

AUGUST 2017

the Hummer

free

Arts,
Entertainment
& Ideas



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August's Events



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Community Oven Chronicles



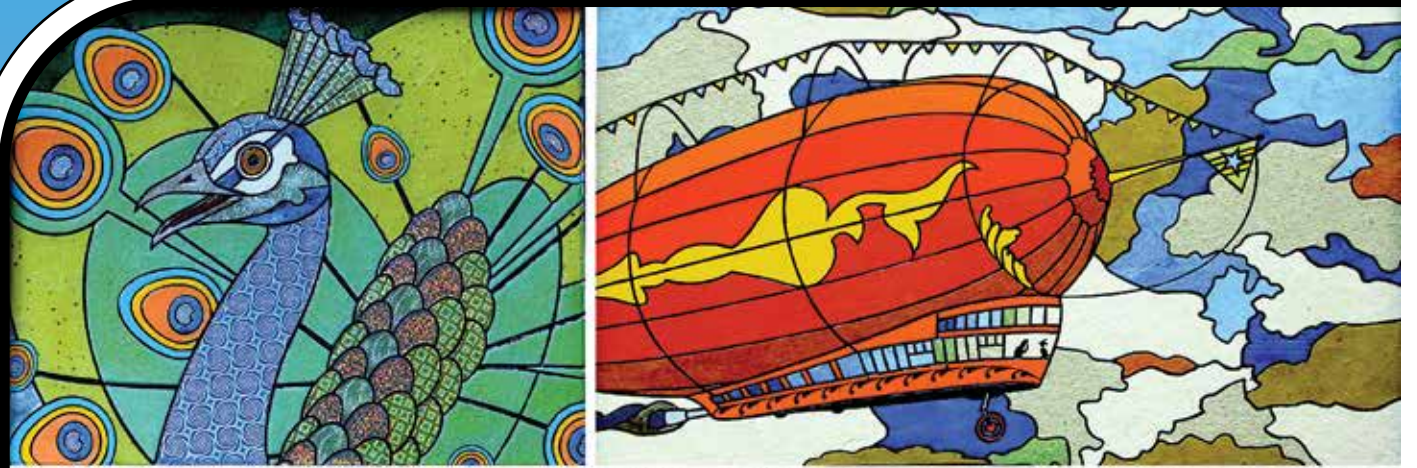
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Renewing Our Friendship

