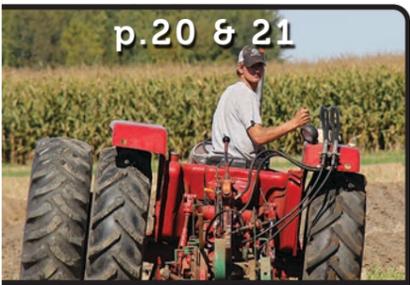


AUGUST 2016

the Hummer

free

Arts,
Entertainment
& Ideas



p.20 & 21

August's Events



p. 15-18



p.7

Marvelous Murals



p.4

Arms and the Man



The Art of Larry Thompson p.3



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ARTBEAT

by Bill Buttle



"I paint what I see!"

Humble Thought

Once there is empathy,

then there can be the feeling we call compassion.

A version of the Golden Rule —

Do unto others as you would have them do unto you

— is found in most religious traditions.

It is as we can imagine being the least of these that we can begin to experience the anguish of deep poverty or deprivation.

It is as we are able to identify with the oil-soaked shore bird and the bewildered moose that they come to symbolize our environmental concerns.

And emergent from our sense of compassion, in mortal conflict

with our insistent sense that

we should win,

is our haunting sense that

things should be fair.

— Ursula Goodenough, *The Sacred Depths of Nature*

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Who's Reading theHummm

Now here's someone who takes travelling with theHummm seriously! Emma Moxley writes:

"Travel is so good for the soul. The new experiences, sights, smells, tastes and friendships are enriching and make me want to travel even more!"

The Humm travelled with me on my 30-day adventure across five countries. As a new travel consultant, I had the opportunity to kick off my trip with my first river cruise onboard AMA Waterways' AmaDante. We sailed from Luxembourg to Nuremberg, Germany on a luxurious 140-passenger ship. The picture of me at



left is at a German Biergarten, taken at a half-way point during our 35-km cycle between Wurzburg and Kitzingen along the Main River. I never knew river cruising could be an active holiday and include cycling, but it can. With two guided excursions a day and the opportunity to participate in hikes and bicycle rides, there was something for everyone.

From Germany, I travelled to Prague, Czech Republic, and had two action-packed touring days in a very hot, picturesque city. From Prague I then decided to visit a dear friend of mine in Norway. The top photo was taken at Verdens Ende, known as "World's End" and located at the southernmost tip of the island of Tjøme in Vestfold, Norway. The area has fantastic views towards the Skagerrak, as well as superb bathing and fishing possibilities from smooth rocks and islands.

The last two weeks were spent with my family on vacation in the Lake District of England and the north of Wales. We had a fabulous time hiking the many hills in Bowness-on-Windemere, sailing down the Llangollen canal in a 70-foot canal boat, and finally, making it to the top of Mount Snowdon (bottom photo). Slight confession: we took the Snowdon Mountain Railway to the summit and were in awe of everyone who climbed it — the steepness towards the top made me weak in the knees. Next time, we will be properly equipped to do the walk up. The grand finale though, was herding over 200 sheep on my cousin's 2000-square-foot property at the base of Mount Snowdon with the skills of ten Border Collies and their experienced handlers. What an absolute thrill. Covered in mud and sheep manure, we managed to get them down to the farm so that they could be sheered; another sight to see. When you know what you are doing, it takes a minute and a half to shear a sheep — who knew?



So my edition of theHummm has been well travelled. And I want people to know that in this time of global unrest, there is still beauty in the world, one to be explored."

— Emma Moxley is a Personal Travel Consultant <travelbyemma.com>



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

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Thanks this month to:

Rona would like to thank the caring doctors, nurses and staff of Almonte General Hospital for taking such good care of her mom and herself last month.

Larry Thompson — Celebrating the Press of Time

At Greyweathers Press in Merrickville, owner Larry Thompson pays his respects to his elders — particularly the printmakers and printers who turned Johannes Gutenberg's printing press into a major catalyst for the Modern Age, the Reformation, and the Renaissance. Scholars estimate that within fifty years from Gutenberg's first publication circa 1452 of a Latin Bible, eight million books had

beautifully designed type, skillfully arranged on a well-proportioned page." For countless more years, Larry Thompson's printed works will remain visible via the Jordan Special Collections Library at Queen's University, and in the University of Toronto's Thomas Fisher Rare Book Library. Both libraries hold complete collections of his works and intend to purchase his future printings.

His website at <greyweatherspress.com> features a beautifully crafted video titled *Sight Lines* produced by his wife, artist and calligrapher Holly Dean. In it Larry demonstrates the painstaking process he follows to create his prints. His comment at minute 1:30 is

by Sally Hansen

been produced in a thousand printing shops across Western Europe. Like the internet, the movable-type letterpress profoundly and rapidly altered people's access to information, changing the world forever.

Reverse Haptics

The adjective "haptical" used to mean "of or relating to the sense of touch." In the new world of digital technology, its definition has expanded to include "the study or use of tactile sensations and the sense of touch as a method of interacting with computers and electronic devices." For printmaker and printer Larry Thompson, the more we become a society of digiphiles with faces glued to screens, the more important it is to provide the satisfying tactile sensation of handling a high quality book. With the help of his vintage 1955 Vandercook letterpress, he does just that.

Handling one of Thompson's books or prints is a deeply gratifying sensory experience. The paper looks and feels almost like fabric, with texture and grain and substance. The print is rich and black — the ink has a subtle sheen and you can tell it has saturated the paper in exactly the right amount and to the right depth. It endures; it doesn't smudge or blur or bleed or come off on your fingers. It is a great antidote for di(gi)straction. There is one caveat — nothing vibrates in your pocket.

Gutenberg fashioned his screw printing press after the wine and olive oil presses invented and used by the Romans in the first century. Surprisingly, the black ink Thompson uses is much the same as that used by Gutenberg five hundred years ago. After engraving an image into a linoleum or wood block, Thompson carefully spreads the very viscous ink over the printer's roller. He has spent years perfecting the application of the ink and determining the exact pressure needed to produce perfect "kiss impression" prints on his diligently maintained press.

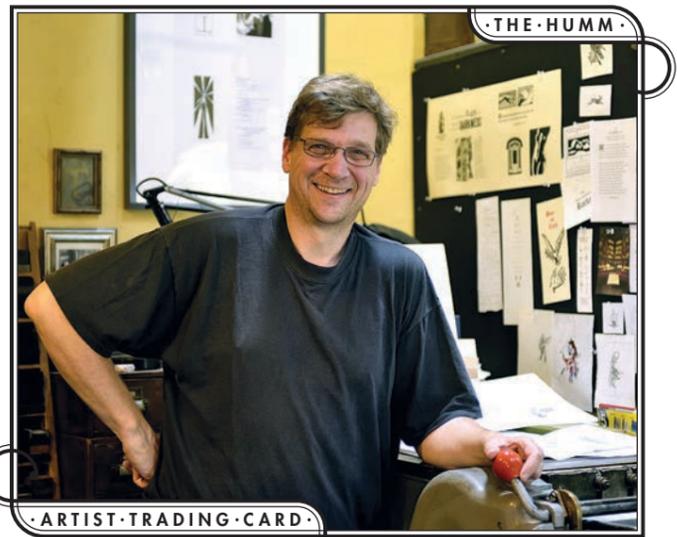
Greyweathers Press is about aesthetics and permanence. It was founded in 2005 "... on a love of



telling: "It's a lot of work, granted, but what it lacks in speed it makes up for by giving me total control of the impression." The meticulous care he takes at each step enables him to use beautiful, handmade papers as canvases to "create a kind of sculptural landscape on each page."

Life Is a Trip

Long, long ago in a not so faraway place (Ottawa), Larry Thompson grew up wanting to be a writer. He



ARTIST TRADING CARD

credits his degree in English from Carleton University with providing him with his most valuable asset — a critical mind. He wanted to be a writer, but opportunity intervened and he worked for an engineering firm in Ottawa. When work became scarce around 1990, he found work as a freelance writer, met his wife who lived in Merrickville, and began writing and editing for *The Upper Canadian*, the Canadian antiques trade newspaper then owned by Bill Dobson and Linda Hynes.

By 1996 Thompson was attending art shows to assist Holly who, he claims, "has enough passion for art for everybody." Gradually he rekindled his youthful passion for books, and in 2005 established Greyweathers Press at their home in Merrickville. His progress in eleven short years is impressive. He now teaches an introductory course in relief printing at St. Lawrence College in Brockville.

In the process of pursuing his love of printing, Thompson has morphed into an accomplished illustrator and author. His lifelong attraction to science fiction, fantasy, Gothic literature and the horror genre is immediately apparent in his self-published prints and books. He recently released his second "Gothic Trifle" — *The Sorcerer and the Seventh Daughter* — in a limited edition of sixty, as a sequel to his first book, *The Vampire and the Seventh Daughter*. As author, illustrator and printer, Thompson fully exemplifies his claim that "a book is a vessel for its author."

Each printing project involves "a ridiculous amount of effort", so his selection of material is paramount. Except when it "just walks in the door," like his *Graven Images — A Portfolio of Nineteenth Century Wood Engravings Printed from the Original Blocks*. The book is based on fourteen vintage wood engraving blocks loaned to him by a collector who had discovered them in an antiquarian's shop. After painstaking reconditioning of blocks that might not have been inked for almost 130 years, Thompson hand-printed one hundred copies of a thirty-page art book. My favourite illustration is the intricately carved, delicately toned *Rattus rattus* — a black rat from the 19th century. You can check it out at <greyweathers.wordpress.com/books-in-print>.

Book yourself in for a bit of relief from today's obsession with all things digital. Lift your bloodshot eyes away from your plethora of haptically enhanced devices. Titillate your senses of sight and touch by perusing one of printmaker/printer Larry Thompson's superbly crafted hand-printed offerings.

On August 20, he is participating in the West Carleton Art Society's **Art on the Grass** summer arts festival at the Carp Fairgrounds at 3790 Carp Road. Check the back of his trading card on the next page, his website, and ours for details on how to connect with him at several more upcoming shows, and via digitally enhanced (sorry) communications.



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WHO Larry Thompson

·THE·HUMM·

WHAT Printmaker and Printer

WHERE Greyweathers Press, 606 Elgin St., Merrickville, <greyweatherspress.com>, 852-7560, <larry@greyweathers.com>

WHEN Aug. 20 WCAS Art on the Grass summer arts festival (West Carleton Art Society, Carp Fairgrounds); Sept. 24-25 & Oct. 1-2 Merrickville Studio Tour; Oct. 7-9 WCAS Expressions of Art Fall Art Exhibition and Sale (Carp Fairgrounds)

WHY "Because there is just something about a hand-printed book with block printed illustrations that sets my pulse racing."

·ARTIST·TRADING·CARD·

CTF's Arms and the Man is a Comic Romp

Humour has long been used to face humankind's worst foibles and failures, and nowhere has that been put to more clever use than in comic stories about war. Think *Dr. Strangelove*, or *How I Learned to Stop Worrying and Love the Bomb*, *M*A*S*H*, or *Catch-22*, all of which captured the absurdity of the human condition when former friends turn sudden enemies, put on uniforms, and go at one another with lethal consequences.

While comedies about war are as old as the theatre itself — women went on a sex strike to stop a war in the ancient Greek classic *Lysistrata*, written by Aristophanes some 2400 years ago — it was George Bernard Shaw who brought a modern satirical sensibility to the subject with his uproarious classic *Arms and the Man*, which runs at the Classic Theatre Festival in Perth until August 14.

This famous show features a young, naïve, patriotic woman (Raina) who is dazzled by romantic, dreamy perceptions of war and the soldiering life, until she meets a cynical and hardened soldier from the other side (Captain Bluntschli) who prefers to go into battle not with bullets but with chocolates. It is their chance meeting — when Bluntschli is on the run from a group of soldiers — that sets the stage for a romantic comedy that glistens with classic Shavian wit. While Raina is betrothed to the dashing and handsome soldier Sergius Saranoff, her fascination with the man who is supposed to be her enemy — along with her growing affection for him — challenge her perceptions about the world and all she has been taught

Like many Shaw plays, *Arms and the Man* addresses with wicked humour everything from Britain's class society (with loving portraits of two servants, Louka and Nicola) to the boisterous bluster that can be an attribute of certain men of war, such as Major Petkoff (described by Shaw as "cheerful, excitable, insignificant, unpolished, naturally unambitious except as to his income and his importance in local society"). Shaw also enjoys skewering those whose lives are marked by a huge gap between reality and their self-perceptions, such as the Major's wife, Catherine, described as "imperiously energetic, who

might be a solid specimen of the wife of a mountain farmer, but is determined to be a Viennese lady, and to that end wears a fashionable tea gown on all occasions."

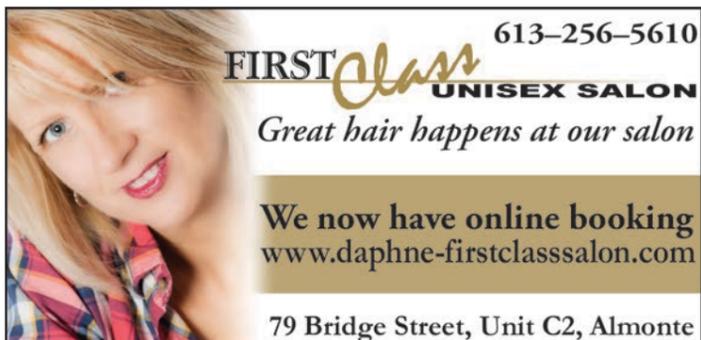
When the show originally opened in London, Shaw received a standing ovation, save for one man who stayed seated and booed. In his trademark witty response, Shaw leaned over to the man and said, "My dear fellow, I quite agree with you, but what are we two against so many?"

The Classic Theatre Festival cast features a large number of returning faces, including Scott Clarkson, Alastair Love, Catherine Bruce, Rachel Fischer, Alan Lee and Lindsay Robinson, along with CTF newcomer Lana Sugarman. The show runs on Wednesday to Sunday at 2PM, with 8PM shows Wednesday, Thursday and Saturday.

The CTF's final show of the year, the gripping mystery thriller *An Inspector Calls*, will open August 19 and run to September 11. Meanwhile, fans of local heritage and history will still be able to attend *River of Memory*, a theatrical historic walking play running Wednesday to Sunday at 11AM, until August 28. *River of Memory* focuses on early Indigenous-settler relations in Perth, while the Friday night *Lonely Ghosts Walk* (until August 26) tells the tale of a whiskey baron in love with a temperance woman.

Tickets to all Classic Theatre Festival shows are available at <classictheatre.ca> or 1-877-283-1283.

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A comic delight is on stage until August 14 at Perth's Classic Theatre Festival. The uproarious Shaw comedy *Arms and the Man* features (left to right), Lindsay Robinson, Lana Sugarman and Scott Clarkson



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Festival of Small Halls 2016: Awesome Local Openers

After announcing the headliners for this year's fall line-up, the Ontario Festival of Small Halls is now nearing completion on confirming local opening talent.

Community acts are booked for almost all the shows, happening from September 14 to October 2, and include a range of musical stylings and performers. Local group **Fiddlehead Soup** will perform at the Burritt's Rapids Community Hall; **The Denis Sisters** will grace the stage in Arnprior; **Anna Ludlow** is playing at Stonefields in Beckwith; **Kelly Sloan** is opening in Almonte at the Old Town Hall; **Adam Puddington** is playing at

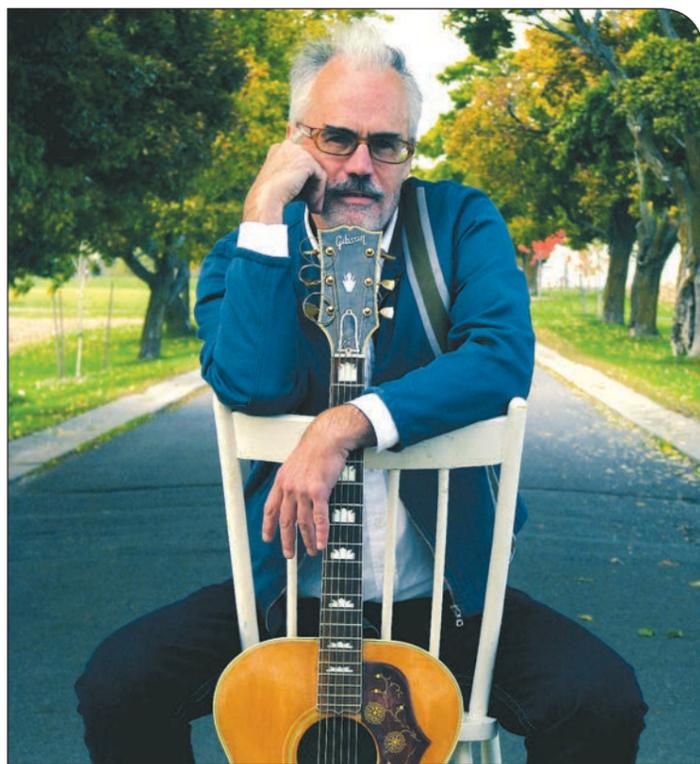
St. Andrew's United in Pakenham; **The Lanark Fiddler's Guild** will play the Maberly Community Hall, among many more across Eastern Ontario and the Ottawa Valley!

The opening acts for each show get special consideration, as it's a great opportunity for an up-and-coming musician to share the same stage as a headliner. Giving local musicians that chance fits seamlessly as an extension of the festival's focus on community and showcasing rural halls with history and heart — while also supporting hometown musicians.

"There's so much incredible talent coming from the towns and



Opening acts for this year's FOSH shows include Kelly Sloan (above) and Melwood Cutlery (left)



hamlets we're in this year and we can't wait to showcase their music to existing and new fans alike," says Festival Manager Kelly Symes.

Symes explains that incorporating local opening acts often adds authenticity to the performances, as the local music scene is typically an extension of the small hall itself. Many of the small town halls and venues on the schedule this year have played a major role in launching local musicians over the years, giving them an opportunity to be heard while playing for community suppers, dances and events. As such, hall representatives are asked to recommend the local musicians who will open the Small Halls concerts in their communities.

The Festival of Small Halls has also announced its final two shows: the **Devin Cuddy Band** will perform at the ABC Hall in Bolingbroke with opener **Keegan Carr** on October 2 at 3PM, and

they will also take the stage at the Legion Hall in Lyndhurst with opener **Amanda Jordan** on September 30 at 7:30PM. In addition, another show has been added to the roster — kicking off the Festival at the Chaffey's Lock Community Hall on September 14 when the **April Verch Band** performs.

Check the September issue of theHumm for more details on community events that will be associated with each show. From markets to dinners, the host halls are throwing open their doors to make the 2016 performances even more memorable.

Find out more about the Festival's local openers and headliners at <thefestivalofsmallhalls.com>, and be sure to connect with the Festival on social media as the summer progresses for more updates. Ticketing information can also be found online or by calling 791-3476.

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The Beers of Great Lakes Brewery

Welcome to the fifth edition of "A Brew in Review", the column dedicated to the true pursuit of happiness: enjoying a good pint of beer! This month I am finally getting around to reviewing beers made by one of the finest craft breweries in Ontario: Great Lakes Brewery. If you've been reading this column since its inception earlier this year, it may just have occurred to you that I have a quite

by John Scime

a few "favourite" Ontario brewing companies... Of course you wouldn't be wrong in arriving at this conclusion, but I assure you this is not a phrase I type thoughtlessly or with wanton disregard for my own credibility as a beer reviewer (tongue firmly planted in cheek here folks...). You can be assured that if I review a beer in this column it is because I truly consider it to be a fine product worth pointing out to fellow beer-geeks. Having said this, the beers reviewed this month (ales, actually) are in my view amongst the cream of the crop of Ontario craft beers, and for this reason they occupy an honoured place in my heart, stomach and refrigerator. Canuck Pale Ale and Pompous Ass English Pale Ale from Great Lakes Brewery (GLB) are definitely worth your time.

