLocalFlavour.ca

Almonte

Almonte Public Library parking lot (beside the Beer Store)
Saturdays, May to Thanksgiving, 8:45 to Noon
www.almontefarmersmarket.ca

McDonalds Corners

MERA Schoolhouse
County Rd. 12 at Concession A
Saturdays, May to Thanksgiving, 9 to 1PM

Smiths Falls

RCAF Association Hall
44 Abbott St. N. (next to the fixed bridge)
Saturdays, May to October 13, 9 to 1PM
www.smithsfallsfarmersmarket.com

Carleton Place

Market Square
corner of Beckwith and Lake Ave.
Saturdays, May to Thanksgiving, 8 to Noon
www.cpfm.ca

Perth

Tay Basin across from Town Hall
Saturdays, May to Thanksgiving, 8 to 1PM
Wednesdays, July & August, 2 to 6PM
www.perthfarmersmarket.ca

Union Hall

Corner of Tatlock and Wolfgrove Roads
Fridays, June 29 to October 5, 3:30 to 6:30PM

Available from your local farmers this August: beans, beets, broccoli, cabbage, carrots, cauliflower, chard, corn, cukes, garlic, kale, leeks, melons, onions, peppers, potatoes, salad greens, tomatoes, raspberries, zucchini, poultry, beef, pork, lamb, honey, maple syrup!

fieldwork Collective — Exploring Rural Outdoor Art

For the founders and participants of the **fieldwork** Collective, watching cars slow to a crawl, stop, and back up along a sleepy country road is the sign of success that nurtures their unusual artistic adventure.

by Sally Hansen

About five years ago a fallow field inspired the fertile imaginations of four area artists to create a rural art gallery. Instead of dairy products, they opted to offer the public free past-your-eyes art. "We wanted to generate curiosity and wonder; we wanted to offer an experience of art that is free and totally accessible; we wanted to provide people with an opportunity to accept a new challenge by questioning landscape art — Is this art? What is art?"

fieldwork Collective art is experimental, serious, funky, interactive, continually changing and fun. It is sculpture. It is mobiles. It is the frame of a wooden building with a branch placed at the top of its peak to thank the trees that provided the lumber. Since its inception, the Collective has presented twenty installations, with five more scheduled by the end of this year. The installations are temporary, seasonal, and above all, responsive to their environment.

For a while when you came around the corner you encountered huge cut-out hares, bright orange on one side and fluorescent green on the other, scampering across the landscape, juxtaposed with large two-dimensional squares. The exhibit explored "how the introduction of invasive elements into the landscape, be it a non-native species such as the jackrabbit, or the geometry of urbanism, can have a transformational impact on the rural environment." In the spring of 2009 there was a life-size terracotta warrior standing on watch in the field; one passerby waved to him. The field has been sown with fortune cookies and ceramic flowers and huge stuffed-pillow palindrome graffiti.

The Persuasive Power of Passion

My conversation with founders Chris Grosset (a landscape artist living in Almonte who works in arctic environments), Chris Osler (photographer of social documentary and community developer living in Ottawa), Susie Osler (Maberly ceramicist,

journalist, and arts advocate), and Erin Robertson (Ottawa sculptor and painter) was a refreshing reminder of the power of passion. These artists care about art and they want to infect others with their joy and enthusiasm.

This is a creative team that energizes each other. The hoots of laughter are spontaneous as we tour their rural gallery and they explain their project to me. When the discussion turns serious, they build on each other's comments in a positive way that shows they are kindred souls with a common purpose. The proof is in the pasture.

The pasture belongs to Susie Osler, who lives and works across the road on an old farm at 2501 Old Brooke Rd. about 22 km east of Perth and 6 km west of Maberly. The empty field began to challenge her after she took a course on public art and realized that that almost always translated into urban art. Not surprisingly, the project grew organically. The first year the quartet presented four seasonal pieces. Then they invited other artists to contribute. Two years ago they branched



out further by extending invitations to other artists to submit proposals for projects that are site-specific, including digital, web-based and audio installations.

Joined recently by Barbara Meneley (visual artist, art instructor and currently a PhD candidate in Cultural Studies at Queen's University), the five members of this not-for-profit **fieldwork** Collective volunteer to provide these entirely free art experiences to the public "because it interests us." They are hugely grateful for the continued support they receive from the Ontario Arts Council. Coupled with the assistance of many other friends and vol-



unteers, it enables them to engage in an exciting, diverse artistic outreach program that is endlessly challenging.

Two years ago they formed a partnership with the Ottawa-based Coalition of New Canadians for Arts and Culture (CNCAC). The motivation for the partnership is to create opportunities for a group of Ottawa-based artists from different cultures to experience rural outdoor art. It is an inclusive experience of viewing the **fieldwork** installations, networking, sharing stories and skills, and creating their own works of art.

Each year the Collective participates in Ottawa's New Art Festival (NAF) as a community arts group, using the opportunity to promote the **fieldwork** project and to encourage participation in public art. This past June they featured the 2011 Scrag-ends/Scarecrows scul-

tural installation by Jennifer Ryder-Jones at their booth, and encouraged visitors to create their own scrag-end willow sculptures. They have also conducted an art workshop at the local Brooke Valley School.

For a moment I thought there was a whiff of incongruity in the Collective's use of the internet and social media to publicize their outdoor art, but I quickly realized that today these convenient resources are as pervasive outdoors as indoors. The <fieldworkproject.com> website/blog is a terrific opportunity to learn about outdoor art whether you are driving (please pull over to the side of the road) or walking along Old Brooke Road, or sitting at home at your computer. Each member of the Collective is profiled on the site, as are contributing artists and past installations.

You can whet your appetite by viewing and reading about the imaginative, thought-provoking installations that have appeared in the field across the road from Susie Osler's home at 2501 Old Brooke Rd. You can keep track of events such as the September 15 opening of new Autumn/Winter installations, and learn about celebrations being planned to mark the Collective's fifth anniversary. And you will be reminded that **fieldwork** will be a participant in the annual and very popular Thanksgiving Weekend (October 6–8) Perth Autumn Studio Tour <perthstudiotour.com>. Better yet, come on out and take a look at brand new work by Mexican artist Alicia Marvan and wander around. You'll have fun, and your feedback would be hugely welcome!

"Some day I'll invite feedback regarding my painful puns. But not yet."



Made With









Your Local & Organic Choice Since 1976

106 Wilson St. West
Perth, Ontario
613.267.5409

Mon-Thurs 8am-8pm
Friday 8am-9pm
Sat 8am-6pm & Sun 9am-6pm

www.foodsmiths.com

You can't buy happiness...
BUT YOU CAN
buy Kawartha Dairy and
Mapleton Organic Ice Cream
at Foodsmiths...and that's kind
of the same thing!

WHO **fieldwork Collective**
(Chris Grosset, Chris Osler, Susie Osler,
Erin Robertson, Barbara Meneley)

WHAT Rural Art <fieldworkproject.com>

WHERE In a field across the road from 2501 Old Brooke Rd., south of Hwy 7, between Perth and Maberly

WHEN: Free any time. September 15 marks the opening of the Autumn/Winter installations; October 6-8 fieldwork Collective participates in the Perth Autumn Studio Tour <perthstudiotour.com>

WHY "We wanted to attract people to experience art in a new setting — you don't expect to encounter art driving along a country road."

ARTIST TRADING CARD

THE HUMM

Olympic Homecoming

The Town of Perth, together with the Township of Drummond/North Elmsley, the Township of Tay Valley and the Olympic Homecoming Organizing Committee, is pleased to report that they have three athletes attending the Olympic Games in London from July 27 to August 12.

Sultana Frizell is a former figure skater who took up track and field while at Perth & District Collegiate Institute. There, she competed in shot put, discus, javelin and hammer throw. She is the current Canadian record holder for hammer throw at 75.04m. She first attended the Olympics in 2008, was a World's finalist in 2009, and in 2010 bought home a Commonwealth Games gold medal. Last year, she won silver at the PanAm Games on her birthday — a nice way to celebrate. Sultana qualified for the 2012 London Olympics on June 30 in Calgary while battling a cold, so we look forward to seeing what she can do in good health!

Nick Tritton is dedicated to the sport of Judo, and a father of two. He took home a bronze medal in the Men's Lightweight Division at the 2007 Pan-American Games. His career highlights include: 1st place at the Norris World Cup, 1st place at the Swedish Open, and 1st place plus Best Fighter at the U.S. Open, all in 2005. Nick, who now lives and trains in Montreal, also represented Canada at the 2008 Olympics in Beijing. The start of Nick's judo journey, however, began in a cleared-out classroom in Lanark when he was 10. Back then he enjoyed many sports and played on a variety of teams: the town's Division 1 soccer team, the Perth Stingrays swim team, the PDCI basketball team, and the football team. And as if that wasn't enough, in his late teens he took up wrestling. After less than four months, he'd won his first National Championship for wrestling. He went on to win four gold, three sil-

ver and two bronze medals at the National Championships in both Greco and Freestyle Wrestling.

Coming as no surprise to Perthites, "Captain Canada" **Ian Millar** will represent Perth and Canada in his tenth Olympic Games this summer! Millar joined the Canadian Equestrian Team in 1971 and has been recognized with numerous honours and awards since then. Some of his career highlights include gold at the Pan-American Games in 1987, as well as four silver and one bronze, all in team jumping, and a bronze and two gold in individual competitions. Ian had wins at the '88 and '89 World Cup Finals on his famous late mount, Big Ben. Other highlights were becoming a member of the Order of Canada in '86, being named Canadian Male Athlete of the Year in '89 and being added to the Canadian Sports Hall of Fame in '96, along with Big Ben. Ian represented Canada in the Beijing Olympics, bringing home a silver medal, and is the most decorated and renowned Canadian competitor in sport.



Olympians Ian Millar (above), Sultana Frizell and Nick Tritton will be welcomed back to Perth on August 18

Perth was one of five communities in Canada that was recognized for raising the most money for the "Own the Podium" program in 2010, and is pleased to advise that all three of these stellar athletes will be in Perth for a very special **Olympic Homecoming Event** on Saturday, August 18, at 3PM at the Crystal Palace (in the Tay Basin, in Downtown Heritage Perth). Everyone is invited to attend and hear remarks from our Olympians, to take part in the community BBQ, and to receive autographs.

The town wishes all of their athletes the best of luck for the London 2012 Olympic Games, and hopes for more wins to celebrate on August 18!

For more information, contact Tony Hendriks, chair of the Olympic Homecoming Organizing Committee, at 267-4549.

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



The iridescent
beauty of nature
crafted in raku
by Hanne Lawrence

Just one of over
50 Canadian artists
represented
in fine craft and art

bittersweet
FINE CRAFT & ART

5 Leckie Lane • Burnstown
open daily 11 to 5PM
613.432.5254
www.burnstown.ca/bittersweet

sundance
artisan
festival

NEW LOCATION
2012
30 ARTISTS
LABOUR DAY WEEKEND
HWY 7 & COUNTY 36
MABERLY, ONTARIO
Hosted by THE FALL RIVER RESTAURANT
www.sundancestudio.ca



Canadian native artist Maxine Noel at Gallery Perth's art show **Between Friends**. The show also features works by painters Stephen St. Christian, Suzette McSkimming, Aili Kurtis and sculptor John Matthews and continues to August 19th.

GALLERY PERTH
Code's Mill Building,
17 Wilson Street East, Perth
galleryperth.com

THE GANG'S ALL HERE!

Just in time for
PuppetsUp!
we've got
Jesus,
Shiva,
Ganesh
& Buddha
finger puppet
magnets from
The Unemployed
Philosophers Guild

SOUL SCENTS
42 Mill Street, Almonte ♦ www.soulscents.ca ♦ 1-800-347-0051

Sundance Comes to Fall River

The highly successful Sundance Studio Tour was launched back in 2007, and has taken place every Labour Day Weekend since then on the grounds of a private home near Maberly. Over the years, tens of thousands of patrons have attended the tour, admired and purchased works by dozens of local artists, and sampled delicious food provided on-site by the Fall River Restaurant. When the tour's originators, Cam and Carmen Allen, announced in 2011 that they could no longer organize and host the tour, the folks at Fall River immediately offered to take over. With lots of support and encouragement from Carmen and Cam, the Sundance Artisan Festival is getting all geared up at its new location — the beautiful grounds of Maberly's Fall River Restaurant. Owners Paul and Michele Zammit are eager to welcome everyone to what they envision as a showcase and celebration of the best the area has to offer in terms of art, food, and music!

After speaking with Paul and Michele and touring the soon-to-be festival site, I am delighted to report that Sundance is in exceptionally capable hands. The Zammits opened their restaurant eleven years ago this September, and since then it has become quite a showcase itself. Dubbed "the greenest restaurant in Canada" by The Ottawa Citizen and given a Provincial Award for Environmental Excellence, Fall Riv-

er is known for its environmentally-friendly practices and local food sourcing, not to mention its adorable straw bale coffee house and patio. And after dealing with some fairly serious health concerns, Paul and Michele are now back to devoting 212% of their combined formidable energy (and that's on a slow day) to their dream of creating a "sustainably enjoyable" living, and sharing it with their community.

In fact, those health concerns have led them to renew and deepen their commitment to providing healthy, local and organic food. They recently hired new chefs, and together toured many of the nearby farms from which they source their produce and meats. This allowed them to strengthen those relationships, and also to gain a better appreciation for the work and care that the farmers put into their products. They then try to gently educate and pass on this appreciation to their clients. However, Michele notes that there has been a huge increase in the awareness level of the general public, so more and more often they are happily conversing with the converted.

Because of their commitment to local food, the Zammits have also decided to expand the mandate of Sundance. Although it will still feature works by over 25 visual artists, this year's event will also include artisanal food, beer and wine. The Fall River chefs will be in the excellent company of Michael McKenzie from Seed to Sausage (who will be serving pig on a spit as well as his own cured meats and sausages), the Little Stream Bakery (who are well-known for their gluten-free options), and local cheese makers and apple growers, among others. And



Michele and Paul Zammit, owners of the Fall River Restaurant in Maberly, will host the **Sundance Artisan Festival** on Sept. 1-3 at their gorgeous property beside the river

to help wash down your meal, there will be local wine and micro-brewery hand-crafted beer. Continuing on the local theme, area firefighters will provide a pancake breakfast on the Saturday morning of the festival weekend. And there will even be live musical entertainment throughout the three days.

Michele and Paul hope that people will leave the festival with more than a full tummy and a piece of local art, however. Their secret, sneaky, ultimate goal is to convince people that local is better, and to connect them to their neighbours who can provide a wide variety of goods and services. They see the Sundance Artisan Festival as being just one step towards this goal. If you've got a minute, ask them about their longer-term plans to construct a permanent green building that can house artisan studios, built around a central foyer that functions as a display and teaching area, and encompassing a store from which you can purchase a range of local art. Or visit the site of the old grist mill, which Paul hopes to reconstruct (perhaps with help from the nearby Algonquin Heritage programs in Perth). He figures that whereas the area

was once powered by grain and whiskey, in the near future it could be a showcase for micro-hydro!

Their plan to turn Sundance, and the Fall River Restaurant grounds, into a showcase of pretty well all that is great, green and distinctive about the Ottawa Valley seems ambitious, but beware of underestimating this dynamic duo. While they're busy moving earth around to create the festival site, they are still running a successful restaurant, coffee shop, and gift shop at the Fall River location. And as if that wasn't enough, their Fall River Fashions shop in downtown Perth is about to double in size as they take over the former Wiseman's Shoes space next door.

So be sure to mark the Sundance Artisan Festival on your calendar — it runs on September 1 and 2 from 10-5, and on Labour Day Monday from 10-4. Find more information at <sundancestudio.ca> or <fallriverinc.com>. In the meantime, feel free to visit the Fall River Restaurant in Maberly (call 268-2197 for reservations) or Fall River Fashions (located at 33 Gore Street East in Perth). — Kristin Riendeau



All Remaining Summer Clothing and Footwear **ON CLEARANCE**



GIGANTIC BIRTHDAY SALE

August 18 doors open at 10AM

Help us celebrate our first year in business. Cake will be served, prizes will be won and great deals will be had.

New Fall Collections starting to arrive

sandwich_

FIG CLOTHING

LOLÉ

KÜHL



14 MILL STREET ALMONTE 613.461.2000 vamosoutdoors.ca

Seniors' Expo 2012

"A showcase of services for persons 50+"

Save the date! Thursday, September 13

9:30 am-3 pm Free Admission

Almonte Community Center (Arena)

182 Bridge Street, Almonte

Musical Entertainment - Short Seminars - Door Prizes - Lunch

Exhibitors include:

Seniors Activity Groups, Local Attractions, Health and Wellness providers, Social Service Agencies, Support Groups, and much more!

Almonte Baptist Church Mills Community Support Alzheimer Society

Interested in exhibiting? Some booths are still available. Contact Margo Smith: (613) 256-9162 margos@ripnet.com

House ReBorn Inc.

Renovations & additions | design + Build | quality carpentry



Martin Beauseigle

martin@housereborn.ca

613-294-3993

Proudly designed and built by House ReBorn Inc.



www.housereborn.ca

Stop by our website to view the various services we offer!

We hope you are enjoying our hot summer by spending time on one of the many lakes and rivers in the area. Instead of going for an after dinner walk, grab a kayak and take an evening paddle.

As realtors, we sell a large number of waterfront properties. We are often asked about the quality of water in the area and the regulations surrounding development of waterfront land. The Mississippi Valley Conservation Authority web site is an excellent resource for all things water. It answers questions about local water quality, offers tips for low water levels, and also offers updates and information on a variety of conservation areas. To get involved with the stewardship and preservation of the local waterways, check out the Conservation Authority's stewardship program, the Mississippi Mills Riverkeepers or the Ottawa Riverkeeper. Feel free to contact us with any questions regarding waterfront properties. We may even suggest a few good canoe routes and public swimming locations!



Photo by Linda Hay



Jennifer Kelly

SALES REPRESENTATIVE

Sutton

Premier Realty (2008), Ltd.,
Brokerage

(613)254-6580

Patrick Kelly

SALES REPRESENTATIVE

www.kellysuccess.com

TIME TO CAST OFF...



After six great years, we are closing the store and moving on to new pastures.

We would like to thank our wonderful customers, it has been a pleasure to serve you.

All stock and fixtures are for sale at amazing prices.
Cash or interac

528 glen tay rd., perth

www.janiehknits.com

613 326 0626

6

the Humm

www.thehummm.com

August – All Aboard in Smiths Falls!

There are so many reasons to visit Smiths Falls this month, and many of them focus on the town's rich railway heritage.

The Railway Museum is planning three exciting weekends of family fun. On August 11 and 12, they present **Steam Days**. The weekend will feature all things steam, including a chance to blow the locomotive steam whistle, steam demonstrations, train whistle workshops, mini steamboat races, and even a cake on Saturday to celebrate the 100th anniversary of their steam locomotive. Kids between the ages of 2 and 8 are invited to bring down their favourite wooden railway to display, each day from 12 to 2PM. Participants get free admission. Call the museum to reserve a table.

The event runs from 10AM to 4PM on both Saturday and Sunday. Admission bracelets for each day are \$5 for adults, \$2 for children under 12, and under 2's are free. Bracelets also get you into the **Canal, Railway and Music Festival** at Centennial Park (more details below).

On August 18, come for **An Evening Along the Tracks**, a celebration of railway heritage in story and song. Hosted by "Ottawa Valley Troubadour" Lyle Dillabough, along with some of his musical friends and special guests, the evening will be filled with traditional railroad songs and tales of the "twin silver line". The evening begins with a free corn roast and handcar rides at 6PM. Live entertainment starts at 7PM.

Tickets are \$10 in advance or \$12 at the door. They can be picked up in Carleton Place at Temptations and SRC Music, in Perth at Burns Jewellers, and at the Railway Museum itself.

And finally, the museum is hosting the third annual **Smiths Falls Trainfest**. Two days of fun-filled activities for the whole family to enjoy, on August 25 and 26, 10AM to 4PM. The weekend will feature exhibits, workshops, vendors, demonstrations and a BBQ. Come and view a variety of scale-model displays, take the kids aboard Jim Davis' Ride Along Train, and pick up some missing items for your collection from the vendors. The cost is \$5.50 for adults, \$4.50 for seniors and youth, \$3.50 for kids 3 to 13, and there is a weekend pass available.

For more information on these or any of the museum's events, call 283-5696 or visit <rmeo.org>.

Canal, Railway and Music Festival

A magical combination of returning festival favourites and new must-see acts will make up this year's annual festival weekend in Smiths Falls.

The fun begins on Friday, August 10 at 6PM, when the opening ceremonies get underway. That evening, Ian Spottling will take over the mic from mayor Dennis Staples at 6:30PM until the Night Shirt Parade begins at 7PM. Music will be played in the park throughout the night by The Jeffrey Brothers (8:30 to 10:30PM), and boaters

are encouraged to add some sparkle of their own with lights along the bow.

On Saturday, August 11, a large array of activities are planned, from 10AM, that offer fun for the whole family. Don't miss a visit from the schooner Ottawa Steam-punk, which will be docking for the day. Saturday afternoon brings back the music when Washboard Hank takes to the stage from 2:30 to 4:30PM. His talent with numerous unusual instruments (duck calls, bells, kazoo) enralls every audience. Don't blink — you'll miss something good!

The music continues at 8:30PM, when two-time Juno award winner David Francey presents his musical storytelling. Shelter Valley Folk Festival had this to say about Francey: "Poetic perception and a keen eye for the heart of the matter are trademarks of the man and his music. His songs and stories are a direct connection for audiences seeking depth and meaning in the day-to-day."

Hit the rails and head to Smiths Falls this month for a trainload of terrific events!



Photo by Linda Secaspino

Sunday, August 12 starts off with the annual Soapbox Derby at around 10AM, following the Knights of Columbus Pancake and Sausage Breakfast (9AM on William Street).

Back by popular demand is the Cardboard Box Race. Competitors will be jumping in their creations at noon on Sunday in hopes of getting to the end of the course.

From 2-4PM, Eddy and the Stingrays will take the stage for some good old rock and roll. Billed as Canada's #1 rock and roll show and dance band, Eddy and the Stingrays have been entertaining fans all over North America for over thirty years, with a combination of showmanship, choreography and comedic flair... all guaranteed to keep the dance floor filled throughout the night. Theirs is a show that excels at entertaining the "sit down" crowd as well. From Elvis and Buddy Holly to the Beach Boys, Beatles and everyone in between, let Eddy and the Stingrays take you on a nostalgic trip back through the 1950s and '60s with their own special brand of vocals and musicianship, which are second to none. A breakneck show including doo-wop, tear-jerkers and rock and roll standards awaits you, so what are you waiting for? It's time to have a rock and roll party!

Closing ceremonies will begin at 4PM. For a complete list of activities please log on to <canalrailwayfest.com>.

August 2012

I Was Born a Boxcar Child

One of my favourite places to visit is the Railway Museum of Eastern Ontario in Smiths Falls, as it reminds me of my childhood.

My Grandfather Crittenden worked for the Canadian National Railroad for almost forty-five years, and then one day he told us he was retiring. As a young boy he used to ride up and down the rails in a boxcar, until he got caught. He persuaded the agent that nabbed him to let him go and the man agreed, as long as he came back to load baggage at the local station. After that it was one menial railroad job after another until he worked the last twenty years in the office of the CNR station in Montreal, Quebec.

He always said that his favourite part of his railroad career was working in the special dental car. Grampy Crit worked "the run" only a half-dozen times in the '50s, but he was proud that he was part of a dental care system that was given to thousands of Canadians living in remote parts of Northern Ontario. The train had a sleeping room for the nurse and doctor, an examination room, a dark room, a waiting room, a kitchen and a bathroom. Every Friday night when he came to visit, I sat there and listened to his railroad tales.