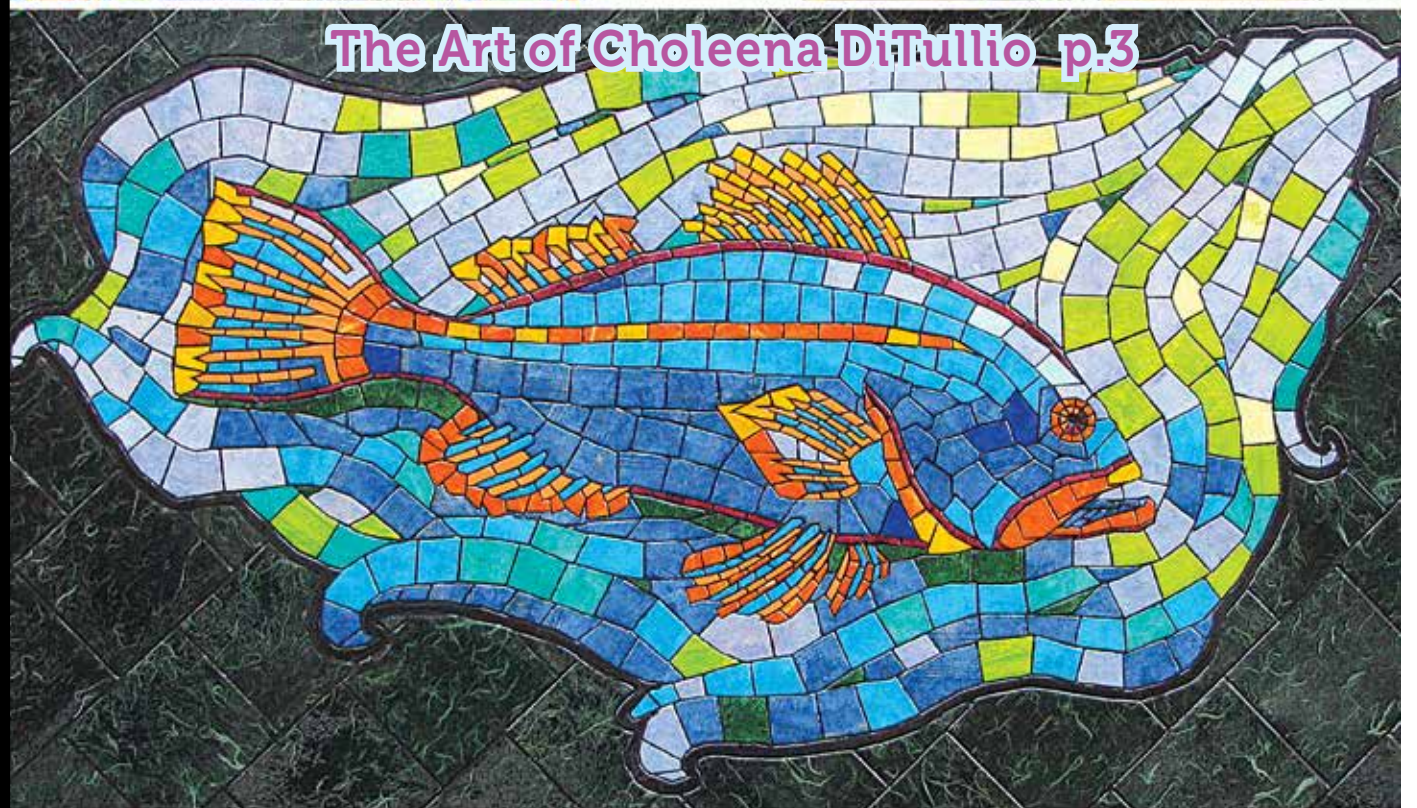


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Big Bold Beers



The Art of Choleena DiTullio p.3



Family Fun!

There's still a whole month left before the kids head back to school, and fortunately August is full of family-friendly festivals and fun events. If your family decides this area would be a great place to put down roots, just give me a call!

- Pat's Picks for August:**
- Bridge Street Summer Fest • Aug. 5 <downtowncarletonplace.com>
 - Naismith 3-on-3 Basketball Tournament • Aug. 12 <naismithbasketball.ca>
 - Pakenham Fair • Aug. 19 <exploremississippimills.ca>
 - Railway Museum Trainfest, Smiths Falls • Aug. 26-27 <rmeo.org>
 - North Lanark Highland Games • Aug. 26 <almonthehighlandgames.com>

Patrick Kelly
SALES REPRESENTATIVE

Sutton

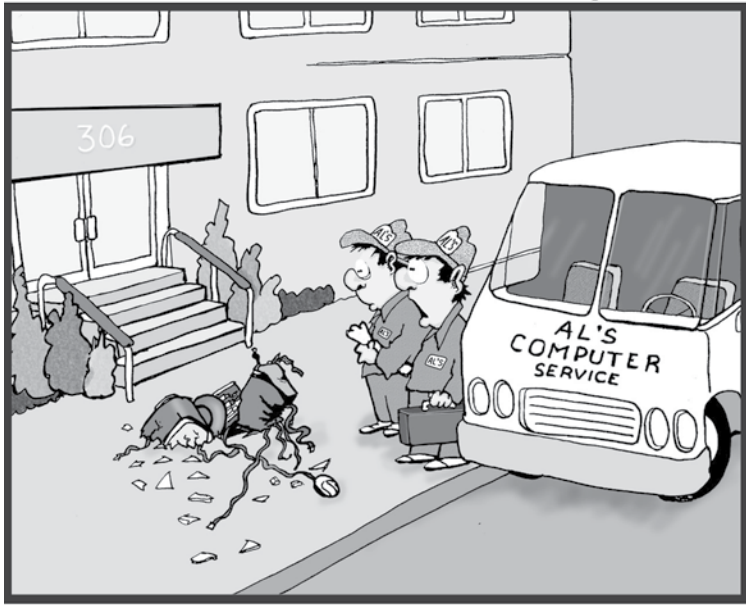
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ARTBEAT