First, I have to make a small confession: I love British-style beers and ales, especially those in the pale ale family. To me, a

full-bodied brew derived from the use of well-malted base and specialty malts and balanced by just the right amount of hops is... well... nirvana. I fully agree with brewmaster Terry Foster, the author of *Pale Ale: History, Brewing Techniques and Recipes*, who wrote that "...to ignore the history of one of the world's major classes of beer, in this case pale ale, is a fundamental mistake if you really care about beer." Apparently GLB agrees, because both of the beers on review here can be firmly traced to the pale ale family. And while there are striking similarities between the two, each stands on its own, offering a distinctly different experience to those who imbibe.

The "larger" of the two ales, at least from the standpoint of alcohol by volume (abv), is the **Canuck Pale Ale**. With its brilliant white head of foam, rich golden color, 5.2% abv and 45 IBUs (bittering units) of citrusy hops character, Canuck Pale Ale is a classic example of what the "Beer Competition Judge Program" defines as an American Pale Ale — a pale, crisp and refreshingly bitter ale brewed with North American malts and hop varieties, resulting in a beer with just enough malt character to balance its ample amount of hops (see bjcp.org/docs/2015_Guidelines_Beer.pdf for more information on beer styles).

While I was not able to confirm the malt and hops profile prior to deadline, I would guess that they used 2-row malt as a base, and included a small amount of light crystal or carafoam malts to add body.

The pronounced, citrusy-fruity hop character is likely derived from using cascade hops, while the clean, neutral finish could be achieved by mashing the malts at a slightly lower temperature such as 152°F, and by using a neutral yeast during fermentation (for more information on the chemistry and science at play while mashing malts, see beersmith.com/blog/2012/12/20/mash-temperature-and-beer-body-in-all-grain-brewing). Yet, while there is plenty of hops bite and some hops flavour, I don't detect a lot of hops aroma in this fine, refreshing and flavourful beer.

Pompous Ass English Pale Ale has the appearance and taste of a much bigger beer — but it isn't! Brewed more in the British tradition, with a full-bodied malt profile and deep copper hue, this ale has plenty of hops flavour and aroma to balance it out. One of the elements I most appreciate about this one is its lower 4.2% ABV count, which in my opinion was a brave move on the part of the brewers, proving that full-flavoured robust beers don't necessarily need to be overly strong. The secret here is the balance achieved by the brewers — to my taste buds, Pompous Ass EPA represents a near-perfect balancing of malt and hops. Despite the lower

alcohol, the rich malt body is achieved through the presence of residual sugars from the mashing process, in addition to the use of crystal malts in the grain bill. The readily apparent hops character comes from adding lots of hops throughout the boil, in separate additions to achieve bitterness, flavour and hops aroma. While I can't be certain, I'd bet they're using at least some amount of British hops varieties such as East Kent Goldings and/or Fuggles. Despite having less malt and only 35 IBUs, this beer has just as much hops presence and more malt character than the Canuck Pale Ale — a testament to the efforts taken to achieve balance. I love it!

Before I sign off, a quick note on two "occasional" brews offered by GLB. The **Sunnyside Session IPA** and **Limp Puppet Session IPA** are both part of GLB's "Tank Ten Series" of limited-run beers, in which the owner let the brewers do whatever they desired, with no shackles or limitations. Like their cousins reviewed above, both are full-bodied and full-flavoured, but are only 3.2% abv! Again, it's all about the balance.

I highly recommend all of the above. Also, check out Great Lakes Brewery's awesome artwork at greatlakesbeer.com/index.php/beers. Bottoms up!



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Marvelous Murals in Carleton Place

When you live in a small town, it's easy to assume that you know about new developments in the community, however big or small.

If you've ever taken a stroll or drive through the streets of Carleton Place, you may or may not have noticed the murals decorating the sides of some of the original, older buildings in town. These murals, scattered throughout town, give residents and visitors alike a small taste of our rich heritage, some old and some new.

by Cait Morton

Starting where Coleman Street crosses Franktown Road, you'll see a mural depicting the **Last Train to Carleton Place**, which took place on January 8, 1960, and the former site of **Edwards Grocery Store**, which opened in 1894 and remained in the corner building until 1977.

As you get closer to downtown, just past the old **Mississippi Hotel**, you'll be able to see a mural honouring **Stompin' Tom Connors**, who was a frequent performer at the hotel, and made a name for himself as a storyteller in the Canadian country music scene. The mural, which had the dates of Connors' life added as a posthumous tribute in 2013, gave new life to the building, saving it from demolition in 1990.

Following Bridge Street, you'll come upon an important landmark on the main drag. **The Queen's Hotel** might be the only building left in town that has (almost) continuously been used as a hotel and bar since it was built in 1870. At times it may have had a seedy reputation, but the sign painted on the left side of the building's front façade adds a certain amount of heritage value to the re-imagined New Queen's restaurant and bar. They never have a problem drawing a crowd, especially given the fact that everyone in town likely has a story or experience that connects them to the bar and brings them back every weekend.



Turn the corner onto Allan Street and you'll see the newest mural, paying homage to one of Carleton Place's best known residents: "**Wandering**" **Wayne Richards**. Richards earned the nickname because he could always be seen walking around town, chatting with members of the community or standing at his usual perch in front of the Queen's Hotel, making the placement of the mural, on the Allan Street wall of the building, all the more fitting.

Heading toward the bridge, take a turn down Mill Street, beside the Town Hall. There you'll first see the advertisement for **Taylor's**, a former hardware store and garage that was owned by the Taylor family from 1888-1930. The arrows, along with the advertisement, were repainted in 2010 and will lead you to the beautiful new mural celebrating Carleton Place's own theatre troupe, the **Mississippi Mudds**. Founded in 1973, the Mudds have played an instrumental part in keeping the theatre community alive and thriving. The mural, painted in 2015 by resident muralist Shaun McGinnis, boasts musical notes, butterflies, piano keys and more, all done in bright colours which fittingly represent the fun, boisterous community group.

Across the street from the Green Counter Boutique, behind Town Hall, six murals were completed in 2014 to memorialize multiple important moments in the town's history, including the **Ballygiblin Riots** and the establishment of the **Carleton Place Canoe Club**.

From the bridge just past Town Hall, you can see the sign for **Patterson and Son Funeral Service and Furniture Dealers**, which opened in the 1890s and was owned by the Patterson family until 1976. The sign, which was repainted in 2010, can be seen on the river side of what is now Essentials Health and Beauty, just around the corner from the plaque commemorating **Findlay's Foundry**, a former iron-works that operated from 1860 until the 1970s on the now-empty lot across the river.

Crossing the bridge, you won't be able to miss the stunning tribute to **Captain A. Roy Brown**. The mural, painted in 2012, depicts his famous WWI air battle with The Red Baron, whose defeat is attributed to fatal shots fired by Captain Brown.

There are many more opportunities to take a peek into the town's past, including a visit to the Carleton Place and Beckwith Heritage Museum, located at 267 Edmund Street, where you'll see that some of the old cement windows behind the building have been transformed into **Windows to the Past** by local artists Mary Jane Lancaster, Adrian Baker and Angeliqe Willard.

The most recent mural, celebrating the **100th anniversary of the Carleton Place and District Chamber of Commerce**, was just unveiled on Frank-



The marvelous murals of Carleton Place honour the Town's history, accomplishments, and special citizens like "Wandering" Wayne Richards (above)

lin Street. Many bits and pieces of history are tucked into it, and together they tell the story of a century of business in town.

We are fortunate that so many members of the community take pride in remembering the rich history of our town while also acknowledging contributions made in the present. It's a great feeling to watch history unfold before us through art, and amazing to think that any person or business could be working towards their future mural on the landscape of Carleton Place.

Missing Your CP Fix?

If you read about Carleton Place regularly through Linda Seccaspina's Facebook page "The Tales of Carleton Place" and are missing your fix, you can still get your social media fill of Linda and her quirky historical stories on the Lanark County Genealogical Society's page at <facebook.com/LCGS1920>. You'll also find plenty of information about other communities in the County – be sure to check it out!

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Humm Bits

Nature Tours & Activities at White Pine Festival

The Macnamara Field Naturalists' Club is running guided nature tours and activities for children on the Macnamara Nature Trail during Arnprior's White Pine Festival on August 27 and 28 <arnpriorwhitepinefestival.ca>. The trailhead is located on McNab Street, near the river, and is adjacent to the festival's location by the ball diamonds on McLean Avenue.

Bountiful, tall, straight white pine brought lumbermen to Arnprior in the 1800s. The tours will highlight the natural history and the human history along the trail, such as the remains of the kiln used by the McLachlin Lumber Company to char marble to make slaked lime. You'll also learn about the trail extension project and the new osprey tower. Guided tours by knowledgeable field naturalists will be offered at 11AM, noon, 2PM and 3PM on Saturday, and at noon and 2PM on Sunday.

Kids' activities will run all day, including prizes for finding answers on the trail to a short nature quiz. During the festival you can visit the Club at the vendor tables and at the trailhead on McNab Street. For more information, please visit <mfnc.ca>.

Blueberry Tea at Union Hall

Once again Union Hall is playing host to a traditional celebration of summer with the 11th annual Blueberry Tea on Sunday, August 28. Doors are open from 2–4PM, and although admission is free, donations are appreciated.

Everyone is invited to sit down for tea and a chat, served with blueberries and Glennis's fine pastry. And did we mention there is a gluten-free option? Those who have not visited recently will also enjoy artist Laurel Cooke's mural of the floating bridge at Taylor Lake.

Located at 1984 Wolf Grove Road at the corner of Tatlock Road, 10 kms west of Almonte, Union Hall has been a community hub in the settlement that bears its name for over one hundred and fifty years. The hall is largely self-sufficient, and is maintained through the efforts of local volunteers with support from the Municipality of Mississippi Mills.

"tapastree" Fundraiser

Mills Community Support is delighted to announce their fundraising event — **tapastree... music, morsels and memories** — to be held on Saturday, October 1, from 6–9:30PM at the Almonte Old Town Hall. This wonderful evening, which takes place on National Seniors Day and the International Day of Older Persons, is a celebration of local food, talent and community, with proceeds supporting seniors' programs and services.

"tapastree" is a play on words and gives an idea of the event's theme — weaving a tapestry of taste, sight, and sound, all grounded in the creativity and interconnectedness of our communities. Delicious food served in a small plates' format — or "tapas" — and prepared by a select group of local chefs will be complemented by local craft beer and wine. An art show and sale featuring works by area artists and artisans will pair the decadent dessert course with a visual treat. The abundance continues after the food service with a fantastic variety show highlighting local musical and theatrical talent. Look for further announcements confirming the food and entertainment line-up — tapastree will truly be an evening to remember.

Tickets are \$50 per person and only 150 tickets for this wonderful event are available. Tickets are available in Almonte at Baker Bob's, Mill Street Books, and the Mills Community Support office (256–1031). For further information, please contact <katstevens@themills.on.ca>, or check <themills.on.ca> or the Mills Community Support Facebook page.

Workshop on How to Save Seeds

The Mississippi Mills Public Library Seed Library is offering a workshop for anyone who wants to learn how to save their own vegetable and flower seeds. Local grower and seed expert Telsing Andrews will demonstrate how to save the easiest of seeds: lettuce, tomatoes, beans and peas. Telsing will discuss pollination, the life cycle of plants, tips and tricks for winnowing and threshing seeds, and the best way to store seeds. It's a challenge to learn how to save seeds from our own gardens, but it's fun!

The workshop takes place on Saturday, August 27 at the Almonte Branch Meeting Room from 10AM to noon. This free workshop is perfect for beginner seed savers, and a refresher for all. Please register soon, as there is a limited number of seats available. To register, please email <kkiddey@mississippimills.ca> or call the Almonte Branch during library hours at 256–1037.

Tay Valley Settlers Day

Cultivating Heritage at the County Plowing Match

On Saturday, August 20, the Eastern Ontario Township of Tay Valley will have a few fewer untilled fields! That's because it will be hosting the 2016 Lanark County Plowing Match and Settlers Day. The annual plowing match will be a picture perfect backdrop to showcase the Township's 200th anniversary celebrations. The tractors will be revving and the furrows will be unfolding from 9AM to 4PM on the heritage Moodie-Cameron Farm located at 2677 Scotch Line/Hwy. 10 in Tay Valley, five minutes south of Perth. And best news of all: it's free!

With 200 years of strong rural traditions and culture, Tay Valley Township will be dovetailing a special Settlers Heritage Day with the annual plowing match, as part of its 2016 celebratory events. Welcoming families, farmers, visitors

and locals, the day will feature sheep-shearing, antique displays, tractor pulls, First Nations drumming, music by the Bowes Brothers, local food, storytelling and a puppet show for the little ones, and much more. Tay Valley Township Reeve Keith Kerr says, "with such strong rural roots here in Tay Valley, we felt that the Lanark County Plowing Match would be the perfect venue to host such a celebration of heritage. Our wish is to share the natural beauty and pleasantness of our region with anyone who wants to experience an authentic rural tradition. As a thank you, we have made admission free so everyone can enjoy it."

Local heritage farms boasting 100, 150 or 200 years of operation will be presented with commemorative "Legacy Farm" certificates honouring their contributions to

the area's development. Other displays and presentations will focus on the Township's history and rural origins, and will include an historical mapping project, genealogical displays, antique exhibits, and heritage crafts such as weaving. Families, with all their generations, are encouraged to come celebrate, with activities for the young and the young at heart. In the tradition of neighbourly visiting, a socializing tent will be available where folks and family can catch up on news and conversation or just relax in the shade.

The annual Lanark County Plowing Match is organized by the Lanark County Plowmen's association. Settlers' Heritage Day is presented by the 200th Anniversary Working Group of Tay Valley Township.

North Lanark Seniors' Expo

Building on the success of the past five events, the sixth annual North Lanark Seniors' Expo promises to be a great success, delivering the kind of information that seniors, their families and caregivers seek. The Seniors' Expo takes place on Thursday, September 8 at the Almonte Community Centre, and offers a one-stop showcase of goods and services available to seniors in North Lanark.

Last year 73 exhibitors saw approximately 615 attendees come through the expo. A call for exhibitors has gone out and the hall is filling. Exhibitors are encouraged to sign up soon.

The theme this year is "Be Prepared" — for emergencies, for changes in your health, for retirement, for any changes that may happen as you age. Such prepara-

tions include having emergency kits handy, as well as writing wills and Continuing Powers of Attorney for Property and for Personal Care. The popular "Speaker's Corner" will again feature experts presenting on such topics and the services available to assist.

Again this year the hours have been changed in an effort to better serve the community, including those who work. The expo opens at noon and runs to 6PM at the Almonte Community Centre at 182 Bridge Street in Almonte. Food is available for purchase.

This expo is part of lead organizer Mills Community Support's commitment to building an age-friendly North Lanark. The Older Adult Centres' Association of Ontario (OACAO) has again provided financial support to help

bring this event to North Lanark. Their help means non-profit organizations serving seniors can receive a free booth to promote their services. The Gold Sponsor this year is Orchard View By The Mississippi, a new retirement residence opening soon in Almonte.

Other organizations helping organize the expo include Alzheimer Society Lanark Leeds Grenville, Lanark County Chapter of CARP, and Revera Westwood. Silver sponsors at this time include Carleton Place Terrace by Symphony and Connect Hearing.

If you offer goods, services or support to seniors, contact Jan Watson at <jwatson@themills.on.ca> or 256–1031 x 39 to check on booth availability and sponsorship opportunities.

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History of Hopetown at Museum in Middleville

Hopetown. A poignant name, I always think, for a tiny place that's mostly on the way to somewhere else. And I've often wondered why such a small town has such a big cemetery.

In fact, there's an annual Hopetown Cemetery Service; this year it will be held on Sunday, August 21 at 2PM. Following the service, there's an invitation to all (not just those who attend the ceremony) to visit the Middleville & District Museum, where artifacts from Hopetown settlers will be highlighted. Anyone interested in getting a real "feel" for the lives of early settlers in this area will have a treat in store (and the museum will stay open until 4PM to accommodate people attending the service).

Which brings me back to the question: why did settlers choose this place? When did they come, and why? Was the name of the town chosen because they felt so hopeful about its future — or was it a talisman against fate? Or (perhaps) was it simply named after a Mr. Hope?

A little research seemed in order.

There were three military settlements (in Perth, Lanark, and Drummond) that were established in this area around 1815, largely as a means of dealing with the desperate unemployment problem facing Britain, which was a result of the confluence of two historic events: the rise of the Industrial Revolution and the demobilisation of men who had fought in the Napoleonic wars and the War of

1812. Further, the British government was worried about future military incursions from the United States. The Perth and District Historical Society website <perthhs.org/history.html> describes the solution that was developed:

"Opening the uncharted area north of the Rideau system offered a creative, if challenging, solution to both problems. In early 1815, the British Government commenced an emigration program that offered land and support, including transportation, to families from Scotland, joined by discharged soldiers, willing to take up a new life in this isolated part of Upper Canada."

The government offered 100 acres of land to each emigrating family, free passage, and provisions for their first year of settlement. Organization for transport and housing was apparently chaotic, and even given the pressures of hunger and unemployment, initially there were relatively few takers of that offer. Eventually, however, several thousand settlers, mostly Scottish, braved the more or less non-existent roads, the blackflies, the uncertain weather conditions and the isolation, and took up land allocations in what is now the Lanark area.

It wasn't until the 1830s, however, that Hopetown itself was settled by Europeans. Many of those settlers had first lived in Quebec; then, after the political upheavals of 1837, they looked to the newly opened land in this area as a place to re-establish themselves. The town had a school, a



After the Hopetown Cemetery Service on August 21, all are invited to the Middleville & District Museum, where artifacts from Hopetown settlers will be highlighted

church, and a cemetery — and it was at the centre of a rough road network that connected many isolated communities. Given the difficulties of transportation in those days, Hopetown became the central burial place for people from all over the district.

So that explains one mystery: why such a small community has such a large cemetery. The question of how the place came to be called Hopetown, however, remains unanswered: did those early settlers "hope" for growth? Did someone baptise it Hopetown in the depths of a dark winter, to ward off depression?

I don't know — but if anyone reading this has the information, I would love to find the answer.

In the meantime, the Middleville and District Museum (2130 Concession 6D, Middleville — twenty minutes from Almonte) is the place to come and see how those first settlers lived: how they farmed, the tools they handled, even an example of the log cabins that sheltered them. If you have any questions, see the museum's website <middlevillemuseum.blogspot.ca> or call 259-0229.

— Susan Berlin

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Bridge to Terabithia at Station Theatre

A Story About Friendship, Imagination and Loss

This powerful adaptation, supported by a lyrical score with some fun and touching songs, focuses the humour, warmth and emotional intensity of Katherine Paterson's 1978 Newbery Award-winning novel. *Bridge to Terabithia* comes to the stage at Smiths Falls' Station Theatre beginning on August 19.