When I was seven, my Grandfather decided that my sister and I should experience the love of his life first hand. The plan was to get on the train and ride it to the next stop a few miles down the track, where my father would pick us up. His best friend was the engineer that night and, as it pulled into the Cowansville, Quebec station, he let the whistle blow one too many times. My Grandfather held my two-year-old sister high up in the air and screamed: "Look at the train! Look at the train!"

With another loud whistle and the ear busting sound of the braking wheels, my sister broke into tears while I stood there with a puddle forming around my black patent shoes. The noise of the train had literally made me pee my pants and my sister was afraid of trains for many years afterwards. Straddled with one wet seven-year-old

and another crying child, he waved to the engineer, turned around and went back to my Grandmother's. That was the end of his attempts at trying to get us to ride the rails with him.

At the age of twelve, my mother died and my father decided to send us to Seattle, Washington, for the summer, where Grampy Crit had retired. My father discussed different modes of transportation with my grandfather until Grampy sent a telegraph saying,

"Just put them on the darn train — nothing will happen to them!"

So my father placed his daughters, aged twelve and six, on the darn train and we travelled the 3000 miles alone to Vancouver, B.C. For five days we saw the prairies, rode in the "dome car" and were overwhelmed watching the majestic Rockies roll by. We saw buffalo and wandering deer in Banff and marveled at the site of a couple of glaciers. When we ate in the dining car we watched the waiters serve in moving cars with speed and grace.

By day five, as the train rolled into the Vancouver train station, my stomach felt like it was never going to stop riding the rails. Two days later I vowed never to board a train again, and was extremely grateful I had a bathroom to sit in rather than use a four-by-four stainless steel hole.

The return trip home fared better as I met a young girl who boarded the train in Saskatchewan. She told me that she was on her way to Ottawa to meet her grandfather who was a politician. If you were not The Beatles, in those days, then I never asked another question as I wasn't interested. I learned later that the man I saw hugging his granddaughter through the train window was none other than Tommy Douglas, who had been premier of Saskatchewan and was the founder of Canada's healthcare program.

Years later I could still be found sitting in Montreal train stations waiting for a ride home after fashion design class. I used to read the words of John Lennon and Leonard Cohen while I watched people go by. One day a young man sat down next



Photo by Linda Seccaspina

to me and told me he had seen Cohen the day before, talking to someone in the station. For months on end I sat and waited for Leonard Cohen to walk by me and possibly declare that I was his next "Suzanne". That never happened, but I finally met him thirty years later on a Los Angeles-bound plane. As all of us waited for our baggage I walked up to him and told him how long I had sat on that bench at the CNR station in Montreal waiting for him. With his sultry eyes and deep voice he took my hand and simply said, "My dear the years have been kind to you."

And with that I was seven years old all over again and imaginary puddles formed at my feet as Leonard Cohen was boarding the Love Train to my heart.

Whooh! Whooh!

The Smiths Falls Railway museum is open daily from May 12 to September 3 (and weekends until Christmas), 10AM to 4PM. It is worth every second for you and your family, and old people like myself that just want to remember.

"The "Dental" train was a former sleeper built in 1913 by the Barney & Smith Company in Dayton, Ohio. It had been used as a passenger car by the Canadian Northern Railway from 1913 to 1921 and then by Canadian National until 1951, when it was converted to the "transportable" dental clinic to serve remote rural areas.

— Linda Seccaspina is a writer who blogs daily on Zoomers.ca. Links to her stories have been picked up by Salon Magazine, TimeOnline, Huffington Post and USA Today when she blogged on CrabbyGolightly. Her photos can be seen on Zoomers.ca, San Francisco Chronicle, Fine Art America and crime photos on Berkelyside. Linda is the author of Menopausal Woman from the Corn.

Join us for three exciting events in August...

STEAM DAYS



August 11 & 12 ~ 10 am - 2 pm
\$5 for adults/\$2 for children

Admission gets you into the Canal,
Railway & Music Festival at Centennial Park

An Evening Along the Tracks

A CELEBRATION OF OUR
COMMON RAILROAD HERITAGE
IN STORY & SONG

AUGUST 18
FREE CORNROAST 6 PM
LIVE ENTERTAINMENT 7 PM

TICKETS \$10 IN ADVANCE



Smiths Falls Trainfest August 25 & 26 ~ 10 - 4



Model vendors & exhibitors
Workshops & demonstrations
Kids Train & Handcar rides
Admission \$5.50 for adults;
\$4.50 for seniors & students;
\$3.50 for Children (under 4 free)

More info for each event is available at:
www.rmeo.org

Railway Museum of Eastern Ontario
90 William St. W. Smiths Falls
(613) 283-5696

Calling Men to Sing with the Goulbourn Male Chorus!

Choir Session: Sept 4th to Dec 16th,
Jan 15th to mid-May

Rehearsals: Tuesdays 7-9:15pm
St. Thomas Anglican – Stittsville

Requirement: Ability to match pitch
Sing a designated TTBB voice part



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

www.goulbournmalechorus.com

Stevie Rave On

Old Rusty Love

Somebody once said: “Wind chimes in your yard will serenade garden creatures, squirrels, fairies and angels.” I say: “What a crock!” Wind chimes suck the life out of me and everything that surrounds me. Why would anybody in their right mind ever buy, hang and listen to the never-ending tinkle, tinkle, bong of wind chimes? And why, oh why would you ever put your neighbours through the pain of having to listen to that endless cacophony? News

the silent wind chime “Old Rusty Love”. We have found a home for Old Rusty Love in every house we have lived in since. We hang it in a place of pride where wind chimes should, normally, never ever be hung: outside on our back porch, where the wind blows... constantly. It never makes a sound. It is defunct, no longer in effect or use; not operating or functioning. I love it. We walk past it every day and it never intrudes on our life — it doesn’t stir, it doesn’t deafen and it doesn’t repeat — it just is. It’s come to represent us in some romantic, crazy old rusty love kinda way.

by Steve Scanlon

flash, people — the wind never stops blowing. I like my sleep much more than the racket of metal pounding against metal. Please, for the love of god and everything that’s holy, go out, buy a Shih Tzu a Chihuahua and a Pomeranian and train them all to bark in three-part harmony.

Now I’m not saying “don’t buy wind chimes” — no, no, buy as many as you like. Then take them downstairs to your basement and put them in a box, where they belong, and seal the box with duct tape... two layers. At the very least, hang them from the rafters and aim a fan at them and feel the tranquility and Feng Shui in the pleasure of your own home, away from me. Received a wind chime as a gift? Re-gift it as soon as humanly possible, to somebody preferably in the wilds of Africa, where the sound can be free to mingle with the wild jungle noises. Or do as I do. I have a wind chime. I love my wind chime. It’s the best wind chime in the whole wide world.

Here’s the story. When the lovely and talented and I bought our first house together we purchased it from a lovely older couple that was downsizing to accommodate their lifestyle. We bought their tired old farmhouse and they moved into a modern new apartment... I’m still not sure who made the better deal, but the house was ours and it was our first house together so we were pretty excited. The day we moved into the house, the older couple (through design or forgetfulness, I will never know) left behind a beautiful old, never to make a peep, wind chime. It was a metal chime with the word “Love” enclosed in a wire heart with an arrow through it and a few dangling things long since silence by a crusty layer of the most beautiful rust you have ever seen. We were thrilled and dubbed

I love the irony of a wind chime that doesn’t and the romance of a love that lasts long enough to get old and rusty... it tickles my sense of humour.

I discovered a long time ago that the secret to being and staying in love is not romance specifically, and certainly not constant happiness, and heaven knows it’s not money (but all three are kind of nice to have hanging around the house like old rusty love chimes). I think it’s having a sense of humour. It’s the ability to laugh at your partner and yourself, and (even more precious) the ability to be laughed at. It’s harder than you think — I fail to do it more often than I succeed, but when it happens, it’s bliss.



Alan Alda once said: “When people are laughing, they’re generally not killing each other.” This is as true with relationships as it is with international politics. There are times when, I’m fairly certain, the lovely and talented regrets the day she walked down that aisle, but if I try hard enough I can make her laugh at her folly (it’s like hypnotizing her and making her believe she made the right choice).

Alan has a point — she hasn’t tried to kill me... recently. I love it when someone says something that makes you go hmmmmmm...

Of course Winnie the Pooh also said: “Sometimes, if you stand on the bottom rail of a bridge and lean over to watch the river slipping slowly away beneath you, you will suddenly know everything there is to be known.”

He was wrong. I tried it. Silly old bear. Don’t believe everything you see in between quotation marks. Laughter, somehow, is easier to comprehend than knowing everything there is to know. Old rusty love makes me laugh, which reminds me of why I got married.

Now if I could only find something to remind me of why I had kids...

Heather’s Studio
Custom Art & Gift Shop

Invite you to visit our ART SHOW
August 8th - 28th

Meet the artists Vernissage, Wed, Aug. 8th at 6 – 8:30 pm
For more info, contact: heathersstudio@ripnet.com
Or ‘Like’ us on Facebook: Heather’s-Studio

Contact us for Art Classes for Adults and Children 12B Beckwith Street, Smiths Falls (613) 284-7643

GO TEAM CANADA!!

Ever heard of an AEROPRESS?

The easiest and tastiest homemade Americano you’ll ever have!

Great for camping, travelling, or relaxing at home.
Come in and check it out!

Check out our NEW website!

Equator Cafe
Open Daily
451 Ottawa St., Almonte
613-256-5960 - www.equator.ca

We have expanded our merchandise to include a range of art supplies

We’ve moved two doors down to
60 Gore St., East
Open 7 days a week

The Book Nook
& Other Treasures

613-267-2350 Find us on Facebook at
thebooknook@bellnet.ca the.book.nook.and.other.treasures

20th Annual
Inroads Studio Tour

Frontenac and Lanark Counties
LABOUR DAY WEEKEND

September 1-3
10AM-5PM
www.inroadstour.ca

Art at the Rowboat
September: Mary Pfaff and Jennifer Ryder-Jones
Painting and mixed media. Vernissage September 7th

The Rowboat
Riverside B&B, Blakeney, Ontario
* www.the-rowboat.ca *

Humm Bits

Children's Walk for Autism

The Lanark Autism Support Group will be hosting their second Children's Walk for Autism, at the Carleton Place High School track on Mississippi Road in Carleton Place, on Saturday, August 25. Registration begins at 8:30AM that day or in advance. Registration is under \$10 per person and includes: the walk, a free t-shirt, and access to the community fun day, emceed by Ottawa's popular Max Keeping.

The event includes a completely fenced and accessible area, food providers, a large kids' craft area with face painting and crafts, fire trucks, police cars, a first aid station, and just about everyone you can think of who deals with autism. There will also be a raffle which boasts a round-trip VIA Rail trip to Montreal — to be drawn at the Walk.

The organizers' goal is to see children with autism come together and do something incredible. Last year thirty differently-abled children came out and walked, and it looks like that number will be surpassed in 2012. This is a truly memorable event for these special individuals. It is designed around them, for them, and because of them. Organizers invite everyone to attend, and are looking forward to this great day. Details, registration, volunteer opportunities and directions can be found at <lanarkautismsupport.com>.

Goulbourn Jubilee Singers

Goulbourn Jubilee Singers continues to thrive as a successful community choir, making joyful music in and for the community. The choir originated in Stittsville and continues to welcome members from Stittsville and all the surrounding communities. Over the past thirty-five years they have increased in numbers and improved their choral skills.

Musical director Linda Crawford continues to inspire and challenge the singers, and accompanist Doll Creelman continues to amaze with her musical talents.

Their Christmas concert, Christmas Jubilee, will be held at Glen Cairn United Church on Saturday and Sunday, December 8 and 9. They say the music will be a joy to perform as they celebrate Goulbourn Jubilee Singers' 35th anniversary, the Queen's Diamond Jubilee, and of course the Christmas season.

The Junior Jubilees or JJ's, welcome all boys and girls, aged 8 to 14. The children perform selected pieces at the concerts, and sing outs. These fine young singers are a delight to hear and watch.

If you would like to sing and be part of the fun, you are welcome to join in for a couple of practices. Choir practices are held every Wednesday at Stittsville United Church. Adult practice begins on Wednesday, September 5 (7:30 to 9:30PM) and the JJ's practice begins on Wednesday, September 12 (6 to 7PM). All singers are welcome, and no auditions are required.

For further information and to hear wonderful music log onto <gjsingers.com>, or call Sandra at 831-8414 or Elizabeth at 838-6078.

Contribute to Culture Days!

Culture Days will be celebrated again this year in Smiths Falls. Building on last year's success, a diverse and exciting line-up is planned for the final weekend of September.

Cultural celebrations such as music, dance and the visual and culinary arts will include participants of all the nationalities who today call Smiths Falls home. Stellar cultural facilities, including Heritage House Museum, the Station Theatre and the Railway Museum of Eastern Ontario, will host many of the events.

So far, plans include children's workshops, decoy carving, genealogical researching, a piano recital, games from across the Pacific, cooking workshops, theatre rehearsal, and an international food tasting event, to name a few.

The Smiths Falls & District Arts & Culture Council (SFDACC), which is organizing the celebration, is looking forward to adding more events and venues in the coming month, with a full line-up to be announced later this summer.

Those wishing to include their own cultural talents, or to volunteer for that weekend, are encouraged contact the SFDACC at <SmithsFallsArts@gmail.com>.

Every one of these events will be free to attend, as it is with all Culture Days programming across Canada. Visit the <Culturedays.ca> website to see what it's all about.

See you in September!

Theatre News in our Area

Cool Off With Some Hot Theatre!

It seems that perhaps the "summer doldrums" are winding down, as we begin to sense a stirring of new life amongst our area theatre troupes! In fact, our professional confreres at the **Classic Theatre Festival** are already in production with their fine production of the 1958-1960 Tony Award-winning Broadway hit, *Two for the Seesaw*.

by Ian Doig

The show runs until the fifth of August with performances at 8PM from Wednesday to Saturday, with 2PM matinées on Wednesdays, Saturdays and Sundays, at the wheelchair-accessible Mason Theatre (in PDCI, 13 Victoria St, Perth). Then, from August 10 to September 2 they present the eighth-longest-running show in Broadway history — *Mary, Mary*, by Jean Kerr. For information and tickets please visit <classictheatre.ca>, call 1-877-283-1283, or drop in to Tickets Please, 39 Foster St, in Perth.

Barn Door Productions continues its super summer season with one of Canadian playwright Norm Foster's best, funniest and dare I say, sexiest, scripts, *The Love List*. The venue is the Full Circle Theatre, 26 Craig St (Highway 43) in Perth, and show dates are August 2, 3 and 4 at 8PM, with a 2PM matinées on the 5th of August. Tickets are \$18 reserved, \$22 at the door, and \$10 for students, from 267-1884, or <barndoorproductions.ca>.

There must be something about Norm Foster and steamy summer evenings — or matinées! A few blocks away at the **Studio Theatre** another rollicking Foster hit, *Opening Night*, is on offer on August 2, 3, 4, 10 and 11 at 8PM, with 2PM shows on August 5 and 12. To make it even tastier, there will be an *Opening Night* Opening Night Gala in the VIP Lounge of the Crystal Palace on August 2 at 6PM. Gala tickets are \$40 at The Book Nook and the Studio Theatre, \$44 at Tickets Please; and include wine, nibbles, live music, tickets to the 8PM premiere performance, and a tax receipt for \$20. And for those not wishing to attend the gala, tickets for all shows are \$20 at The Book Nook (56 Gore Street E.), \$22 at Tickets Please (39 Foster Street, 485-6434, ticketsplease.ca); \$22 at the door; \$10 rush seats at the door for students with ID. Find details at <studiotheatreperth.com>.

Next up at the Perth Studio is the poignant drama *Love Letters* by AR Gurney, playing from August 16-26. It tells the tale of two people who go their separate ways, but continue to correspond over the course of fifty years; the story of their bittersweet relationship gradually unfolds from what is written — and what is left unsaid — in their letters. Perfect entertainment for hot summer's evening! Ticket availability is the same as for Opening Night (minus the gala).

In the realm of young people's theatre, the **Perth Academy of Musical Theatre** is presenting *Jesus Christ Superstar* on August 16-18 at 7PM, with an additional 10:30AM show on the 17th; and Disney's *Winnie the Pooh* on August 31 at both 10:30AM and 7PM. All shows will be held at the Myriad Centre for the Arts at 1 Sherbrooke Street in Perth, and tickets are \$10 each (includes HST). Tickets can be reserved in advance by calling 267-9610.

For those of you who haven't yet heard, PAMT (and Orion Theatre) driving forces Heidi and Peter are treating themselves to a year-long sabbatical, as they take a long and leisurely (I hope!) tour of North America, so we do wish them the very best for an enjoyable and inspiring trip, and hope to see them back a year or so from now, rested and filled with inspired ideas for the future. Needless to say, their departure leaves a massive hole in the arts scene in our area, and especially in Perth, and we eagerly await their return!

On the audition front, auditions for the **Mississippi Mudds** production of *Murder Me Always* will be held on August 29 at 7PM at the Mississippi School for the Arts in Carleton Place. Show dates



The mysterious Mudds are at it again! They are holding auditions for their fall murder mystery on August 29

are November 2 and 3, and rehearsals will be one night/day a week and will be determined based on the cast. It's a large cast, featuring five females and six males, so if you've ever considered trying out, this is your chance! For more details contact <meredith_link@hotmail.com> or call 257-8930.

Theatre Night In Merrickville will be holding auditions for their fall production of the panto *Jack and The Beanstalk* in Eastons Corners Hall on Wednesday September 7 at 7PM, and Sunday September 9 at 1:30PM. There will be three rehearsals a week, especially Sunday afternoons starting in early September, and the show will be presented on December 7, 8 and 9. There are many parts in this show, from major ones to chorus. Not all require solo singing, but they do all require singing in the group songs. Anyone wishing to be in the chorus should be 12 or older (no upper limit!). Chorus members will be expected to sing, dance and react to whatever is going on on stage. For more information call Maureen at 924-2974.

And finally, Arnprior's **Prior Players** are in the planning stages for their fall productions. They plan to launch their season on November 9, 10, 16, and 17, with the theme "Lest We Forget" and are looking for "youngish" adults who can fill roles representing those who made the sacrifice 70 and 95 years ago, but they require "older" adults as well. Auditions are scheduled for August 1, 7, and 9 in the Arnprior Library main floor meeting room at 7:30PM each night. Anyone interested in becoming involved is invited to showcase their talents! They have many positions to fill, both on and off the stage. For additional information please call 623-5585 or email <priorplayers@gmail.com>.



Celebrating 200 years of Peace following the War of 1812

Schooner Lois McClure
1812 Homestead
Horse and Wagon Rides
Ice Cream Eating Contest
Cardboard Boat Races
Children's Activities
Soap Box Derby
Laser Tag
and much more....



The Jeffery Brothers
Friday 8:30 PM



David Francey
Saturday 8:30 PM



Eddy and the Stingrays
Sunday 2 PM



www.canalrailwayfest.com

MVC Night Sky Conservation presents...

Fall Preview Astronomy Course

Discover late Summer and early Fall celestial treats!

OBSERVE

Objects within and beyond our MILKY WAY galaxy...

planets, stars, constellations, stellar systems, galaxies and beyond...

Befriend the Night Sky

Night Sky Conservation astronomy courses instill an appreciation of the night sky, helping students recognize the importance of light pollution abatement to conserve our night sky environment.

WHEN:

Friday Evenings August 17, 24, 31 and September 7, 14
7:30 until 10 + PM (you may continue observing after 10)

WHERE:

Mill of Kintail Conservation Area
2854 Ramsay Concession 8, Mississippi Mills

COST:

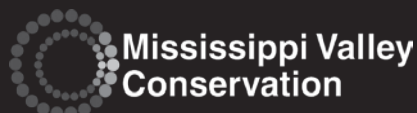
Donations Welcome

REGISTER:

Contact Sarah O'Grady
sogrady@mvc.on.ca or 613-256-3610 ext. 1

PARTNER ORGANIZATIONS:

Ottawa Astronomy Friends
The Millstone News
Royal Astronomical Society of Canada



Funny You Should Write...

50 Shades of Advice

Disclaimer: Please consult your medical professional, life coach and veterinarian before heeding any of the following advice. Got a question? Email Miss Write at <misswrite@thehummm.com>.

Dear Miss Write,

Where can I get my cat spayed for less?

Yours, New to the Kittyhood

Dear NTKK,

Are you sure spaying your precious new pet is something you want to do on the cheap? You've

by Emily Arbour

probably heard the old adage "you get what you pay for" and I'd bet my ovaries to donuts it applies here too.

Also, I'm far too busy for questions like this. Next please.



Dear Miss Write,

After months of resistance, I finally picked up a copy of *Fifty Shades of Grey* by E.L. James. (Actually, my husband brought it home for me, but that's another question altogether.) I've never been a sucker for steamy novels, and to be honest, there isn't much about the writing style that keeps me captivated (it's pretty terrible unless you're one of the lucky ones who doesn't get hung up on the recycling of adjectives), but nonetheless Christian Grey is haunting my dreams. What can I do to stop thinking about him?

Sincerely, Stormy Nights

Dear Stormy,

I'm embarrassed to say I've read the first book (it's a pop culture must-read, after all) and I can attest to it being a book that stays (ahem) with you. I don't know that I was able to enjoy it as much as I could have, however. I think at about the fifty-page mark the incessant lip chewing and (frankly terrifying) sexual encounters became overshadowed by the painful, repetitive use of words like "hitched", "jeez" and "subconscious". That helped. I think the only solution for you, my friend, is to find a new book. I know a darling little bookshop on Mill Street that would be happy to help you find some new material. Also, maybe a hobby. Something wholesome like horseback riding. Errr... maybe not.

Dear Miss Write,

My kids (they're 5 and 7) are constantly tattling on each other. My day is filled with "Mooom! He touched my aaarm" and "She won't let me play with her Baaaarbie." We're not talking serious stuff here and frankly I don't want to hear it. I know it's probably just a phase, but I need a few tools to power through it.

Help? Fed Up Mom

Dear Fed Up,

Despite being the proud owner (yes, owner) of two, I'm not the leading expert on children per se. I'm sure you're right about this just being a phase. But ugh! Are you as sick as I am of using that as an excuse for Every. Single. Annoying new behaviour your kids pick up? Do we have to call it a "phase"? Really? Because I like to live my life calling spades "spades" and sometimes my kids are just plain rotten. To call them phases is to assume that they'll be grown out of without any intervention on our parts as parents. I'm not comfortable banking on that as a guarantee. Sure, some parents get lucky and their kids sort themselves out, but what if yours don't? What if this tattling carries on into adulthood? What if little Johnny over there goes running to his boss at the law firm whining about a colleague who stole his parking spot? I'll tell you what happens to that guy. He ends up back home whining to his momma all over again. Except now you've got even less patience for shenanigans. Nope, nope, nope. You've got to nip this situation in the bud (or is it butt? I never know). Lay down some consequences for tattling. They tattle, something they love disappears (you, for instance). Or, you know, whatever you feel is appropriate for your kids.

Dear Miss Write,

I don't know what to wear. Fashion seems to have taken a bold turn toward colour and the clashing of fabrics and prints, and I'm having a really hard time pulling it off. In the past I've loved expressing myself through fashion and now I feel like I'm in a frumpy rut.

Any advice?

Sincerely, Behind Trend

Dear BT,

What you wear should reflect who you are, and if you're not feeling the current trends, then you simply shouldn't wear them. Fashion is about expressing your individuality, and if your personality doesn't jive with what the magazines are telling you is hip, hot and happening right now, then it's not for you.

Wear what makes you happy and you'll be beautiful.

(Also, a red lip never hurt anyone.)