by Bill Buttle



"Well, he said he'd have it waiting for us, down at the front door!"



Sale of Works by Basil Pessin

Friends of Basil Pessin (1939–2016) are hosting a show and sale to find new homes for the the last of Basil's unsold art. All of his remaining art will be sold in a silent auction with no reserve bids and with all proceeds going to his widow, Helen.

The sale will take place from 5–7PM on Friday, August 4, and from 11AM to 3PM on Saturday, August 5, at The Space Between <thespacebetween.ca>, located at 229 John Street in Eganville.

The winning bids will be announced at 3PM on Saturday, August 5. Be sure to be there or send a friend so that you get the piece you want. Or come by for a wander any time if you just want to remember Basil and his unique art.

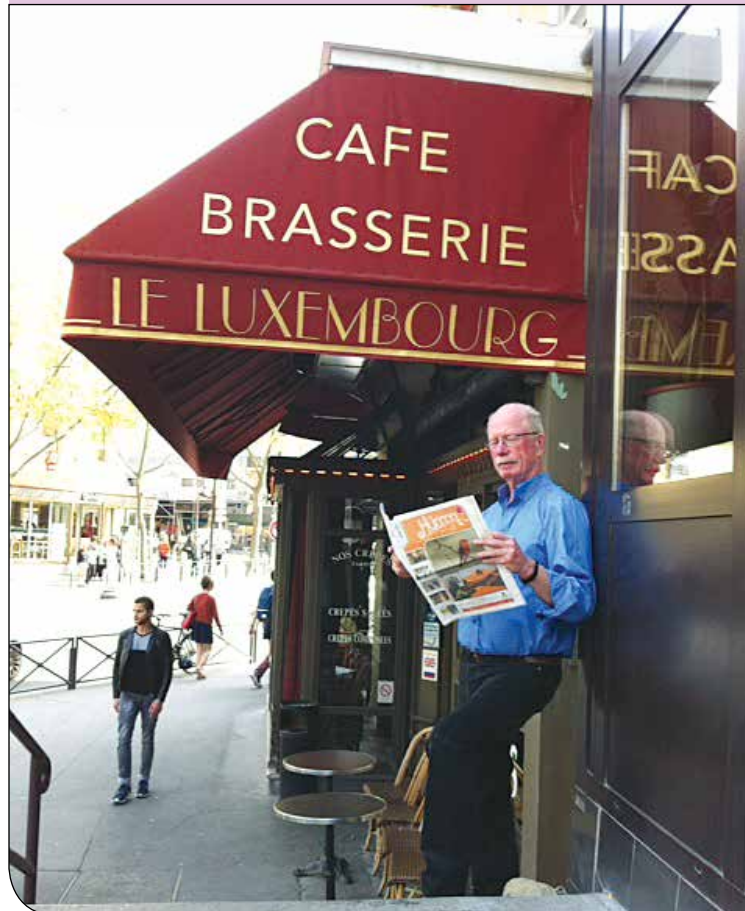
Basil was profiled in the July 2014 issue of theHumm, so visit <theHumm.com> to see examples of his work and find out more about him.



(above) In early 2015, **Carolyn and Bruce Waddell** wrote: "To catch up with our reading, we took theHumm with us on our March 2015 trip to Baja, Mexico. This picture was taken near Puerto San Carlos, Baja, Mexico.