Young Jesse develops a friendship with new girl, Leslie, who moves in next door. Together they create Terabithia, a fantasy kingdom where they are shielded from those who don't understand them and can be "rulers" rather than "outsiders". When tragedy strikes, Jesse must find a way to cope with life, but the insights he gained in Terabithia carry him forward on his own and let him share the magic of his artistic dream. The result is a powerful story about friendship, imagination, loss and courage.

Ursula Rice-Leech, Lela Fox-Doran and Joey Huneault, co-op students at Smiths Falls District Collegiate Institute, are producing the Terabithia segments of the show. Joey is directing the parts of the play that take place in the imaginary kingdom, while Ursula and Lela are making and designing costumes for the whole show as well as being involved in staging. This is the fifth year that co-op students have assisted at the Station Theatre, where one of their tasks is to assist with the summer production. Director Lynda Daniluk reports they bring "an infectious joy" to the experience.

For the first time, after-show talks will be offered. Because of the content of the story and the strong presence of young people (there are only three adults

in the cast), Daniluk is taking the opportunity to try it. Anyone who wishes to stay and chat to both cast and crew afterwards is welcome; there will be signs in the lobby indicating the days that talks will be held.

There are two casts: Leslie (Juliet Alfaro and Hailey Besherah), May Belle (Avery and Susie Burt), Brenda (Valerie Brown and Emily Burns) and Mr. Aarons (Brant Daniluk and Nathan Matthews) are "swing" roles, so two actors will play those parts, each with his or her own performance night. When the actor isn't performing their main role, they will likely be on stage in another role (except for the Mr. Aarons). The main character of Jesse is played by Wilson Pearl. And Prince Terrien, the Guardian of Terabithia, might even appear "in person"!

The play runs from Friday, August 19 to Saturday, August 27 at 7:30PM, with Sunday matinées on August 21 and 28 at 2PM. Tickets are \$20 for adults; \$10 for children/students. For groups of 15 or more there is a reduced rate of \$15/ticket available for some performances. The play, by Katherine Paterson and Stephanie S. Tolan, with music by Steve Liebman, is presented by special arrangement with Samuel French, Inc.

Call 283-0300 for credit card purchases, or go to <smithsfallstheatre.com>. Cash-only ticket sales are at Special Greetings (8 Russell St. East in Smiths Falls), and at the door a half-hour before each performance. The 140-seat Station Theatre is located at 53 Victoria Ave., the site of the former CPR Railway Station.



The cast of *Bridge to Terabithia* poses for a photo after rehearsal. The play opens at the Smiths Falls Station Theatre on August 19 and runs until August 28.

Jewellery for the Inspired and Young at Heart

Words From Westport

This month's headline is also a very apt tagline for the young Westport artist and jeweller Amanda Snider, who recently won a Leeds and Grenville Summer Company grant to grow her fledgling business. These grants are awarded to young entrepreneurs to assist them in getting their businesses up and running. Amanda is a graduate of Fleming College, where she earned a diploma in the Visual and Creative Arts, with specialties in Fibre Arts and Jewellery Essentials.

by Georgia Ferrell

Now preparing to enter her second year at Georgian College, Amanda has chosen to follow her desire to become a goldsmith. She is inspired by nature and the innocence of childhood, and therefore works with materials that will satisfy her creative energies.

Amanda has been making jewellery since she was ten years old, and has learned various techniques along the way. Beading and chain work were her early techniques, and after high school she studied at Fleming College working with fibre arts. As her studies progressed, she found goldsmithing very intriguing. Ensuing classes in jewellery essentials deepened her interest, combined with an "I can" belief that turned a ten-year-old's dream into the pursuit of a career as a goldsmith.

A class project at a course at the Haliburton School of Art led to Amanda's business acumen. Little Bear Jewellery Designs was born when she created a small bear in wax, and used the lost-wax technique to create an adorable wee bear ring. This creation led to study at Georgian

College, where Amanda has completed her first year in the Jewellery and Metals program. She will be returning in the fall for her second year, after which a third year of more professionally-oriented classes is possible.

Amanda has begun her entrepreneurship with an Etsy shop <etsy.com/shop/LittleBearJewellery> and a Facebook page <facebook.com/LittleBearJewelleryDesigns>. In the meantime, she has set up her lovely jewellery at craft fairs and shows in our area. See her Facebook page for details about upcoming shows, or email her at <littlebearjewellerydesignscan@gmail.com>. Her goal is to open a "real" store — perhaps on her own or with another artisan — in the very near future. We all wish Amanda and Little Bear the very best future.



Amanda Snider, with her bear ring (inset)

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image courtesy of J. Johnston

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The Interesting American Goldfinch

Recently I have come to realize that one feeder can only support so many birds. Over the last several years we have increased the number of Nyjer feeders in our yard, for our growing finch population. We now have four Nyjer seed silos of various lengths, providing multiple food ports for feeding. We definitely recommend these feeders that are made from a high-grade polycarbonate plastic. These plastics are very durable against UV rays of the sun and impact breakage should they

agree, and to display their displeasure they don't show up in the numbers we would like. I find a secluded corner that offers some shelter (such as overhanging branches) works well. Incorporating a birdbath as well will add to both the birds' and your enjoyment. One word of caution is to keep the birdbath out from under your trees though — the shade is great to prevent evaporation, but debris from the trees will keep you busy cleaning your birdbath, as it promotes mold and algae growth.

As for filling the feeders, for the most part we use 100% Nyjer seeds, but our wild finch blend at Gilligallou Bird is very popular with many of our customers, who report that their birds love the variety of seeds in this blend. Squirrels and chipmunks are not particularly fond of either blend, so most often squirrel solutions are not required.

The finch feeders are very active right now as nesting season for the goldfinch is about to begin. Courting is under way and the bright yellow males are singing their hearts out to capture the attention of their female counterparts. Their nesting season is a bit late — running from August and into September — as the natural food for their young includes seeds of ripe plants such as natural grasses, milkweed, bull thistles and the like. Currently all of the fledglings of our other backyard birds are around our feeders, so by incorporating finch feeders you can enjoy these joyful birds and their young right into fall and winter. As winter approaches, you can also watch male goldfinches lose their bright yellow colour and return to their non-breeding plumage. Keep these finch feeders full all winter as boreal forest birds will visit — like the pine siskin invasion we had last winter — along with redpolls, juncos, white-crowned sparrows and more. Have fun!

— Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.

by Bob Volks

fall; for cleaning purposes they have spring-loaded vented bottoms that come apart with a push of a button; they last for years.

We have also created a native meadow grass and wildflower plot at our home, with seed-producing plants that the finches enjoy — plants that keep them happy, fed, and in and around our yard all year. We highly recommend experimenting with feeder location to determine the best placement. Often, as backyard birders, we place feeders where we have the best viewing area, but sometimes the birds don't



Photo by smitanson

Carp Garlic Festival

On Saturday and Sunday, August 13 and 14, the Carp Fairgrounds will be home to what has grown to be the biggest garlic festival in Canada. This, their 17th annual Garlic Festival, promises to be bigger and better than ever before, running from 8AM to 3PM on Saturday and 10AM to 3PM on Sunday.

Over 120 booths will showcase 35 dedicated vendors — selling fresh garlic as well as garlic spreads, dips, dressings, pestos, braids and baskets — who join the 86 regular Carp Farmers' Market vendors to celebrate the harvest of "the stinking rose".

Over 65 varieties of garlic will be featured for buyers to taste and try, along with information sessions on choosing, growing and harvesting the bulb, as well as cooking demonstrations from local restaurants.

New this year: the festival is lucky enough to be one of a select few places in the Ottawa area where you'll be able to see a performance from the Mobile Millennium Carillon! This free performance will take place on Saturday only, from 10AM to 3PM.

Enjoy the variety of the festival's huge international food court, as well as its ample free parking, wheelchair accessibility and free admission. It will be open rain or shine.

For more information, please visit <carpfarmersmarket.ca> or their social media sites (Facebook, Instagram, Twitter).



As part of their tour of the Ottawa region, Andrea McCrady and Devon Hansen will give a performance on a 26,000-pound mobile carillon (like the one pictured above) on the Saturday of the Carp Garlic Festival. While usually built into a tower and far removed from public view, the mobile carillon is a unique instrument that brings the performers and 48 bells to the audience at ground level.

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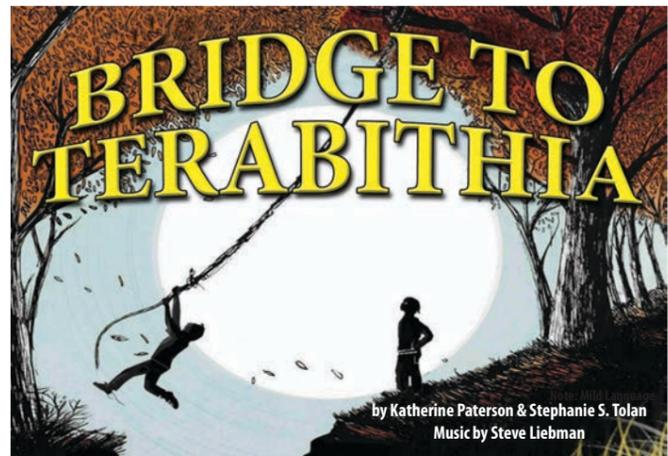


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This powerful adaptation, supported by a lyrical score, focuses the humor, warmth and emotional intensity of Katherine Paterson's Newbery Award winning novel. Jesse & Leslie create Terabithia, a fantasy kingdom where they are safe from those who don't understand them. Their friendship grows as Jesse's world expands. When tragedy strikes, the strength gained in Terabithia takes Jesse forward on his own and lets him share the magic of his dreams.

Aug. 19, 20, 25, 26 & 27 at 7:30 pm
Sunday Matinees Aug. 21 & 28 at 2:00 pm

• Adult \$20 • Child/Student (with ID) \$10

Group rates available for 15 or more for same performance - call for details

Tickets available at:

- Special Greetings, 8 Russell St.E., Smiths Falls (cash only)
- smithsfallstheatre.com (Paypal/Visa/Mastercard)
- By Phone - 613-283-0300 (Visa/Mastercard)
- At the Door - 1/2 hour before performance (cash only)

53 Victoria Avenue Smiths Falls



Are You a String or a Knot?

While waiting to pay our respects to a friend's family last week, I looked around at the lengthening line behind us: young, old, families, couples, casual dressers, formal dressers, some laughing, some sombre. What had brought us all together was the draw of one person no longer in our midst, and our desire to share our memories of him. All down the line, we heard about neighbours, work mates, college friends, and people who simply had met him and liked him.

by Glenda Jones

Think of yourself as a string. We weave our way through life and our array of experiences. We often touch others, but don't necessarily connect. In fact, sometimes we go out of our way to disconnect. Our string may be thick with difficulties that defy connection, or it may be made of that old nylon yarn that was too slippery to knot properly. Maybe our string is thin and invisible, and avoids contact with others. Maybe we conceive the knots as frustrations we can't abide, so it is easier to be a string that floats like fluff on a breeze in our own sphere of personal history, content to go it alone. As our string of life lengthens we can't avoid contact with others, but we can choose how close we get to actually connecting.

In that case, you'll have to watch out for the person who's the polyester string, that strong resilient fibre that attracts everything. No one is immune when the polyester string starts to reel in others! Before long, a cable is created, as one string finds commonality with another. "We grew up together"; "Our cottage was close to theirs"; "We used to share potluck suppers"; "He hired me for my first job". And then it goes like this: "Oh, he hired me too", "Were you at ROMC too?" and more and more. Now, here's where the knot comes into play. The cable starts to curl around itself and that one person who's the polyester cord begins to create a knot of friends and acquaintances who all feel drawn to him by his extraordinary ability to connect with everyone he meets.

Being a string is easy. That's just life rolling over us. If we, with head down and cellphone connected to the vicarious world, disregard those to whom we

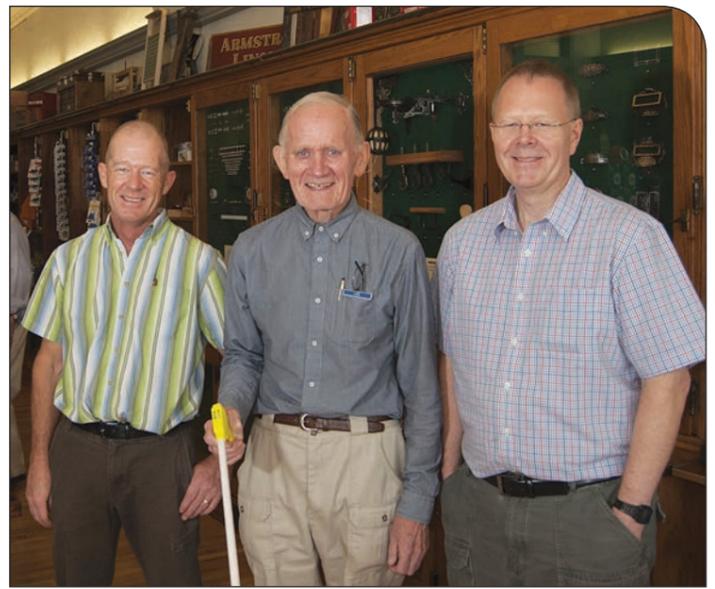
could be actively relating, we will never intersect with another string, and ultimately we will drift off alone. Batteries die, power is disconnected, and voilà: where are the connectors now? Loose strings without knots!

Being a knot is a special talent. Our friend never met an uninteresting person. Everyone has a story to tell, and the minute our knot person stopped to hear it, he added one more string to his collection. Not only that, he collected so many strings that he began to create new knots, bringing unknowns together with a common thread. It becomes a glorious Celtic Knot of shared experiences. He probably didn't even realize the beauty of his creation at the time, considering it his own joy of bountiful friendship.

Before long, the new knot people go looking for more strings to add to their own collections. When a casual acquaintance can be engaged in even a moment of caring, his string will become entangled into the grand whole, and he becomes a valued addition to a knot.

As we stood in the reception line, there was a powerful pull as knots began to form right there with complete strangers. A passing remark about the weather developed into conversations about our mutual friend. It was like he was right there with all of us, chuckling at his own ability to bring so many people together in one place. I have no doubt he would have marvelled at the huge knots he created from the myriad strings he had brought together. I suspect too, he would have encouraged us to get busy and do something worthwhile to create our own knots!

So, are you going to be a lone string and float through life without engaging others, or are you going to be a knot, and draw people together? To give you time to consider, I offer you our friend's most welcome treat: Mr. Lee used to come to Puppets Up with little cups of frozen red grapes for the volunteers. If you've never had these, do yourself a favour. Cut little clusters of seedless grapes, pop them in the freezer for several hours, and then enjoy their crisp crunch like tiny popsicles on a hot day. I never eat one of these gems without a grateful thought of Leonard Lee.



Mississippi Mills is mourning the loss of a wonderful man who made many contributions to his community. Leonard Lee is pictured here with his sons James and Robin in 2015 at the opening of L. G. Lee and Sons

Flowers and Edibles Show Comes to Perth

The 2016 Flower and Edible Show is a horticultural competition open to all members of District II of the Ontario Horticultural Association, encompassing 19 different societies from Smiths Falls and Ottawa in the east to Barry's Bay and Deep River in the west. The show will be open to the public in the afternoon. The show is hosted each year by different member societies throughout the district, and this year the Perth and District Horticultural Society (PDHS) is very proud to be hosting this event, scheduled for Saturday, August 6, at the Royal Canadian Legion, 26 Beckwith St. E., Perth.

This show will not only be beautiful but also exciting, as it will feature dozens of horticultural (flowers, vegetables) and design (arrangements) classes. Any member in good standing of a District II society can drop off their entries between 9 and 11AM; the opening and award ceremonies will begin at 1PM.

After 1PM, the general public is welcome to come and view all the entries. In addition, there will be flower arranging demonstrations, silent auction items and a tea room, as well as raffle prizes of a

\$500 Canadian Tire gift card and an original framed watercolour by local artist Linda Cuthbertson.

While you are there, why not opt for PDHS membership? At only \$10 per year, it's the best bargain in town (interesting speakers every month, a stunning yearbook, horticultural information, fun and fellowship)! The PDHS is an active horticultural society with over 150 members, many of whom volunteer their time to help fulfill the group's community role by taking care of several public gardens around Perth, decorating a tree for the annual "Festival of Lights", and participating in Seedy Sunday. One of the Society's proudest achievements is the organizing and running of a six-week Junior Gardener program in local elementary schools each year, reaching some 170 Grade 3 students with the help of two dozen volunteers. The PDHS meets at 7PM on the second Tuesday of each month, from September to June, at St. Paul's United Church, 25 Gore Street West in Perth. All are welcome; non-members are asked to pay \$3 at the door. More details can be found at <perthhortsociety.com>

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Registration starts at 9:30AM
Walk begins at 10:30AM
Carleton Place High School Track

For more information or to register, please visit
www.lanarkautismsupport.com
or email
info@lanarkautismsupport.com

Lanark Autism Support Group
Headquarters
30 Bennett Street
Carleton Place, ON K7C 4J9

Bring Your Horse and Take the Cowboy Challenge!

About ten years ago, Yogi Schiffer was at a horse show in Columbus, Ohio, and witnessed what would become our **Pakenham Horse Show's** most popular event: the Cowboy Trail Challenge. At the time, the number of horse entries in the Pakenham Fair had been steadily declining. In contrast (and since the introduction of the challenge), last summer there were forty horses on the field. In fact, the Cowboy Challenge is the most popular class at the horse show.

What is the Cowboy Challenge? It's a series of ten or eleven obstacles that challenge both horse and rider. I say rider, although in past years it's been possible to lead your horse over these challenges in a separate class, as well as ride the course. The event's popularity, however, led to cutting back to just having horses with riders compete. There are only so many minutes in a day at the fair.

I'm not giving anything away when I describe some of the obstacles, because Yogi reorganizes them every year and adds a few surprises to the mix. This way, although you can practice at home (and many do), you aren't certain until you get there what this year's lineup will be like.

One popular challenge over the years has been the teeter-totter. You ride your trusty steed up to the top of a narrow board balanced on a log, and when it flips, you ride down the other side. If this sounds a bit scary, don't worry — all obstacles are safe. A few years ago, a junior rider on a very small pony completed every obstacle and recorded the best time of the day! A very good speed through the obstacles would be two and a half minutes, although many riders take seven or more. Fast or slow, prepare to have fun!



Practicing for the Pakenham Fair: Russ Constable and his Appaloosa mare Glory practice the 'Rope Gate' obstacle (above) and 'Picking up the Mail' (below), in preparation for the Cowboy Challenge

Past obstacles have included: a side-pass over flowers (your horse walks sideways, keeping a long row of pots of splashy red geraniums between his front and back legs); opening, riding through, and closing a rope gate behind you; going through the "spray" of a car wash (a curtain of pool noodles and long and flapping coloured strips of cut-up tarp); riding up and over a little white bridge; dragging a tire behind your horse around a set course; stepping all four hooves up on a four-foot square wooden box, and many others.

Yogi remembers many breeds taking the challenge over the years: quarter horses, a mustang, a few thoroughbreds and a standard-bred, a seventeen-year-old mule named Scotty, an appaloosa, Canadians, Icelandic ponies and other pony breeds — even a fjord. It's a fun time for all breeds, and for riders of all ages, and is entertaining to watch.

The Cowboy Challenge goes on all day at the same time as the other horse and pony events are taking place, and even through the lunch break. This allows riders to take the challenge between their other classes. At the end of the day, the prize goes to the horse and rider with a combination of best time and most obstacles completed.