— Emily Arbour is a freelance writer (among other things) who lives and works in Almonte, Ontario. By no means is she an expert in anything but having an opinion and making things up. You can go ahead and take her advice, but you'd probably do just as well asking her mother where her keys are. Only difference is she doesn't have a column in this fine publication.

Flavour of the Month

Poetical Asylum

For the many folk out there who have entertained the thought of farming but who may lack the know-how or the time to run it single-handedly, not to mention the resources to purchase their own farming property, read on. There is an interesting alternative that is evolving in the hinterlands north of Maberly that may just suit you.

by Susie Osler

Judy and Ken Toews (pronounced "Taves") have been cooking up a new farming model for people interested in growing and eating good, clean food, with a family of like-minded people. Poetical Asylum — the name of their farm — is located on a section of what used to be the Burke brothers' farm — a gorgeous rolling chunk of land, close to Bennett Lake, that was settled about 180 years ago. Ken and Judy bought a 20-acre parcel severed from the original farmstead in 1997, after a fifteen year search for "the perfect piece of land" (clean lake, cleared land, good town nearby).

Driven by the desire to produce food they could trust for themselves, their kids and their grandkids, they have single-mindedly worked, in the years since purchasing the property, on building the house and farm infrastructure (fencing, chicken houses, garden beds) and on improving the soil structure in the vegetable garden in preparation for their move to post-retirement full-time farming (new acronym: PRFTF).

Their personal configuration of a farming model is what I found most curious and novel, when I talked to them about their plans. What they are trying to build will be a bit of a marriage between a producers' co-op, a buyers' co-op and a collective

kibbutz. The goal is to have between 12 and 25 families become members, with each family paying an annual fee of \$250 to help offset costs associated with performing maintenance, buying seeds and fuel, and so on. Members also commit to working six days a year on the farm and/or to taking on an administrative task. On days that a member comes out to work on the farm, they also act as a delivery service to other members back in their neck of the woods. What they are delivering are shares of the produce grown through the season with the collective effort of all.

Members do not own shares in the actual farm itself, and they do not live there even temporarily. In this way it differs from other models like WWOOFing (Willing Workers On Organic Farms), where workers gain experience and are given room and board in exchange for working on a farm. At Poetical Asylum, motivation and incentive to participate come in the form of shared ideals and values, and access to the production process of one's own food, rather than ownership of a farm. Judy and Ken hope that, by keeping the cost of membership low relative to what it costs to purchase and maintain a farm oneself, they can provide people the opportunity to actively participate in a farming venture in a way that suits their busy lives and financial resources.

Supporting family farms in their immediate vicinity is also an important goal for the Toewses. Nearby farms produce maple syrup, eggs and cheese — Judy and Ken hope to include these and other items in the selection of locally-produced food that their members can purchase. The Toewses have started to buy steers from a neighbouring farmer — they finish the steers on pasture before butchering (at an approved abattoir) and distribute to members who have

pre-ordered meat. Orders are offered in eighths of the animal, or approximately 50lbs. Several batches of chickens will also be raised each year. Interestingly enough, Judy and Ken had been strict vegetarians for twenty-two years until they started developing health problems. Subsequent research into the nutritional merits of grass-fed, organic meat convinced them that they should be producing and eating their own meat, and that this could be a healthy choice for themselves and their family.

When I visited Judy and Ken at the beginning of July, they were on the tail end of moving, at long last, from Ottawa to their now full-time "retirement" at the farm. Moves are strenuous and disruptive, and theirs was no exception. Planting schedules and farming tasks had to be sidelined this spring while the couple transitioned from a life in the city to full-time life in the country — Judy retiring from her job as a principal at an Ottawa school only the week before the move, and Ken from a career in the plastic injection molding industry. The serious drought we are experiencing has added some challenges to this growing year and restricted the number of cattle they can graze and/or feed, and the vegetables they are able to grow. This year is likely to be more suited to systems development and infrastructure improvements rather than trying to grow a bumper crop! But the vision and dedication to their ideals remains and will, no doubt, evolve in the coming years. They hope to make it a hub that fosters social and creative engagement, as well as practical activities. To begin with, Judy, an avid and talented quilter, has plans to start offering quilting workshops out of their home.

Poetical Asylum may seem like an unusual name for a farm, but perhaps it all makes sense given



Judy & Ken Toews

Who They Are

Poetical Asylum Farm
Judy and Ken Toews
358 Burke Lane
867-4034, 268-2772
<lanarkhighlandsgassfedbeef.ca>

What They Offer

Farm Memberships: \$250 due at the beginning of the season (this is different from a CSA, so call for more details). Beef orders placed in the spring. Chicken (orders of 10) a few times a year.

Lanark Highlands Grass-Fed Basil Burger

- 1½ pounds LHG ground beef
- 1 organic onion, finely chopped
- ½ cup shredded organic hard aged cheese
- 2 tsp. teriyaki sauce
- 1 farm fresh egg
- 1 clove organic garlic, minced
- ¼ cup fresh organic basil, finely chopped
- Sea salt and freshly ground peppercorns to taste

Mix together with a fork and form into four patties, each ¾" thick, with a hamburger patty form to avoid handling the raw meat. Pre-heat BBQ on high. Place patties on oiled grids, reduce heat to medium, and grill approximately six minutes on each side, until an internal temperature of 160°F or 71°C is reached. Serve on a toasted Little Stream Bakery flat bread with Perth Red Pepper Jelly. Garnish with caramelized onion, sautéed mushrooms, sliced tomato and shredded lettuce.

the vision for the place and the enterprise the Toewses are concocting... a place of comfort and refuge (asylum) that is worthy of lyrical description (poetical).

But concurrent with the poetical name are values that the couple hope to share with others in this venture — a shared com-

mitment to, engagement in, and responsibility for, the process and the outcomes of a small farm, and a faith in the benefits of preserving farmland and family farms, of producing and eating food that is healthful and that one feels connected to, and of building and sustaining community.



Janice Aiken
Registered Massage Therapist
25 Years experience
Specializing in:
**Treatment-Oriented
Massage and
Myofascial Release**
1598 Ramsay Conc. 1
10 minutes west of Almonte
www.janiceaikenrmt.ca
613-256-6243

Just Knitting
A FINE YARN SHOP
Natural Fibres for
Knitting & Spinning
Yarn • Rovings
Supplies
Accessories
6 Lake Ave. W.
Carleton Place
613-492-KNIT (5648)
www.JustKnitting.ca



KANATA CIVIC ART GALLERY
presents
COLOUR ME!
A group show of juried artists
COLOUR ME KIDS!
A young artists showcase
until September 2
2500 Campeau Drive, Kanata
(613) 580-2424 x33341
Visit www.kanatagallery.ca for more information

WHAT'S NEW:

- **Fresh local vegetables daily:**
organic **beans**, **tomatoes**, **summer squash**, **peppers** & eggplant

ON THE MENU
For the PUPPETS UP! WEEKEND
AUG. 11 & 12:

- Lots of **FREE** food demos and sampling
- Great picnic fixin's to **grab & savour:**
 - Laura's fresh salads
 - Bread Elements' gluten-free triple ginger cookies
 - Yummy munchies for the shows
 - Local sparkling ciders, Belvoir Presses, Bottlegreen fruit sodas, Kiju iced teas

and more!



89 Mill St. Almonte
613-256-5764

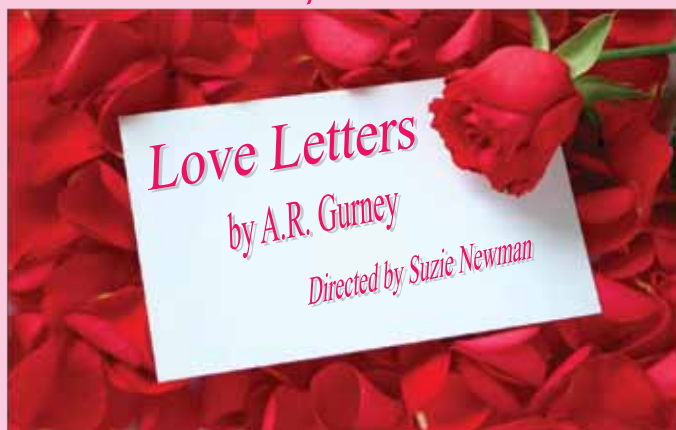
fine food, fun kitchen and artful dining ware

Wanted!

Innovative Housing Solution for part-time Almonte resident. I am looking for a couple of affordable rooms in town for approximately half of each month. I know that there is someone out there who will see this as the perfect INCOME opportunity. If that's you, please call Paula at 613-327-0608.

Studio Theatre Productions

presents



The story of two lives told through the intimate letters that joined them together

August 16, 17, 23, 24, 25 at 8:00 pm
August 19, 26 at 2:00 pm
at the Studio Theatre
63 Gore St. E., Perth



Tickets:
\$20 at The Book Nook, 56 Gore Street E
\$22 at Tickets Please, 39 Foster Street,
(613) 485-6434, www.ticketsplease.ca
\$22 at the door
\$10 rush seats at the door for students with ID

See www.studiotheatreperth.com for details
Produced by special arrangement with Dramatists Play Services
Poster design by Penny Silberhorn, 2012

Almonte's Brand New Holiday Bling

Trim Up the Tree with Christmas Stuff, Like Almonte Balls, and Who Floo Fluff...

"I remember thinking those candelabras looked about ready for retirement when we were in high school," said my friend Kim, when I told her about my idea to raise funds for the replacement of Almonte's old holiday décor. High school wasn't exactly yesterday. More than fifteen havoc-wreaking winters (and a coffee-table-book-worthy ice storm to boot!) have gone by since then, and downtown Almonte still sports the same, weathered holiday décor it did back then.

The idea to spearhead a fundraising initiative to replace and repair the decorations came to me just this past November, when I was preparing for a craft show <handmadeharvest.com> that Colleen Hewitt and I began hosting in 2009.

In my world, the arrival of our craft show marks the start of the holiday season. I started to think about how fabulous our friendly little town is at the holidays, and recalled the sense of pride I felt when I used to work the counter at my own shop. During the holiday months especially, customers would approach me with comments about how they "had just the best day shopping on Mill Street," and that they "vow never to shop in a mall at holiday time again," and how "someone should really change the light bulbs in those candelabras."

I mean what's a candelabra without a candle, after all? Holiday decorations should be a reflection of a town's spirit, and it was becoming rapidly more obvious that the old ones certainly weren't cutting the fruitcake anymore.

But I digress.

Long story long, it was this reminiscing that inspired me to combine my love of crafting with my deep (and evidently shared) longing to destroy those blasted candelabras, and sparked the idea for the Almonte Holiday Rejuvenation Initiative.

I boldly sent a proposal to the Town of Mississippi Mills, requesting that they supply me with some seed money for materials to run a workshop. I explained that I wanted to invite families to help me demolish the existing decorations, stuff their smithereens into glass ornaments (miraculously turning them into limited edition Almonte heirlooms), and package them for sale.

I assured them that the money raised would be used to purchase new holiday décor and refurbish what could be saved of the old. And then I sat back from my computer, crossed my fingers and toes, and waited with baited breath for their response. That's not entirely true actually. I started calling



What a great green (with bits of red and gold) idea! Emily Arbour has mobilized Almontonians to destroy their old (like really, *really* old) downtown Christmas decorations, and turn them into new ornaments that can be sold to raise money for brand-new holiday bling!

friends to ask for their participation. I also sourced some wholesale ornaments and packaging materials, and drove around town planning my attack and dreaming of a Christmas of twinkling stars, lush green garlands and bows the size of Highland Gamers. And then the news (that, frankly, I wasn't expecting) came: "The Town of Mississippi Mills would be pleased to support you in this initiative."

Amazing.

On July 26, we did it. I, along with numerous helpful do-gooders and friends, gathered at the Almonte Community Centre for an unforgettable event. And, quite possibly, this diehard crafter's favourite-ever workshop.

We set up three stations: demolition, assembly and packaging. It was chaos in the best possible way. Tinsel and Christmas cookie crumbs flew. Holiday tunes were played and rocked out to (courtesy of the as-talented-as-they-are-generous Kelly Prescott and Adam Puddington of Claytones fame. Visit theclaytonsmusic.com). Families were forever bonded over a memorable evening.

In total, over 80 people made 500 limited edition pieces of Almonte holiday history.

Purchase a Piece of History!

Several were sold at the event, but the rest are available for purchase (while quantities last) at {smitten}, located at 14 Mill Street, Almonte. You can also buy them online at <almonteholidayrejuvenation-project.bigcartel.com>, then either pick them up at {smitten} or arrange in-town delivery.

You probably need one, but best to buy two. I defy you to find a better gift to give an Almonte-lover.

Not in the market for an ornament in July but still want to support an initiative that rids our beautiful town of some seriously dated holiday decorations? Donations happily accepted.

Thank you to all who participated in our workshop.

I didn't think it was possible, Almonte, but I love you just a little bit more today than yesterday.
— *Emily Arbour*



Happy helpers hold up their beautiful new creations — gorgeous glass Christmas ornaments stuffed with bits from downtown Almonte's old (really, *really* old) holiday décor

All Permaculture, All the Time!

Those of you who read my article in the March Humm will remember my deep affection for permaculture — that one word that brings together all that is good and green in the world: organic agriculture, sustainable building, green energy, and holistic design practices that use logic and forethought to save time, energy and resources. Well if that piqued your interest, then have I got some events for you!

by Rona Fraser

On Saturday, August 11, (especially if you are in town for the Garlic Festival...), you should check out the Perth Veggie Garden Tours.

There is a **Guided Permaculture Tour** at 3PM and 4PM, at 28 Church Street. There you will visit the semi-urban garden of two permaculture teachers on a fifth of an acre of land. This land and garden (in year two of a permaculture design) features: a young food forest, sheet-mulching, a hugelkultur bed (composting large woody material to create a raised garden bed), raised beds, a portable mini-hoop house, floating row covers, various trellises (a bean tent, a string trellis on the side of the garage, and climbing tomato structures with simple materials), outdoor compost, worm compost, and a black-walnut plant guild. The tour will include a description of the zones, sectors, the plant guilds, and the “why” behind the design.

From 2 to 5PM, you can enjoy some **Garden Visits** in Perth and surrounding area. Explore eight gardens, featuring a variety of techniques and styles: raised beds, a roof-top garden, a mini-hoop house, a passive solar hot-house, an insulated cold-frame, sheet-mulching, a hugelkultur bed, stone terraces, companion planting, a young food forest, backyard gardens, a community garden, market gardens, an eco-village and permaculture design.

For descriptions, addresses and a map of the garden locations, visit <transitionperth.ca>.

You know me — the only thing I love more than permaculture is food... and on August 11 you can enjoy both! Come to the **Community Potluck Lunch** at 1PM in the community gardens at Last Duel Park (near South Street). Simply bring food to share, as well as your own plate and cutlery.

Carpool or visit the gardens on your own. Potluck it or stop at one of the local restaurants. It's all good!

Upon seeing all of the edible beauty and joyful design that is permaculture, you will likely be inspired to learn more — am I right?! Well never fear — the good folks of the Permaculture Institute of Eastern Ontario would not leave you hanging (and no, I have no affiliation with them). To get your feet wet, why not take a weekend course: **Ecological Design and Gardening: Introduction to Permaculture**, offered September 21 to 23 in Ottawa. This course provides a foundation in permaculture ethics, principles and design, as well as giving an overview of the common gardening techniques used in permaculture. You will also see how these principles can be applied to both physical systems (eg. farms, gardens, cities) and to social systems (eg. organisational flows, business models, school curricula) anywhere. The cost is \$170 for the weekend.

The 84-hour **Permaculture Design Course** begins with the introductory weekend above, and continues with three more weekends (in-depth discussions of forests, soil, water, microclimates, earthworks, housing design, alternative economics, and more), as well as 22 hours of group and independent work. The full course fee is \$750, which includes the Introduction module and HST. If you have already paid for the Introduction course with them, then you've only got \$580 left to pay! For more information, see <eonpermaculture.ca>. Register at <info@eonpermaculture.ca>.

Yes, it is a commitment, of time and money, but if you love permaculture, it is such a joy. I did not take my permaculture course with these folks, as I took it way back in 2000, so I cannot give you a personal review. All I can tell you is that, for me and my fellow '00 classmates — whether we went home to buy some land and live off-grid, or simply continued our daily existence with new understanding for how we live — it was an unforgettable experience. My course was in the boonies, in two sets of ten days. I think that being away and immersed in permaculture “culture” for that time was a great part of the experience for a suburbanite like I was, but it was certainly a lot of information to take in at one time, plus I was way out of my comfort zone (you want me to do what in that bucket?) and had to come up with extra money for accommodation and meals. So taking the course close to home and having a week in between to absorb what you learn are great.

I would love to hear from any and all who attend a permaculture course <rona@thehummm.com>.



THE OTTAWA VALLEY MUSIC FESTIVAL
PRESENTS
Emilie Capulet

Plays selections by Beethoven, Chopin, Debussy, Ravel, and Mozart

**3 pm Sunday
August 19, 2012**
The Almonte Old Town Hall
14 Bridge Street St.
Almonte, ON
Adults \$20 / Students \$10
(Free Admission for Kids under 12)
TICKETS AVAILABLE AT THE DOOR,
at tickets@valleyfestival.ca
OR CALL 613-433-9457

OTTAWA valley MUSIC FESTIVAL

www.valleyfestival.ca

THANK YOU
for saying you saw their ad
in *theHumm!*

**Meet award-winning author
Cathryn Morgan**
at the following locations

August 18 11 am—2 pm
Mill Street Books
52 Mill St., Almonte

August 25 11 am — 2 pm
The Book Nook
(new location)
60 Gore St. E., Perth

August 29 10 am — 2 pm
Read's Bookshop
130 Lansdowne Ave., Carleton Place

GSPH

SILENT VALLEY ALPACA INVITES YOU
TO THE 4TH ANNUAL
2012 NATURAL FIBRE FEST

SATURDAY & SUNDAY
SEPTEMBER 1 & 2
10 AM TO 4 PM

1120 DONALDSON RD. OMPAH, ON K0H2J0
WWW.SILENTVALLEYALPACA.CA

Downtown Carleton Place Has a Story to Tell!



Chantelle Strike, Petra Graber & Jessica Locke

The Good Food Co. is celebrating their 15th anniversary this month! This eclectic neighbourhood café is open Tue–Sun from 8AM to 4PM and serves breakfasts and lunches and weekend brunches.

Their seasonal lunch menus include from-scratch soups, salads, and sandwiches and fabulous desserts prepared in-house. They offer a variety of fair-trade coffee and espresso drinks for take-out. The café is fully licensed and is available for private dinner parties. They also take special orders for pick-up and can fully cater smaller events off-site.

The Good Food Co.
31 Bridge Street • 613–257–7284

You'll love how you look and feel in the clothes from **Nancy's Impressions**, the women's fashion boutique established for 29 years at 149 Bridge Street in Carleton Place. It's the place to go for chic, flattering styles and excellent service. Sizes range from 4 to 20 in both regular and petite options, with free onsite alterations on regularly priced items. Their emphasis on Canadian manufacturers ensures quality, comfort and versatility. At Nancy's Impressions, you'll receive expert, personal assistance to select pieces that enhance your shape, suit your looks, and allow you to dress with confidence.

Nancy's Impressions

149 Bridge Street • 613–257–2124



Nancy Code Miller

The Granary has always been proud to offer personalized service in a friendly atmosphere. New products are arriving regularly, including gluten-free breads, chemical-free nail polishes, high quality fair trade teas and more. Fall is just around the corner, so check out their fun and ecofriendly lunch options. From reusable baggies to the coolest containers and bottles, you can be a leader in class or at the office. Let their knowledgeable staff help you choose products that will best benefit you and your family.



They are open from 9–6 Mon–Wed; 9–8 Thur & Fri; and 9–5 Sat.

107 Bridge Street • 613–257–5986 • www.granary.ca



There's so much to do downtown! For a complete listing of Downtown Carleton Place businesses, please visit:

www.downtowncarletonplace.com

For more information contact: cmcormond@carletonplace.ca or 613–257–8049

Murray McLauchlan Returns to CP

On Saturday, September 29 iconic Canadian singer/songwriter Murray McLauchlan will perform at the majestic St. Andrew's Presbyterian Church in Carleton Place. The 8:30PM show is a joint presentation of SRC Music in Carleton Place, Lyle Dilabough Productions, and Carleton Place's Up Close & Personal Concert Committee.

McLauchlan played two sold-out shows in Carleton Place last October, and there was such a high demand for tickets that it was decided to bring him back again... and soon! "There were many disappointed people the last time, so we suggest people get their tickets right away," explains concert co-promoter/producer Brent King of SRC Music. Tickets are indeed now on sale for this event. The cost is \$40 each and they can be picked up at SRC Music in Carleton Place (124 Moore Street, 253–0263) or in Perth at Burns Jewellers (66 Foster Street, 267–4466). Enquiries can also be made at lyleproductions@gmail.com or 257–4970.

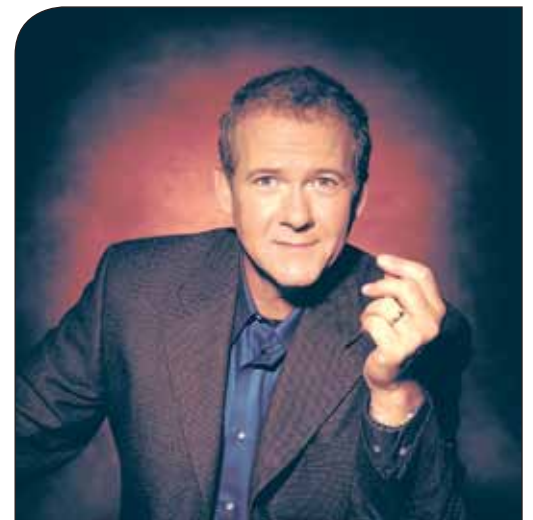
The Murray McLauchlan "Up Close & Personal" concert experience in Carleton Place last fall was nothing short of magical. The veteran performer, along with bassist Victor Bateman, was overwhelmed by the experience, as was everyone in attendance. It was an event to remember for sure.

With more than twenty albums, several hit singles, eleven Juno

Awards, an Order of Canada designation (and so on) to his credit, McLauchlan is without doubt one of the finest and best known musical artists that this country has ever produced. Having him perform in this intimate setting is a real feather in the cap for this quaint Ottawa Valley town.

This will be the second of three Up Close & Personal shows to be presented in Carleton Place in 2012. On May 4, **Garnet Rogers** performed at St. Andrew's, and the legendary **Valdy** will play the Town Hall Auditorium on November 23.

All of this and much more is no doubt making the town a "real happening place"!



After playing two sold-out shows last year, Murray McLauchlan returns to Carleton Place on September 29

Big Apple North

If New York, New York is known as the city that never sleeps, then surely Westport, Ontario deserves to be known as the village that never even naps (especially during the summer months). In fact, with Westport's growing reputation as a hotbed for jazz, the nickname Big Apple North may start catching on. This month Westport will become even more New York-like when a couple of NYC musicians stop by The Cove and transform it into a Manhattan jazz club.

Dave Douglas and Steve Swallow are both giants in the jazz world. Steve Swallow is a legendary bassist, recognized as one of the first players to bring the electric bass into the jazz genre. Dave Douglas

is arguably the most prolific and original trumpeter of his generation with over thirty recordings to his credit as well as numerous awards and accolades.

On August 10, Dave and Steve will join the Doxas Brothers at The Cove coveinn.com for an evening of jazz music that is not to be missed. Chet Doxas is an exceptional saxophonist and is quickly becoming recognized as one of the premiere young performers in Canada's jazz scene. Chet's brother Jimmy is a lyrical drummer whose improvisational flair so impressed legendary Canadian pianist Oliver Jones that he made Jimmy his full-time drummer. Jazz fans make your reservations now — tickets will not last long!