(below) Perth resident and Hill Times publisher **Ross Dickson** took a moment during a 2015 visit to Paris to catch up on Lanark County news with his copy of theHumm.

Thanks to everyone for sending in your Who's Reading theHumm photos – we love receiving them and seeing where you've been!



Who's Reading theHumm



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

Submissions

By email or on disk.

Content Deadline:

20th of the month prior to publication

Advertising Deadline:

22nd of the month prior to publication

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Thanks this month to:

All the farmers in our area, for persevering through the odd "summer" weather to bring us a delicious local harvest!

Kricklewood Farm
• Sunflower Festival •
 Sunday, August 6, 11AM–4PM
A Day in the Country in Support of
Mel's Farm All Animal Rescue
 melsfarm.ca
 Tasting Alley • Sunflower Field Tours • BBQ Lunch
 Silent Auction • Farmer & Artist Market • Barnyard Visits
 Music • Pet Portraits • Kids Activities • Sunflower Bouquets
 421 Kitley Line 8 Road, Frankville, ON K0E 1H0
 f kricklewoodfarmsunflowerfestival2017
 www.kricklewoodfarm.com

WEST CARLETON
Arts
 SOCIETY
 presents...
Art
 on the Grass
 Sat. Aug. 19, 8am-3pm • Carp Fairgrounds
 Fine Art • Crafts • Kids' Art Activities
 www.WestCarletonArtsSociety.ca
 Image courtesy of J Johnston

Choleena DiTullio – Living Life ARTfully

Not far from Perth, in the middle of three hundred acres of beautiful farmland and wildlife, artist Choleena DiTullio faces life's challenges with determination and art. Art is her passion, her motivation and the source of her resolve.

by Sally Hansen

After sixteen years as a graphic designer and then art director for a major marketing firm in the Maritimes, DiTullio took a year's sabbatical to invest in her ambition to return to her roots in Fine Arts. Little did she dream she would also return to her geographic roots in Perth. Although she had worked in acrylics and watercolours for most of her career, she spent the sabbatical year developing a new medium — paper mosaic. She had always admired the beauty and texture of ceramic mosaics, but dreaded the enormous difficulties involved in transporting and hanging such heavy objects.

While inventing the new medium, she found that her childhood passion for the sciences stood her in good stead, as did a chance curriculum substitution that occurred when a professor got sick during her pursuit of a Fine Arts degree at Mount Allison University in Sackville, NB. Instead of sculpting, she learned how to make paper. The result of six months of intensive experimentation and research is an original process that creates the visual effect of ceramic mosaic without the downside of debilitating weight and all its attendant difficulties.

Using various handmade, recycled and acid-free archival crafting papers and acrylic gel, Choleena renders her colourful, highly original pieces with wit, humour and whimsy. Their glass-like, glossy finish is easy to keep clean and can be safely dusted or wiped with a damp cloth. Smaller pieces are mounted with a wire hanger and larger pieces are secured for hanging using mounted D-rings.

DiTullio's free-spirited imagination is evident across the full spectrum of her art. She is a firm believer that art should be everywhere — just another form of essential nutrition that feeds our souls. In addition to major pieces like her *Adirondack Fish*, she makes greeting cards, jewellery and many affordable pieces to coax a smile and brighten your day. *Adirondack Fish* is a great example of her innovative approach to art. From an old wooden Adirondack chair, she created a twelve-foot-long acrylic piece on stretched canvases. It completely integrates every piece of the deconstructed rustic chair — even the fish's teeth are the chair's nails. She was particularly delighted when the piece was



purchased by the town of Sackville, migrating back to where she studied art and entered the world of graphic design.