This year's Pakenham Horse Show takes place on Saturday, August 13, at the Pakenham Fair. Bring your horse and take the challenge!

— Jane Beall

Bracelets

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Pick up *theHumm* in Pakenham at the **CENTENNIAL RESTAURANT**

IT'S HIP TO BE SQUARE

WHAT ARE THESE PEOPLE DOING ?



1. Some kind of ritual?
2. Aqua Aerobics?
3. A kind of dancing?
4. Synchronized swimming?

See "It's hip to be square" on page 27

Look your best for a wedding, reunion or anniversary!



Dr. Michaela Cadeau,
Doctor of Chiropractic

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This safe and non-surgical procedure increases circulation and stimulates collagen production, rejuvenating facial tissue. This gives the skin more tightness and elasticity, and helps to reduce sagging or puffy skin and wrinkles. There is no risk involved with this procedure, no downtime from work, and no side effects.

A research study published in the International Journal of Clinical Acupuncture reported that, in a clinical trial of 300 people who received facial acupuncture, 90% saw marked results after one course of treatment.

Call by August 31 for your free consultation.

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Whiskey Jack Presents
Stories and Songs of
Stompin' Tom

With Special Guest
The Valley Shantyman

Tickets:
\$20 in advance
\$25 at the door

Carleton Place Arena
Thursday, September 8, 7PM
Emcee Charlie Kitts

Ticket Info: Bob White 613-253-5046
Music Info: Chris Hum 613-640-2486

Puppets in Kilts Watching Movies?!

Wow — someone needs to help me calm down. I'm totally on cloud nine, because all my puppet buddies are coming to **Puppets Up!** on August 5, 6 and 7 — I'm so excited! I can't wait to welcome them all to town and show them around — especially the puppet troupe from India. They've never been here before, and it's a long way from New Delhi to Almonte. This year marks the 12th annual festival, and with three days, twelve troupes and 68 shows, it's going to be a doozy! All of the show information is in this issue of the Humm, so be sure to read it all and plan your visit.

by Miss Mills, Puppet Reporter

What's new? I hear you all cry. Well, there will be the puppet shows in six theatre/tents and the parades and street entertainment and vendors and the adult cabaret like always... but for the first time, Puppets Up! is presenting **four shows in advance of the festival**. On Wednesday, August 3, there will be a show in Pakenham at 10:30AM and a show in Arnprior at 2:30PM. On Thursday, August 4, there will be a show in Carleton Place at 10:30AM and a show in Perth at 2:30PM. Locations for these shows are listed at <puppetsup.ca>. They will be presented by three of the talented puppeteers who are performing at the puppet festival this year: Tim Holland (the Puppet Tamer); Zip-E the Clown;

and Sarah Argue of Rock the Arts. Nick, the Puppets Up! mascot, will be there to greet you, along with our friend Alan Rushforth and his amazing organ grinder. These advance shows are meant as a taster, if you will. They will give folks a just a sampling of the puppet shows and street entertainers — it is a great opportunity for you to see how your young ones would enjoy the festival!

If you've ever wanted to be a puppeteer and would like to know how, Puppets Up! is offering a two-hour **puppet workshop** on Friday, August 5, at 3PM in the Almonte Old Town Hall. It will be conducted by the gifted Joshua Holden from New York City and is entitled "Manipulating the Truth: Breathing Emotional Life into Hand Puppets". To register, just go to <puppetsup.ca>. During the festival weekend, Joshua will be presenting *The Joshua Show, Episode 2: Contagious*. It features live music, singing, dancing, and puppetry that leaves audiences delighted. They can't help but be swept away by the vulnerability and resilience of characters like Mr. Nicholas, the Wonderbook, Snail Male (the male mail snail), and Larry the Lint. See you at the festival!

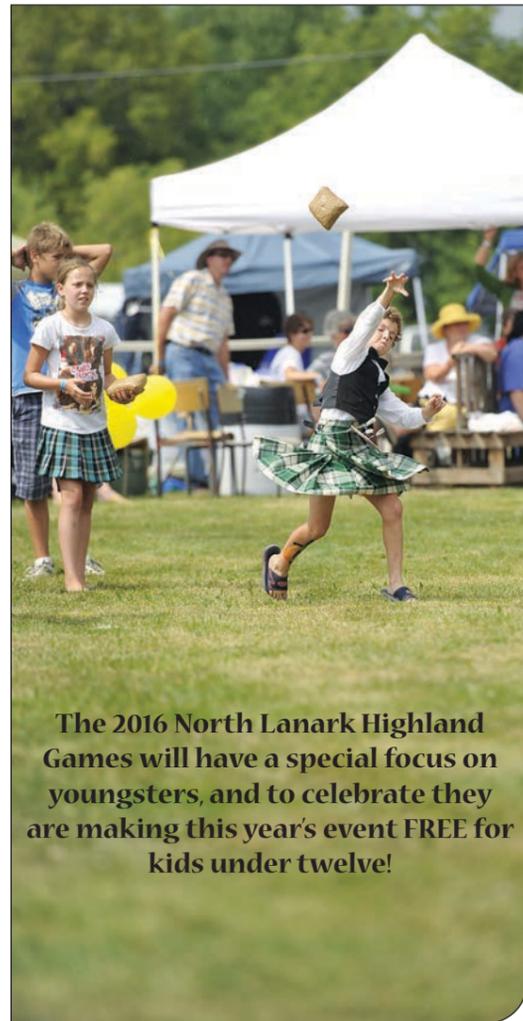


This year's **Puppets Up!** festival includes a troupe from New Delhi, Eccentric Adam's Emporium (above), and performances PLUS a workshop by the talented Joshua Holden (at left)

emotion as the sound of the massed pipe bands, playing as one, move towards you and then away. Chills! And the kids doing their highland dancing are awfully cute (and talented)!

This year's strength competitions are a team competition, with each team consisting of one guy and one gal. No doubt adding some colour to the friendly competition will be Neil and Heidi Lowry, a married couple who are on different teams. Heidi (multiple Women's Heavyweight Championship titles at these games) is paired with Markus Wand (multiple Professional Heavyweight Championships). This pair were both Team Champions and Crowd Favourites last year, so I'll bet Neil and teammate Wendy McCrea will have some fightin' words (or, ok, good-natured ribbing) for them as they and the three other teams compete.

Entry is \$17 (kids under 12 free), but true Scots will buy their tickets in advance, at \$15, available at Mill Street Books in Almonte, Nicholson's Sundries in Pakenham, and at the CP Chamber of Commerce. See the full schedule and more at <almontehighlandgames.com>.



The 2016 North Lanark Highland Games will have a special focus on youngsters, and to celebrate they are making this year's event FREE for kids under twelve!

General Summer 2016
fine craft, art & design **FEATURE EXHIBITIONS**

continuing until August 14:
CHANDLER SWAIN figurative ceramics **MEAGHAN HAUGHIAN** mixed media

coming up:
Aug. 16
to Oct. 2
opening/meet
the artists:
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Movies Under the Stars

Thanks to the wonderful Friends of Augusta Street Park, Mississippi Millians of all ages enjoyed a free concert each Wednesday evening in July. Thanks to Tiffany MacLaren and the Municipality of Mississippi Mills, we can also enjoy a free movie every Thursday in August! The Town is purposely holding these movie nights in different parks around town to get people visiting and enjoying parks they may not have seen. According to Tiffany (MM's Community Economic and Cultural Coordinator), they would love to have more movie nights, but there just aren't enough Thursdays in the month. So for this year, everyone is invited to come out to Wylie Street Park in Almonte on August 4 to see *Angry Birds*, then to Meadowglen Park on Spring Street on August 11 for *Zootopia*. On August 18 it's over to Pakenham (outside the Stewart Community Centre) for *The Jungle Book*, and then back to Almonte's McIntosh Park on Thoburn Street on August 25 for *Inside Out!*

Screenings will start at dusk (probably around 8PM), and there will be snacks for sale as well as free crafts for the kids to make before the movie starts. Organizers are looking for volunteers in each neighbourhood to assist with some set-up and clean-up and to help with crafts. If you would like to volunteer, please contact Allana at 256-1077 x25. They would also like to thank the neighbours who are helping provide power for this event!

North Lanark Highland Games

After a bit of recovery time from Puppets Up!, the excitement ramps up again, when my drum-hitting, bagpipe-playing, caber-tossing, sword-dancing, Scottish friends come to town for the annual North Lanark Highland Games on Saturday, August 27! I can't decide which is my favourite moment: the hope and anticipation and mystery of the few seconds when the tossed sheaf reaches the height of the caber and then pauses (will it go over?)... or the raw

MILLS
COMMUNITY SUPPORT

**North Lanark
Seniors' Expo**

September 8, 2016
Almonte Community Centre
182 Bridge Street
12:00pm to 6:00pm
Free Admission

A one-stop showcase of goods and services available to seniors and their caregivers in North Lanark.

Presented in partnership with:
OACAO Ontario

Sponsored by:
ORCHARD VIEW
BY THE MISSISSIPPI
ALMONTE

This event is hosted by Mills Community Support in partnership with the Older Adult Centres' Association of Ontario (OACAO) and sponsored by the Ontario Seniors' Secretariat.

CARLETON PLACE TERRACE by Symphony **Connect Hearing**

PUPPETS UP!

INTERNATIONAL PUPPET FESTIVAL



LOCATED IN ALMONTE, ONTARIO



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12 TROUPES • 65 SHOWS • 6 VENUES • CRAFT TENT • VENDOR MARKET
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FRIDAY AUG 5 - 9:30 TO 5, SATURDAY AND SUNDAY AUG 6 AND 7 - 9:30 TO 6

SINGLE DAY PASSES: ADULTS \$20.00 • CHILD (3 TO 12) \$10.00 • UNDER 3 FREE

AUGUST 5, 6, AND 7 • WWW.PUPPETSUP.CA

Puppets Up! International Puppet Festival

Almonte

Aug. 5, 6 & 7, 2016

puppetsup.ca

FESTIVAL SHOWS

AMAR SINGH RATHOR

Puran Bhat , Aakaar Puppet Theatre

Kathputli Colony, Delhi, India

Puran Bhat is a master puppeteer who presents his exquisite marionettes in the traditional style, telling a colourful saga from 17th century India. Puran also performs contemporary styles of puppetry, mask, dance and song from his home in the gypsy Kathputli Colony within the heart of New Delhi.

The Aakaar Puppet Theatre is brought to Canada through the partnership of Casteliers Festival in Montreal, Festival India of Ottawa, and Puppets Up!, with the support of the High Commission of India in Ottawa and the Indian Council of Cultural Relations.

35 minutes • for family audience

ANT FEVER

Echantillons 23

Montreal, Quebec

In this tale of scientific exploration, a brilliant scientist tries without success to find an elixir to help his old, ailing mother. Finally he discovers the missing ingredient... an ant! But with his success comes strange side effects, mutation and political interference. Will things work out? Or will everyone be infected by ant fever? Find out in this creative production which combines hand and rod puppets, a humanette puppet and an amazing body costume.

45 minutes • for 7-107 • Sunday only

THE ECCENTRIC PUPPET EMPORIUM

Eccentric Adam

Ottawa, Ontario

Adam Zimmerman (a.k.a. Zip-E the Clown) and his partner in clown, Mike Kosowan, have created "The Eccentric Puppet Emporium" especially for our festival! It's an interactive mix of circus-type schtick, wild and wacky puppet creations, and a big rubber dinosaur that all members of the family will enjoy.

35 minutes • for family audience

THE GOOD VIBE TRIBE

Rock The Arts

Carp, Ontario

Sarah Argue and her RockTheArts puppet company are based in Ottawa and Toronto. She and her energetic Creatureville crew are constantly touring and performing at festivals, theatres and schools in Canada and internationally. In "The Good Vibe Tribe" it's all about being positive, and in the magical Good Vibes Swamp you'll find a princess, a dragon and a fishing rod!

30 minutes • for ages 4 and up

THE JOSHUA SHOW, EPISODE 2: CONTAGIOUS

Joshua Holden

Brooklyn, New York, USA

Joshua returns to Puppets Up! with The Joshua Show, Episode 2: Contagious — the world première — and his familiar cast of characters embark on a new adventure. Together, they fight evil and help save the world by spreading kindness like a welcome contagion. The show features live music, singing, dancing, and puppetry that leaves audiences delighted — they can't help but be swept away by the vulnerability and resilience of Mr. Nicholas, the Wonderbook, Snail Male (the male mail snail), and Larry the Lint.

45 minutes • for family audience

PERFORMANCE

SATURDAY

1 Riverside	2 Old Town Hall	FRIDAY
11:15-11:50 Eccentric Puppet Emporium	9:30-11:00 Film: My Gypsy Colony (French with English subtitles)	Join us for a special "Festival Appetizer" and get a taste of what's coming on the weekend! Check out shows by 6 troupes in 2 venues, along with some street entertainment, on Friday, August 5. Please note that there will be no parade, and no kids' craft tent on Friday.
12:45-1:35 Songs and Stories from Around the World	11:00-11:30 Amar Singh Rathor	Be sure to catch the special showing of the film "My Gypsy Colony" by Martine Palmer at 9:30 in the Old Town Hall Theatre. The film documents the life of hundreds of gypsy puppeteers and artists who live within a village in the heart of Dehli. This is home to Puran Bhat, who is performing at this year's festival. (Note, the film is in French with English subtitles).
2:30-3:05 Eccentric Puppet Emporium	12:30-1:15 The Joshua Show	Because of the reduced schedule, individual tickets for Friday's shows will be \$5 per show for adults, and \$3 per show for kids (kids under 3 are still free).
4:00-4:50 Songs and Stories from Around the World	2:00-2:30 The Good Vibe Tribe	
	3:15-3:55 A Ventriloquist Who Does What?	
	4:30-5:00 The Good Vibe Tribe	

1 Riverside	2 Old Town Hall	3 Thoburn Mill	4 Barley Mow	5 Ultramar	6 Victoria Mill	1 Riverside
	9:30-10:00 The Swan	Space may be limited, so please arrive early!				
10:00-10:35 Table Top Tales		10:15-10:45 Let's Get Along	9:45-10:30 The Snowflake Man	10:00-11:00 The Legend of the Banana Kid Q & A	9:45-10:25 A Ventriloquist Who Does What?	10:00-10:35 Amar Singh Rathor
11:15-11:45 Amar Singh Rathor	10:30-11:15 The Joshua Show		11:00-11:50 Songs and Stories from Around the World	11:30-12:00 The Good Vibe Tribe	11:30-12:20 Eccentric Puppet Emporium Q & A	11:15-11:45 Tab
12:30-1:05 Table Top Tales	11:45-12:15 The Swan	12:15-12:45 Let's Get Along	12:30-1:15 The Snowflake Man	12:30-1:15 The Legend of the Banana Kid		12:30-1:05 Amar Singh Rathor
1:45-2:15 Puppets Up! Parade						
2:30-3:00 Amar Singh Rathor	2:45-3:15 The Swan	3:15-3:45 Let's Get Along	3:00-3:50 Songs and Stories from Around the World	3:00-3:30 The Good Vibe Tribe	2:45-3:35 Eccentric Puppet Emporium Q & A	2:30-3:00 Tab
3:45-4:20 Table Top Tales	3:45-4:30 The Joshua Show		4:30-5:15 The Snowflake Man	4:15-5:00 The Legend of the Banana Kid	4:00-5:00 Photos with a Dinosaur	3:45-4:20 Tab
5:00-5:30 Amar Singh Rathor						5:00-5:30 Tab

MANIPULATING THE TRUTH: BREATHING EMOTIONAL LIFE INTO HAND PUPPETS

Puppets Up! is offering a 2-hour puppet workshop on Friday, August 5, at 3PM in the Almonte Old Town Hall conducted by the gifted puppeteer, Joshua Holden, from New York City. To register, go to puppetsup.ca. Hand puppets will be provided but students are welcome to bring their own to work with.

TICKETS

Friday (reduced schedule) Single Shows

Saturday & Sunday Single Day Shows
Weekend Packages
Single Shows

Passes are available in advance at Mill Street Books in Almonte or online

Puppets Up! International Puppet Festival

Almonte

Aug. 5, 6 & 7, 2016

puppetsup.ca

SHOWS & PERFORMERS

THE LEGEND OF THE BANANA KID

Frogtown Mountain Puppeteers

Bar Harbor, Maine, USA

Robin, Brian and Erik perform like they grew up together — which they did! Their hilarious shows are tight and funny and run with clockwork precision. Frogtown has performed at Puppets Up! 9 out of the 12 years that the festival has been running. This year they are replaying an old crowd favourite. Yes, once again, The Banana Kid is back with Little Chucky, Goaty and Big Bad Bart with his gang of Wild West outlaws!!

45 minutes • for ages 4 and up

LET'S GET ALONG! THE GAME SHOW

ADHS Drama Club

Almonte, Ontario

Join Bip, Bop and Boo as they work together exploring our differences and similarities on the game show "Let's Get Along!" Winning is a team effort on this show, and the rewards are knowledge, new experiences and maybe even new friends. Puppets Up! is very proud to present this production featuring talented young actors and puppeteers from our local High School, under the direction of their enthusiastic drama teacher Jenny Sheffield.

30 minutes • for ages 4 and up

THE SNOWFLAKE MAN

Puppetkabob

Portland, Oregon, USA

Inspired by the real-life experiences of New England farmer, Wilson "Snowflake" Bentley, pioneer of snowflake photography, artist and puppeteer Sarah Frechette has created a unique table-top production. This UNIMA-USA award-winning show blends Czech-style marionettes, miniatures, pop-up paper art and music to magical effect! Through her imaginative telling of this story, Sarah swings family audiences into the historic 1920s.

40 minutes • for family audience

SONGS AND STORIES FROM AROUND THE WORLD

Matthew Romain, Laughtertainer

Windsor, Ontario

Matthew is a gifted puppeteer and school teacher who comes to us from the southern tip of Ontario. He has a great love of music and fun and never fails to blend the two together in his hilarious one-man presentations. The antics of his puppet characters and his vigorous interaction with the audience always result in an enthusiastic response from all ages who feel compelled to join in.

50 minutes • for family audience

THE SWAN/LE CYGNE

Le Theatre de Deux Mains

Montreal, Quebec

Le Theatre de Deux Mains (The Theatre of Two Hands) presents solo shows created and directed by the very talented Louis-Philippe Paulhus, who has been a puppeteer since 1997. "The Swan/Le Cygne" is based on "The Ugly Duckling" by Hans Christian Anderson. It's a very beautiful production, without words, about a fisherman who helps a little bird overcome obstacles to find his true family.

30 minutes • for children 2-5 and their parents

PERFORMANCE SCHEDULE SUNDAY

Mill	1 Riverside	2 Old Town Hall	3 Thoburn Mill	4 Barley Mow	5 Ultramar	6 Victoria Mill
		9:45-10:15 The Swan		9:45-10:35 Songs and Stories from Around the World		10:00-10:40 A Ventriloquist Who Does What?
	10:15-10:45 Amar Singh Rathor		10:15-10:45 Let's Get Along		10:15-10:55 Ant Fever	
		11:00-11:45 The Joshua Show		11:15-12:00 The Snowflake Man		11:15-11:45 The Good Vibe Tribe
	11:30-12:05 Table Top Tales				11:45-12:45 The Legend of the Banana Kid Q & A	
		12:30-1:00 The Swan	12:15-12:45 Let's Get Along	12:30-1:20 Songs and Stories from Around the World		12:30-1:10 Eccentric Puppet Emporium
	12:45-1:15 Amar Singh Rathor					
	1:45-2:15 Puppets Up! Parade					
	2:45-3:20 Table Top Tales	2:45-3:45 The Joshua Show Q & A	3:15-3:45 Let's Get Along	3:00-3:45 The Snowflake Man	2:30-3:15 The Legend of the Banana Kid	2:45-3:25 Eccentric Puppet Emporium
					3:45-4:25 Ant Fever	
	4:15-5:05 Table Top Tales Q & A	4:30-5:00 The Swan		4:30-5:15 The Snowflake Man		4:15-5:00 The Good Vibe Tribe Q & A
					5:00-5:45 The Legend of the Banana Kid	

Space may be limited, so please arrive early!