Dave Douglas (above), Steve Swallow and the Doxas Brothers bring a touch of NYC to Westport on August 10

MUSICWestport

Now in its sixth year, the Westport Arts Council's MUSICWestport festival will once again bring nine diverse musical acts to two outdoor stages for one incredible day of music on August 18.

Starting at 10AM with the finals of the Voice of the Rideau singing competition, the rest of the day is a potpourri of music featuring: Shout Sister, lanspotting, Luther Wright & The Wrongs, Jaron Freeman-Fox & the Opposite of Everything, Rubbaboo, Ariana Gillis, Notre Dame de Grass, Jadea Kelly, and The Cronies. All of the daytime music is free. After hours, the entertainment continues at The Cove where host Slim Moore & The Mar-Kays will play their signature style soul music (\$10 cover).

7th Annual Blueberry Tea at Union Hall

Union Hall was constructed in 1857 on donated land, through the efforts of local farmers. The building has been used continuously for over one hundred and fifty years — as a library, a meeting hall, a place of worship, and for countless family celebrations, memorial services, dances, children's parties and cultural activities. Over the years, the hall was kept going thanks to the contributions of the Union Hall Women's Institute, which organized community events and saw to it that the hall was properly maintained. Local volunteers continue this tradition.

In addition to meetings, public information sessions, social events and live music nights, current uses include studio tours, a base for bicycle trials and a weekly organic farmers' market during the growing season. Annual events include the pancake breakfast in March, the blueberry tea in August, and the potluck and talent show in October. Mainly self-sufficient, the hall receives some monetary support from the Town of Mississippi Mills.

On Sunday, August 26, from 2 to 4PM, the hall will be hosting its annual **Blueberry Tea**, featuring scones put together on the spot, along with homemade lemon curd, whipped cream, and of course — blueberries! And there is a gluten-free option available. Wash it down with juice, tea or freshly-brewed Equator coffee. Refreshments are provided free of charge, but donations toward upkeep of the hall are always welcome.

But Lanark Village, You Don't Look a Day Over 40!

Lanark Village is 150 years old and the residents are celebrating it in fine style, from August 3 to 6, with events, activities and presentations. Organizers hope that many former residents will return to rekindle memories and acquaintances, as well as introduce others to the historical and current places of interest in and near the village.

The long weekend will kick off with a **Lanark Carnival** for kids of all ages, from 4 to 8PM on Friday, August 3, with free carnival games and live music, as well as a canteen with food for sale.

Saturday morning starts with **self-guided walking tours** for history buffs and the curious, followed by **maple syrup** demonstrations by Wheelers' Maple Museum and Pancake House.

All the traffic will stop at 11:30AM as a huge **mural** will be unveiled on the abandoned Kitten Factory on Main Street. The mural, 66 feet long and 8 feet high, has been designed by professional artist Marie-France Nitski, and painted by over 100 local volunteers. Depicting the history of the village and the area in both historically accurate and whimsical images, it may be the only public mural in Canada which was painted by amateur painters.

At noon, the village will come alive as a **parade** will entertain young and old with a wide variety of floats and vehicles. Throughout the afternoon, people who want to meet former residents and friends will be gathering in the Lanark Legion until 4PM.



Lanark Village turns 150 this month! As part of their celebrations, they will unveil a huge, community-painted mural.

There will also be ongoing demonstrations of crafts and arts, dating from the earliest years of the pioneers. The Lanark and District Museum will be opening its doors on Saturday, Sunday and Monday from 10AM to 4PM, sharing their many unique glimpses into Lanark's past.

Music will be filling the air in the Clyde Memorial Ball Park on Saturday afternoon, with Arlene Quinn, Johnny Foster, Fred Dixon, Jerry Lee, and David Francey, as well as the house band. And the music doesn't end there — you can **dance** the night away (for \$5 admission) from 9PM into the wee hours at the Lanark Arena.

Sunday will start with an interdenominational **church service** in the ball park, followed by a free **Old Style Picnic**. The afternoon will again feature walking tours,

historic demonstrations and maple syrup activities. Car buffs will enjoy the **Classic Car Show**, with cars lining several streets from 10AM to 2PM. Drop by and talk to their proud owners. Music will fill the park from noon to 2PM.

Monday will feature a special **Historical Clue Hunt** — an educational adventure (not a race) for families, from 1 to 4PM. It's a fun way to explore the village and learn about its fascinating history. If you prefer to cycle or drive, you are invited to carpool and take a leisurely 2-hour, 32-kilometer drive to discover "What's In Lanark Highlands?" Instructions will guide and inform you.

The weekend will wrap up with a **free BBQ** at the Lanark Legion on Monday night from 4 to 6PM. For further information, please visit <lanarkvillage150th.ca>.

Mike Doyle
Accounting for
Small & Large Business
Income Tax Services
(613) 256-9987
mike@mdoyle.ca
www.mdoyle.ca

artPontiac
Make/see/live art

West Quebec's
Pontiac Artists' Association
is proud to present:

**Pontiac School of the Arts
2012 season!**

Intriguing and diverse courses
for children, youth and adults.

www.artpontiac.com 819-647-2291

**Thunderbird Mountain
ADVENTURES**

Hiking & Snowshoeing
Highland Journeys
Spiritual Retreats
Vision Quests
Lodgings

www.timyearington.com
2528 Tatlock Road Clayton Ontario

A Summer Benefit for
the Table
community food centre
Formerly The Perth and District Food Bank

**BARN'S
FARMS &
WICKED
CHEFS**

Showcasing the best
from Lanark County's
farmers & chefs...
set to music

Saturday, August 25
5:30-10:00 pm
Ecotay 942 Upper Scotch Line
10 minutes west of Perth
Dress: country elegant

\$100 per person with a \$70 tax receipt
Purchase tickets in advance at www.ticketsplease.ca
or call 613-485-6434

Baskets and Puppets and Kilts, Oh My!

Whoop whoop! It's August! I know... a lot of you human-type people are just wanting to lay down in the shade about now, but for us puppets, now is our time to shine! And bounce and talk and laugh and act silly! Sure, we do that all the time, but on one special weekend in one special downtown in August, puppets from all over the world have a family reunion, and our antics are not only tolerated — they're encouraged!

by Miss Mills, puppet reporter

So come down and join my friends and me as we party it up in downtown Almonte on August 11 and 12 at the eighth annual **Puppets Up! International Puppet Festival**. I've been waiting all year to meet up with some old favourites, like the Tanglewood Marionettes, and some new friends, like Clunk Puppet Lab (driving all the way from Calgary) and some "nouveaux amis de France et Montreal!" I will be able to practice the little French I know, like that song about marmalade — "Voulez-vous coucher avec moi, ce soir?"

There is even a puppet performance about Mississippi Millians, starring Mississippi Millians! *Happy Birthday Jimmy* reveals some interesting facts about ol' James Naismith, the creator of basketball. Between shows, you can take in the free street entertainment and wonderful

puppet parades that start at 1:45PM each day. For full details about the troupes, the schedule and the admission (you can buy tickets online!), visit <puppetsup.ca> or pull out the inside four pages of this issue of *theHumm*. And plan to get into town in plenty of time before the shows you want to see — we close Mill Street all weekend (for safety and fun) and part of Bridge Street as well on Saturday (for basketball) ... plus you need to get your wristbands before the show... Don't forget to give me a wave if you see me!

Oh — and if that is not enough puppets (and when does one ever have enough puppets?!) — to get you in the mood... for the weekend, I mean... a Czech puppet troupe will perform *Swan Lake* on Friday, August 10 at 2PM at the Old Town Hall. Tickets are \$10 from Mill Street Books. The performance is an hour, appropriate for all ages, and is a mix of dance, masks and puppetry. And for those of you with um, less class... you simply have to attend the Saturday Night Cabaret (August 11, 8PM) — the not-so-appropriate adults-only show that lets you see the puppets when they've said 'bye to the kids and let all their naughty out. Buy your \$25 ticket at Mill Street Books or Baker Bob's before they sell out!

The **Naismith 3 on 3 Basketball Festival** is back for its annual competition along Bridge Street, on Saturday, August 11. Cheer on elementary and high school teams and men's and ladies' teams

as they vie for supremacy on the outdoor courts. Or participate! And if you're coming to town for the 3 on 3, you'll want to make a special pilgrimage over to Mill Street to take your photo with bronze Dr. James Naismith, who is very photogenic! And don't forget to check out *Happy Birthday Jimmy* to learn how the sport came to be. For more details, visit <naismithmuseum.com>.

After all the sports and international frolicking puppets, take it easy on August 18, when the **Pakenham Fair** comes to town. Have some good old-fashioned country fun at a leisurely pace. The tradition that began over 100 years ago continues with log skidding, horse, beef, and dairy shows, demonstrations, horticultural and craft shows, a local food market, as well as some terrific children's activities. Call 256-1077 for details.

Ok, are you rested? Great — so you are ready for August 25? As my friend MacDuff would say, "Don yer best heelan' dress an' get yersel' doon tee yon Almonte Fairgrounds fer **North Lanark Highland Games!**" Set along the banks of the beautiful Mississippi River, this event features highland dancing, pipes and drums, and athletic contests galore. For full details on times and tickets, visit <almontehighlandgames.com>.

Phew! I'm fair pucked! I mean... je suis b'en fatiguée... I mean tired! Wow — August is a month of international flavours and languages!



It's all happening in Almonte and Pakenham, in August!

But before I go, I thought I'd better give you some warning for September events that you should mark on your calendar. You can find out all about local activities at **Mississippi Mills At A Glance** on Wednesday, September 5, from 7 to 9PM at the Almonte Community Centre (182 Bridge Street). And Mississippi Valley Textile Museum's **Fibrefest** returns September 8 and 9. More deets next month.

Rest up on the August long weekend... so you are ready to party the rest of the month away in Almonte and Pakenham!

FIBREFEST

a festival of fibre arts

September 8th and 9th

over 30 suppliers & fibre art vendors

fibre art exhibitors & demonstrators

www.mvtm.ca



CELEBRATE our
ARCHITECTURAL HERITAGE & TEXTILE ARTS in
ALMONTE, PAKENHAM and RAMSAY

DOORS OPEN

mississippi mills 2012

September 8th 10 a.m. to 4 p.m.

visit historic inns
tour the new wastewater treatment plant
climb the clock tower at the Old Post Office

www.cpmmdoorsopen2012.com



29th Annual North Lanark

HIGHLAND GAMES

Saturday, August 25, 2012

Individual and Pipe Band Competitions

NLAS Fairgrounds (Rain or Shine)

Highland Dancing Competitions

Almonte, Ontario 9 AM-6 PM

Scottish Clan Booths

Musical Entertainment

Heavy Event Athletics

Corkery Road @ 4pm

Children's Mini-games



Admission

Adults: \$17 (\$14 advanced)

Children (6-13): \$6 Under 6 is free.

Advanced ticket sales at Macdonald Sports, Mill Street Books, Nicholson's



For More Information 613-256-3881
Visit www.almontehighlandgames.com

Photos courtesy of Wiseman Photography.

No pets • \$5 limited parking onsite • No overnight parking



proudly presents

PUPPETS UP!

INTERNATIONAL PUPPET FESTIVAL



A fun-filled magical family weekend featuring daily parades, street performers & puppet shows for all ages!

It's magic!

Single day passes
Adult \$20
Children \$10 (age 3-12)

Weekend passes available!

Children under 3 free!



9:30AM to 6:30PM daily

AUGUST 11 & 12, 2012

puppetsup.ca

ALMONTE in Mississippi Mills, ON

Our Performers

	Old Town Hall	Riverside	Shepherds Mill	Victoria Mills	Ultramar
S	10:00-10:45 How I Became Invisible Clunk Puppet Lab	9:45-10:30 Tauromaquia La Cie Pelele Marionettes	9:30-10:15 Happy Birthday Jimmy! Mississippi Mills Productions	9:45-10:30 The Giant Magician Panadream Theatre	9:30-10:00 Pirate Treasure Rock the Arts
		11:00-11:45 Cinderella Tanglewood Marionettes	10:45-11:30 I Was Looking for Garlic... Whispering Theatre	11:00-11:45 The Puppet Tamer Tim Holland	10:30-11:15 Le Dragon Glouton Gestes Théâtre
	11:30-12:15 Adrift Zach Fraser's Creations		12:00-12:45 Happy Birthday Jimmy! Mississippi Mills Productions	12:15-1:00 The Giant Magician Panadream Theatre	11:45-12:15 Pirate Treasure Rock the Arts
	12:45-1:30 How I Became Invisible Clunk Puppet Lab	12:15-1:00 Tauromaquia La Cie Pelele Marionettes			12:45-1:30 Le Dragon Glouton Gestes Théâtre
1:45-2:15 Puppets Up! Parade					
a	2:30-3:15 Adrift Zach Fraser's Creations	2:30-3:15 Cinderella Tanglewood Marionettes	2:45-3:30 I Was Looking for Garlic... Whispering Theatre	2:45-3:30 The Puppet Tamer Tim Holland	3:00-3:30 Pirate Treasure Rock the Arts
	3:45-4:30 How I Became Invisible Clunk Puppet Lab	3:45-4:30 Tauromaquia La Cie Pelele Marionettes	4:00-4:45 Happy Birthday Jimmy! Mississippi Mills Productions	4:00-4:45 The Giant Magician Panadream Theatre	
	5:00-5:45 Adrift Zach Fraser's Creations	5:00-5:45 Cinderella Tanglewood Marionettes	5:15-6:00 I Was Looking for Garlic... Whispering Theatre	5:15-6:00 The Puppet Tamer Tim Holland	4:30-5:15 Le Dragon Glouton Gestes Théâtre
t					
u					
r					
d					
a					
y					

On the

For your added enjoyment, we welcome a spectacular list of performers who will perform in and



of face painters and balloon twisters, artists, puppeteers, musicians, a songwriter and Juno nominee, a kid-friendly brand of musical theatre, it will be hard to miss festival favourites, grotesque and fantastic animals,



Dragon Glouton (The Gluttonous Dragon)

Gestes Théâtre (Gatineau, QC)

On the princess and prince's festive wedding day, the guests are alarmed when a gluttonous dragon arrives at the castle. Renowned for devouring fine fabrics, the dragon nibbles on the bridal gown and the exquisite clothing of the guests. Will the Prince's splendid cape also fall victim to his exotic tastes? The moral of the tale: What is important is not the clothing that we wear, but rather how our hearts are worn for those we love. **Suitable for ages 4 and up. This production is in French.**

Happy Birthday, Jimmy!

Mississippi Mills Productions (Almonte, ON)



Cake, balloons, music, party hats, and... broccoli?! A whole bunch of puppets (and one terrific young fiddler) are trying to plan a surprise birthday party for Jimmy Naismith, and they need your help. Who's Jimmy, you ask? Why, the Inventor of Basketball himself, who was born near Almonte 150 years ago. You never know who might turn up to help celebrate and teach us a little bit about the great Canadian man behind the famous game! **Suitable for all ages.**



Cinderella

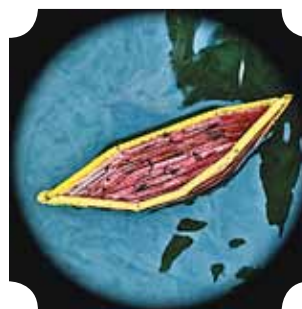
Tanglewood Marionettes (Massachusetts, USA)

This classic fairy tale, which is set in the eighteenth century, features a dozen lavishly costumed 30" marionettes. The story unfolds as the pages of a giant book open to reveal each beautifully painted setting – the village square, the rustic kitchen, the magnificent ballroom, plus many more (one scene even "pops" right out of the book!). All of your favorite characters are here, from gentle Cinderella to the bumptious stepsisters and the charming Prince. **Pre-school to age 8 & families**

I was looking for garlic, I found pistachio

Whispering Theatre (Montreal-Algiers)

In one of the most beautiful countries in the world, there lived a nightingale whose wonderful singing charmed everyone, from the poorest fisherman to the emperor. The bird's song would bring tears to the listener's eyes. Eventually, the emperor decided he had to have that enchanting sound in his porcelain palace. What happens next? **Suitable for children 6 to 13, and for the whole family.**



Adrift

Zach Fraser Creations (Montreal & Nova Scotia)

A carnival of courageous characters willing to leap into the unknown with blind hope; they traverse lands, cut across seas and conquer skies in pursuit of greater possibility. Between fiction and history, *Adrift* is a little epic celebration of the adventurous spirit. **Ages 8 to 108.**

Shows and Schedule

Streets

and free of charge, Puppets Up! of guest entertainers and music around the festival site.

Magician Elliott Smith is the festival's headliner. Elliott is the real deal – he's received the Order of Merlin Shield, a prestigious award given by the International Society of Magicians. He'll be joined by **The Balcony Puppeteers** – think Statler and Waldorf from the Muppet Show, but worse – along with a bevy of stilt walkers, chalk and clowns. Award winning **Jake Differ**, will bring his magic to the festival too. And favourite, **Matt Ficner**, and his electronic robots and puppets!



	Old Town Hall	Riverside	Shepherds Mill	Victoria Mills	Ultramar	
S u n d a y	10:00-10:45 Adrift Zach Fraser's Creations	9:45-10:30 Cinderella Tanglewood Marionettes	10:00-10:45 I Was Looking for Garlic... Whispering Theatre	9:45-10:30 The Puppet Tamer Tim Holland	10:00-10:45 Le Dragon Glouton Gestes Théâtre	
	11:30-12:15 How I Became Invisible Clunk Puppet Lab	11:00-11:45 Tauromaquia La Cie Pelele Marionettes	11:30-12:15 Happy Birthday Jimmy! Mississippi Mills Productions	11:00-11:45 The Giant Magician Panadream Theatre	11:15-11:45 Pirate Treasure Rock the Arts	
	12:45-1:30 Adrift Zach Fraser's Creations	12:15-1:00 Cinderella Tanglewood Marionettes	12:45-1:30 I Was Looking for Garlic... Whispering Theatre	12:15-1:00 The Puppet Tamer Tim Holland	12:30-1:15 Le Dragon Glouton Gestes Théâtre	
	1:45-2:15 Puppets Up! Parade					
	2:30-3:15 How I Became Invisible Clunk Puppet Lab	2:30-3:15 Tauromaquia La Cie Pelele Marionettes	2:45-3:30 Happy Birthday Jimmy! Mississippi Mills Productions	2:45-3:30 The Giant Magician Panadream Theatre	3:00-3:30 Pirate Treasure Rock the Arts	
	3:45-4:30 Adrift Zach Fraser's Creations	3:45-4:30 Cinderella Tanglewood Marionettes	4:00-4:45 I Was Looking for Garlic... Whispering Theatre	4:00-4:45 The Puppet Tamer Tim Holland	4:00-4:45 Le Dragon Glouton Gestes Théâtre	
5:00-5:45 How I Became Invisible Clunk Puppet Lab	5:00-5:45 Tauromaquia La Cie Pelele Marionettes	5:15-6:00 Happy Birthday Jimmy! Mississippi Mills Productions	5:15-6:00 The Giant Magician Panadream Theatre	5:30-6:00 Pirate Treasure Rock the Arts		

Pirate Treasure

Rock the Arts! (Ottawa, ON)

Have you ever wanted to enter a world filled with comical pirates, shiny treasure, random adventures and endless amounts of fun? Then Pirate Treasure is the show for you! Come set sail on the Ship Imagination with Fiona and Eli on a voyage like no other. A thrilling quest filled with "R's", parrots, and pirate shenanigans.

Suitable for ages 4 to 10 (and adults too!).



Tauromaquia

(Bullfighting)
La cie pelele marionettes
(Toulouse, France)

Our hero Curro, a brave toreador and lover of the beautiful Rosita, employs a thousand tricks in a zany bullfight, only to end up with a cadaver on his hands, an outcome he had hardly anticipated. As he tries to extract himself from the situation, Curro makes use of a secret weapon. But when an unexpected guest arrives, the story takes a turn, and we discover that Curro is not invincible. Tauromaquia dazzles the spectator with the relentless pace of its action, the simplicity of its means, and its unmatched mixture of hectic slapstick and black humour. Suitable for all ages.



The Giant Magician

Panadream Theatre, (Montreal, QC)

Panadream's imaginative production of The Giant Magician seems tailor-made for the "It's Magic" theme of this year's Puppets Up! festival. This show incorporates string marionettes, and other puppets, with magic and the art of clowning, and is performed by a troupe that has collaborated on independent projects for Cirque du Soleil, Moment Factory, and the singer Feist, to name just a few.

Suitable for children aged 3 to 103.

How I Became Invisible

Clunk Puppet Lab (Calgary, AB)

This surreal puppet performance explores the themes of life and old age and the memories that linger in between. How I Became Invisible is a hauntingly poetic ballet that promises to stretch your heart with all that is beautiful in life. The puppet characters are unforgettable.

Suitable for adults and children 8+.



The Puppet Tamer

Tim Holland
(Cambridge, ON)

Get set for more laughs than you can shake a stick-puppet at. The Puppet Tamer is a fast-action comedy show that features a crazy blend of ventriloquism, juggling, unicycling and on-the-spot improvising. Through cheap trickery and genuine magic, master ventriloquist Tim Holland convinces the audience of the dangers associated with taming of ferocious and uncooperative puppets. WARNING: do not feed the puppets! Suitable for all ages.





Puppets on Parade

Once a day all of the puppet energy in Almonte comes together for one great big parade. Puppets of every shape and size, along with musicians and street entertainers, take a joyous stroll down Mill Street. The parade starts each day at 1:45PM and ends at 2:15PM in the Heritage Court parking lot. It's not to be missed!

Puppets Up! Craft Tent

Get bedazzled at the Puppets Up! Craft tent! Kids 2 and up will learn how to make puppets or just have fun playing with sparkles. There are creative challenges in store for older kids too. The craft tent is free and is located in Kirkland Park (behind the new Post Office building). Kids need to be accompanied by an adult.

Thank you to our generous sponsors:



Puppets Up! International Puppet Festival Almonte Aug. 11 & 12, 2012 www.puppetsup.ca

Bullying – Enough is Enough!

Bullying has long been an issue in both elementary and high schools, but with the development of internet social media and the anonymity that comes with it, new forms of harassment and degradation have emerged. Studies have found that this is especially prevalent for teens and pre-teens who identify with the LGBT community (lesbian, gay, bisexual, transgender).

A study conducted by Statistics Canada in 2009 found that those who self-identified as gay or bisexual were significantly more likely to be victims of cyber-bullying than their straight counterparts. A shocking 24 percent of bisexual internet users, and 18 percent of gay users, reported being harassed over the internet. Only 7 percent of straight internet users reported harassment.

In the fall of 2011, a fifteen-year-old named Jamie Hubley, who was a student at A.Y. Jackson High School in Kanata, took his own life due to relentless bullying from his peers. In light of this tragedy, a local organization called LGBT Lanark has launched a campaign called **Enough is Enough!**

LGBT Lanark was founded in 2010, and its premiere event was an evening in Perth called "Come Out and Dance!" It was a huge success with a turnout of over eighty people, establishing the organization as influential in Lanark County. Since then, they have been working on a number of events and projects, the most recent being the Enough is Enough! campaign.



Country artist **Drake Jensen** will perform an acoustic set at O'Reilly's in Perth on August 25, and then return to town for a concert at PDCI on September 22, all in support of LGBT Lanark County's Enough is Enough! campaign

Lanark County is in dire need of efforts like the Enough is Enough! campaign. Being a rural community, Lanark is at a disadvantage in terms of support for LGBT communities. Drop-in centres, social and support networks, and cultural events are concentrated in cities, leaving rural LGBT communities vastly underrepresented and unsupported.