During her "sabbatical", DiTullio moved back to Ottawa and investigated the practical aspects of her arts career by visiting galleries and developing contacts. She did volunteer work at the National Gallery of Canada, doing graphic design and art direction for the Volunteer Circle and participating in Arts Ottawa East. She learned that her works don't fit in the mandate of most galleries; they are too unusual and don't slot readily into any familiar genre. She realized she would have to carve out a niche for herself, and has created an extensive online



presence utilizing social media, selling her works on Etsy. She also acquired a 10' x 20' tent and began participating in outdoor markets and art shows. For three years she lugged a particular fish mosaic to the Byward Market, eventually selling it as the result of a humorous tweet she posted, complaining that she would have to cart it home yet again.

DiTullio's love of the natural world is obvious in her works, as are her eclectic interests, including Steampunk themes, fish and Fibonacci spirals. In her online bio, she describes herself thus: "From a very early age, my mind has been drawn to odd and abstract things. I couldn't fight it, so I decided to embrace it. My art, my work, my interests and my life are all the better for it." She finds inspiration in odd places; a Spam can becomes a fish body, as does a Mondrian-inspired geometric design.

Her unusual name, pronounced "koh-lee-nah" is derived from the word acetylcholine, a molecule that transmits signals between nerve cells. The advantage is that her website is simply <choleena.com>.

When it became clear three and a half years ago that her mother could not maintain the family homestead on her own any longer, Choleena moved back. With the help of her partner and other family members, she is seeking ways to restore the cherished property to a self-sustaining proposition. There are wonderful old barns, a large house with a fabulous porch overlooking a dragonfly-festooned pond, idyllic views, and an enormous challenge as to how to transform it into an "open-to-the-public hybrid farm, art tour destination and wildlife haven." It is also home to her rescue dog Mac, a beautiful Catahoula Leopard Dog. You are invited to sign up for her e-newsletter at <choleena.com/the-farm> to keep updated on their progress.

DiTullio's art is fun. Her sense of humour and her "other ways of seeing things" infuse it with delightful surprises. At the same time it is practical, affordable and extremely creative. Make time to visit one of the outdoor venues listed on the back of her Trading Card, and don't miss the **Sundance Artisan Show** on Labour Day Weekend (September 2-4), behind Fall River Restaurant at 21980 Hwy 7 in Maberly. Feel free to contact her to discuss a commission for a sign or personal or public mosaic, and spend some enjoyable time with her on her website, Facebook or Etsy.





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to your
FORK





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MON-THURS 8am-8pm
FRIDAY 8am-9pm
SAT AND SUN 9am-6pm

f i p t You Tube

foodsmiths.com

WHO Choleena DiTullio

WHAT Paper Mosaic Artist

WHERE Art by Choleena Studio, Perth (by appointment), <choleena@gmail.com>, (343) 800-1374, <choleena.com>; Art By Choleena on Etsy and Facebook; Riverguild Fine Crafts, Perth, <riverguild.com>

WHEN Sept. 2-4, Sundance Artisan Show, by Fall River Restaurant at 21980 Hwy 7, Maberly; Oct. 7-9, Perth Autumn Studio Tour, <perthstudiotour.com>

WHY "I love the challenge of finding creative ways to infuse art into people's lives."

ARTIST TRADING CARD

THE HUMM

Sunflowers & Goat Yoga!

Each summer Kricklewood Farm hosts their annual **Sunflower Festival**, when everyone is invited to come out to the farm. This year the festival will be held on Sunday, August 6 from 11AM to 4PM. In addition to enjoying walking in the fields, there will be a Sunflower Oil Tasting Alley, farmers' market, artist market, barnyard tours, silent auction, music, pet portraits, and a BBQ lunch.

The highlight of the day is the Sunflower Oil Tasting Alley, where local chefs create sampling portions of their favourite dishes featuring Kricklewood Farm Sunflower Oil. New this year, enjoy a one-hour goat yoga session led by Amanda Keeley from Brockville's Reiki Yoga Wellness Centre. The session begins at 11AM and is limited to 25 people, and net proceeds will go to Mel's Farm All Animal Rescue <melsfarm.ca>. For more information and to register, visit <kricklewoodfarm.com>.