TABLE TOP TALES

Snafu & The Snack Music Collective

Toronto, Ontario

A fabulous puppetry-storytelling-improv-dance-music mash up! Ingrid Hansen, Elliott Loran and Andrew G. Young bring personal stories to life in a way that is both simple and simply brilliant, and they offer you an active role in the action. Parents and children are invited to come up and tell a story from their family lore. Feeling shy? You can also just watch. The team then acts out your stories using fruit, vegetables, and kitchen tools!

35 minutes • for ages 5 and up

A VENTRILOQUIST WHO DOES WHAT?

The Puppet Tamer, Tim Holland

Peterborough, Ontario

Master ventriloquist Tim Holland is also a daredevil. Try doing death-defying stunts while arguing with yourself! Uncooperative or overzealous, the puppets always steal the show. Tim's professional performing has taken him across Canada as well as Europe, Asia and Australia. His show features ventriloquism, juggling (knives, apples and bowling balls), a high unicycle and a dancing rubber chicken.

40 minutes • for family audiences

KIDS' CRAFT TENT

On Saturday and Sunday, get creative at the Puppets Up! craft tent! Kids 2 and up will learn how to make puppets or just have fun playing with sparkles.

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.

STREET ENTERTAINMENT

For your added enjoyment, and free of charge, Puppets Up! welcomes a spectacular list of entertainers and musicians who will perform in and around the festival site.

Single Show Tickets only: ADULTS \$5 • CHILDREN \$3

Single Day Pass: ADULTS \$20 • CHILDREN (3-12) \$10

Weekend Pass: ADULTS \$30 • CHILDREN \$15

Single Show Tickets: ADULTS \$10 • CHILDREN \$5

Buy tickets or online at puppetsup.ca. Passes and tickets are available on site.

Puppets Up! International Puppet Festival

Almonte

Aug. 5, 6 & 7, 2016

puppetsup.ca



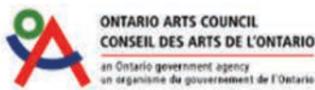
PUPPETS ON PARADE

Our daily parades are going to be bigger and better than ever! Our mascot Nick, the 12-foot tall Parade Queens and some of your old favourites return to dance their way down Mill Street at 1:45 on Saturday and Sunday. We also have some new faces and some special VIPs for you to welcome.



THANK YOU!

THANKS TO OUR SPONSORS,
MEDIA PARTNERS, AND OUR
VERY GENEROUS "ANGELS"



Canadian Heritage
Patrimoine canadien



Spotlight on Almonte!

There are a couple of good news stories coming out of Almonte this summer that really deserve special mention. The first won't come as any surprise if you are a) active on Facebook or b) up on your international chocolate news, but just in case you missed it...

Best Chocolate in the World

Almonte's **Hummingbird Chocolate** was awarded the UK-based Academy of Chocolate's prestigious "Golden Bean" at the recent awards gala in London. The award went to their delicious Hispaniola 70% bar, and means that the Academy considers it to be "the best chocolate in the global competition". In our humble opinion, that means The. Best. In. The. World. On the heels of that news, Prime Minister Justin Trudeau even tweeted out his congratulations and said he couldn't wait to try some!

Not surprisingly, Almontonians spent much of July directing out-of-towners to Hummingbird's workshop at 9 Houston Drive, or to one of the many local shops that carry their wares. After the predictable sell-out, some shops even posted signs that read: "we're temporarily out of Hummingbird chocolate, but we have lots of other great stuff!" And that's something to be considered here, folks. I mean, the Hispaniola bar tasted just as good before the big win, so you just never know when the next lovingly-made local product (lmlp) will get the nod. Probably best to stock up on those lmlps every time you visit a small town, and beat the crowds! In the meantime, big congratulations go out to Hummingbird owners Erica and Drew Gilmour — find out more about them at <hummingbirdchocolate.com>.

Back in Basketball News

Another accolade — this one of national note — was celebrated on Wednesday, July 13 at Almonte's **Augusta Street Park** before one of the park's "Five Wednesdays in July" summer concerts. A number of dignitaries gathered on that notable day, including Mississippi Mills' Mayor Shaun McLaughlin, Jonathan Chang from NBA Canada, Minister of Sport and Persons with Disabilities Carla Qualtrough, and Jim Naismith — grandson of Dr. James Naismith, the Almonte native who invented the great game of basketball. They were participating in a formal celebration of appreciation because, last fall, NBA Canada chose Augusta Street Park in Almonte to be the focus of a refurbishment project. Thanks to the NBA Cares program and Bell Canada, the park now has a new paved outdoor basketball court complete with new standards, backboards and nets.

So how is that of national note? So glad you asked! Back in August of 2015, a nomination was made to the national Stamp Advisory Committee for a 2016 postage stamp to commemorate the 125th anniversary of basketball. Apparently a minimum of two years is required to green light and produce a new stamp so, in lieu of that, a special postal cancellation (the marking applied on a postage stamp or postal stationery to deface the stamp and prevent its re-use) has been created to celebrate the 125th anniversary of basketball



Almonte celebrates the unveiling of the new basketball postal cancellation (above, being shown by Neil Carleton to Minister Carla Qualtrough, while Jim Naismith looks on), and Hummingbird Chocolate's "Golden Bean" award, and welcomes actresses Ashley Williams and Marilu Henner to town (below)

in Naismith's hometown. The design was unveiled at the Augusta Street Park ceremony on July 13, and you may see it soon on your very own mail!

On the Set

In addition to hunting for chocolate and peering at postal cancellations, residents are also becoming adept at deking around film crews this summer. Shortly after Shane West and the crew of the serial killer thriller *Z* left town, work started on another project in downtown Almonte. **Seeds of Love** is a Canadian film being made for The Hallmark Channel, starring Ashley Williams and Marilu Henner. Ashley plays the part of Aimie, who works for the Parks & Recreation department. When she learns that the town's iconic and beloved tree at the cenotaph is being cut down because the roots are strangling the water system, she decides to move into the tree to save it. While she camps out in the tree, Kyle (who has been contracted to cut the tree down) resides in his truck next to the tree, awaiting an opportunity to begin his work. Their animosity eventually turns to attraction and together they find a way to save the tree, fix the pipes, and live happily ever after!

The Ottawa production company working on *Seeds of Love* is The Mob Entertainment Inc., which is comprised mostly of folks who grew up in the Ottawa area. While in town, they are hanging out at cafés and restaurants (looking for chocolate), purchasing their supplies from local businesses, and even hiring extras from the area. Filming runs from July 26 to August 13 (Tuesdays through Saturdays), and they are in fact using the lovely tree in front of Almonte's cenotaph as "the tree".

So when you're visiting Almonte in August, be sure to look up — you may spot Ashley Williams in the branches!

— Kris Riendeau



Rock Legend Carl Dixon to Play Calabogie

Rock musician, singer, songwriter, and walking legend Carl Dixon <carldixon.com> will be performing at the **Valley Food and Drink Co.** in Calabogie on Saturday August 20 at 8PM and Sunday August 21 at 2PM. Carl, who has played with Coney Hatch, The Guess Who and April Wine, remains one of Canada's stellar singers and musicians. He tours and records extensively as a solo artist, band member and inspirational speaker.

Carl was critically injured in a car accident in Australia in 2008. After years in recuperation, his story came full circle when he fulfilled his goal and returned to The Guess Who as lead singer for two special shows in 2016. His first book, *Strange Way to Live*, details his thirty years' experience in the North American music industry, and was published by Dundurn Press in 2015.

Carl's powerful acoustic show features songs from his career, including hits by Canada's rock icons, his own compositions and crowd favourites.

The Valley Food and Drink Co. is an Ottawa Valley destination restaurant located inside Calabogie Lodge on the shore of beautiful Calabogie Lake. It is fully licensed and also features local craft beers and Ontario wines. They feature live entertainment every Saturday night and many Friday nights.

Tickets for the Carl Dixon show are only \$20 and are available at <eventbrite.ca> or in person at the restaurant (729 Mill Street in Calabogie), or they can be reserved by phoning 752-2676 x311. Dinner will be available from before the show starts (reservations are required). Seating is limited so advance tickets and reservations are required. Visit <thevalleyfoodanddrinkco.ca> for more details.



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News
beginning September 2016 & continuing every month, we will host a **Seniors Appreciation Day - last Wednesday of the Month.**
* % off your purchase - treats - occasional door prize draws *
*65 years of age or older

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BODY POETS

MASSAGE THERAPY
ALMONTE



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Ellen Symons, RMT delivers focused and effective treatment with deep tissue, fascial, and relaxation techniques. Her Body Poets clinic in downtown Ottawa (10 RMTs, founded 2004) was voted Top Massage Therapist 2016*. Ellen is delighted to work both in Ottawa and in Almonte, where she lives.

*Top Choice Awards

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359 Ottawa Street #3, Almonte (at Patterson - with Kim Narraway, RMT)

Ellen Symons, RMT
Registered Massage Therapist

Saturday hours available

Claiming Column

Sundance Studio Tour, Maberly, Sep 3-5
 Stompin' Tom Tribute, CP, Sep 8
 Seniors' Expo, Almonte, Sep 8
 Farm 2 Fork Dinner/Dance, CP, Sep 10
 Food & Drink Show, Almonte, Sep 10
 Fibrefest, Almonte, Sep 10-11
 40 Plus Singles Dinner/Dance, SE, Sep 10
 Harvest Festival, Beckwith, Sep 11
 Festival of Small Halls, Sep 14-Oct 2
 OVMF: Classicism par Excellence, Pembroke, Sep 18
 Spencer Mackenzie, Westport, Sep 23
 Merrickville Studio Tour, Sep 24-25
 Storywork: Telling Tales Rooted in the Land, Maberly, Sep 24
 Merrickville Studio Tour, Sep 24-25, Oct 1-2
 tapastree, Almonte, Oct 1
 Expressions of Art, Carp, Oct 7-9
 Crown & Pumpkin Tour, Almonte/Clayton, Oct 8-10
 Out of Sight... Out of Murder, Smiths Falls, Oct 14-23

Festivals

Puppets Up!, Aug 5-7, 9AM-6PM. Shows, street ent't & parade (Sat/Sun only). Downtown Almonte. puppetsup.ca. \$20/day (\$10 ages 3-12)

Puppets Up! Cabaret (adults only), Aug 6, 8PM. The Full Almontey, Almonte Old Town Hall. puppetsup.ca. \$25

Arnprior Fair, Aug 11-14. Music, 2 demo derbies, pony rides, chuckwagon races & more. Arnprior Fairgrounds. arnpriorfair.ca

Carp Farmers' Mkt Garlic Festival, Aug 13 (8AM-3PM), Aug 14 (10AM-3PM). Free admission. Sales, demos. Carp Fairgrounds. carpgarlicfestival.ca

Pakenham Fair, Aug 13. Horse show, kids' stuff, food, & more. Stewart Community Centre, Pakenham. 256-1077, exploremississippimills.ca. \$5; under 12s free

Perth Garlic Festival, Aug 13 (9AM-5PM) & 14 (9AM-4PM). Tastings, cooking demos. Perth Fairgrounds. 1-877-268-2833, perthgarlicfestival.com. \$5 (kids under 12 free)

MUSICwestport, Aug 20, 12-7PM. Outdoor music, Kidzone, vendors; rain or shine. SoHo's & The Cove, Westport. westportartscouncil.com. Free

Settlers' Heritage Day/ Lanark County Plowing Match, Aug 20, 9AM-4PM. History/farming tour, pancake breakfast, plowing match. Moodie-Cameron Farm, 2677 Scotch Line/CR 10, Perth. 267-5353, tayvalleytwp.ca. Free

White Pine Festival, Aug 26-28. Car & moto show, music, guided nature walks. McLean Park, Arnprior. arnpriorwhitepinefestival.ca

North Lanark Highland Games, Aug 27, 8AM-6PM. Massed bands 1 & 5:30PM, heavyweight athletics, dancing. Tix: Mill St Books, Nicholson's, CP Chamber. Almonte Fairgrounds. almontehighlandgames.com. \$17; \$15 adv

Smiths Falls Trainfest, Aug 27-28, 10AM-4PM. Train rides, vendors, workshops & more. Railway Museum of Eastern Ontario, Smiths Falls. 283-5696, rmeo.org. \$10; \$8 snrs/stud; \$5 children; 3 & under free

Visual Arts

Paint Nite, Tuesdays, 7PM. No experience req'd. Waterfront Gastropub, CP. 257-5755, \$45

Opening: Glass Artist Show & Sale, Aug 3, 6-9PM. Fused glass and more. Current Works of Glass, 112 Queen St., Almonte. 859-0100, cwog.ca

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth 4-Hand Euchre, Bolingbroke Green Drinks, Perth Open Mic, Queens Hotel Paint Nite, Carleton Place Duplicate Bridge, Smiths Falls 	<p>Algonquin College Perth Walk'in Wednesdays</p> <ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge, Almonte Arms and the Man, Perth Open Jam Night, Waterfront Gastropub Glass Artist Show & Sale, Almonte Puppets Up! On The Road, Pakenham, Arnprior River of Memory, Perth Shawn McCullough, The Cove Tea on the Lawn, Almonte Karaoke, Golden Arrow 	<ul style="list-style-type: none"> Angry Birds, Almonte Arms and the Man, Perth Jazz at the Queens, Queens Hotel Jazz Night, The Cove Jimmy Tri-Tone Band, Barley Mow Karaoke, Valley Food & Drink Co. Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow Perth Citizens' Band, Perth Puppets Up! On The Road, CP, Perth River of Memory, Perth
<p>8</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth 4-Hand Euchre, Bolingbroke Adult Bereavement Group, Perth Brock Zeman & Blair Hogan, O'Reilly's Pub Open Mic, Queens Hotel Paint Nite, Carleton Place Duplicate Bridge, Smiths Falls 	<p>Algonquin College Perth Walk'in Wednesdays</p> <ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge, Almonte Arms and the Man, Perth River of Memory, Perth Shawn McCullough, The Cove Tea on the Lawn, Almonte Karaoke, Golden Arrow 	<ul style="list-style-type: none"> Arms and the Man, Perth Arnprior Fair, Arnprior Jazz Night, The Cove Jimmy Tri-Tone Band, Barley Mow Karaoke, Valley Food & Drink Co. Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow River of Memory, Perth Zootopia, Almonte
<p>15</p> <ul style="list-style-type: none"> Bereavement Support Group, Almonte Carp Celtic Jam, Carp Masonic Lodge Jimmy Tri-Tone Band, CP Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth 4-Hand Euchre, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub Open Mic, Queens Hotel Paint Nite, Carleton Place Duplicate Bridge, Smiths Falls 	<p>Algonquin College Perth Walk'in Wednesdays</p> <ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge, Almonte River of Memory, Perth Shawn McCullough, The Cove Tea on the Lawn, Almonte Karaoke, Golden Arrow 	<ul style="list-style-type: none"> Bingo Ladies, Perth Meet the Artists, Almonte Jazz Night, The Cove Jimmy Tri-Tone Band, Barley Mow Karaoke, Valley Food & Drink Co. Kelli Trotter & Dinner, Perth Musicians' Circle, Bolingbroke Open Mic, Alice's Golden Arrow Perth Citizens' Band, Perth River of Memory, Perth Shakespeare in the Garden, Almonte The Jungle Book, Pakenham
<p>22</p> <ul style="list-style-type: none"> Almonte Hort. Soc. Potluck, Almonte Carp Celtic Jam, Carp Masonic Lodge Jimmy Tri-Tone Band, CP Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth 4-Hand Euchre, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub Open Mic, Queens Hotel Paint Nite, Carleton Place Duplicate Bridge, Smiths Falls 	<p>Algonquin College Perth Walk'in Wednesdays</p> <ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge, Almonte An Inspector Calls, Perth River of Memory, Perth Shawn McCullough, The Cove Tea on the Lawn, Almonte Karaoke, Golden Arrow 	<ul style="list-style-type: none"> An Inspector Calls, Perth Bridge to Terabithia, Smiths Falls Inside Out, Almonte Jazz Night, The Cove Jimmy Tri-Tone Band, Barley Mow Karaoke, Valley Food & Drink Co. Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow River of Memory, Perth West Side Story, Perth
<p>29</p> <ul style="list-style-type: none"> Carp Celtic Jam, Carp Masonic Lodge Jimmy Tri-Tone Band, CP Duplicate Bridge, Smiths Falls 	<ul style="list-style-type: none"> 4-Hand Euchre, Perth 4-Hand Euchre, Bolingbroke Adult Bereavement Group, SF Brock Zeman & Blair Hogan, O'Reilly's Pub Open Mic, Queens Hotel Paint Nite, Carleton Place Duplicate Bridge, Smiths Falls 	<p>Algonquin College Perth Walk'in Wednesdays</p> <ul style="list-style-type: none"> Acoustic Stage, O'Reilly's Pub Duplicate Bridge, Almonte An Inspector Calls, Perth Shawn McCullough, The Cove Tea on the Lawn, Almonte Karaoke, Golden Arrow 	<ul style="list-style-type: none"> An Inspector Calls, Perth Jazz Night, The Cove Karaoke, Valley Food & Drink Co. Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Open Mic, Golden Arrow

Vernissage: Diane Lemire, Aug 6, 2-4PM. Sculptures, textile art, and paintings. Mississippi Valley Textile Museum, 3 Rosamond St. E, Almonte. 256-3754, mvtm.ca

Almonte Quilters Guild Quilt Show, Aug 13-14, 10AM-5PM. Raffles, vendors, tea room. Almonte Civitan Hall. \$5 (12 & under free)

Meet the Artists, Aug 18, 6-8PM. Mary Pfaff & Leta Cormier at General Fine Craft, Almonte. generalfinecraft.com

Art on the Grass, Aug 20, 8AM-3PM. Show & sale. VV. Carleton Arts Soc. Carp Fairgrounds. 832-2156, lis@pine-ridge.ca

Theatre

Puppet Workshop, Aug 5, 3PM. Breathing Emotional Life into Hand Puppets w/ Joshua Holden. Almonte Old Town Hall. puppetsup.ca

Classic Theatre Festival presents historic walking tours **River of Memory** (to Aug 28, Wed-Sun 11AM); **Lonely Ghosts Walk** (to Aug 26, Fri 7-8PM). Meet at Matheson House Museum, Perth. 1-877-283-1283, classictheatre.ca. \$15 (\$12 w/play ticket); under 12s 50%

Classic Theatre Festival presents **Arms and the Man** (to Aug 14) and **An Inspector Calls** (Aug 19-Sep 11). Wed, Thurs, Sat 8PM; Wed-Sun 2PM. Pre-show talk 30 min before. Classic Theatre Festival. St. James Anglican Church, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee

Shakespeare in the Garden, Aug 18, 7PM. A Company of Fools: *Pericles*, *Prince of Tyre*. The Herb Garden, Almonte. 256-0228, herbgarden.on.ca. Pass-the-hat

Bingo Ladies, Aug 18-20, 26-27 7:30PM; Aug 21, 28 2PM. Musical. Studio Theatre, Perth. \$28; \$28 (Book Nook, cash), \$30 Shadowfax (shadowfax.on.ca, 267-6817, cards)

Bridge to Terabithia, Aug 19-20, 25-27, 7:30PM; Aug 21, 28, 2PM. 283-0300, smithsfallstheatre.com. \$20; \$10

Lanark Laughs, Aug 26, 8-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs?fref=ts.