LGBT Lanark is working to change this. "LGBT Lanark County decided to fully advertise all of their social activities to reduce isolation, so that young people in the county can participate and find support," explained Maureen Bostock, an LGBT Lanark consultant.

So far, the campaign has distributed a number of rainbow coloured wristbands to Lanark County youth, in hopes of raising awareness about homophobia and bullying. According to Maureen, the next phase of the campaign will include posters featuring prominent Lanark County citizens, including mayors of four Lanark County towns, wearing the bracelets and expressing their views on homophobia and bullying. The posters will be donated to all local schools, in hopes of spreading the campaign's message to both bullies and victims.

Maureen said that the response from community members has been overwhelmingly positive. The bracelets have been quickly "snapped up," and the second phase of the project is shaping up to be of equal success. "It was a pleasant surprise that so many of the prominent citizens we approached already understood the need for an anti-bullying program and agreed to be photographed," she noted.

Maureen stated that, since the campaign started, she has noticed an increase in student initiatives to raise awareness about homophobia and bullying. With the encouragement and support from the community and LGBT Lanark, gay/straight alliance and diversity clubs have been formed. These kinds of peer-to-peer initiatives are crucial to promoting acceptance in schools. "Schools in which their own students provide ongoing awareness and education are schools in which bullying disappears," Maureen said.

Another significant achievement for the campaign is the involvement of **Drake Jensen**, a well-known Canadian country music artist. Drake has agreed to do a concert and an acoustic set to raise funds for the Enough is Enough! campaign.

Drake was born in Cape Breton, Nova Scotia, and now lives in Ottawa. His website biography states that he was "influenced by his mother's love for country music," and at the age of four "connected to John Denver through *Country Roads*, giving his heart over to country music before his mind knew how to sing it."

Drake came out as a gay man in February of 2012, this being a significant moment not only to him personally, but to the country music community, as he is one of the world's first openly gay country musicians. Drake said that his experience since coming out has been overall very positive, with his fans supporting him for his honesty and his fan base even increasing.

"I've gained so many wonderful friends who were waiting for a voice in country music, and I'm honoured and humbled that they respect me for being so openly honest about who I am," he said.

On May 1, 2011, Drake released a song called *On My Way to Finding You*, which he dedicated to Jamie Hubley.

"The song speaks of the life journey we all go through to find that one special person that makes all the difference in our life," Drake's website reads.

When Drake was contacted by Maureen about being a part of the Enough is Enough! campaign, he agreed immediately. "Behind my music is a desire to make things better for today's youth, and I believe that this campaign has the potential to do that," he said.

Drake's acoustic set will take place at O'Reilly's Pub in Perth on August 25, and will have a "relaxed, casual feel," according to Drake. Actually, he said, it will closely resemble a Cape Breton kitchen party. The concert will be held in the PDCI Auditorium on Perth Pride Day, September 22. For more information about Drake Jensen's performances, the Enough is Enough! campaign, or Perth Pride Day, you can email <info@lgbtlanark.com> or visit <lgbtlanark.com>.

75% of LGBTQ students
95% of transgender students

FEEL UNSAFE IN SCHOOL

60% are verbally
25% are physically

HARASSED

Children are committing suicide
because they feel they have no options



SUPPORT
LGBTQ
youth

SPEAK OUT
against
homophobia
& transphobia

lgbtlanark.com

Enough is Enough!

Maureen said that LGBT Lanark's hope for the future of the campaign is that it continues to grow, and that the rainbow bracelets are seen on more and more people around the county. "We hope that young people will discover that they are valued and respected members of this community regardless of gender or sexual orientation."

— *Kylie Kendall is theHumm's summer intern, and will be entering her second year in Carleton University's journalism program in the fall*

Take me to your feeder!!

WORD GETS AROUND..

Your backyard birder store

14 Mill Street, Heritage Court,
Almonte 613-461-7333
www.gilligalloubird.com

August is One Big ARTstravaganza...

ARTstravaganza Comes to the Village of Carp

The West Carleton Arts Society (WCAS) is pleased to announce its first summer art show and festival, entitled ARTstravaganza! On Saturday August 18, you will find artists and fine craft-people set up in the big field of the Carp Agricultural Society. As you make your way from booth to booth you and your family will

by Miss Cellaneous

enjoy eclectic sounds and sensations from the buskers, musicians and clowns who will be invited to participate.

Expect to find top quality art in every medium from Ottawa area artists. Organizers are inviting potters, sculptors, photographers, painters, basket weavers, jewellery makers, and many others. They're even going to have fun stuff for children!

While the show is on, some artists will set up in various locations in the village of Carp. Both budding and experienced artists will be painting on site "en plein air". Stop by and see what they're up to and have a chat. Their work(s) for that day will be exhibited and juried at the end of the show.

During the festival, visitors will be invited to participate in a fun project where they can paint a Carp on a new welcome "CARP-et". Brushes and paint will be supplied. Once the carpet is finished it



"Cumulous" by Sue Shuker is just one of many works of art that will be displayed and created — indoors and outside — during the West Carleton Arts Society's first annual ARTstravaganza on August 18

will be varnished and laid out at the door of the WCAS Expressions of Art show on the Thanksgiving weekend. Come back that day and walk an artist's version of the "red" carpet.

If you're an artist or fine crafts-person who would like to participate in this exciting summer art show and festival as a vendor, entertainer, or plein air painter, please contact Kate Ryckman at <katemryckman@gmail.com>.

Whether you're a serious art collector or you just want something fun to do with the family, come on out to ARTstravaganza! Admission to the show is free. And while you're there, why not stop by the farmers' market right next door for locally grown, fresh produce!

Almonte and Area Artists at the Herb Garden

Throughout August and September, several members of the Almonte and Area Artists Association will be showing and selling their works of art at the Herb Garden.

The mandate of the Almonte and Area Artists Association (4-A) is to encourage artists of all ages to continue to grow and expand their knowledge and enjoyment of the visual arts. They endeavour to provide their members with venues in which to display their creativity to the public. Members of the 4-A receive a monthly newsletter, are invited to monthly talks, and have the opportunity to participate in the yearly Art In The Attic show and

sale. The 4-A club always welcomes new members, and normally meets the second Monday of each month, from September to June, at 7:30PM in the Almonte Public Library. Anyone interested in learning more about the 4-A is welcome to attend.

The 4-A regularly invites guest artists to speak, schedules occasional workshops, and arranges gallery tours in and around the Ottawa area.

Come see their work at The Herb Garden, open throughout August and September on Fridays, Saturdays and Sundays, from 10AM to 5PM.

Rideau Lakes Art Show & Sale

The Rideau Lakes Artists' Association will be presenting its 18th annual August Show and Sale in the Village of Westport in the heart of the Rideau Canal area, a UNESCO World Heritage site. The venue will again be the Westport United Church at the corner of Spring and Church Streets, both in the hall and outside in tents. The display of original watercolour, oil and acrylic paintings will be open to the public, free of charge, on Friday, August 24 from 6 to 9PM, Saturday, August 25 from 10AM to 5PM, and Sunday, August 26 from noon to 4PM. The village will be alive with visitors enjoying the sights and taking in the annual Rideau Valley Art Festival and the many beautiful gardens in the village. An enjoyable visit is ensured. For information, please call 326-0370 or visit <rideaulakesartists.com>.



Golf with us!

Chamber Golf Tournament: Wednesday, August 29

Join us at the beautiful Mississippi Golf Club for a fun-filled day of golf, followed by dinner and a silent auction. \$110 includes golf, cart & dinner \$45 for dinner only

Tickets from Reliable Heating and Cooling, 256-4328

Join us:

To become a member of the Mississippi Mills Chamber of Commerce please email your request to manager@mississippimills.com. Members who attend our monthly MIXERS are eligible to win a business profile like this one!

"The goal of building a better community is one that the United Way shares with the Chamber!"

For Fraser Scantlebury, the Chamber of Commerce represents community — the businesses that are the economic lifeblood of Mississippi Mills, which are owned by our friends and our neighbours. The members are a community of people who care not just about themselves, or their businesses, but for their entire community. For that reason, Fraser always encourages the local organizations for which he consults or works to join the Mississippi Mills Chamber of Commerce. Since 1998, he has had a membership with the Chamber, directly or through a company he works with, and has found that it is what has kept him connected to the community.

Fraser's current position as Fund Development Officer for the United Way Lanark County (lanarkunitedway.com) allows him to see the whole picture — from the generosity of donors, to the needs of fellow community members who may be facing challenges in their lives. The 2012 Annual Campaign, which starts on September 24, marks the 25th anniversary of the United Way Lanark County. 25 years of bringing together donors to help fellow community members, ensuring that "Change starts here", to build a better community. That goal of building a better community is one the United Way shares with the Chamber of Commerce. In Fraser's words: "I look forward to seeing many community members this fall during the campaign — in the community, and at Chamber Mixers (which is one of the best places to find out about the businesses owned by your friends and neighbours!). Please join me at the Chamber, and in the community, and be part of the United Way Lanark County Campaign for 2012!"

Fraser Scantlebury — Mississippi Mills Chamber member since 1998



Visit us: www.mississippimills.com

Inroads Studio Tour

The Inroads Studio Tour, in the beautiful Land O'Lakes region just north of Kingston, runs Saturday through Monday, September 1 to 3, from 10AM to 5PM. As new and returning artists make the tour interesting, informative and inspiring, it promises to be as popular as ever this year.

New to the tour at Studio 2 (Kennebec Community Hall in Arden) is Carol Burbridge. Carol's love of the wilderness and people inspires her to paint landscapes in oils, acrylics and ink, capturing the colour of our unique land.

Carol will be joined by The Arden Quilters, John Duchene (an artist who showcases landscapes and rural buildings in acrylic and pen and ink), and Wayne Williams (whose love of colourful places and people inspires him to create a variety of paintings on canvas in acrylic, watercolour and sometimes collage). Ella's Café is also returning to this location again with delicious culinary delights.

Also new to the tour this year are Nancy and Brett Hilder. Nancy works in glass fusion and Brett paints in watercolour. Nancy's work in glass is inspired by nature and realized in very liveable pieces. Platters, bowls, hangings and even tables are wrought with the liquid light of glass. Brett's paintings, especially his plein air watercolours, are also full of the liveliness of light. They will be displaying their creations at Studio 6 in their home-based studio on Long Lake Road.

At Studio 12, Johanna Jansen is a clay artist working in raku and other low fire techniques. She is inspired by nature in all its forms — water, fire, earth and air. Decay is a common theme — nature reclaiming land, deserted homesteads and crumbling human structures. The amazing and relentless forces of nature continue to inspire her.

Come and enjoy the work of these artists, as well as many others. Enjoy the food Ella's Café has to offer or the fare at Sharbot Lake Country Inn, also the site of Studio 13, where Jen White will be displaying her equine-inspired watercolour paintings.

For more information, contact Sarah Hale at 335-2073 or visit <inroadstour.ca>.



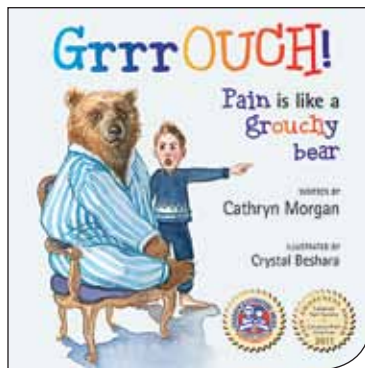
Helping Kids Deal with Pain

Six years ago, elementary teacher Cathryn Morgan was in a car accident and sustained injuries to her neck and back. As a result, she has learned and applied a myriad of coping strategies to deal with the physical, emotional and psychological implications of living everyday with a chronic pain disability. Because of her extensive background in working with children, she decided to write a book that would help both kids and their parents and caregivers to cope with chronic pain. The result is *GrrrOUCH! Pain is like a grouchy bear*.

Told from a child's perspective, the tone of the story is calm and compassionate, yet whimsical too. The rhyming text is paired with vibrant illustrations by artist Crystal Beshara that are designed to echo emotions, to trigger discussion, and to emphasize how

other children learn to cope with their pain. It is suitable for children aged six to ten.

Cathryn Morgan will be holding book signings at the following locations in August: at Mill Street Books (52 Mill Street in Almonte) on August 18 from 11-2; at The Book Nook (60 Gore Street E. in Perth) on August 25 from 11-2; and at Read's Book Shop (130 Lansdowne Avenue in Carleton Place) on August 29 from 10-2. For more details, please visit <cathrynmorgan.com>



"Pain is really a feeling. It doesn't have to win. Your body reacts to what you think and how you feel within."

Winner of the 2011 Children's Literature Award and the 2011 Pain Awareness Award, *GrrrOUCH!* is published by General Store Publishing House, and retails for \$12.95.

MILL STREET CREPE COMPANY

The city of lights meets the town of festivals.

With all the festivals and events Almonte has to offer, there truly is no need to travel far to have a cultural experience. While you're visiting, join us for lunch, dinner, drinks or dessert. We look forward to it!

Now open every day for lunch & Thurs to Sat for dinner. Find our latest menu online.

14 MILL STREET . ALMONTE . 613-461-2737 . MILLSTREETCREPECOMPANY.COM



Harwig Heritage
Carpentry
Neil Harwig 613-256-4798
cell: 613-715-3802
www.harwigheritagecarpentry.ca

Don's MEAT MARKET
SINCE 1998
I can't be expected to come up with
FUNNY MEAT ADS
on this ridiculous Humm deadline!
126 MILL ST., ALMONTE • 256-6801
2544 GRAHAM ST., PAKENHAM • 624-9257

Follow theHumm on Twitter!
@INFOHUMM

Carp Ridge Natural Health Clinic
Healing in Nature
End of Summer Family Retreat
Commencing evening of Friday, August 31 runs until Sunday, September 2
\$250/family of 5 with children under 12
\$190/couple • \$100/single
\$75/youth up to age 20 • \$50/extra child under 12
For further information, visit: www.ecowellness.com
To register, please call or email: 613-839-1198
clinic@ecowellness.com
2386 Thomas Dolan Parkway, Carp,

2012-2013 Season
The Almonte Lectures
21 September Maria de Rosa Nanotech on the farm
25 January Stephen Fai Carleton's Almonte campus
26 October Robert Biddie Computer security
22 February Brian Burns Science communication
23 November Claudia Schroder-Adams The Cretaceous greenhouse planet
22 March James Wright Beethoven's immortal beloved
26 April Sali Tagliamonte Ottawa Valley local dialects
All Lectures: 7:30PM in the Almonte United Church Hall
For information: don_wiles@carleton.ca

ACOUSTIC BLUE SUNDAYS
THE COVE INN, WESTPORT
August 12
PAUL REDDICK
w. THE WEBER BROTHERS



Proceeds to MUSICWestport & Westport Arts Council
DINNER & SHOW \$45
ADVANCE RESERVATIONS REQUIRED
1-888-COVE-INN

www.choosetheblues.ca

ACOUSTIC BLUE SUNDAYS
THE COVE INN, WESTPORT
August 26
MICHAEL JEROME BROWNE
w. JOHN McCOLGAN



Proceeds to Rideau Valley Art Festival
DINNER & SHOW \$45
ADVANCE RESERVATIONS REQUIRED
1-888-COVE-INN

www.choosetheblues.ca

Like *theHumm* on FACEBOOK!

ARTstravaganza



Saturday August 18
from 8AM until 4PM

The West Carleton Arts Society is excited to host the first annual Art Festival in the village of Carp.

Fun for the whole family including ART, ENTERTAINMENT and MORE!

For more information contact Kate Ryckman at: katemryckman@gmail.com
www.westcarletonartsociety.ca/events/ARTstravaganza.htm





THE COVE COUNTRY INN
FOUR SEASONS RESORT & SPA
ACCOMMODATIONS · DINING · ENTERTAINMENT
WESTPORT-ON-THE-RIDEAU, ONTARIO
www.coveinn.com 613-273-3636

Aug. 10 NYC Jazz Masters **Dave Douglas & Steve Swallow** with **The Doxas Brothers**, Buffet & Show 7-11 PM
Aug. 18 6th Annual **MUSICWestport Festival**, 10 Groups, 2 Stages, All Day, Free
Saturday Nights (6-9) and **Sundays** on the Patio (12:30-3:30) with **Kevin Head & Miss V**
Tuesday Locals Night 8-11
7th String Tease • 14th **Jason Kent** • 21st **Chris Murphy** • 28th **Brock Zeman**
Thursday Jazz Night with **The Spencer Evans Trio** feat. Jeff & Seamus Cowan 9-11
Special guests: Aug. 16 Bunny Stewart (Sax) • Aug. 30 Emily Fennell (Vocals)
Acoustic Blue Sundays, Buffet & Show 6-10
12th **Paul Reddick** • 26th **Michael Jerome Browne**

Tea on the Lawn at the Mill of Kintail

Members of the Ramsay Women's Institute will serve homemade loaves, with tea or lemonade, on Wednesdays and Saturdays in August, from 2 to 4PM on the lawn beside the Mill of Kintail.

This tradition was established in 1958, when Major Jamie Leys and his wife Irene opened the Mill of Kintail to visitors so they could see the work of local sculptor Robert Tait McKenzie. Irene asked fellow W.I. members to serve an afternoon tea reminiscent of her English heritage. Members agreed, and this custom has provided pleasure to visitors and W.I. members alike for over fifty years. Now the property is owned by Mississippi Valley Conservation and there are extensive hiking trails, a playground and the museum to enjoy.

Members volunteer their time to bake and serve the refreshments, and the money raised goes



back into the community. This service has given members the opportunity to share stories of our area with visitors from all over the world. Ramsay Women's Institute invites everyone to enjoy old-fashioned hospitality in a lovely setting by the Indian River.

For further information, contact Mary Lumsden at 256-9090.

Magdhalia's Medallion

Don't believe those "back to school" ads! There's still plenty of good eating left on this summer — and for students it's barely half-over. And that means that there's still plenty of good reading time left. Lazy afternoons in the hammock... rainy days at the cottage... any excuse will do. And fortunately for younger readers, an Os-goode author is currently promoting her new teen fiction novel in our area.

Tricia Sheridan is a chartered accountant who was accepted to a course at the Institute of Children's Literature in Connecticut, where she worked with award-winning authors to produce *Magdhalia's Medallion* — her first fantasy novel for young adults.

In the words of author Peter Kazmaier: "Tricia Sheridan has written a wonderful book that will captivate the imaginations of teens and young adults who were enthralled with Harry Potter. Sheridan creates a magnificent, eminently believable world in which the protagonist, Alicia, is forced to grow in maturity, strength and wisdom as she faces epic challenges. The characters

are well developed and the dark forces at work in Anathema are as chilling as they are believable. Yet in the midst of the conflict there are enduring friendships, loyal companions, and acts of great courage. The descriptions are so detailed that one can imagine the forest as one walks through it.



Author Tricia Sheridan will be signing copies of her new teen fantasy novel in Westport and Almonte

A must-read for all who love young adult fantasy."

The author will be signing copies of *Magdhalia's Medallion* at The Wordsmith, 22 Bedford Street in Westport on Saturday, August 18 from noon to 4PM. Sheridan, whose maiden name was Patricia Raison, was a graduate of the Rideau District High School Class of '83, so she welcomes former friends and classmates to come by and say "hi!". She will also be at Mill Street Books, 52 Mill Street in Almonte, on Au-

gust 26 from 1-3PM. But feel free to get a head start on reading the book — it is currently available from Mill Street Books, Arlie's Book Store in Smiths Falls and the Arnprior Book Shop. You can find more details, as well as the first two chapters, at triciasheridan.com.

Classic Theatre Festival
Experience Ottawa Valley's Professional Summer Theatre in Heritage Perth!

A quirky, comic love story
July 13 to Aug. 5



By William Gibson

A comedy of second chances
Aug. 10 to Sept. 2



By Jean Kerr

ONTARIO *Yours to discover*
WPBS DIGITAL TV www.wpbs.tv.org

Tickets: **1-877-283-1283** or www.classictheatre.ca
Air Conditioned Venue with Free Parking!

MASON THEATRE, 13 Victoria Street, Perth



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO

2012 Heritage Mica Festival

FRIENDS OF MURPHYS POINT PARK



Friday August 3 – Story Telling at the Campfire Pit at 7:30 p.m.

Join "Bear the Tinker" for stories around the campfire! Let your imagination take you away as Bear spins his magic. No admission charge for the story telling, but you do need a park entry permit for your car. We will be roasting hot dogs at the campfire pit starting at 6:30 for those who want to come early.



Saturday August 4 – Lally Homestead Heritage Day from 10 a.m. to 3 p.m.



The Lally site features the original log homestead and drive shed buildings as well as the stone foundation of the Lally barn. Wander the homestead grounds and visit a wide variety of heritage craftsmen. Heritage musicians and story tellers will keep you entertained. Kids of all ages can take part in traditional games. Join "Ma Lally" for a short cultural hike through the Lally property. Heritage lunch available for sale.

Saturday August 11 and Saturday September 1 – Be a Miner for a Day from 10 a.m. to 3 p.m.

Take a self-guided tour along the trail to the Silver Queen Mine and the miners' bunkhouse, past the restored ore wagon and the horse whim. Costumed interpreters tell the story of the mine. Corn on the cob lunch (fee charged) or bring a picnic.

Wednesday August 15– Dinner/Theatre at the Silver Queen Mine and the Miners' Bunkhouse at 6:30 p.m.

Join a small group for this truly one-of-a-kind experience! Our theatre presentation unfolds along the Silver Queen Mine trail, taking you back to the heyday of the mine in 1900. The evening culminates in a fabulous dinner in the tradition of the times. "Cookie" will maintain law and order as you find a place at the trestle table. Enjoy traditional fare while being entertained by itinerant musicians. Who knows, some of the spirits of the mine may join you at dinner! Advance tickets required. Tickets are \$55 per person which includes your park entry permit.



Sunday August 19 – Voyageur Canoe Tours at 11 a.m. and 1 pm. and Heritage Breakfast from 10 a.m. to 12 noon

Paddle the waters of Hogg Bay with costumed interpreters and learn the history of the Murphys Point area. Enjoy breakfast on the beach before your canoe tour. Advance tickets recommended for the canoe tours (\$3.00 per person or \$10 for family of four).

Friday August 24 – Spirit Walks at 7 p.m. and 9 p.m.



Meet character actors from the past during our theatre performance along the mine trail. The Spirit Walk includes a visit in the underground mine and the miners' bunkhouse. Advance tickets recommended at \$2.00 per person for campers or \$20.00 per car which includes the park entry fee for non-campers.)

Saturday September 1 – Corkery Road Concert at the Amphitheatre at 7:30 p.m.

Slip back in time with the melodies that shaped our heritage. www.corkeryroad.ca



Murphy Point Provincial Park is located about 20 km south of Perth on Elm Grove Road. Camping reservations can be made at www.ontarioparks.com. Day use permits are available at the park gate at a cost of \$14.00 per car (\$11.00 for seniors or \$7.00 for handicapped).

The Heritage Mica Festival is a program of the Friends of Murphys Point Park. Festival events continue through until the fall. For full



details on all Heritage Mica Festival Events, visit our website at www.friendsofmurphyspoint.ca/heritage-mica-festival/.

Advance tickets are recommended for all festival activities by contacting us at eventsmurphys@ripnet.com or 613-267-5340.