The whole day is a fundraiser for Mel's Farm — the local animal rescue where Emma (Kricklewood's resident dog) and Daisy (the pot-bellied pig) came from. Kricklewood Farm is located in Frankville, south of Smiths Falls off of Highway 29, at 421 Kitley Line 8 Rd.

If you can't make it out for the festival but want to learn (and taste) more about Kricklewood's sunflower products, they can be found at local shops such



Come to Kricklewood Farm on August 6 for their annual Sunflower Festival, and help raise funds for Mel's Farm All Animal Rescue!

as Dandelion Foods, The Granary, the Beckwith Butcher, the Garden Market, C'est Tout Bakery, Foodsmiths and Balderson Cheese. Kricklewood Farm will also be at the Garlic Festivals in Perth and Carp, the Lanark County Harvest Festival in Beckwith, and several farmers' markets (including Carp). Find more details, as well as a store locator and events and markets calendar, at <kricklewoodfarm.com>.

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



Foundation 2017 FUNDRAISING EVENTS

Family fun for all ages!

Raft, canoe, kayak and paddle board races and a giant community paddle up the Mississippi River.



Build and race your own raft!

Prizes for race winners, raft design, team costumes, participation, spirit, enthusiasm and most funds raised.

On shore activities, food, displays and entertainment!

Pre-registration required, visit almontehospitalfoundation.com

New Date!

Sunday August 13

11AM-4PM • Almonte Fair Grounds Beach

SHOPPERS DRUG MART PRESENTS

Mississippi Mills River Walk & Run
September 9th 2017

EVENTS:

3 km, 5 km, 10 km walk/run
3 km Family Fun Event
Register as an individual or team!

REGISTRATION INCLUDES:

T-shirt, Music, Food, Zumba, Participation Medals, Prizes & More!
Activities and fun for all ages.

FUND RAISE • PLEDGE • VOLUNTEER

WIN GREAT PRIZES FOR PLEDGES COLLECTED



COMING SOON

Fri., Sept. 15 A Tribute to Eric Pottle

Funds raised support new Diagnostic Imaging equipment
For more information, contact Carolyn Piché
613-256-2500 ext. 2296 cpiche@agh-fvm.com
www.almontehospitalfoundation.com

Ottawa Valley Music Festival's Finale

Saint John Chrysostom Church in Arnprior will once again be filled with the sounds of glorious music as the Ottawa Valley Music Festival presents a **Gala Celebration Concert** featuring the Ottawa Valley Music Festival Chorus, a professional orchestra, and soloists Cara Gilbertson, Danielle Vaillancourt, Kevin Meyers, Jean-Sebastien Kennedy and Jessica Belanger.

Mervin Fick will return as Guest Conductor for this premier event to help the Ottawa Valley Music Festival celebrate 25 years of beautiful music-making in the Ottawa Valley. Mr. Fick brings with him more than 35 years of creative leadership as a choral conductor, vocal coach, voice teacher and clinician. To learn more about him, please visit <ottawavalleymusicfestival.ca>.

The program will include Mozart's *Regina Coeli*, *Laudate Dominum*, and *Ave Verum Corpus*, along with Haydn's *Lord Nelson Mass*. The featured young performer will be Cameron Hunter, winner of this year's Karl Fick Memorial Scholarship.

A post-concert Gala Dinner will be held following the concert at the Greenside Tavern, Sand Point Golf Course. Come and celebrate OVMF's Finale, and meet the soloists, choristers, friends and supporters. \$45 per person includes appetizers, dinner, dessert and coffee. For reservations, please contact Greenside Tavern directly at 623-3234 and mention OVMF Gala Celebration. The reservation deadline is September 6.

The Gala Celebration Concert will be presented on Sunday, September 10 at 3PM in St. John Chrysostom Church, located at 295 Albert Street in Arnprior. Tickets are \$25 for adults, \$10 for young adults (under 30), \$5 for students (with ID), and free for ages 12 and under.