Literature

Book Signing: Doug Smith, Aug 5, 1-3PM. *The Deadly Duel* at Perth. The Bookworm, Perth. 264-7257

Framework: Words on the Land, Aug 21, 3PM. Readings w/writers, written there. fieldwork, 2501 Old Brooke Rd., Maberly. writersfestival.org/events. \$20

Local Food

Barns, Farms & Wicked Chefs, Aug 27, 5:30-10PM. Tix: ticketsplease.ca. ECOTAY Centre, Perth. thetablecf.org. \$125

Youth

Puppets Up! On The Road, Aug 3, Tim Holland & Rock the Arts, 10:30AM (St. Andrew's United, Pakenham) & 2:30PM (Nick Smith Ctr, Arnprior); Aug 4, Tim Holland & Zip-E the Clown, 10:30AM (Carambeck Community Ctr, CP), 2:30PM (Perth Legion). puppetsup.ca. \$10, \$3 child

Movies Under The Stars, 8PM: Aug 4 **Angry Birds** (Wylie St. Park, Almonte); Aug 11 **Zootopia** (Meadowglen Park, Spring St., Alm); Aug 18 **The Jungle Book** (Stewart Community Ctr, Pakenham); Aug 25 **Inside Out** (McIntosh Park, Thoburn St., Alm). 256-1077, exploremississippimills.ca. Free

Summer Storytelling, Aug 7, 10AM, Jan Andrews reads from *The Twelve Days of Summer*. Reg'n at 9:30AM. High Lonesome Nature Reserve, Pakenham. mmlt.ca/events

AUGUST 2016

Friday

Saturday

Sunday

<ul style="list-style-type: none"> Puppets Up!, Almonte Ali McCormick, Valley Food & Drink Co. Arms and the Man, Perth Book Signing: Doug Smith, Perth John Wilberforce, The Cove Karaoke, John St. Pub Lonely Ghosts Walk, Perth Mississippi Blues Soc. Jam, Waterfront Gastropub Puppet Workshop, Almonte River of Memory, Perth Smitty, O'Reilly's Pub Steve Barrette Trio, The Swan at Carp Jon Townsen, Golden Arrow 	<ul style="list-style-type: none"> Puppets Up!, Almonte Alpaca 101, Ompah Arms and the Man, Perth Bahoo, Brat & Commander, Valley Food & Drink Co. Jeff Callery & John Wilberforce, The Cove Jimmy Tri-Tone Band, Golden Arrow Outdoor Yoga, Carleton Place Puppets Up! Cabaret (adults only), Almonte River of Memory, Perth Stephen Mark Fisher, St. James Gate Summer Flower & Edibles Show, Perth Tea on the Lawn, Almonte Vernissage: Diane Lemire, Almonte 	<ul style="list-style-type: none"> Puppets Up!, Almonte Arms and the Man, Perth Blues w/Barry Buse, Waterfront Gastropub Gary Patrois, Robert Simpson Park Head over Heels, The Cove Magnolia Rhythm Kings, The Royal Oak OVMF: Bel Canto Wind Quintet, Arnprior River of Memory, Perth Summer Storytelling, Pakenham Valley Singles Lunch, Carleton Place
<ul style="list-style-type: none"> Arms and the Man, Perth Arnprior Fair, Arnprior Chris Murphy, The Cove Kyle Felhaver, M3 Eatery Lonely Ghosts Walk, Perth River of Memory, Perth Skyler Radmore, John St. Pub Tom Watson, O'Reilly's Pub Matt Dickson, Golden Arrow 	<ul style="list-style-type: none"> Quilters Guild Quilt Show, Almonte Arms and the Man, Perth Arnprior Fair, Arnprior Carp Farmers' Mkt Garlic Festival, Carp Country music, Valley Food & Drink Co. Head over Heels, The Cove Outdoor Yoga, Carleton Place Pakenham Fair, Pakenham Perth Garlic Festival, Perth River of Memory, Perth Tea on the Lawn, Almonte Derringer, Golden Arrow 	<ul style="list-style-type: none"> Quilters Guild Quilt Show, Almonte APEX Jazz Band, The Royal Oak Arms and the Man, Perth Arnprior Fair, Arnprior Blues w/Barry Buse, Waterfront Gastropub Carp Farmers' Mkt Garlic Festival, Carp Head over Heels, The Cove Perth Garlic Festival, Perth River of Memory, Perth Vintage Bootleg, Robert Simpson Park
<ul style="list-style-type: none"> An Inspector Calls, Perth Bingo Ladies, Perth Bridge to Terabithia, Smiths Falls Lonely Ghosts Walk, Perth MUSICwestport: MonkeyJunk, The Cove River of Memory, Perth Stephen Fisher, O'Reilly's Pub Steve Barrette Trio, The Swan at Carp Vicki Brittle, M3 Eatery Jon Townsen, Golden Arrow 	<ul style="list-style-type: none"> An Inspector Calls, Perth Art on the Grass, Carp MUSICwestport, Westport River of Memory, Perth Bridge to Terabithia, Smiths Falls Broadcast of Tragically Hip, John St. Pub Carl Dixon, Valley Food & Drink Co. Children's Walk for Autism, Carleton Place Jazz at the Waterfront, Waterfront Gastropub Rib & Corn Fest, Bolingbroke River City Junction, O'Reilly's Pub Settlers' Day/ Lanark Cty Plowing Match, Perth Tea on the Lawn, Almonte Bingo Ladies, Perth Outdoor Yoga, CP SidePipe, John St. Pub Sarah Foster, Golden Arrow 	<ul style="list-style-type: none"> An Inspector Calls, Perth Bingo Ladies, Perth Blues w/Barry Buse, Waterfront Gastropub Bridge to Terabithia, Smiths Falls Carl Dixon, Valley Food & Drink Co. Framework: Words on the Land, Maberly Head over Heels, The Cove Kyle Felhaver, Robert Simpson Park Magnolia Rhythm Kings, The Royal Oak River of Memory, Perth
<ul style="list-style-type: none"> An Inspector Calls, Perth Bingo Ladies, Perth Bridge to Terabithia, Smiths Falls Jon McLurg & Chris Morris, The Cove Lanark Laughs, Carleton Place Lonely Ghosts Walk, Perth Peter Pan, Perth River of Memory, Perth West Side Story, Perth White Pine Festival, Arnprior Beatle Juice, Golden Arrow 	<ul style="list-style-type: none"> Peter Pan, Perth Bridge to Terabithia, SF An Inspector Calls, Perth Tea on the Lawn, Almonte Barns, Farms & Wicked Chefs, Perth Head over Heels, The Cove Jimmy Tri-Tone Band, Carleton Place L'Arche Walk/Roll/Run Fundraiser, Arnprior Merrickville Antique & Artisan Show North Lanark Highland Games, Almonte Seed Saving Workshop, Almonte White Pine Festival, Arnprior Ali McCormick Duo, Valley Food & Drink Co. River of Memory, Perth RMEO Trainfest, SF Bingo Ladies, Perth Outdoor Yoga, CP 	<ul style="list-style-type: none"> An Inspector Calls, Perth APEX Jazz Band, The Royal Oak Bingo Ladies, Perth Blueberry Tea, Mississippi Mills Blues w/Barry Buse, Waterfront Gastropub Bridge to Terabithia, Smiths Falls Head over Heels, The Cove Merrickville Antique & Artisan Show, Merrickville River of Memory, Perth Smiths Falls Trainfest, Smiths Falls The NightCrawlers, Generations Inn White Pine Festival, Arnprior

Academy for Musical Theatre: **West Side Story**, Aug 25, 26 7PM. **Peter Pan**, Aug 26 1:30PM; Aug 27, Sep 2-3 7PM. Full Circle Theatre, Perth. musictheatre.ca. \$12

Music Musicians' Circle, Thursdays, 7PM. Musicians only - all ages. ABC Hall, 3166 County Rd. 36, Bolingbroke. 273-9005. \$5 for hall

Perth Citizens' Band, Aug 4 & 18, 7:30PM. Bring lawn chair or stroll park. Stewart Park, Herriott St., Perth. 256-4221, perthband.ca

OVMF: Bel Canto Wind Quintet, Aug 7, 3PM. Wondrous Winds. Grace St-Andrews United Church, Arnprior. 754-5217, otawavalleymusicfestival.ca. \$25; \$10 under 30, \$5 students

Jimmy Tri-Tone Band @ Farmers' Mkt, August Mondays, 6-9PM. Special evg market. CP Farmers' Market Square, CP.

Pub Crawling Golden Arrow Pub (Perth, 267-4500): Wed Karaoke, Thur Open Mic w/ Ted Lalonde; 9PM

Aug 5, 19 Jon Townsen
Aug 6 Jimmy Tri-Tone Band
Aug 12 Matt Dickson
Aug 13 Derringer
Aug 20 Sarah Foster
Aug 26 Beatle Juice
Aug 27 Poetic Justice

Generations Inn (CP, 253-5253): Aug 28 The NightCrawlers acoustic blues, 6-9PM

The Cove (Westport, 273-3636): Wed Shawn McCullough 7-10PM, Thurs Jazz Nigh, 9-11PM, Sun Head over Heels, 12:30-3:30PM

Aug 5 John Wilberforce, 6-9PM
Aug 6 Jeff Callery & John Wilberforce, 6-9PM
Aug 12 Chris Murphy, 6-9PM
Aug 13, 27 Head over Heels, 6-9PM
Aug 19 MUSICwestport: MonkeyJunk, 8-11PM, \$20
Aug 26 Jon McLurg & Chris Morris, 5:30-8:30PM

The Swan at Carp (Carp, 839-7926): Aug 5, 19 Steve Barrette Trio, jazz, 7-10PM

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM

Aug 7, 21 Magnolia Rhythm Kings
Aug 14, 28 APEX Jazz Band

M3 Eatery (Arnprior; 791-0992): 7:30PM, \$5

Aug 12 Kyle Felhaver
Aug 19 Vicki Brittle

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

The Barley Mow (Almonte, 256-5669): Thurs 8PM Jimmy Tri-Tone Band

O'Reilly's Ale House (Perth, 267-7994): Tues Brock Zeman & Blair Hogan 8:30PM [xAug2]; Wed Acoustic Stage 8PM, Fri Live music 9PM

Aug 5 Smitty
Aug 12 Tom Watson
Aug 19 Stephen Fisher
Aug 20 River City Junction

John St. Pub (Arnprior; 623-8149): Aug 5 Karaoke, 9PM, \$5
Aug 12 Skyler Radmore (acoustic), 9:40PM, \$5
Aug 20 Broadcast of Tragically Hip's final concert, 7:30PM, free
Aug 20 SidePipe, 10PM, \$5

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

Valley Food and Drink Co. (Calabogie, 752-2676x311): Thurs Karaoke 8-11PM

Aug 5 Ali McCormick, 8-11PM
Aug 6 Bahoo, Brat & the Commander, 8-11PM
Aug 13 Country music, 8-11PM
Aug 20 Carl Dixon, 8-11PM, \$20
Aug 21 Carl Dixon, 2-5PM, \$20
Aug 27 Ali McCormick Duo, 8-11PM

The Waterfront Gastropub (CP, 257-5755): Sun Blues w/ Redneck Limousine 3-6PM

Aug 5 Mississippi Blues Society Jam, 8:30PM
Aug 20 Jazz at the Waterfront, 8-11PM

Queens Hotel (Carleton Place, 257-7639): Tues Open Mic 7PM

Aug 4 Jazz at the Queens, 6-9PM

Robert Simpson Park (Arnprior): Sundays, 2-4PM, free

Aug 7 Gary Patrois
Aug 14 Vintage Bootleg
Aug 21 Kyle Felhaver

Community

Smiths Falls Duplicate Bridge, Mondays 7PM, Tuesdays 1PM, 256-4747. SF Legion

4-Hand Euchre, Tuesdays, 1-4PM. No stairs. Perth Legion

4-Hand Euchre, Tuesdays, 7PM. ABC Hall, Bolingbroke

Almonte Duplicate Bridge, Wednesdays 7PM, 256-4747. Almonte Legion

Algonquin Campus Perth Walk'in Wednesdays, Wed. 8AM to 8PM. Open house, tours, algonquincollege.com/perth

Tea on the Lawn, Wed & Sat, 2-4PM. Ramsay WI serve baked goods, Mill of Kintail, Almonte, 256-3610

Mahjong, Thursdays 1:30PM, ABC Hall, Bolingbroke, 273-2571. \$5

Outdoor Yoga, Saturdays, 8:30AM, w/Maryse. Heritage Fitness, 2 Costello Dr., Carleton Place. Free

Green Drinks, Aug 2, 5:30PM. Informal meeting of environmental folk. Golden Arrow, 71 Foster St., Perth. GreenDrinks.org

Alpaca 101, Aug 6. Ever wanted to raise your own alpacas? Silent Valley Alpaca Ranch, Ompah. 479-0307, silentvalleyalpaca.ca

Summer Flower & Edibles Show, Aug 6, 1-4PM. Horticultural competition. Perth Legion. perthhortsociety.com

Valley Singles Lunch, Aug 7, 1PM. Singles lunch, all welcome. Generations Inn, Carleton Place. 622-5693

Adult Bereavement Groups, Aug 9 (1-3PM, Community Home Support, Perth, 267-6400); Aug 30 (1-3PM, SF Community Health Centre, 283-6745). Free

Bereavement Support Group, Aug 15, 10:30AM-12PM. Led by Barbara Carroll. Mills Community Support, Almonte. 883-6646, hubhospice.com. Free

Children's Walk for Autism, Aug 20, 9:30AM. Register online. Lanark Autism Support Group. CP High School. lanarkautismsupport.com. \$15; \$10 adv

Rib & Corn Fest, Aug 20, 4:30PM. Shucking contest, 6PM dinner. \$25: 1/2 rack, corn, salad, dessert. Kids: \$15 for 1/4 rack. ABC Hall, Bolingbroke. 273-8834

Almonte Hort. Soc. Potluck, Aug 22, 6:30PM. Bring dishes/utensils. Cornerstone Community Church, Almonte. garden-ontario.org/site.php/almonte

L'Arche Walk/Roll/Run Fundraiser, Aug 27, 10AM-1PM. Walk 11AM. Prizes. Robert Simpson Park, Arnprior. 623-7323, larchearnprior.org. By donation

Seed Saving Workshop, Aug 27, 10AM-12PM. Telsing Andrews on veg/flower seeds. Register at kkidney@mississippimills.ca, 256-1037. Almonte Library. Free

Merrickville Antique & Artisan Show, Aug 27 (10AM-5PM), 28 (10AM-4PM). 850-5446. Merrickville Fairgrounds. \$7 entry; under 12s free

Blueberry Tea, Aug 28, 2-4PM. Blueberries, pastry, tea; GF option. Union Hall, Mississippi Mills. Free; donations appreciated

Diane Lemire's *Paradox* at MVTM

Drawing inspiration from the world around her, Diane Lemire creates mixed-media sculptures, textile art, and paintings that subtly evoke a sense of memory, time, and place. She has exhibited in Canada and Europe, and her work can be found in private and public collections. For the past fifteen years she has been experimenting with the ancient



craft of felting, exploring the fusion of natural fibres with recycled materials.

In her exhibition *Paradox*, which will be featured at the Mississippi Valley Textile Museum from August 10 to September 24, Lemire embraces the bittersweet truth of nurturing through installation, sculpture, and art. What challenges transpire when you are one of twelve or fourteen children? On the other hand, what if you are their hard-working mother?

A vernissage will be held on August 6 from 2PM to 4PM. For more information, call the Museum at 256-3754 or visit at 3 Rosamond St. E. in Almonte.

This Musical Delight Will Have You Yelling "Bingo!"

What do lucky charms, big dreams, and a troll named Thor have in common? Together they're a recipe for a fun-filled and angst-ridden evening out with a best friend and a worst enemy. They're also part of the wacky bingo culture behind the fantastic new musical *Bingo Ladies*, premiering on August 18 at the Studio Theatre.

Yes, it's Friday night at the bingo hall and the gloves are off! Mismatched pals Carol and Sandi enter Duke's Bingo Barn like they're entering a temple — reverent, awestruck, and filled with anticipation. And each woman has her own agenda. Carol needs to pay off her debts. Sandi's hot for Lou, the rock n' roll bingo caller. And then there's Irene, the cranky

old know-it-all, oxygen tank in tow, who always wins. When Carol steals Irene's lucky spot, it sets off a chain of events none of them could have predicted. Four delightful characters share the stage to tell their stories in hilarious, touching and sometimes surprising dialogue, breaking into energetic and engaging song and dance performances that perfectly underscore the *Bingo Ladies* narrative. It's a fast-paced new musical about friendship, gambling and just how far we'll go for the big win.

Bingo Ladies features powerhouse performers who have starred in some of the Studio Theatre's biggest hits: Adam Bond and Keegan Carr, both fresh from this spring's smash *9 to 5, The Musical*; Barb Guthrie, a star of the musical version of *Little Women*; and Barb Seabright-Moore, a veteran of more than forty musicals, from *Gypsy* and *Chicago* to the Studio Theatre's sensational spring 2015 hit *The Drowsy Chaperone*.

Seabright-Moore is a big fan of Canadian playwright and composer Grant Tilly's script and score for *Bingo Ladies*. "This is challenging music!" says the Royal Conservatory-trained vocalist, "and really memorable, too. The tunes are contagious... I just love the whole show." As for Carol, her debt-ridden character, Seabright-Moore says simply, "she's me. I have no trouble connecting to this woman with a heart of gold who has had her fair share of challenges and is now in dire straits, trying to make things right. Audiences will really relate to Carol's struggles."

Artistic director C. Lee Bates is thrilled with her small cast. "After a wonderful cast of thousands — well, 18 anyway — in *9 to 5, The Musical*, I am really enjoying the smaller, more character-driven story of four everyday people dealing with everyday problems and victories. But don't let the 'everyday' description fool you," she continues. "There is romance, death, betrayal, secretiveness and surprise built into a script that never takes its foot off the pedal." Bates is delighted to be working with an uber-talented cast



Bingo Ladies in rehearsal: Carol (Barb Seabright-Moore) extends her troll Thor to Lou, the Bingo Caller (Adam Bond), for a good luck head rub, while Sandi (Keegan Carr) gazes at him in adoration

of performers whose ages span many decades, and who have become close friends as well as theatre colleagues. "In an intimate production like this, it's impossible not to develop a bond with every individual. All of us have gotten to know, respect and care about one another."

Other valued members of the team are musical director and accompanist Mary Lou Carroll (who made her stage debut in *9 to 5*); Joan Frommer as producer, stage manager and C. Lee Bates' long-time creative partner and collaborator; hard-working producer Roberta Peets; the effervescent Mary Ann Majaury as choreographer; and Joanna McAuley-Treffers, the style-wise costume designer. "All of these women are incredible to work with, each one giving their heart and soul to the show," says C. Lee Bates.