Claiming Column

Inroads Studio Tour, Lanark Cty, Sep 1-3
 Sundance Artisan Festival, Maberly, Sep 1-3
 Mississippi Mills At A Glance, Almonte, Sep 5
 Tweed Ride, Almonte, Sep 8
 Doors Open Mississippi Mills, Sep 8
 Fibrefest, Almonte, Sep 8-9
 Seniors' Expo, Almonte, Sep 13
 Selina Martin Triplets, Burnstown, Sep 15
 Take Back The Night, CP, Sep 20
 Ed Lawrence, Almonte, Sep 24
 SchoolBOX Fiesta, Almonte, Sep 26
 Culture Days, Canada, Sep 28-30
 Murray McLachlan, CP, Sep 29
 Crown & Pumpkin Studio Tour, Miss. Mills, Oct 6-8
 Ashley MacIsaac, Burnstown, Oct 16, 17
 Much Ado About Nothing, CP, Oct 19-20
 Rideau Lakes Art Show & Sale, N. Crosby, Oct 20-21
 Country Harvest Music Show, CP, Oct
 Bif Naked, Burnstown, Oct 28
 Mudds Murder Mystery, CP, Nov 2-3
 Handmade Harvest Craft Show, Almonte, Nov 3
 Christmas in the Valley, Almonte, Nov 3-4
 Vally, Carleton Place, Nov 23
 Aladdin, Carleton Place, Nov 30-Dec 8
 Hawksley Workman, Burnstown, Dec 1-2
 Light Up The Night, Almonte, Dec 7
 Kintail Country Christmas, Almonte, Dec 15

Visual Arts

Vernissage, Aug 4, 8-9:30PM. Kathryn Hallett's photography, live music. Equator, 451 Ottawa St., Almonte. equator.ca
Meet the Artists, 10AM-4PM. Aug 4 D. Burnham, S. Rothwell; Aug 25 H. Assaf. Artemisia, Westport, 273-8775
Vernissage, Aug 8, 6-8:30PM. Heather's Studio, 12B Beckwith St., Smiths Falls. 284-7643, heathersstudio@ripnet.com
Vernissage, Aug 10, 7-9PM. Brush Strokes, 129 Bridge St., Carleton Place. 253-8088
Rideau Lakes Art Show & Sale, Aug 24 (6-9), 25 (10-5), 26 (12-4). Westport United Church. 326-0370, www.rideaulakesartists.com. Free
Rideau Valley Art Festival, Aug 24 (6-9), 25 (10-5), 26 (10-4). Original juried artwork. Westport Community Centre. rideauvalleyartfestival.com

Youth

Showtime at the Station, 6-8PM. Aug 1 illusionist Christ Pilsworth. Aug 15 Cowguys comedy/juggling. Aug 22 Latin Breeze music. Train Station, 132 Coleman St., Carleton Place. arts.carletonplace.com
Lanark Carnival, Aug 3, 4-8PM. Free carnival games, music. Food for sale. Lanark Village. lanarkvillage150th.ca
Swan Lake, Aug 10, 2PM. All ages. Dance, masks & puppetry. Almonte Old Town Hall. puppetsup.ca. \$10 at Mill St. Books
PAMT presents Disney's **Winnie the Pooh**, Aug 31 (10:30AM, 7PM); **Jesus Christ Superstar**, Aug 16-18 (7pm), Aug 17 (10:30am as well). Reserve tickets at 267-9610. Myriad Centre, Perth. \$10
Children's Book Signing, Aug 18 (11-2) at Mill Street Books (52 Mill St., Almonte); Aug 25 (11-2) at The Book Nook (60 Gore St. E., Perth); Aug 29 (10-2) at Read's Book Shop (130 Lansdowne Ave., CP). Cathryn Morgan signs *GrrrOUCH! Pain is like a grouchy bear.*

Monday	Tuesday	Wednesday	Thursday
30 Carp Celtic Jam	31 Mike Cochrane/Shawn McCullough, The Cove	Auditions - Prior Players, Arnprior Dave Gunning, Neat Coffee Shop Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's Pub Showtime at the Station, CP Tea on the Lawn, Almonte Two for the Seesaw, Perth	Jazz at Bally's, Ballygiblin's Jazz w/Spencer Evans Trio, The Cove Open Mic, Love That Barr Opening Night, Perth The Love List, Perth Two for the Seesaw, Perth
6 Carp Celtic Jam, Carp Masonic Lodge Lanark Village 150th Anniversary Outdoor Scavenger Hunt, Carp	Auditions - Prior Players, Arnprior Brock Zeman, O'Reilly's Pub Mississippi Blues Society Jam, Thirsty Moose String Tease, The Cove	Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's Pub Tea on the Lawn, Almonte Vernissage, Smiths Falls	Anne with an 'e', Smiths Falls Auditions - Prior Players, Arnprior Jazz w/Spencer Evans Trio, The Cove Open Mic, Love That Barr Perth Citizen's Band, Perth The Pacific Curly, Neat Coffee Shop
13 Carp Celtic Jam, Carp Masonic Lodge	Brock Zeman, O'Reilly's Pub Jason Kent w/Jeff & Seamus Cowan, The Cove	Mary, Mary, Perth Mica Dinner Theatre, Perth Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's Pub Out to Lunch, Neat Coffee Shop Showtime at the Station, CP Tea on the Lawn, Almonte	Jazz w/Spencer Evans Trio, The Cove Jesus Christ Superstar, Perth Love Letters, Perth Mary, Mary, Perth Open Mic, Love That Barr
20 Carp Celtic Jam, Carp Masonic Lodge	Brock Zeman, O'Reilly's Pub Chris Murphy, The Cove On The Beach, Carp	Mary, Mary, Perth Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's Pub Showtime at the Station, CP Tea on the Lawn, Almonte	Jazz w/Spencer Evans Trio, The Cove Love Letters, Perth Mary, Mary, Perth Open Mic, Love That Barr Sound of Music Singalong, Smiths Falls
27 Almonte Hort. Society Meeting, Almonte Carp Celtic Jam, Carp Masonic Lodge	Brock Zeman, The Cove PFLAG Stittsville, Stittsville	Adult Bereavement Group, CP Auditions - Mudds, CP Children's Book Signing, CP Fall River Open Stage, Maberly Mary, Mary, Perth Open Celtic Jam, Naismith Pub Open Jam w/Dave Balfour, O'Reilly's Pub Tea on the Lawn, Almonte	Spencer Evans Trio & Emily Fennell, The Cove Mary, Mary, Perth Open Mic, Love That Barr Oscar Lopez, Neat Coffee Shop Ribs and Rims, Arnprior

Festivals

Canal, Railway & Music Festival, Aug 10-12. See canalrailwayfest.com for pricing/schedule. Centennial Park, Smiths Falls
Naismith 3 On 3 Basketball Festival, Aug 11. Info/register a team at naismith-museum.com. Bridge St., Almonte
Perth Lions Garlic Festival, Aug 11 (9-5), 12 (9-4). Perth Fairgrounds. perthgarlicfestival.com. \$5; under 12s are free
Puppets Up!, Aug 10-12. Puppet shows, street entertainment, parade, craft tent, Saturday night adult-only cabaret. Downtown Almonte. puppetsup.ca
Calabogie Blues & Ribfest, Aug 17-19. Powder Blues, Downchild Blues Band, Shakura S'Aida, etc., Calabogie Peaks Resort, 752-2720, calabogieblues.com
ARTstravaganza, Aug 18, 8AM-4PM. Art show & festival. West Carleton Arts Soc., Carp. westcarletonartssociety.ca

MUSIC Westport, Aug 18, 10AM-11PM. Music outside at Cove & Artemisia, then afterhours in Cove. Westport. westportartscouncil.ca. Free
North Lanark Highland Games, Aug 25, 9AM-6PM. Opening ceremonies 1PM, massed bands 5:30PM. Almonte Fairgrounds. almontehighlandgames.com. \$17; \$14 in adv. \$6 kids 6-13
Smiths Falls Trainfest, Aug 25-26, 10AM-4PM. Family activities, exhibits, workshops, demos, BBQ. Railway Museum of E ON, Smiths Falls. 283-5696, rmeo.org. \$5.50; senior/youth discounts

Theatre

Auditions - Prior Players, Aug 1, 7, 9 at 7:30PM. For *Lest We Forget* (Nov 9, 10, 16, 17), Arnprior Public Library. 623-5585, priorplayers@gmail.com

Two for the Seesaw, Aug 1-5, Wed-Sat 8PM; Wed, Sat, Sun 2PM. Classic Theatre Festival, PDCI, 13 Victoria St., Perth. 1-877-283-1283, classictheatre.ca
Opening Night, Aug 2, 3, 4, 10, 11 at 8PM; Aug 5, 12 at 2PM. \$20 Book Nook; \$22 door; Tickets Please (485-6434/ticketsplease.ca). Studio Theatre, Perth. 267-7469, studiotheatreperth.com
The Love List, Aug 2, 3, 4 at 8PM; Aug 5 at 2PM. BarnDoor Productions. Full Circle Theatre, Perth. 267-1884, barndoorproductions.ca. \$22; \$18 in adv.; \$10 students
Anne with an 'e', Aug 9, 10, 11, 17, 18 at 7:30PM; Aug 12, 19 at 2PM. The Station Theatre, Smiths Falls. 286-0270, smithsfallstheatre.com. \$20, Snrs \$18, Students \$10
Mary, Mary, Aug 10-Sep 2, Wed-Sat at 8PM; Wed, Sat, Sun at 2PM. Classic Theatre Festival, PDCI, 13 Victoria St., Perth. 1-877-283-1283, classictheatre.ca

Mica Dinner Theatre, Aug 15. Outdoor theatre, music, dinner. Reserve in adv. Murphys Point Park, Perth. 267-5340, \$55
Love Letters, Aug 16, 17, 23-25 at 8PM; Aug 19, 26 at 2PM. Studio Theatre, Perth. 485-6434, studiotheatreperth.com
On The Beach, Aug 21, 6PM optional tour; 7PM film. The Diefenbunker, Carp. \$15 tour/movie; \$8 movie only
Sound of Music Singalong, Aug 23. Movies Under the Stars. Smiths Falls Water Tower.
Spirit Walk, Aug 24, 7 & 9PM. Visit underground mine and miners' bunker. \$20/car. Murphys Point Park, Perth. 267-5340
Spiritual Cinema Circle, Aug 26, 2-4PM. Myriad Centre, 1 Sherbrooke St., Perth. 267-4819, fp@superaje.com. \$2 donation
Auditions - Mudds, Aug 29, 7PM. 5 women, 6 men, for *Murder Me Always*. Mississippi School for the Arts, Carleton Place. 257-8930, meredith_link@hotmail.com

AUGUST 2012

Friday

Saturday

Sunday

<ul style="list-style-type: none"> 🎵 Kirk Armstrong, Love That Barr 🎵 Lanark Village 150th Anniversary 🎵 Lanark Carnival 🎵 Opening Night, Perth 🎵 The Love List, Perth 🎵 The Unsettlers, Neat Coffee Shop 🎵 Two for the Seesaw, Perth 	<ul style="list-style-type: none"> 🎵 Bridge Street Bazaar, Carleton Place 🎵 Kevin Head & Miss V, The Cove Country Inn 🎵 Lally Heritage Homestead Day, Perth 🎵 Lanark Village 150th Anniversary 🎵 Opening Night, Perth 🎵 Tea on the Lawn, Almonte 🎵 The Love List, Perth 🎵 Two for the Seesaw, Perth 📺 Vernissage, Almonte 📺 Meet the Artists, Westport 	<ul style="list-style-type: none"> 🎵 APEX Jazz Band, The Royal Oak 🎵 Classic Car Show 🎵 Jazz Brunch, Fiddleheads 🎵 The Magnificent 7's, Pakenham 🎵 Kevin Head & Miss V, The Cove 🎵 Lanark Village 150th Anniversary 🎵 Opening Night, Perth 🎵 The Love List, Perth 🎵 Two for the Seesaw, Perth
<ul style="list-style-type: none"> 🎵 Anne with an 'e', Smiths Falls 🎵 Brad Scott & Andy Bowes, Love That Barr 🎵 Canal, Railway & Music Festival, Smiths Falls 🎵 Mary, Mary, Perth 🎵 NYC Jazz, The Cove Country Inn 🎵 Opening Night, Perth 🎵 Steve Barrette Trio, The Swan at Carp 🎵 Swan Lake, Almonte 📺 Vernissage, Carleton Place 	<ul style="list-style-type: none"> 📖 1st Edition Reading Series, Perth 🎵 Anne with an 'e', Smiths Falls 🎵 Be a Miner for a Day, Perth 🎵 Canal, Railway & Music Festival, Smiths Falls 🎵 Kevin Head & Miss V, The Cove 🎵 Mary, Mary, Perth 🎵 Naismith 3 On 3 Basketball Festival, Almonte 🎵 Opening Night, Perth 🎵 Perth Lions Garlic Festival, Perth 🎵 Perth Veggie Garden Tour, Perth 🎵 Puppets Up!, Almonte 🎵 Steam Days, Smiths Falls 🎵 Tea on the Lawn, Almonte 	<ul style="list-style-type: none"> 🎵 Anne with an 'e', Smiths Falls 🎵 Canal, Railway & Music Festival, Smiths Falls 🎵 Jazz Brunch, Fiddleheads 🎵 Kevin Head & Miss V, The Cove 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 Mary, Mary, Perth 🎵 Opening Night, Perth 🎵 Paul Reddick/Weber Bros., The Cove 🎵 Perth Lions Garlic Festival, Perth 🎵 Puppets Up!, Almonte 🎵 Steam Days, Smiths Falls 🎵 Valley Singles Lunch, White Lake 📖 Poetry Reading, Westport
<ul style="list-style-type: none"> 🎵 Anne with an 'e', Smiths Falls 🎵 Calabogie Blues & Ribfest, Calabogie 🎵 Jesus Christ Superstar, Perth 🎵 Love Letters, Perth 🎵 Mary, Mary, Perth 🎵 Tim Burns, Love That Barr 	<ul style="list-style-type: none"> 🎵 Corn Festival, CP 🎵 ARTstravaganza, Carp 🎵 An Evening Along the Tracks, Smiths Falls 🎵 Anne with an 'e', Smiths Falls 📖 Book Signing, Westport 🎵 Calabogie Blues & Ribfest, Calabogie 🎵 Children's Book Signing, Almonte 🎵 Contra Dance, Bolingbroke 🎵 Jesus Christ Superstar, Perth 🎵 Kevin Head & Miss V, The Cove 🎵 MUSICWestport, Westport 🎵 Olympic Homecoming Event, Perth 🎵 Pakenham Fair, Pakenham 🎵 Tea on the Lawn, Almonte 🎵 Mary, Mary, Perth 	<ul style="list-style-type: none"> 🎵 Anne with an 'e', Smiths Falls 🎵 APEX Jazz Band, The Royal Oak 🎵 Calabogie Blues & Ribfest, Calabogie 🎵 Emilie Capulet, Almonte 🎵 Jazz Brunch, Fiddleheads 🎵 Kevin Head & Miss V, The Cove 🎵 Love Letters, Perth 🎵 Mary, Mary, Perth
<ul style="list-style-type: none"> 🎵 Garden of Weeds, Love That Barr 🎵 Love Letters, Perth 🎵 Mary, Mary, Perth 📺 Rideau Lakes Art Show & Sale, Westport 📺 Rideau Valley Art Festival, Westport 🎵 Spirit Walk, Perth 🎵 Steve Barrette Trio, The Swan at Carp 	<ul style="list-style-type: none"> 🎵 Barns, Farms & Wicked Chefs, Perth 🎵 Children's Book Signing, Perth 🎵 Children's Walk for Autism, CP 🎵 Drake Jensen, O'Reilly's Pub 🎵 Kevin Head & Miss V, The Cove 🎵 Love Letters, Perth 🎵 Mary, Mary, Perth 🎵 North Lanark Highland Games, Almonte 📺 Rideau Lakes Art Show & Sale, Westport 📺 Rideau Valley Art Festival, Westport 🎵 Smiths Falls Trainfest, Smiths Falls 🎵 Tea on the Lawn, Almonte 📺 Meet the Artists, Westport 	<ul style="list-style-type: none"> 🎵 Blueberry Tea, Almonte 📖 Book Signing, Almonte 🎵 Jazz Brunch, Fiddleheads 🎵 Kevin Head & Miss V, The Cove 🎵 Love Letters, Perth 🎵 Magnolia Rhythm Kings, The Royal Oak 🎵 Mary, Mary, Perth 📺 Michael Jerome Browne/John McColgan, The Cove 📺 Rideau Lakes Art Show & Sale, Westport 📺 Rideau Valley Art Festival, Westport 🎵 Smiths Falls Trainfest, Smiths Falls 🎵 Spiritual Cinema Circle, Perth
<ul style="list-style-type: none"> 🎵 Breakfast with Soul, Almonte 🎵 Disney's Winnie the Pooh, Perth 🎵 Garrett Mason & Keith Hallett, Neat Coffee Shop 🎵 Mary, Mary, Perth 	<ul style="list-style-type: none"> 📺 Equator Coffee Roasters presents Kathryn Hallett <equator.ca> 📺 fieldwork presents Alicia Marvan, Sylvia Pendl, Barbara Meneley, Susie Osler <fieldworkproject.com> 📺 Gallery Perth at Code's Mill presents "Between Friends", a group show to Aug 19 <galleryperth.com> 📺 Herb Garden presents works by the Almonte & Area Artists Assoc. <herbgarden.on.ca> 📺 Kiwi Gardens presents outdoor sculptures <kiwigardens.ca> 📺 Mill St. Gallery of Contemporary Art (Almonte) presents Nick Moore and Steve Thompson 📺 MVTM presents "Pathways" by Juanita Sauve to Aug 18, stitched "Trees" from Aug 12 <mytm.ca> 📺 Palms Coffee Shop presents Kate Collins' papier maché, Richard Skrobecki's pottery <palmsonline.ca> 📺 The Mississippi Mills Chambers Gallery presents historic and modern quilts of the Textile Museum 📺 The Almonte Library Corridor Gallery presents the poster art of Ryan Lotecki and Rick Herrera 📺 Heather's Studio (Smiths Falls) presents their Art Show (Aug. 7-28) 📺 Kanata Civic Art Gallery presents "Colour Me!" & "Colour Me Kids!", group shows <kanatagallery.ca> 	

O'Reilly's Pub (43 Gore St. E., Perth, 267-7994): Brock Zeman Tues (8:30pm), Open Jam w/Dave Balfour Wed (8:30pm) Aug 25 Drake Jensen, 9pm, \$5 Sep 2 Will Cook Duo, 8:30pm

Love That Barr (2496 County Rd. 29, Pakenham, 624-2000): Thurs Open Mic (8pm), Fri Live Music (8:30pm) Aug 3 Kirk Armstrong Aug 10 Brad Scott & Andy Bowes Aug 17 Tim Burns Aug 24 Garden of Weeds

Community

Tea on the Lawn, Wed & Sat, 2-4PM. Ram-say WI serve loaf & tea/lemonade. Mill of Kintail, 2854 Conc 8, Almonte. 256-9090.

Lanark Village 150th Anniversary, Aug 3-6. lanarkvillage150th.ca

Bridge Street Bazaar, Aug 4, 9AM-4PM. Pedestrian-friendly market, activities. Bridge Street, Carleton Place. 257-8049

Lally Heritage Homestead Day, Aug 4. Heritage crafts & trades displays, activities, live music. Murphys Point Park, 267-5340

Classic Car Show, Aug 5, 10AM-2PM. Lanark Village. lanarkvillage150th.ca

Outdoor Scavenger Hunt, Aug 6. Find parts of the Bunker above-ground. The Diefenbunker, Carp. 839-0007, reg adm.

Be a Miner for a Day, Aug 11. Self-guided tour, stories from interpreters. Murphys Point Provincial Park, 267-5340

Perth Veggie Garden Tour, Aug 11, 2-5PM visit 8 gardens; 3 & 4PM guided permaculture tour (28 Church St.). 1PM potluck (Last Duel Park). Perth, transitionperth.ca.

Steam Days, Aug 11-12, 10AM-4PM. All things steam (train & boat). All ages. Railway Museum of E ON, Smiths Falls. 283-5696, rmeo.org. \$5; \$2 under 12

Valley Singles Lunch, Aug 12, 12:30-2:30PM. To register, call 256-8117 or 432-7622. Cedar Cove Resort, White Lake.

Corn Festival, Aug 18, 8AM-Noon. Kids' games & more. CP Farmers' Market, Carleton Place. 253-3561, www.cpfm.ca

Olympic Homecoming Event, Aug 18, 3PM. BBQ, hear from 3 local Olympians (Sultana Frizell, Nick Tritton, Ian Millar). Crystal Palace, Perth. 267-4549.

Pakenham Fair, Aug 18, Horse, beef, dairy, horticulture shows & more. Stewart Community Centre, Pakenham. 256-1077

Barns, Farms & Wicked Chefs, Aug 25, 5:30-10PM. A feast of Lanark County flavours, to support The Table. ECOTAY, Perth. ticketsplease.ca. \$100

Children's Walk for Autism, Aug 25, 9AM. Register online or at 8:30AM. Carleton Place High School, CP. www.lanarkautismsupport.com. \$10

Blueberry Tea, Aug 26, 2-4PM. Blueberries, lemon curd, cream, scones. GF option! Union Hall, Wolf Grove Rd. Free; donations appreciated.

Almonte Hort. Society Meeting, Aug 27, 6:30PM. Culinary Garden Feast Potluck. Cornerstone Church, Almonte. 257-7155

PFLAG Stittsville, Aug 28, 7-8:30PM. Monthly meeting. St. Andrew's Presbyterian Church, 2 Mulkins (crnr Main), Stittsville.

Adult Bereavement Group, Aug 29, 1:30-3:30PM. Waterside Park, CP. 256-6646. Free

Ribs and Rims, Aug 30, 5-8PM. Owners bring vintage/exotic cars. \$10/car. \$15/platter (ribs, corn, pop). Live music. Benefits Arnprior Hospital. Our Place in the 'Prior, Arnprior. 622-7763

Breakfast with Soul, Aug 31, 8-10AM. The White Lilly, Heritage Court, Almonte. lillywhite.ca. Free

Literature

1st Edition Reading Series, Aug 11, 7PM. Readings by Laurie Lewis & Sarah Tsiang. Backbeat, 6 Wilson St. W., Perth. 466-0663

Poetry Reading, Aug 12, 2-5PM. Artemisia, Westport. 273-8775

Magdahlia's Medallion Book Signing: Aug 18 (12-4PM) at The Wordsmith, Westport; Aug 26 (1-3PM) at Mill Street Books, Almonte. Young adult fantasy novel. triciasheridan.com

Music

The Magnificent 7's, Aug 5, 6PM. \$20 incl BBQ. Cedar Hill School House, Pakenham. amandalynnsey@live.com

Perth Citizen's Band Outdoor Concert, Aug 9 & 23, 7:30PM. Classical, Broadway, movie themes, jazz, blues. Bring lawn chair. Stewart Park, Perth. perthband.ca

An Evening Along the Tracks w/ Dillabough, Aug 18, 6PM. Free corn roast & handcar rides; 7PM Lyle Dillabough & friends with traditional railroad songs and tales. \$10 at SRC Music, Burns Jewellers, RMEO; \$12 door. Railway Museum of E On, Smiths Falls. 283-5696, rmeo.org

Contra Dance, Aug 18, 7:30PM lesson, 8PM dance. No partners req'd. Althorpe Bolingbroke Community Hall, Bolingbroke. 273-2571, \$10

Emilie Capulet, Aug 19, 3PM. Ottawa Valley Music Festival. Classical pianist. Almonte Old Town Hall. 433-9457, tickets@valleyfestival.ca. \$20; \$10 students; free under 13

Fall River Open Stage, Aug 29, 7PM. Fall River Pub & Grill, 21980 Hwy 7, Maberly. 268-2197

The Swan at Carp (Falldown Lane Carp, 839-7926), jazz, no cover Aug 10, 24 Steve Barrette Trio, 7-10pm

Fiddleheads (Code's Mill, Perth, 267-1304): Sundays Jazz brunch w/Clay Young & guest, 12-3pm.