Tickets will be available at the door and may also be purchased in advance in Renfrew at The Shoe Lounge and in Arnprior at The Arnprior Book Shop, or by contacting <info@ottawavalleymusicfestival.ca>.



Thank you
Alan
Mirabelli
~ with love from
your friends
at

Paddy Mirabelli CLOTHING

Oh, Those Wicked Chefs...

A Delicious Way to Support Community Food Programs

Looking for a great way to round out the summer? The Table Community Food Centre's **Barns, Farms and Wicked Chefs** is a not-to-be missed event that brings together talented chefs, regional farm products, Ontario wines, local craft beer and spirits, and entertaining music. The event takes place in a gorgeous rural setting on a heritage farmstead just outside of Perth, on August 26 from 5–10PM. It is the biggest fundraising event of the year for The Table — a vibrant community organization that works towards creating a healthier, more just, more inclusive and more engaged community. Over 2,000 people a year are touched by The Table's food and community engagement programs such as the After School Program, Good Food Bank, Community Garden, Community Meals and Peer Advocacy Office.

While it is an important fundraiser for the Table, for the guests, the emphasis of the event is on spending an enjoyable night with friends and eating great food. Every year a unique line-up of chefs participates, creating fresh and delicious food. Guests mingle as they roam around the refurbished barns between food stations, two bars, and a variety of indoor and outdoor seating areas.

The Table is pleased to have the support of the Parkdale Food Centre for this year's event. Located in Ottawa, it is an organization with a similar mandate and philosophy to The Table. Parkdale Food Centre's Chef and Kitchen Manager Simon Bell will be one of the event's guest chefs. Simon was a longtime fixture at Ottawa's critically acclaimed Oz Kafe, where he spent time as sous-chef and head chef. Since leaving Oz, he has acted as a consultant and culinary instructor with Urban Element, and a menu designer and consultant to Arlington Five in Ottawa. In his current role at the Parkdale Food Centre, he uses his deep ties to the restaurant community and local agriculture sector to provide healthy meals and instruct community members, volunteers and youth on proper cooking techniques. Manager Karen Secord and two other staff from Parkdale are also volunteering at the event.

Dominic Paul is a returning guest chef. He is co-owner and operator of Wilf & Ada's and Arlington Five in Ottawa. When asked why he wanted to come back to the event, he explained that "I like the challenge of working with produce that's always different in shape, size, and flavour. I love that endless variation. I admire The Table's approach to things such as food security, accessibility, and education. I want to help support The Table and hopefully encourage other food banks, including those in Ottawa, to grow from being simply a bank to a food community centre."

Details about the other fabulous chefs joining the event will be revealed throughout August on the Barns, Farms and Wicked Chefs Facebook page and The Table's website <thetablecfc.org>.



Don't miss this year's **Barns, Farms and Wicked Chefs** on August 26. Taking place on the beautiful grounds at EcoTay, this delicious event features talented chefs, regional farm produce, Ontario wines, local craft beer, and live entertainment. Best of all, it helps fund many of the great programs at The Table Community Food Centre!

Along with the great food and drink, guests at the event can participate in unique live and silent auctions. The auctions feature a selection of curated items and packages including the always popular catered dinner for eight by The Table's Community Chef Judy Dempsey. There will also be a number of "date-night" packages featuring all you need for a number of romance-filled outings with the one you love.

One of the evening's regular guests is Ken Fisher of Sharbot Lake. Ken says that "it is a joyful choice to attend this annual fundraising celebration. My wife Pat and I love the charming and evocative staging of EcoTay. On this special August evening, the barns are filled with music, the buzz of friendly conversation, awesome taste treats and libations; and for us foodies, the opportunity to chat with chefs and producers."