Also on board are Mark Tye and Yogi Sepp as sound and lighting designers respectively. "These two guys, along with Adam Bond, are our 'honourary ladies' — so full of love and passion for what they do," Bates says with a wink.

Studio Theatre Productions is co-producing *Bingo Ladies* with indie women productions as a fundraiser for the Jillian O'Connor Family Fund. For more information about Jillian, go to <indiewomenproductions.com>.

Bingo Ladies premieres Thursday, August 18 at the Studio Theatre for seven performances: August 18, 19, 20, 26 and 27 at 7:30PM, and August 21 and 28 at 2PM. Tickets are at the Book Nook (60 Gore St. E., \$28, cash only), and at Shadowfax which accepts in-store, phone, online and credit card purchases (67 Foster St., 267-6817, shadowfax.on.ca, \$28 plus a \$2 convenience fee). Don't forget that season passes for the Studio Theatre's 2016/2017 season of outstanding live theatre, starting in September, are on sale now at the box office, Saturday mornings from 10AM to noon, and at Shadowfax.

Bring along your troll to the sparkling musical *Bingo Ladies*, coming soon to the Studio Theatre! For further details, please visit <studiotheatreperth.com>.

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 Fri. Aug 5 **John Wilberforce** (Folk/Rock, Kemptonville), 6-9
 Sat. Aug 6 **Jeff Callery and John Wilberforce** (Folk/Rock, Kemptonville/Brockville) 6-9
 Fri. Aug 12 **Chris Murphy** (Celtic/Folk, Perth Road Village), 6-9
 Sat. Aug 13 & 27 **Head Over Heels** (Guitar/Vocal Duo, Gananoque) 6-9
 Fri. Aug 19 **MUSICWestport Kick Off Party** with **MonkeyJunk**, 8-11, \$20
 Sat. Aug 20 **10th Annual MUSICWestport** Outdoor music festival, 12-7, free
 Fri. Aug 26 **Jon McLurg and Chris Morris** (Folk, Kingston), 5:30-8:30

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A New Brew in Renfrew

Something is brewing in Renfrew. The “bush telegraph” (Weetabix’s network of tipsters, hipsters and informants) went into overtime recently, calling for an investigation of a new venue. Rumours were traced to their source and it is confirmed that Renfrew now has a coffeehouse. **The Vintage Kettle** (yes, there actually is a vintage kettle on display) is not a coffee shop, but

by Sebastian Weetabix

rather a coffeehouse. For those of you who may not have considered the distinction, this truly is a major point. Coffee shops are establishments more accurately described as “small restaurants in the traditional mode”. A coffeehouse, on the other hand, is a place where people come together to discuss ideas and plan revolutions. There is a long tradition of social interaction over caffeinated beverages. The world’s most popular and widely consumed psychoactive drug is implicated in almost every cultural and political uprising.

Make no mistake about it — caffeine is a powerful and addictive substance. It is legal and largely unregulated in most of the world. As drugs go, it is relatively inexpensive. Natural and organic, caffeine acts on the central nervous system and is a benign stimulant that actually has cognitive-enhancing effects. Taken without excessive amounts of cream and sugar, it is not even fattening! There is an increasing body of

scientific literature on the benefits of other substances contained in natural caffeinated beverages — anti-oxidants and so forth. Withdrawal from caffeine is not without its consequences — mostly headaches — but it is possible to taper off and “kick” what is otherwise a generally beneficial habit. Should one do so, however, it creates a lingering semantic problem when inviting friends to “meet for coffee”.

Coffee came to Europe around 1600, probably via Venice and trade with the Ottoman Empire. It quickly became popular, and coffeehouses multiplied rapidly as common gathering places of debate.

In fact, much social ferment has been fueled by caffeine, and the coffeehouse figures prominently in the history of social progress. The important role of coffeehouses in catalyzing social change is attested to by numerous attempts to regulate them as places where “the disaffected met”. By the mid-1700s, coffee and coffeehouses had become so pervasive in major cities of Europe that there was no turning back. It took the invention and dissemination of television to create an effective social antidote. Weetabix notes that few coffeehouses offer television — thus at least doubling the pro-cognitive efficacy of their offerings. An interesting side note: women were generally banned from coffeehouses in England and France — perhaps because they were smarter than men to begin with. Support for this argument can be found in the targeting of daytime television to female audiences — as insidious a way to perpetuate subjugation

of a population as has ever been developed.

By the 20th century, coffeehouses were well established places for artists and writers to meet throughout Europe, and the tradition spread throughout the world. Many towns and cities have coffeehouses that are the heirs to this long tradition. They are distinct from small restaurants both in their offerings (which are heavily weighted towards variants of caffeine-delivery vehicles) as well as in their offering social space where people gather for purposes beyond the physiological needs of fueling the body. Coffeehouses are, first and foremost, gathering grounds where patrons can achieve respite from their daily grind.

Sandra Lanthier and her daughter Lee Anne St. George are unlikely revolutionaries, but their Vintage Kettle is heir to a long tradition of coffeehouses. Sandwiched between two pizza joints on the main street of the quiet town of Renfrew, it is a comfortable and inviting space where one can relax and socialize while enjoying a variety of caffeine-containing beverages. It is not a simple matter to set up and operate an establishment of this sort, given the extensive regulations around serving edibles. There are no explicit regulations on the dispensing of pharmacologically active beverages containing caffeine, but a coffeehouse falls within the definition of “food premises,”



Where’s Weetabix? Giving rave reviews to **The Vintage Kettle** in Renfrew, that’s where...

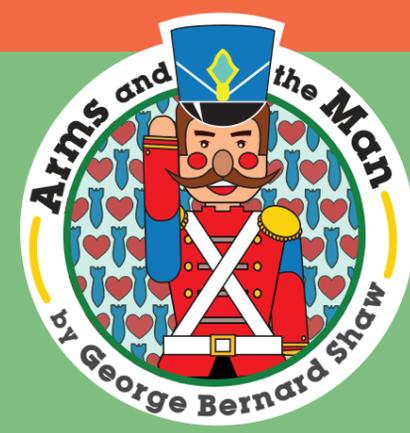
and there are extensive regulations which must be met.

Décor at the Vintage Kettle is eclectic and conducive to socialization. A tasty selection of light snacks and sandwiches is offered. The mother-daughter team has experience in the food-service industry that provides a solid base for their enterprise. They have succeeded in creating an inviting space for relaxing, meeting with friends and thinking things over. Besides the mood-elevating effects of caffeine, the Vintage Kettle also displays works of local artists, available for purchase. The owners have created a welcoming ambience in which they serve a diverse offering of coffees and teas with flair and originality. Take time to drop in and savour the Vintage Kettle’s homemade and artisan-crafted fare as opposed to the blandly industrial. And consider bringing along a few friends to start planning Renfrew’s next revolution!

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The Girl with Too Many Books

When I was in grade seven, I was invited to join my school's "Character Crew" — a group dedicated to fundraising and raising awareness for local and global issues. I still have that invitation to this day — although only recently have I realized its significance as my introduction to the world of social justice — a world that would soon become a huge part of my life.

That was five years ago, and since then a lot has changed. I've grown confident in my skills as a leader, and I've connected with certain issues more than others, some of which I now identify as things I am passionate about changing. One of these issues is education.

I have always been someone to whom school is enjoyable. I love learning, am an enormous bookworm, and admittedly a bit of a teacher's pet, so the idea that there were kids in the world who would never get the chance to experience the joys of education really struck a chord with me.

In the summer of 2014, I decided to do something about it, and so I came up with a plan. I wanted to send books to Africa to help combat illiteracy, and set my goal at 1,000 books. The destination: Africa (as I found in my research that the continent is home to a large portion of the world's one billion illiterate people). The organization I would be working with, Books for Africa, would reach out to specific communities and distribute what I had collected later, based on individual needs.

I spent the majority of my free time from then on planning out every possible detail — shipping sponsors, advertising, media outreach, community and school involvement, and so much more! By the time I launched the drive in April of 2015, I had three different schools hosting book collections, I had sponsors to cover the shipping fees of my 1,000-book goal, and a space for a coffeehouse featuring local authors and student musicians! Within the first few weeks, I had already surpassed my goal. I had so many books, in fact, that my original plan to store them in my garage proved to be impossible, and we had to move to a loading dock at my dad's office building. By the end of the drive in mid-March I had collected 4,133 books, and raised \$1,000 to help combat illiteracy! I had not only surpassed my original goal, but had quadrupled it! 4,133 books, all headed towards a cause that I was passionate about! Those numbers are bigger than any I would ever have predicted, but what I was most impacted by was the enormous amount of support I received throughout the entire process.

My entire community rallied behind me and my mission in a way I had never experienced before. People I had never met were calling and emailing to ask how they could help, the kindergarten students at my elementary school walked their books down the corridor to carefully place them in the donation bins, and people from two towns over showed up to



Addy Strickland poses with the books she collected to send to Africa (above), and with Ottawa Mayor Jim Watson and councillor Eli El-Chantiry (below)

the event with trailers full of books they'd collected from their own communities.

This support was definitely welcome when I discovered that the number of books I had collected was so large that what I had originally thought to be sufficient funds for shipping was barely enough to cover a third of the cost. With the help and support of my community, I turned my focus back to fundraising, collecting another \$2,000. Then, with the shipping money in hand, I was so excited to be able to ship the books! But, as I prepared to send them on their way, I encountered yet another obstacle. The day before the books were scheduled to be sent out, the shipping company informed me that they required an itemized list of all the book titles, as well as a list of what countries they were published in. The list took another five months to complete, and more volunteer hours than a person could count. Every single one of the fifty-two boxes was unpacked, listed, and then repacked again. It was frustrating having to move so far backwards in the process after I had been so close to the end, but I knew that this was something I wanted to finish, so it got done.

In January 2016, I reached out once again to the shipping company, list in hand, and set a new date for shipping. It seemed like this time it would happen — but again, a new obstacle sprang up. This time, in the form of page numbers. How many books had more than 48 pages? Between 5 and 48? Fewer than five? Why this knowledge was pertinent I honestly don't know, and why no one had mentioned this requirement before I don't know either. At this point, it was starting to look like I would never be able to finish the project — many of my friends and family suggested I stop trying, that I find a different purpose for the books. Maybe I could sell them and send a monetary donation instead. In my mind, however, I don't think there was ever a question as to whether I would go through with it or not; in my mind it was something I had to finish. In the end I did, and I'm so glad that I never gave up. Hearing how grateful the organization was to receive my donation was spectacular, and the process was just as amazing, even with all of its roadblocks. So often I feel as if I am alone in my social justice pursuits, but with this drive I didn't — and that is a feeling that I will always remember. To my community members who are reading this now, thank you, with all of my heart. There are too many of you to name individually and still have space to write an article, but I will forever be grateful for the support you've shown me on this journey.

— Addy Strickland



Bingo, Garlic, Words and Wicked Chefs

August promises to be a joyful and inspiring month in Perth. As the old town stretches its legs out for summer, there is a whole lot on the go.

I'll give first mention to the Studio Theatre's second production of the summer, *Bingo Ladies*. Directed by C. Lee Bates and presented by indie women productions, the musical is the first non-professional produc-

by John Pigeau

tion of Grant Tilly's delightful play about friendship, gambling and "just how far we'll go for the big win."

This production is also a fundraiser for the **Jillian O'Connor Children's Trust Fund**. Jillian's is a remarkable story. Two years ago this August, she was diagnosed with incurable breast cancer. At the time Jillian was pregnant with her third child, Declan. He was born in February 2015, a remarkably healthy baby, but tests showed Jillian's cancer had spread. Doctors told her she had less than two years to live.

"Jillian continues to be treated for her cancer," says indie woman production's producing director and co-founder Joan Edwards-Frommer. "She is currently undergoing radiation treatment to try and slow down the progression of the cancer. Her upbeat and optimistic spirit continues to shine and she is surrounded by the love of her husband David, her three children, and her sisters who also live in the Perth area."

To assist Jillian's family financially, indie women productions will be donating 20% of ticket sales from the production of *Bingo Ladies* to The Jillian O'Connor Children's Trust Fund. They will also be holding a silent auction and a sale of handmade bags to raise funds for Jillian's family. Along with donations, 100% of the money raised from the silent auction and bag sale will go directly to the O'Connor family.

If you would like more information about the play or how to donate to The Jillian O'Connor Children's Trust Fund, you can contact Joan Edwards-Frommer at <jfrommer@rogers.com> or 200-0758, by text or phone. Joan says indie women productions will also be accepting donations of items for the silent auction. Please get in touch with her if you have something you would like to donate.

Bingo Ladies runs at the Studio Theatre from August 18 to 28. Tickets are \$30 and available at Shadowfax <shadowfax.on.ca> or by phone at 267-6817. For all show dates and times, please visit <studiotheatreperth.com>.

Also happening this month is the 19th annual **Perth Garlic Festival**. Brought to you by the good folks at the Perth Lions Club, this year's festival takes place on August 13 and 14 at the Perth Fairgrounds, and features a whole lot of great things to do, see, and sample. The festival will host over 70 garlic producers with plenty of garlic products available to buy, as well as food vendors, cooking demonstra-

tions and displays, children's activities, a licensed refreshment tent, live music, and the always-popular Birds of Prey demonstrations. Saturday's festivities run from 9AM to 5PM, while Sunday's events start at the same time but end at 4PM. Admission for adults is \$5, while children under 12 get in free. For more information, please call 1-877-268-2833 or visit <perthgarlicfestival.com>.

If you're a fan of fine dining and would like to see one of Canada's most exciting and talented performers, you'll be thrilled to know that renowned Canadian fiddler, step dancer and singer **Kelli Trottier**, will be playing at the Perth Manor on August 18. The show — called "A Tribute to Canada, eh?" — includes not only Kelli's prodigious talents but a delicious multi-course dinner featuring Canadian cuisine from coast-to-coast-to-coast. Tickets for this dynamic show and scrumptious dinner are \$95, available in advance at the Perth Manor or by calling 264-0050, ext. 2. Show time is 6PM and don't dillydally on this one, folks — get your tickets early.

There's always music in the park, too — or quite near it, at any rate — as the **Perth Citizens' Band** continues its Summer Concert Series on August 4 and 18 at the historic band shell behind Perth's Town Hall. Bring a lawn chair or two, and pack a nice picnic — these free and delightful concerts begin at 7:30PM.



Author Alissa York (above) will be joined by Helen Humphreys, Andrew Kaufman, Sandra Ridley, and Perth's own John Steffler at **Framework: Words on the Land 2016**, taking place on Sunday, August 21 at the Fieldwork site near Perth

Lovers of land and literature rejoice! Fieldwork, in partnership with the Ottawa International Writers Festival (OIWF), will be hosting ten fine Canadian authors again this year on its gorgeous property near Perth. The idea behind the event, called **Framework: Words on the Land 2016**, is simple: designate a space in the forest for each author and let them create. Then later — on Sunday, August 21 at 3PM — have them read from their work to the public in the intimate loft-space of a barn at Fieldwork.

Last year's inaugural event was a resounding success. The writing was top-notch, and the public reading and discussion were captivating. This year's impressive line-up of authors includes Helen Humphreys, Alissa York, Andrew Kaufman, Sandra Ridley, and Perth's own John Steffler, among others. Tickets are \$20, limited, and available through the OIWF. To buy tickets you can visit <writersfest.org> and click on the "Get Tickets" button. For more information about the project, you can also visit <fieldworkproject.com>. Fieldwork is located at 2501 Old Brooke Street.

There is more food and music on tap this month as **Barns, Farms, and Wicked Chefs** returns to



The Barns, Farms, and Wicked Chefs fundraising event for The Table Community Food Centre takes place on Saturday, August 27 amid the historic barns of Ecotay

the historic barns of Ecotay again this summer, showcasing the local farmers' food prepared by some of the area's finest chefs. The night is a fundraiser for The Table Community Food Centre and, by all accounts, it's an enchanting evening. Guests get to sample unique and delicious food prepared by top area chefs while enjoying summer music and experiencing the lovely ambience of Ecotay's historic farm property. Again this year, dress is country elegant. The fundraiser has sold out quickly in previous years, so organizers say it's best to get your tickets early.

Barns, Farms and Wicked Chefs takes place Saturday, August 27 from 5:30 to 10PM. Tickets are \$125 per person with a \$80 tax receipt and are available from Tickets Please: 485-6434, <ticketsplease.ca>. Alcohol will be sold separately. All proceeds from the event will go to support The Table Community Food Centre's innovative programming. For more information, you can visit their website at <thetablefcf.org/event>.

Enjoy the rest of your summer, everyone. Play safe and stay cool.

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Fiddling favourite Kelli Trottier brings "A Tribute to Canada, eh?" to the Perth Manor on August 18

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News from Arts Carleton Place

Arts Carleton Place is pleased to announce the winners of their 2016 bursaries. \$500 was awarded to Leah West from Notre Dame High School who is pursuing drama at Queen's University, \$250 to Josh Tyson who is going to Brock University to study dramatic arts, and \$250 to Katie Irvine who is taking theatre arts at York University. Congratulations to all!

Arts CP is now gearing up for the fall and winter seasons with a workshop and show. Mark your calendars now!

Artists and artisans are invited to apply to participate in the Itty Bitty Teenie Tiny Art Show & Sale taking place on November 26 and 27. There is a new location this year — it will take place at the Carleton Place Canoe Club, 179 John Street on the Mississippi. The entry fee is \$75 (plus a \$20 Arts CP membership if not already a member), and all original art pieces must be priced under \$100. Holiday shopping here we come! The deadline for application is October 31 — for further information and a registration form please email <ashley.stufko@gmail.com>.

Book Saturday, September 24, from 2–4PM to create a painting with acrylics and palette knives. This interactive workshop is happening upstairs at the Thirsty Moose, at 20 Bridge Street. Bring yourself (and a friend!) and your painting attire — everything else is provided. The cost is \$35 for Arts CP members, \$40 for non-members. The instructor will be member Ashley Stufko, an artist well known for her cityscapes. To register, contact Jim Moran at <jimmiemoran70@gmail.com> or visit Surrounding Memories at 77A Bridge Street in Carleton Place.

Celebrate Lanark County's Bounty at Harvest Festival

Want to get fresh with a local farmer? The fourth annual Lanark County Harvest Festival will give everyone a chance to do just that!

This outdoor event, slated for Sunday, September 11 at Beckwith Park (1319 9th Line, Beckwith), will celebrate the bounty of the county's harvest with local producers, food seminars, cooking demonstrations, children's activities, local musicians and more. This year, organizers celebrate the 200th anniversary by showcasing the people, products and projects of Beckwith, Drummond/North Elmsley, Perth and Tay Valley.

The Lanark County Harvest Festival is an opportunity for people to meet area farmers and purchase local food and other locally-made products. The county has a unique blend of producers, passions and food.

The festival will run from 11AM to 4PM and is a collaboration of several local groups, including Lanark Local Flavour, Lanark County Farmers' Markets, the Lanark County Agricultural Advisory Committee, the Township of Beckwith, and Lanark County.

In 2016, the collaboration between four Beckwith Churches will continue to deliver the popular Harvest Church Supper of traditional stew including lamb stew, vegetable stew, beef stew and gluten-free stew (not to mention pie of all kinds). Some of the participants are growing the ingredients, and others are sourcing local ingredients. It is "stew good to miss!" Tickets are \$12 and will be sold in advance (online at Ticketsplease.ca) or at the door for the supper, taking place from 4PM to 6:30PM in the main arena building following the Harvest Festival.