The Royal Oak (329 March Rd. Kanata, 591-3895): jazz on Sun, no cover Aug 5, 19 APEX Jazz Band, 2-5pm Aug 12, 26 Magnolia Rhythm Kings, 3-6pm

The Cove (2 Bedford St., Westport, 273-3636): Tues Locals Night 8-11pm, Thur Jazz w/Spencer Evans Trio 9-11pm, Kevin Head & Miss V Sat 6pm & Sun 12:30pm. Aug 7 StringTease

Aug 10 NYC Jazz, buffet/show 7-11pm Aug 12 Paul Reddick w/Weber Brothers, 6pm dinner/show, \$45. Aug 14 Jason Kent w/the Cowans

Aug 18 MUSICWestport, all day, free Aug 21 Chris Murphy of Crooked Wood Aug 26 Michael Jerome Browne w/John McColgan, 6pm dinner/show, \$45 Aug 28 Brock Zeman

Aug 30 Emily Fennell w/the Trio

Ballygiblin's (151 Bridge St., Carleton Place, 253-7400), jazz, no cover Aug 2 Art Lawless, Don Paterson, guests, 6-9pm

Neat Coffee Shop (1715 Calabogie Rd., Burnstown, 433-3205): 8pm Aug 1 Dave Gunning, \$20 Aug 3 The Unsettlers, \$17

Aug 9 The Pacific Curles, \$16 Aug 15 Out to Lunch, \$16 Aug 30 Oscar Lopez, \$40 Aug 31 Garrett Mason & Keith Hallett, \$25

The Naismith Pub (411 Ottawa St., Almonte, 256-6336): Open Celtic Jam Wed, no charge (7:30-10pm)

Carp Masonic Lodge (3704 Carp Rd., Carp): Carp Celtic Jam, \$3/\$25 for 3 mos, all levels, Mon (7-9pm).

Thirsty Moose (20 Bridge St., Carleton Place, 253-0879), 8:30pm, no cover Aug 7 Mississippi Blues Society Jam

C
COLLABORATIVE
PRACTICE

Resolving
Disputes
Respectfully

Elizabeth Swarbrick
Lawyer
Mediator
Collaborative Practitioner
83 Little Bridge St.
Almonte
613-256-9811

www.familyfocusedlaw.com

The Millstone

An intelligent and informed source of news for
Mississippi Mills, Almonte, Pakenham, Ramsay and Carleton Place

FREE

www.millstonenews.com

Pick up *theHumm* in Almonte at
BAKER BOB'S

NOW OPEN
(613) 257-8700

10 Minute Workout / Whole Body Fitness
Whole Body Vibration Training

Studies have shown that vibration training can;

- Provide weight loss
- Improve blood circulation
- Increase muscle strength
- Increase core conditioning
- Improve flexibility
- Improve balance
- Enhance range of motion
- Improve sports performance
- Enhance metabolism
- Increase bone density
- Help fight osteoporosis
- Improve lymphatic drainage
- Stimulate the lymphatic system
- Reduce impact on joints and ligaments
- Reduce back and joint pain
- Boost energy levels

3 FREE
10 minute sessions.
To be taken
within 7 days.
Value \$45.00

\$50.00
+ HST per month

C |
P |
Vibrations | Studio

17A Albert St., Carleton Place (Corner Beckwith)
Mon - Fri 9AM - 7PM • Sat 9AM - 2PM

Music Matters

Seven Habits of Highly Effective Musicians

Before I begin, I need to let you know of a funny (and creepy) coincidence that happened earlier this week. I had mentioned to Cynthia (my lovely wife) that I was thinking of doing my article

by Tony Stuart

for *theHumm* based on that famous book, *The Seven Habits of Highly Effective People*, by Stephen R. Covey. A few hours later, I read the news that Mr. Covey had passed away that morning. Needless to say, I was a bit spooked by this.

As a music teacher, I am always trying to pass on skills, concepts and habits that I think all musicians, whether student or professional, should possess. As a performer, I try (mostly successfully) to follow these rules when I play. So, without further ado, here are what I consider to be seven habits of highly effective musicians:

1. Take your craft seriously. As a musician, it is important to practice. However, you should always be aiming to improve with each practice session. If you finish your practice session a better musician than when you started, even only slightly, then you've done your job. Isolate those areas of your playing that need work, and do what you need to do to improve them. Seek feedback from other musicians and take lessons if necessary. Recording yourself is also an excellent idea, as the microphone never lies!

2. Arrive on time. For many artistic types, this one can be tough. However, it is really frustrating when a rehearsal is supposed to start, and people are waltzing in at the last minute (or late) and still have to set up their gear. In the business, time is money. It is also important to remember that other people are

busy, and they have better things to do than wait for you to arrive late. For woodwind and brass players, arriving early is a necessity because they need to warm up properly so that they are in tune when the rehearsal starts. Give yourself more than enough time to arrive at your destination, set up, warm up, and be ready start at the designated time. It sounds simple, but you'd be amazed at how many musicians (including professionals) struggle with this.

3. Arrive prepared. If you booked an electrician or plumber and they arrived at your house without tools, you would be pretty unhappy. It is important to show up with all of the required tools of the trade, including instruments, equipment, and music. As musicians, we almost always work in groups, and arriving prepared is absolutely essential.

4. Be a team player. Whether you are playing in a rock band, orchestra, concert band, jazz band, or singing in a choir, being a team player is really important. Remember that your conductor or director has a job to do, and your job is to listen and do the best that you can to make that music leap off the page and come alive. If you disagree with something, bring it up later, on a one-on-one basis, as opposed to disrupting a rehearsal. If your actions aren't helping the group move forward, then you need to reconsider them.

5. Be open to criticism and criticize constructively. Criticism, if given constructively, can be incredibly valuable. If someone suggests something that will make the music better, consider it. Try not to get defensive when a suggestion is made. In one of the chamber groups that I play in, I rely on constructive criticism, especially when playing musical styles that I may not be as familiar with. That criticism

makes me a better musician. At the same time, if you are offering criticism, don't turn it into something personal. The recipient of your criticism will appreciate it!

6. Smile a lot. I'm being serious. If you are making music for a living, or just doing it for enjoyment, you are a very lucky person. Be friendly with your fellow musicians, and enjoy making music together. Sometimes it can be easy to forget how fortunate we really are.

7. Remember that it is about the music. I recently heard a story about a musician who walked off the stage during the last song of a show because he didn't like the song that was chosen. This particular musician refused to come on for the encore, and left everyone else scrambling. Unfortunately, this type of behaviour is more common than you might think. Musicians, like athletes, can have big egos. We've all heard the stories. However, I can tell you that there are a ton of musicians with big egos who aren't working, because their behaviour has caught up with them. If you remember that it's not about you, but rather about the music, then you will be fine. Music is a team effort, which is what makes it so great.

Beethoven once said that a good musician should have the discipline of a soldier. In my experience, this is very true. If you look at the most successful musicians in any genre, the vast majority of them have made it through hard work, teamwork and a commitment to their craft. There really is no such thing as an "overnight success". In the case of students, not only will these habits help make them into better musicians, but into successful people as well.

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



Come Volunteer with Us!

WANTED: Enthusiastic volunteers of all ages!

If you would like to join the Fair team or take part in one of our other events or committees, call 613-256-1819.

We would love to hear from you!

Learn more about the Almonte Fair at
www.almontefair.com

CLASSES COURSES LESSONS CLASSES COURSES LESSONS

Planning Ahead for Fall?

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

Almonte to Host Classical Pianist Emilie Capulet

The **Ottawa Valley Music Festival** is bringing yet another world-famous, world-class musician to the area: Emilie Capulet, the award-winning pianist, will perform at the Almonte Old Town Hall on Sunday, August 19 at 3PM.

Emilie Capulet is recognized as one of the most captivating and gifted pianists of her generation, enthraling audiences worldwide with her profound and imaginative interpretations, astounding virtuosity and compelling personality. She has been lavished with praise by music critics for her "passion and gusto", "youthful clarity", "exquisite charm" and "powerful, leaping touch."

Born in Aix-en-Provence, France, Emilie has dual French and British citizenship. She studied piano at the Conservatoire there and in Marseille, where she was awarded several prizes, making her solo recital debut at the age of fourteen in the Aix-en-Provence Summer Music Festival Rising Stars series. She then gained a

place at the prestigious Guildhall School of Music and Drama in London, and was awarded a Master of Music degree in 2001 and a Postgraduate Diploma in Music Performance in 2002. Since then, she has performed as a soloist and chamber musician in international music festivals and renowned concert halls in Europe, the USA and Latin America.



Emilie Capulet plays the Almonte Old Town Hall on August 19

In addition to her successful solo career, Emilie has built a strong reputation as a lecture-recitalist, giving illustrated talks on the relationship between music, literature and painting.

In Almonte on August 19, in what is sure to be a most memorable programme, Emilie will perform pieces by Beethoven, Tchaikovsky, Mozart, Ravel, Chopin and Debussy. To hear samples of her exquisite playing, visit <emiliecapulet.com>.

Tickets are sure to sell out fast. They are \$20 for adults, \$10 for students and free for children under twelve. They may be purchased from <tickets@valleyfestival.ca>, by calling 433-9457 or from <valleyfestival.ca>.

Tickets are also available at Baker Bob's at 73 Little Bridge Street in Almonte (256-7674) and Serendipity on the River at 291 Bridge Street in Eganville (628-9559).

Café Postino in Almonte is hosting a "Meet the Artist" dinner (set menu is \$35) following the recital. All concert patrons are invited to contact the restaurant at 256-6098 to make a dinner reservation by Wednesday, August 15 at the latest.

The High Note in Music Learning

We provide the best quality music education to young children by blending the pleasure and the joy of music making with sound instruction. Group keyboard lessons include, singing, rhythm, listening, and movement activities and are hands on and tailored to a child's learning styles and needs. **Music for Young Children** is the ideal way for kids to learn to play piano in an effective, supportive and fun way!

Pre-keyboard classes are also available for children ages 2 - 3
Please contact: **Andrea de Boer** 613.256.5963 andrea@sharpnote.ca
or **Marilee Mansfield** 613.256.0431 marilee.myc@sympatico.ca

myc.com
Quality music education since 1980

Start this School Year with Your BEST Foot Forward

with *be your best*

Confidence Building Acting School

Inspiring Confidence through the Performing Arts since 1995.
Act! Sing! Dance! Perform! Become a Youtube Star! Laugh While You Learn Life Skills!
REGISTER NOW! New session starting the week of September 17th 2012.

'Improve with Improv' School Workshops

from the staff room to the classroom.
Character Building & Life Skills workshops to meet the needs of your students/faculty/school.

also offering **Presentation and Performance Coaching**
One-on-one coaching & tutoring for Job Interviews, Presentations, Auditions, Shows, School.

Bring Your BEST to the Workplace

with *be your best*

Improv Team Building

Highly interactive customized sessions are designed to demonstrate constructive, high energy, high performance team environments that contribute significantly to the achievement of your objectives and your business success.

Staff Development and Training

Customized programs offering your business a solid foundation of service excellence.
Differentiate your organization from the competition.
Turn your employees into your company's greatest asset.

Learn more @ www.beyourbest.ca

Jennifer Lea Laale Founder/Director

(613) 256-8228

Pick up *theHumm* in Stittsville at

THE CHESHIRE CAT

Learning in Almonte

Two new series start in mid-October:

Mythology in English Literature

by Tom Henigan

History of the Ottawa Valley

by Terry Currie

These courses are six weeks in length.

Each comprises one two-hour lecture every week, from 1:30-3:30 in the Almonte Public Library Classroom.

No final exam, but lots of discussion time! \$75 per course.

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



If You Are...

- Moving
- Expecting a Baby
- Planning a Wedding
- Opening a New Business

Call

1-866-283-7583

We have
Gifts & Information
www.welcomewagon.ca

Heartsong YOGA Studio

"An Oasis of Energy, a Sanctuary of Calm..."

FULL Schedule of Classes begins Monday, Sept. 10

"FALL into a healthy Autumn practice nourishing Body, Mind & Soul!"

GROUP CLASSES * PERSONAL TRAINING * Workshops

YOGA & Pilates

Energy * Strength * Flexibility * Balance & Harmony * Peace of Mind

Heartsong School of Teacher Training & Certification

East to West Yoga Exercise Specialist Part 1: Sept. 22-23

East to West Pilates Mat Instructor Part 1: Oct. 20-21

RYT200-Advanced Yoga Teacher Training:

8 Weekend Sessions - Begins Sept. 15-16

Elizabeth Hagan: Certified YOGA, Pilates & Fitness Professional, Teacher Trainer
*Experience * Enthusiasm * Expertise*

Heartsong WORLD Boutique

Extraordinary Attire & Gifts to Inspire: FAIR TRADE
WOW! Amazing August-September SALES * good karma shopping

www.Heartsongyogapilates.ca

18 Renfrew Ave. West, Renfrew 613-433-7346

Peace of Mind Creations and Friends

Did you know that happiness is a particularly infectious virus? We at *theHumm* are always on the lookout for happy news to spread, so here's an item to bolster your faith in your fellow human beings.

Once upon a time (September 2000, to be exact) *theHumm* profiled an artistic couple named Adrianna Steele-Card and Dave Card, because Adrianna's organic collages and Dave's wooden sculptures warranted attention. Both artists create pieces that are beautifully executed, absolutely charming, frequently droll and funny, and sometimes satirical and thought-provoking. Back in 2000, they were working and selling their art from their Peace of Mind Creations home studio in Lanark Highlands, and through rural studio tours.

Just over a year ago they opened their own shop in the wonderful new Heritage Court, at 14 Mill Street in Almonte. Here they have created "a showcase of unique Canadian art and craft" named "Peace of Mind Creations and Friends." It is a fresh, eclectic, happy showcase, full of distinctive Canadian delights for every taste and pocketbook. Dave and Adrianna are perfectly positioned to help customers find the gift that is just right for any occasion, because they know and love every single item in their store.

Dave's sculptures are the biggest seller, and he credits longtime Almonte arts advocate Reva Dolgoy with the secret of his success. "She taught me that the eyes are the key to a successful character sculpture." The eyes sure have it — each piece expresses Dave's sardonic sense of humour and his wordless commentary on the human condition.

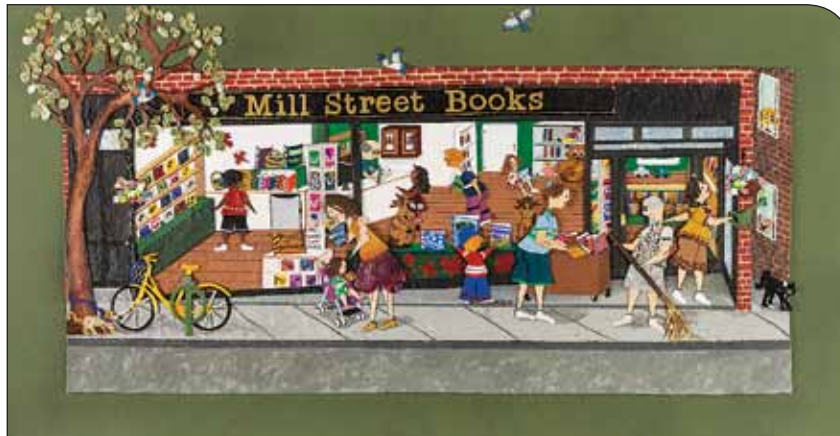
Adrianna has recently expanded her repertoire to include children's books. It was a natural progression, as her artwork appeals to both kids and parents. In her first book, *Adrianna Art: For the Young at Heart*, she coupled her whimsical illustrations with original poems, and she is now working

on a sequel. *Adrianna Art* led to an invitation in 2009 to illustrate *Sandy's Incredible Shrinking Footprint* for Second Story press. The theme is dear to the Cards' hearts — a story telling how a little girl learned about carbon footprints, and how this newfound knowledge affected her. The Korean version has just been published. Adrianna recently made her magazine debut as well. The current edition of *Chirp* (a popular Canadian magazine for kids ages 3 to 6) contains a short story she authored and illustrated.

But back to our story. The "Friends" showcased in their gallery are a baker's dozen of other Canadian artists whom the Cards encountered and admired during their years of studio tours and shows such as the Toronto "One of a Kind" annual Christmas show and sale. At peaceofmindcreations.com you can read about the drum maker, the jeweller, the fabric artist and the other friends who make their shop so much fun.

But you might notice at the bottom of their web link to "Gallery Store in Almonte" a one-line comment that says, "Special hours still due to owner recovering from surgery." The heart-warming part of this story is the amazing support and generosity the Cards received when Adrianna was faced with a harrowing health concern last April. A cadre of local friends stepped in and provided the support Dave and Adrianna needed to keep their new enterprise up and running through a very enervating and exhausting four months. On behalf of the Cards, and the whole community of Almonte, we want to extend a great big tip of *theHumm* hat to excellent friends Maureen Goodyer and her sister Joanne Chambers, Lynn Mayer Jones, and Carol Anne Knapp.

Adrianna and Dave are genuinely glad that they chose Heritage Court as the venue for their business venture. They could not have anticipated how much the caring and encouragement shown to them by the other shopkeepers would mean to them. When I asked Dave if there was anything he did not like about owning a shop in town, he gladdened my heart when he responded, "I don't get to be with Adrianna all the time."



The piece above is a collage by Adrianna Steele-Card that was commissioned by the owners of Mill Street Books. Adrianna and her husband Dave Card (creator of the fishies pictured below), run "Peace of Mind Creations and Friends" — a shop that features their own art and works by several other artists. Find them in Almonte in the newly renovated Heritage Court!

Both of the Cards specialize in commissioned work. Dave's life-size sculptures reside in private homes, gardens, restaurants and public foyers. Adrianna has just completed a piece for Mill Street Books that will soon be hanging in their bookstore up the street. You can reach them through their website or by phone at 461-7662.

There are two other websites where you can see why we are so happy that these two fine artists are able to continue showcasing their own and other unique Canadian art in Almonte. Heritage Court is the result of a vision of a "tipping point" for the community that Almonte businessman and developer Gordon Pike conceived while reading the book of that title on a trip to New Zealand. His goal was to "create a destination for visitors that offers more than a retail experience." He has certainly succeeded. heritagecourt.biz provides many compelling reasons why you would want to drop in at 14 Mill Street in Almonte; your challenge will be finding enough time to sample all of them. If you watch the "Regional Contact" feature at ottawa.ctvnews.ca/heritage-court-almonte-1.766516, you will be further seduced. Peace of Mind Creations and Friends and the other distinctive shops provide an alluring day-trip destination, and the sweet and savoury crepes served up at Mill Street Crepe Company almost guarantee your return!

— Sally Hansen



Modern Square **Dancing**

FREE Dances on Tuesday, Sept. 11 & Sept. 18
7:30-10PM at Brunton Hall in Black's Corners
Plus Free Chili Supper at 6:30PM on the 18th

For information, call:
Helgi @ 253-2960
Betty @ 256-0551
Joan @ 623-7575
Bob @ 283-5593

www.mississippisquares.ca

Friendship
Fitness
Fun

Don't Miss
Mississippi Mills at a Glance

Your one-stop opportunity to register children, adults and seniors for fall and winter activities.

Wednesday, September 5 7-9PM

at the Almonte Community Centre
182 Bridge Street
Info at 613 256-1077

Postcards from Perth

Perth Reads!

Area literary lovers again have cause to rejoice: the Canada Council has once again funded Perth's **First Edition Reading Series**. And this year's roster of talented Canadian authors is as good and as diverse as last year's, if not better and more so.

by John Pigeau

The summer/fall edition of the reading series, now in its second year, kicks off on Saturday, August 11, at Backbeat Books, Music & Gifts, with two wonderful Kingston authors: **Laurie Lewis** and **Sarah Tsiang**. Laurie Lewis published her first book in 2011 — a memoir called *Little Comrades* — at 80. Published by Porcupine's Quill, *Little Comrades* tells the story of a girl (Laurie) growing up in a dysfunctional left-wing family in the Canadian West during the Depression, then moving, alone with her mother, to New York City during America's fer-



vently anti-Communist post-war years. Sarah Tsiang is the author of three children's books — *A Flock of Shoes*, *The Stone Hatchlings*, and *Dogs Don't Eat Jam and Other Things Big Kids Know* — and a collection of poetry, *Sweet Devilry*, which iconic Canadian poet Susan Musgrave says puts "a stake through the heart of any romantic notions we might have that motherhood and the creative process are not compatible." *Sweet Devilry* just won the Gerald Lampert Memorial Award.

Reading on September 8 are two uniquely talented best-selling authors: **Helen Humphreys** and **Catherine McKenzie**. Born and raised in Montreal, Catherine McKenzie is a graduate of McGill University and McGill Law School, and practices law in Montreal. Her novels *Spin* and *Arranged* are international bestsellers. They, along with her third novel, *Forgotten*, will all be published in the U.S. by William Morrow in 2012. Helen Humphreys is an award-winning author of five acclaimed novels. Her last novel, *Coventry*, was a finalist for the Trillium Book Award, a New York Times Editors' Choice and a Globe and Mail Best Book of the Year. *The Lost Garden* was a Canada Reads selection. *Afterimage* won the Rogers Writers' Trust Fiction Prize, *Leaving Earth* received the Toronto Book Award, and *The Frozen Thames* was a number one bestseller. In 2009, Humphreys was awarded the Harbourfront Festival Prize for literary excellence. She lives and writes in Kingston, Ontario.

Perth poet and former poet laureate of Ottawa, **Patrick**

White, is on the schedule for September 15 (he's the author of eight books of poetry and has been published widely in many respected literary periodicals). On September 22 we will be visited by Carleton Place writer **Claudia Coutu Radmore**, whose poetry has appeared in *CV2*, *The Antigonish Review*, *Arc*, and *Grain*. She is the author of several gorgeously cinematic books of poetry, and is a co-director of the Tree Reading Series in Ottawa.

Appearing together on September 22, **Alexi Zentner** and **Alison Pick** are rising literary stars. Alexi's debut novel *Touch* was long-listed for the 2011 Scotiabank Giller Prize, and Alison is the author of the novel *Far To Go*, which was long-listed for the prestigious Man Booker Prize and won the Canadian Jewish Book Award for Fiction in 2010. She was the winner of the 2005 CBC Literary Award for Poetry, the 2003 National Magazine Award for Poetry, and the 2002 Bronwen Wallace for most promising Canadian writer under the age of 35.

(If you own a cottage in the area, by the way, Alison Pick is looking to stay "someplace lovely" for a 3-4 night writer's retreat — she is currently working on a memoir — and will happily meet with your book club or similar in exchange for your kindness and generosity. Please email jpigeau@hotmail.com, if you're interested.)

The series continues in October when authors **Ken McGoogan** and **Zachariah Wells** come to town. Then in November, award-winning Ottawa poets **Sandra Ridley** and **Christine McNair**, as well as breakout

best-selling authors **Tanis Rideout** and **Grace O'Connell** are on the roster. More details will follow in future issues of *theHumm*. Other wonderfully gifted Canadian authors are slated to appear at the First Edition Reading Series, but have yet to either confirm or set a date (please check back for further announcements).

All readings this year will be on Saturday evenings at 7PM at Backbeat Books, Music & Gifts, 6 Wilson Street W, in downtown heritage Perth.

— *John Pigeau would like to wish his wife, Erin Daley, a very happy first anniversary. He thinks she rocks.*



The First Edition Reading Series kicks off at Backbeat Books, Music & Gifts in Perth on August 11 with readings from Sarah Tsiang (above) and Laurie Lewis (at left).

Art Classes in Almonte with Elizabeth Veninga

Drawing for Fun!! Thur. 9:30AM
Life Drawing: emphasis on form evenings, tba
Drawing with Mixed Media Thur. 1:30PM

All classes start week of Sept. 23 and run for 10 weeks

Fall Colour Workshop
 painting plein air weekend of Sept. 29-30

(613) 624-5931 • chiselndraw@vif.com

Almonte Academy of Dance

1-453 Ottawa ST., ALMONTE
almontedance@live.com
almonteademyofdance.ca
 613-256-3683

EXPERIENCE THE SPIRIT OF DANCE!

ACCEPTING NEW REGISTRANTS FOR OUR 20TH SEASON OF DANCE

Pre-Dance* Kinderdance* Ballet* Jazz* Lyrical* Tap* Boyz Hip Hop* Girls Hip Hop* Adult /Teen Cardio-Endurance classes

Viewing windows to all studios

Registration Dates for Fall Classes:

Wednesday, August 1st, & 8th from 5:00-7:00pm.
 Saturday, August 22nd, from 9:30-Noon.
 Wednesday, September 5th, 5:00-7:00pm.
 Saturday, September 12th, 9:30-Noon.

To find out more about what we offer, feel free to call or stop by...

Come try one Free class

Heather's Studio

Custom Art & Gift Shop

Art Classes for Adults and Children

For more info, contact: heathersstudio@ripnet.com
 Or 'Like' us on Facebook: Heather's-Studio

12B Beckwith Street, Smiths Falls, ON (613) 284-7643

MUSIC TOGETHER

MILLS AND MAPLES MUSIC TOGETHER

Music & Movement Classes for Infants, Toddlers, Preschoolers and the Grownups Who Love Them™

Fall semester begins September 15

Gift certificates available
 Call now for a FREE trial class!

www.millsandmaplesmt.ca Clare 613-256-5372

YOGA STATION

Become a Yoga Teacher Sept-June

Easy Schedule
 Monthly Payment Plan
 All Levels Welcome
 Job Opportunities

www.yogastation.ca
 613-253-YOGA



theHumm Congratulates Kathy McNenly

A major “congratulations!” is due to portrait artist Kathy McNenly (profiled in the September, 2010 issue of *theHumm*). In May, Kathy discovered that she was one of twenty finalists out of a field of almost 2000 entries in the Portrait Society of America’s International Portrait Competition. She attended the Art of the Portrait Conference in Philadelphia in late May, which she described as “an amazing three days of demos and lectures by some of the world’s best representational figurative painters”. At the Gala, during which the finalists were given various awards, Kathy was “incredibly surprised and happy” to receive an Honour award. The judges for the finalists were Daniel Greene and Mary Whyte, both giants in the portrait world, and Brandon Fortune – the Curator of the Department of Painting and Sculpture at the National Gallery in Washington. Kathy’s winning portrait, entitled “The Beekeeper”, is pictured above. For more information about her work, visit <katherinemcnenly.com>.

Barns, Farms, and Wicked Chefs

In January 2012, an inspiring new centre opened to serve Perth and the surrounding area. Food is at the heart of this organization, where people come together to build new skills, good health and a strong community.

The Table Community Food Centre (formerly The Perth and District Food Bank) is a thriving, welcoming space. The organization has a wide variety of food-related programming and services. They provide emergency food access in a dignified setting, share cooking and gardening skills with all age groups, and offer a nutritious community dinner three times a week. While the primary target group is people living with low incomes, they welcome the whole community. Over 110 regular volunteers from every walk of life provide essential support to the programs.

The Table strives to build community and challenge inequality. When the Good Food Bank is open, so is a Community Advocacy Office, where participants can find support, referrals and resources around housing, income support and other issues. The Table is also building a social justice program to give participants a voice on matters of concern.

Stop by The Table at 190 Gore Street East to see how people are sharing the power of food.

If you are interested in great local food and in supporting The Table, you will be interested in their upcoming summer benefit. The Table Community Food Centre warmly invites you to a showcase of the best that local Lanark County farmers and chefs can offer... accompanied by local musicians.

Come to **Barns, Farms & Wicked Chefs** on Saturday, August 25, from 5:30PM to 10PM at EcoTay’s historic farm at the corner of the Upper Scotch Line and Menzies Munro Side Road, just ten minutes west of Perth.

It will be a magical evening — a feast of Lanark County flavours. Chefs with local connections will each have a station in a different corner of the lovely EcoTay site. They include: Judy Dempsey, now The Table’s community chef; David Andoff from Bistro 54 (Perth); David Dempsey from The Pepper Garden (Ottawa); Andrew Chatham, catering chef at The Whalesbone (Ottawa); and Rideau Ferry’s Jessie Denton from the Back Lane Café (Ottawa).

There will also be fine chocolate by Ludwig Ratzinger and desserts by Temple’s Sugar Bush.

Diners will enjoy lamb raised on the Scotch Line, pork from Beere family farm, charcuterie by Sharbot Lake’s award-winning Seed to Sausage, aged cheese from Milk House Farm, vegetables and fruits fresh-picked from local fields, and much more. Locally produced beer will be on tap, in addition to a range of fine wines.

It will be a moveable feast. Diners will move around the site from one delectable dish to another. As they move about, they will be entertained by



The Table in Perth is holding a creative (and delicious) fundraiser at EcoTay on August 25

a variety of summer music. There will be a chance to dance on the grass later in the evening. It will be relaxed and fun. Dress will be country elegant; footwear comfortable.

Three hundred tickets will be sold in advance, at \$100 per person with a \$70 tax receipt. Tickets will be available from either board members or Tickets Please (ticketsplease.ca, 39 Foster Street in Perth). Alcohol will be sold separately.

Set out in Style
In fall fashions



from
The Almonte Spectacle Shoppe

Providing prescription glasses, contacts, and sunglasses, with the expertise of our Licensed Optician.

Please note, we will be closed on July 28 and will re-open on August 7 to serve you with Spectacular Small Town Service!

10 Houston Drive Mon, Tue, Wed & Fri 9-5
Almonte Thursday 10-8
613-256-7431 Saturday 10-2



“Quality
in your
community”

73 Mill Street

Looking for a cool Italian place to eat?
Café Postino in downtown Almonte is exactly that
with its authentic Italian cuisine and beautiful decor!

Watch for these at Café Postino...

New Menu...New Items...New Hours...

We’ve been listening, therefore,
we are tweaking where we can!

Reservations Recommended **613.256.6098**
We look forward to serving you!

Downtown

Almonte

613-256-6098

Duo Brings Comic Chops to Broadway Classic

The cast of the Classic Theatre Festival's production of *Mary, Mary* — Jean Kerr's hilarious comedy about marriage, divorce and second chances — arrives in Perth with a wealth of experience on Canadian stages and in film, television and radio. Their collective experience as both dramatic and comic actors serves them well as they take on the eighth-longest running play in Broadway history.

Mary, Mary, set in 1962, asks the then revolutionary question: how does one love an intelligent and witty woman, especially in an era when women were expected to "know their place"?

The play chronicles one weekend in the life of frazzled New York publisher Bob McKellaway (played by Matthew Olver), and his ex-wife Mary (Rachel Jones). They are brought together one fateful weekend



by their wise-cracking but honest lawyer Oscar (Alan Lee) to finalize their last tax return. Complicating this not-so-welcome reunion are two other characters: Bob's new, much younger, fiancée — a health food nut with a penchant for dried apricots who feeds wheat germ to Bob's goldfish — and Dirk Winston, a jaded Hollywood heartthrob with an execrable memoir and a crush on Mary.

How these entanglements play out provides much of the merriment in Kerr's very funny script. The lead characters are described as dream roles by Olver and Jones, both of whom are among that rare breed of working Canadian actors who flourish across a variety of media.

Audiences will likely recognize Olver from the scores of comic commercials in which he has appeared as well as the many appearances he has made on television (from CBC's *Adventures in Wonderland* to *Living in Your Car*, *72 Hours: True Crime Stories*, and *Queer as Folk*). He is also a writer and comic whose energy and creative drive are infectious. A founder of the improv groups Komic Kazes and Sweet Potato, he jokes that getting started in film meant taking roles that were quite small at first, "the kind of one-line roles that essentially went: Begin scene. 'Would you like fries with that?' End scene."

Film roles have grown, and Olver has played everything from a nasty paparazzi photographer hounding pop star Mariah Carey in *Glitter* to scenes opposite such Hollywood heavyweights as Billy Dee

Williams and Bruce Willis. He compares those experiences to the feeling of "hitting the ground after you've dropped from the sky in a parachute. You look around and ask, 'did I just do that?'"

Rachel Jones is an equally passionate performer who has worked extensively in southern Ontario, especially at London's Grand Theatre as well as the Port Stanley Festival. A big fan of radio, she has been part of a well-received London radio program, *The Continuing Adventures of the Boneyard Man* — an homage to the old Orson Welles radio program *The Shadow* — whose 100+ episodes are now out on CD.

Jones is also a long-time drama teacher and a student of the arts, having completed a significant portion of a PhD on a feminist psychoanalytic approach to the works of Canadian writer Jane Urquhart. She also brings her acting skills to training and simulation workshops for doctors, police officers, bankers and others who work with the public and need to develop communication and empathy skills for dealing with everyone from assault victims to someone needing financial help.

Jones was delighted to come across *Mary, Mary*, which she describes as a "beautiful, tidy, delicate diamond that shows how subtlety and wit play such a key role in comedy." She notes that, in the early 1960s, divorces did happen but were not talked about much in public. "It was also scandalous for a woman to find she didn't necessarily need the man who



The Classic Theatre Festival's production of *Mary, Mary* stars Rachel Jones and Matthew Olver

was in her life, so the show was a real eye-opener for those audiences."

Since she was a girl listening to a cassette tape of her favourite show, Oscar Wilde's *The Importance of Being Ernest*, Jones says she's been a sucker for witty and intricate plots, and so *Mary, Mary* feels like a natural fit.

Mary, Mary previews August 10 at 8PM and August 11 at 2PM, with its opening August 11 at 8PM (followed by a reception at the Perth Manor), and runs to September 2, all at the Mason Theatre in the Perth & District Collegiate Institute. Tickets to the show (along with the remaining week of *Two for the Seesaw*, which runs until August 5) are available at <classictheatre.ca>, 877-283-1283 or at Tickets Please in Perth at 39 Foster Street.

Re-discover
the art of living...

Stellar bistro kitchens and stunning bathroom finishes by the incomparable style artists, Deslaurier.

- Spectacular landscaping
- Resort-style amenities
- Maintenance-free living

100 JAMIESON ST.
\$170,560 - \$322,301

BOLD DESIGN VILLA-INSPIRED CREATIVE LIVING

COME VISIT OUR MODEL SUITE OPEN HOUSE
THIS SATURDAY FROM 12 - 5 P.M.

Hyde Park
Canada

WWW.HYDEPARKCANADA.COM
613-686-1222 EXT. 119 - BARRY MALONE

BUY AN ORNAMENT SAVE CHRISTMAS

(From another year of decrepit candelabras)

Limited Edition Holiday Ornaments lovingly and enthusiastically handmade using materials reclaimed from the downtown decorations of holidays past.

\$20 EACH while quantities last

Proceeds from the sale of these ornaments (a.k.a. pieces of Almonte history) will be put toward the purchase of new décor and the rejuvenation of holiday spirit and sparkle in the Friendly Town.

AVAILABLE FOR PURCHASE AT

{smitten} (14 Mill Street, Almonte) or online at almonteholidayrejuvenationproject.bigcartel.com

Sponsored in part by Almonte Print Shop and Picture Framing and the Town of Mississippi Mills.

2nd Annual Seniors' Expo

After great success last year, the Almonte Baptist Church, Mills Community Support Corporation and the Alzheimer's Society of Lanark County have partnered to organize the 2nd annual Seniors' Expo in Mississippi Mills, to be held on Thursday, September 13. This year the event is moving to a larger venue, the Almonte Community Centre (182 Bridge Street), and will kick off at 9:30AM and close at 3PM (admission is free). A new key Seniors' Expo sponsor, the Canadian Association of Retired Persons (CARP), is in the process of setting up a Lanark chapter and will host a general membership meeting to establish a board of directors. The meeting will be held at 3:30PM in the upper arena hall and will be open to the public.

The Seniors' Expo is a "showcase of services" for people 50+ and their caregivers. You can expect exhibitors from social service agencies, support groups, retirement

homes, local attractions, pharmacies, seniors' activity groups, and others. Because residents are often not familiar with the assorted services that are available in this region, organizers hope that the Expo will generate greater awareness of area supports, services and opportunities.

Seminars and entertainment will be provided throughout the day, and door prizes will be drawn. The Seniors' Expo and all workshops are free of charge. A light lunch will be available for a small fee. A portion of the Expo's proceeds will be donated in support of the Mississippi Mills Hospice Initiative.

For more information, contact Jan Watson at Mills Community Support (256-4700, jwatson@themills.on.ca), Margo Smith at Almonte Baptist Church (256-9162, margos@ripnet.com), or Karen Timmons at the Alzheimer Society <alzktimmons@gmail.com>.

A Lifetime of Love, One Letter at a Time

Love Letters Plays at the Studio Theatre

Has anything in the world been more written about, sung about and agonized over than love? Who among us hasn't poured out our adoration for another in a desperate, yearning love letter, and waited breathlessly for the postman to deliver a reply? It's always been true that when hearts overflow with love, they frequently spill onto paper.

In his Pulitzer Prize-nominated play *Love Letters*, which premieres at Perth's Studio Theatre on August 16, A.R. Gurney brings us the lives of two characters — the staid, dutiful lawyer Andrew Makepeace Ladd III, and the lively, unstable artist Melissa Gardner — as told through a lifetime of letters. Both born to wealth and position, Andrew and Melissa are childhood friends whose lifelong correspondence begins with birthday party thank-you notes and summer camp postcards. Later, romantically attached, they continue to exchange letters through their college years, where Andy excels at Yale and law school while Melissa fails academically. When Andy goes off to war, Melissa marries, but her attachment to Andy remains strong, and she continues to keep in touch as he marries, becomes a successful attorney, gets involved in politics, and is eventually elected to the U.S. Senate. Meanwhile, her marriage in tatters, Melissa dabbles in art and gigolos, drinks more than she should, and becomes estranged from her children. Eventually she and Andy do become involved in a brief affair, but it is really too late for both of them. Their bittersweet fifty-year relationship gradually unfolds from what is written, and what is left unsaid — all the hopes and ambitions, dreams and disappointments, victories and defeats. Through it all they remain spiritually close, as only true lovers can.

Director Suzie Newman has been wanting to bring *Love Letters* to the stage of the Studio Theatre for a very long time.

"As a director, I love this play," she says. "It's a two-hander, an actor's play, that gives the audience the luxury of paying complete attention to the relationship between two actors who are entirely focussed on each other. There are no doors to open and close, no props to drop, and no marks to hit — only two fine actors, facing us, listening to each other. It's a celebration of two whole lives and a deep, abiding love, shared with us in one evening."

Ms Newman says that the writing of Melissa Gardner's character, in particular, is masterful.

"The character of Melissa is so beautifully drawn. I see her struggling with the things we all do, but I have never seen this done in a play before with such candor and sensitivity. She is a whole person. We seldom get to see such a well-developed female role."

A smash hit both off and on Broadway, *Love Letters* captures the lives and love of Andy and Melissa with precise detail and feeling that only a writer of A.R. Gurney's depth can command.

Love Letters premieres on August 16 and continues August 17, 23, 24, 25 at 8PM and August 19 and 26 at 2PM at the Studio Theatre, 63 Gore Street East in Perth. Tickets are \$20 at The Book Nook (56 Gore Street East), \$22 at Tickets Please (39 Foster Street, 485-6434, ticketsplease.ca) and \$22 at the door. As always, students with ID pay just \$10 at the door. For additional details please visit <studiotheatreperth.com>.

Don't miss this exquisitely rendered play about the enduring power of love. You owe it to your heart...



mississippi mills
**BICYCLE
MONTH**

Thank you to the sponsors of
2012 Mississippi Mills Bicycle Month.
It was another great month and
we couldn't have done it without you!

Title Sponsors



Event Sponsors



Community Sponsors



ALMONTE DENTAL CENTRE



Waterfall Delights

Almonte Paris-Roubaix Cyclosporitif Ride

Thank you for your in-kind support

The Almonte Sign Company, Baker Bob's, Al-Car Sand and Gravel, Cavanagh Construction, Mississippi Musicworks, Lanark Pure Water, Coady's Car Care, Mill Street Books, Leeds, Grenville and Lanark District Health Unit

5th annual poetry reading
August 12, 2012 2 - 5 pm

meet the artists
10 am - 4 pm

Anders Carson
John Donlan
Eric Folsom
Elizabeth Greene
Jason Heroux
Tara Kainer
Jeanette Lynes
Audrey Ogilvie
Susan Olding

August 4
Dawn Burnham
Stephen Rothwell
August 25
Heather Assaf
September 1
Aili Kurtis
Antony Powell

7 Spring Street
Westport
613-273-8775

www.artemisiaclass.blogspot.com

Cultural Heritage Continues at Murphys Point Park

Murphys Point Provincial Park has been *the* place to be this summer for a wealth of heritage and cultural experiences! The **Heritage Mica Festival** has seen Voyageur Canoes out on Hogg Bay, the spirits of miners on the Silver Queen Mine trail, Bear the Tinker with fabulous storytelling from times past, and music celebrating our Canadian heritage. Children have enjoyed heritage games, adults have experienced a dinner from the early 1900s in the miners' bunkhouse, and volunteers have greeted visitors in heritage dress.

But don't despair if you missed any of these events — we are only midway through the summer and there is a lot more Heritage Mica Festival to come! The Friends of Murphys Point Park planned this year's festival with events scheduled every week, all summer long, and are excited about those still to come. Take advantage of the **Be a Miner for a Day** event on August 11 and September 1. This is an excellent opportunity for the whole family to enjoy a self-guided tour along the trail to the Silver Queen Mine, at their own pace. Costumed interpreters and heritage displays will recount the story of mining in the early 1900s. Visit the restored ore wagon that used to haul mica ore to the Rideau for shipping. Stop in the miners' bunkhouse, see the horse whim and, of course, don't forget to take a trip underground into the mine! Bring a picnic lunch or enjoy a corn on the cob lunch, provided by volunteers.

The ever-popular **Spirit Walk** returns on Friday, August 24 and the **Voyageur Canoes** will be back on Hogg Bay on Saturday, August 19, along with a **pancake breakfast** on the beach. Life doesn't get much better than that! **Corkery Road** takes to the stage at the amphitheatre on September 1, to provide their melodies of Canadian heritage. Full details for all Heritage Mica Festival events can be found at <friendsofmurphyspoint.ca/heritage-mica-festival> or in the ad on page 25.

A new event for 2012 is the **dinner/theatre experience**, which includes a theatre presentation along the Silver Queen Mine trail, a visit into the underground mine, and an early-1900s dinner in the miners' bunkhouse. Comments from the July dinner/theatre guests included: "The evening was absolutely exceptional. The script, the cultural in-

terpretation, the use of the heritage site, the food, and the commitment by all has been masterful." Tickets for the August 15 event are selling quickly and are required at least one week in advance. The cost is \$55 per person, which includes park entry permit and all taxes. Tickets can be purchased through the website.

For a truly unique experience for the cultural explorer, you can upgrade your dinner/theatre experience to the **Culture, Crier and Canoes package**. This two-day package includes the dinner/theatre as described above, as well as overnight accommodation at the Best Western Plus Parkside Inn and Spa, an afternoon wine and cider sampling at a reception in the Perth Museum hosted by the Perth



Learning to play the spoons with Ken Ramsden from Freshwater Trade at the Heritage Mica Festival...

Town Crier, a guided tour in a Voyageur canoe, and more. The cost is \$450 for double accommodation and \$310 for single.

All events at the park require a vehicle permit for entry. This can be a current camping pass from any one of the Ontario Parks, a summer or annual pass or a day use permit. Day use permits range from \$7 to \$14, and can be purchased at the park gate. Murphys Point is located just 20 minutes south of Perth on the Elm Grove Road. Camping reservations are available at <ontarioparks.com>. Some events have an admission fee, and advance tickets are recommended — contact 267-5340 or <eventsmurphys@ripnet.com>.

Healing Current Centre
613 257 2472
currentcentre.com

Acupuncture
Shiatsu
Registered Massage Therapy
Addiction therapy ~ and more

Louise Freeman CST RMT Carleton Place

Like *theHumm* on FACEBOOK!

Athletes, SciFi Geeks, Monarchists and Numismatists Oh My!

Still Available!
The Mississippi Mills
\$4.00 James Naismith Token
Just \$4 Each

The World's only Legal-Tender
STAR WARS DOLLARS!
\$19.95 each

While they last!
2012 Great Britain
Diamond Jubilee *Canada* Medal
\$9.95

Sean Isaacs, Numismatist
Highest prices paid for
all gold & silver in any form!

Alliance Coin & Banknote
88 Mill Street, Almonte 613-256-6785
www.alliancecoin.com

Almonte ANTIQUE MARKET
at 26 Mill Street, Almonte

With 40 vendors in a 5000 sq. ft. two storey heritage building of treasures, you'll find: furniture, antiques, retro, vintage, reproductions, along with a variety of collectables, paintings, folk art, lighting, and more...

It's a buyer's delight at country prices!

613-256-1511
www.lachapelleantiques.com

Open daily from 10AM-5PM

Go Natural! No Drugs Involved

Facial Rejuvenation Acupuncture
(Non-Surgical Face Lift)

Based on ancient principles of Chinese medicine, Cosmetic Acupuncture reduces the signs of aging by revitalizing the skin. 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.

Dr. Michaela Cadeau, Doctor of Chiropractic

Call by August 31 for your free consultation.

Reduce Double Chin • Eliminate Puffy Eyes
Tighten Pores • Eliminate Fine Lines
Raise Drooping Eyelids • Reduce Frown Lines

Bring out your inner beauty

Hands on Healing
125 Bridge Street, Almonte, 613-256-0222
handsonhealing@on.aihn.com

NEILCORP
Award Winning Quality Homes
neilcorphomes.com
Proudly Presents

A Magically Naughty Cabaret Puppet Show!
Saturday, August 11, 2012 • 8:00 pm
Almonte Old Town Hall
Tickets \$25.00 per person

NOTHING UP OUR SLEEVES!

Back by popular demand are our hosts for the cabaret **BETTY and JOB** of the Creepy Puppet Project, with a performance by Mr. Smythe, featuring a unique technique of puppetry where the head of the puppet is human!

Creepy Puppet Project

Purchase Locations:
Mill Street Books
613-256-9090
Baker Bob's at 613-256-7474
At the door... if there are any left...
Buy early as they sell out quickly!!!

The show contains **NATURE CONTENT** and is for **ADULTS only!**

Thank you to our generous supporters:

Neilcorp Homes invites you to the Puppets Up! Festival Launch

Swan Lake
an exciting mix of dance, masks and puppetry
performed by
Docela Velké Divadlo
of the Czech Republic

Friday, August 10th 2PM
Almonte Old Town Hall

Tickets \$10
Available at **Mill Street Books**
52 Mill St., Almonte
Show duration 60 minutes
appropriate for all ages

Brought to you by:
NEILCORP
Award Winning Quality Homes
neilcorphomes.com

15th ANNUAL
PERTH
Garlic
FESTIVAL

Sat., August 11
9 a.m. - 5 p.m.

Sun., August 12
9 a.m. - 4 p.m.

Perth Fairgrounds

More than 70
garlic, craft and food vendors
No Pets • ATM available • Free Parking

A Lions Club of Perth event in support of local causes
www.perthgarlicfestival.com

The Perth Garlic Festival has a little something for everyone.

- cooking demonstrations
- garlic flavoured foods
- fresh garlic for sale
- great entertainment
- garlic folklore
- craft vendors
- award winning recipes
- garlic braiding
- growing, harvesting & preserving garlic

It's chic to reek!

Thanks to our generous sponsors