The program includes cooking demonstrations featuring local chefs who will present information about cooking with local ingredients. The renowned Bowes Brothers are returning as the musical entertainment, and children's activities such as a petting zoo, bouncy castle, and face painting, can be expected (weather permitting).

"The event provides a perfect opportunity for local producers to connect with visitors and residents," explains Marie White, Lanark County



Save the date! This year's **Lanark County Harvest Festival** takes place on Sunday, September 11, and features the talents of local chefs as well as the bounty of the County

tourism manager. "The benefits of local food are becoming ever more popular. This festival is a good time to celebrate by sharing food, stories and laughter."

"Beckwith Township is pleased to be the host municipality for the Lanark County Harvest Festival," adds Richard Kidd, Beckwith Reeve. "Our staff has been working very hard with partners to ensure the event is a huge success. It is a tribute to our agricultural past and future."

This annual event supports more than 55 local businesses and six farmers' markets, as well as developing a new business network for the county's producers. "We hope to continue to create employment, build on the customer base and encourage lots of visitors to come to Lanark County," states festival founder Bill Dobson, Montague Reeve.

"Along with Perth's 200th celebration, Lanark County will be celebrating its 150 years," adds Gail Code, Lanark County Warden. "We invite you to join us on centre stage for the cake cutting ceremony at noon."

There are still spaces for vendors. To register, contact <cmcgregor@twp.beckwith.on.ca>. For general information, visit <harvestfestival.ca> or call 1-888-4-LANARK.



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Learning in Almonte

Two new series start in mid-October:

A Personal View of Humour by Don Wiles
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A Guided Tour of Italy by Carl Widstrand
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To register contact Don Wiles at
don.wiles@carleton.ca

It's HIP to be Square

Busting the Myth that Square Dancing is Square

Mississippi Squares Dance Club of Carleton Place held its annual pool party and BBQ on July 16 at the home of Bob and Alice Nicholls of Smith Falls. In answer to the obvious question, people were square dancing in the swimming pool.

The club is holding two Open Houses on Tuesdays in September: on the 13th and the 20th at Brunton Community Hall, 1702 9th Line Beckwith, 2kms south of Carleton Place on Highway 15, starting at 7:30PM. Each one offers you a free modern square dance lesson, and the September 20 date even provides a free chili supper starting at 6:30!

Mississippi Squares Dance Club is a registered non-profit, volunteer-run organization that was formed in 1986. Yes, the club is celebrating its 30th anniversary this year. The 100+ members come from a large area surrounding Carleton Place, including Almonte, Arnprior, Lanark, Perth, Smiths Falls, Richmond, Stittsville and all communities in between. The club also has one of the best callers and teachers in Eastern Ontario: Brian Crawford.

Modern square dancing provides people of all ages an opportunity to have fun, forget their troubles, make new friends, get exercise and feel good about mastering something new in the company of helpful, friendly people who just want to dance.

Square dancing is set to modern music and the caller weaves di-

rections for the dancers into the music. These easy-to-follow calls are repeated in each dance, so a dancer soon learns to respond in a synchronized way with the other dancers in a square. According to a Mayo Clinic study, dancing can burn as many calories as walking, swimming or riding a bicycle. Square dancing, in particular, is a low-impact activity requiring constant movement and quick directional changes, which help keep the body in shape — heart rate increases, muscles strengthen, balance improves and mind-body coordination sharpens.

No previous dance experience is necessary. Both couples and single people easily join in. Angels (experienced dancers) are always available to get singles up on the dance floor. The dance season is in two sessions: September to December and then January to April. It takes a full season for new dancers

to complete the basic program. Dancers can continue dancing at the basic level after completing the program, or move on to the mainstream level followed by almost limitless higher levels. Dancers can seek out square dance clubs around the world while travelling, and fit right in, because the same English calls are used everywhere. Snowbirds, in particular, find clubs to join in their winter locations.

Best of all, the cost is only \$60 per person per session, which equates to \$5 for each 2½-hour evening of dance over a four-month session. And it's easy — 18 of the 22 new dancers who started last year graduated.

Everyone is invited to come to the Open Houses for the chance to experience modern square dancing and have free, no-obligation lessons! Visit the club website at <mississippisquares.ca> for more information.

— George Newton



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Speaking Volumes

The Best Kept Secret in the Library

Tucked away in a dark and dusty corner of your library's website is a link with the generic term "e-resources". Your eyes may glaze over slightly when seeing it. You may not know what these are, and decide to check it out some

latest *Oprah* or *Outdoor Life* mag on your mobile device of choice. Don't have wifi where you are? Download the magazine beforehand for offline access. You can even access back issues from years ago.

Ancestry.com (Library Edition). Find out more about your ancestors than you ever wanted to know using one of the internet's most powerful genealogical search tools. This one is only available inside the library, but it will save you a pile of money by not having to purchase a subscription yourself.

NoveList. This is the online answer to the question "What do I read next?" If you're a reader, you'll want to explore this. Be sure to give yourself a lot of time, though, because you're going to get lost in it. The team at NoveList has tagged most books out there with their appeal terms, allowing you to mix and match what you like about your favourite novels to find your next read. Start out with the last amazing book you read. For example, if it was *Game of Thrones*, NoveList will have it well described with its appeal terms. If what you love about *GoT* is that it is an "Epic Fantasy" with a "Gritty" writing style, you would select those. NoveList will find other books that also fit the bill. Keep your library website open so you can start placing holds.

These are just some of the online resources you have access to with your library card. Your local library will likely have these, and probably more besides. So

by Meriah Caswell

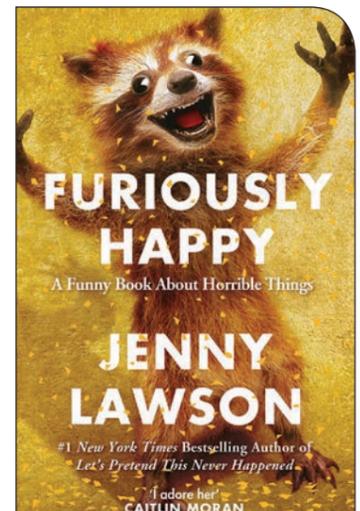
other time. That's normal. The next time that you see this link though, click it. Because here, friends, is where the librarians are hiding the cool stuff.

This link is your public library's best kept secret.

Every library will have different e-resources on offer, so I will only outline some of the most interesting material you can find in the dark recesses of your library's website.

Mango Languages. Most libraries in our area have purchased a subscription to Mango, and it is hands-down one of the coolest things we have online. Learn one of 72 languages, such as French, German, or Mandarin, take a fun course in Pirate, or prepare to serenade your sweetie by taking a course in Romance Italian. Fun and visually appealing, Mango works like any of the smoothest apps in the App Store, but trust a librarian, it's better. It's also free with your library card.

Magazines. Free magazines. You don't need to be in the library, or even at home to get them. On your lunch break at work? Waiting in line at the bank? Flip through the



Librarian Meriah Caswell recommends some cool summer reading for lovers of both fiction and non-

next time you see that generic "e-resources" tab on the website, give it a click. You may be surprised at what you find!

In the meantime, below are some recommendations from a good old-fashioned librarian.

Librarian-Approved!

In the Fiction category, check out *Mr. Mercedes* by Stephen King, *The Nightingale* by Kristin Hannah, and *Before the Fall* by Noah Hawley.

Non-Fiction lovers can try *Elon Musk: Inventing the Future* by Ashlee Vance, *Furiously Happy: A Funny Book About Horrible Things* by Jenny Lawson, or *The Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person* by Shonda Rhimes.

— Meriah Caswell is the Manager of Library Services at the Carleton Place Public Library

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When we moved, I knew I was looking to enrol my daughter in Taekwon-Do to help her build her confidence, help with her concentration and to be involved in a physical activity. I found everything I was looking for and more with The Edge Taekwon-Do in Almonte. After watching my daughter participate in classes for almost two years, I was so impressed with the skills and experience that she was having, that I decided to join myself.

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Music Matters

Beware the Dreaded MISO!

I'm going to have you use your imagination to start off this column. So, imagine soft flute music playing in the background (if you are my age, you will remember those old CBC wildlife vignettes), and cue the narration:

by Tony Stuart

The MISO can be found in almost every habitat across North America. However, their origins are diverse. Some MISO can be found in garage sales, others on classified websites, while still others can be found seasonally in department stores. In almost every case, however, the MISO originally came from across the Pacific Ocean and quickly invaded nearly every corner of society. In some cases, the MISO caused the extinction of local species. The MISO can be hard to track because they go by many different names. MISO have a very short lifespan, and it is not uncommon to see one being used as a wall decoration, a lamp, or for some other creative purpose.

The MISO, or "Musical Instrument-Shaped Objects" are everywhere, and have caused countless headaches for both music students and teachers. So, what is a MISO? They are cheap, poorly-made instruments stamped with a fancy label that try to pass themselves off as musical instruments. They tend to come from factories in China, and are sold at bargain-basement prices here in North America.

Every music teacher reading this column knows exactly what I am talking about. Students come

back in September with a shiny new instrument that they got for way less than what the music stores are charging. Pretty soon they are not able to play in tune with everyone else, or their instrument is not playing properly. When they send it away to the repair shop, the repair technician is unable to give any kind of warranty on the repair because the quality of materials and workmanship on the instrument is substandard. Inevitably, the student gets frustrated, stops practicing, and the MISO ends up being used as a doorstop or wall decoration.

In the last twenty-five years the market has been flooded with these instruments, and this has put real pressure on instrument-makers to reduce their prices in order to compete. This is good news for students and parents, as the cost of purchasing a good student-quality instrument hasn't changed that much since I was in high school back in the eighties. The trick is knowing where to look when making the decision to purchase an instrument.

Please do not purchase a band or orchestra instrument from a department store, no matter how attractive the price looks. You should not buy an instrument from the same store where you buy garden tools or groceries. Every year both in August and right before Christmas, large chain stores offer instruments at what appear to be great prices, advertising a list of attractive features for much less than what is available at local music retailers. When you are buying an instrument, you truly get what you pay for. I've been teaching high school music for a

long time, and have yet to see a good quality horn that came from a department store.

Be wary of garage sales and online buy-and-sell websites such as Kijiji or Craigslist, unless you have someone helping you who knows what to look for. It is not uncommon to see a student who picked up a saxophone for \$100 at a garage sale or online then have to put out \$300 for repairs because the instrument was in a state of neglect, or worse yet, was a MISO. You can find legitimate bargains through garage sales or online, but make sure you know what you are purchasing.

My advice to parents and students is always the same. If you are looking to buy an instrument, call one of our reputable local music retailers. Your child's music teacher will be able to point you in the right direction. In most cases, they sell new as well as used instruments, and will give you an honest opinion and help you find something that fits within your budget. Their reputation depends on them giving good advice and service to their customers. They may even have a delivery person who is able to bring the instrument out to the school free of charge for your child's music teacher to look over.

In my experience, if a price looks too good to be true, it usually is. Beware the dreaded MISO. You'll be glad that you did.

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

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— Gwen Storie ”

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“Farm 2 Fork” Dinner in Carleton Place

Table Set for Outdoor Community Feast

A massive outdoor dinner will be held in Carleton Place to celebrate the fall harvest on September 10. Farm 2 Fork will feed 120 guests who will dine at a long harvest table running the length of the Market Square Pavilion (7 Beckwith Street in Carleton Place — home of the Carleton Place Farmers' Market).

This open air feast will feature an on-site pig roast and barbeque, as well as a mix of local food and sweet treats from local restaurants and caterers. The dance portion of the evening will feature live music from the popular local band Starfire.

The idea of a massive outdoor community feast came from Carleton Place resident Debbie McVie. Local volunteer organizers rallied and hosted the first dinner, a spring dinner and dance on June 4; sixty people dined and danced on a beautiful evening under the pavilion.

Several local businesses are supporting the **Farm 2 Fork Fall Harvest Dinner and Dance** by actively participating. The Beckwith Butcher will be roasting the pig and barbequing chicken at the event, while Waterfall Catering, local restaurants and bakers are providing their signature



Tickets are now on sale for this year's Farm 2 Fork Fall Harvest Dinner and Dance, taking place on September 10 in Carleton Place's Market Square Pavilion

salads and desserts. The event is sponsored by Crop Touring, a local website <croptouring.com> that provides information on where to find local food across Ontario. The September 10 event will begin with a social hour at 5PM, with the dinner starting at 6, and dancing kicking off at 7:30PM.

Tickets for this 19+ event are on sale in Carleton Place at Nancy's Impressions (149 Bridge Street), the CP Chamber of Commerce (170 Bridge Street) and The Granary (107 Bridge Street). Tickets are \$35 and should be purchased in advance. For more information, please visit <downtowncarletonplace.com/farm2fork>.

A Funny Thing Happened on the Way to the Gala... Update from the Young Awards Foundation

I'm sure there are more than a few funny gala stories out there. I know I've got a couple of my own. For those of you who have been reminiscing about the great times at the Young Awards Foundation (YAF) Gala and are now scratching your head and wondering — did I miss the Gala this spring? Well — yes and no. Sadly there was no gala this year.

If you're a supporter of YAF, you're likely wondering why there was no gala. But before getting to that, the Board of Directors wants to thank you for that long-standing support. Your contributions have been crucial to the success of the many YAF-supported youth art programs and projects that have taken place in our community.

For those of you who don't know about YAF and what we're all about, let me catch you up, and hopefully get you interested.

For the past six years, YAF has been supporting dynamic arts initiatives in the schools of Mississippi Mills. We've funded these activities by hosting an annual fundraising gala featuring local musical talent, highlighting youth artists and recognizing cultural volunteers and the cultural achieve-

ments of local citizens. Our fundraising efforts have raised over \$58,000, which has been directed to providing art experiences for students in all five schools in Mississippi Mills. This includes funding our new Young Artist Awards, which recognise excellence in high-school-aged artists in a variety of media.

Despite our successes, 2015 saw a decrease in both gala attendance and sponsorship. We have spent the early part of this year rethinking our fundraising approach and reviewing our mission.

Over that past several months we've worked hard to refocus and get our groove back. We're now full of fresh ideas about how to continue working with you to invest in youth art experiences and young artists in Mississippi Mills. Keep an eye and ear out over the coming weeks as YAF Board members reach into the community to get your input on our new directions. We invite you to join us in igniting a love of art in our youth. If you'd like to be part of our consultation process, please email <info@youngawards.ca>.

— Kristi Farrier

On Appreciation...

As the years pass, there is a lesson I keep learning... or rather, there is a lesson I keep seeing — I'm not certain I've really learned it yet. It appears in many forms, but I may have only really "learned" the food-related application. I can still see the spacious dining hall filled with wooden tables and animated hippies... the glint of the large barren tray.

A Girl and her Food

It was 16 years ago but I remember it like it was yesterday. On holiday from my urban cubicle at an international company that helped big companies crush smaller ones,

by Rona Fraser

I was taking a ten-day permaculture course (green living/design) with a bunch of... well... outdoor-loving, kale-eating tree-huggers. At the time, I was more of a love-nature-from-afar, bug-phobic, Kraft-Dinner-eating TV junkie.

The entire week we had been eating healthy meal after healthy meal — I think I ate a greater variety of vegetables that week than I had sampled my entire life to date! It left me feeling both hungry for carbs and slightly nauseous. Then one day it happened... *finally*... I almost couldn't believe my ears! Apple crumble for dessert? A dish I both recognized and enjoyed? I continued eating that day's variation of Vegetables-I-Don't-Like stew and finally made it up to the huge tray (maybe 3-ft by 4-ft?) of dessert... AND IT WAS ALL GONE! Those damned hippies had eaten it ALL while I was still trying to chew my broccoli-cauliflower-kale surprise! All that remained was the odd crumb stuck to the side of the giant tray! The *horror!*

I aged several years in that moment... and vowed to *never* let that happen again. And all joking aside, I haven't. If I see there is something good for dessert (and you know I *look*), I make sure I get some before it's gone. Lesson: Eat Dessert First.

Note: It doesn't have to be dessert... I am currently eating my "lunch" pad Thai at 10:30AM because I picked it up at Almonte Farmers' Market first thing, to avoid them running out or me forgetting later. Yes, I could have saved it to heat up for lunch, as was my plan... but it smelled very good, and surely it is better fresh?...

A Girl and her Body

I'm not sure exactly how old I was when I first decided I was too heavy, but I remember I weighed 121 lbs. Years later I hovered around 142 lbs and tried to "get in shape". Then it was "I'll be ok as long as I don't need to shift the 150-lb weight on the gym scale." Now? I dunno... 165? Back when I was 142, not only was I lighter than now, but I was feeling fine. I didn't realize it at the time, of course, but now I can appreciate it. I did not wake with achy joints, I did not have to be careful when bending in the morning (to ensure I did not "put my back out" with such strenuous activities as feeding the cats or showering), and I certainly had no worries about digestion and mysterious internal pains. Lesson: Your body may not fit your ideal image of what you can be, but appreciate what you have! You never know what will happen to it tomorrow!

A Girl and her Mom

This one is a tougher lesson to write.

When my parents decided to move to Almonte, I had all kinds of ideas for daytrips (and longer trips) that we could do. After a year of planning and packing and driving the 40/417, they finally moved here from Montreal. As you can imagine, the process was a stressful one for my parents — I mean, they were in



Rona and her mom Elieen Fraser

their early eighties at the time and had lived in their previous home for 48 years.

My mom was pretty worn out by it all, so we perhaps didn't do as much gallivanting about as I would have liked. I guess we kinda decided to wait until she felt better. We did still take the odd drive: to Westport, to Fulton's Sugar Bush, to Boston Pizza and the Antrim Truck Stop. It was fine as long as there wasn't much walking. We kept bringing my mom to various doctors, from Smiths Falls to Arnprior to Ottawa, hoping to determine what was wrong, so we could fix it. She stopped eating lactose, then gluten, then broccoli, then raw veg... She also dropped the pounds, no matter how many batches of cookies and bars I baked for her. She never increased her energy, getting weaker and weaker until they finally figured out what was wrong with her, this past June. Cancer. She died in early July. I don't have any regrets over things left unsaid, but I do wish we had taken some of those trips and just accepted that her energy level was what it was, instead of waiting for her to feel better. Lesson: Don't wait to "feel better" — do what you can NOW. Sure, you may feel better... but you may feel worse.

A Girl and her Town

One more thought before I go. There has been a lot of discussion in Almonte lately, about Enerdu building a new hydro generating station in front of the Flour Mill, in the river, in the centre of the downtown. At time of writing, they have already built a rock road in the middle of the river, and we have much construction/destruction to look forward to (blasting the river bottom, adding a large modern weir, and of course the addition of a building). I admit to feeling heartsick over it, as are many others, and of course there are some who think it's a great idea. I'm not here to debate the issue, but to point out that this type of project can happen anytime, anywhere, especially with the current governmental preference of "green" energy over all else (including the environment), and the way money is valued by some over the intrinsic benefits of nature. My advice to you? Enjoy your favourite natural areas while you can. Want to visit some park or lake or mountain you've always loved? Go now and go often, because they may sell the park, blast the lake, and mine the mountain. Change happens, whether we like it or not.

Appreciate what you have NOW — your health, your family, your friends, your surroundings. Stop and smell the chocolate, my friends. Eat it too!

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