Tickets for the event can be purchased online <thetablecfc.org>, by phone (267-6428 x7), by mail or in person to 190 Gore St. E, Perth, K7H 1K3. The tickets are \$125 and an \$80 charitable donation receipt is provided for each ticket.

VAMOS OUTDOORS

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Renewing Our Friendship
Reconciliation and the Birch Bark Canoe

A day of learning and sharing with Indigenous Wisdom Keepers
Speakers | Conversations | Birch Bark Canoe
Plenty Canada (PlentyCanada.com)

August 19, 9AM-5PM
(\$25, includes lunch)
Or come for lunch and a chat with canoe builder Chuck Commanda (\$10, 12-1:30PM)

62 Clyde Street, Almonte
by the river at St. Paul's Anglican Church

Details and registration at mmyrelations.ca

Candidamania arrives in Perth

British cultural exports to North America have often earned monikers that suit the temperament they inspire. The adulation greeting four lads from Liverpool who crossed the pond in 1964 inspired Beatlemania, but long before that landmark baby boomer phenomenon, another “mania” was inspired by a play that is currently showing at Perth’s **Classic Theatre Festival**.



Photo by Jean-Denis Labelle

In *The Beat Goes On*, the 2017 version of the Lonely Ghosts Walk running Thursdays and Fridays at 7PM until August 25 in Perth, two battling female store owners from 1867 (Keegan Carr and Emma Houlahan) come back to haunt two young men on both ends of the countercultural divide (Garrett Pipher and Connor Williamson, pictured above) during the Summer of Love and Expo 67. The same troupe, along with Brooks Knapton, perform the morning walking play, *A Nation Lost and Found*, Wednesday–Sunday at 11AM until August 27. Both shows run at the Classic Theatre Festival, with tickets available at <classictheatre.ca> or 1-877-283-1283.

“Candidamania” was an early 20th century sensation inspired by the first New York production of *Candida*, George Bernard Shaw’s warm and witty comedy that skewered Victorian notions of love, marriage, and friendship.

As Americans entered a new era marked by technological change and breaking with restrictive social and moral conventions, *Candida* fit the bill for a sophisticated new kind of theatrical experience that was overwhelmingly applauded because it was both very funny and also thoughtful and provocative. *Candidamania* was described by the *New York Sun* as “a contagious disease, frequently caught in street cars, elevated trains, department stores, restaurants, and other places where people talk about what they did the night before. ‘Have you seen *Candida*?’ is the question of the hour. Thousands are dragging their friends to see Mr. Shaw’s play.”

The story revolves around *Candida*, the wife of a famous clergyman, the Reverend James Mavor Morell (played by Jeffrey Aarles). Played by CTF newcomer (and Ottawa-raised) Dana Fradkin, *Candida*’s good works, charm, and grace have certainly helped Morell in his career, and she is loved by one and all. The love that so many feel for her becomes translated into a romantic obsession on the part of a passionate young Morell protégé by the name of Eugene Marchbanks (Perth-born Sean Jacklin), whose loving entreaties create a connubial crisis for the married couple.

As with all Shaw plays, *Candida* is peopled with unforgettable comic characters, who in this case include the prickly but dedicated secretary Miss Proserpine (played by Anna Burkholder), the fawning Reverend Alexander Mill (Fraser Elsdon), and *Candida*’s father Burgess (William Vickers), described — as only Shaw could — as: “a man made coarse and sordid by the compulsory selfishness of petty commerce, and later on softened into sluggish bump-tiousness by overfeeding and commercial success.”

Director Laurel Smith, who worked at the Shaw Festival in Niagara-on-the-Lake after staging a successful Toronto series of “Shaw in the City” pro-



Photo by Jean-Denis Labelle

Candida (Dana Fradkin) sits with her husband Rev. Morell (Jeffrey Aarles), who fears he may be losing his wife to the attentions of a passionate young poet, in the warm and witty Shaw masterpiece on Victorian notions of love and marriage, *Candida*, playing at Perth’s Classic Theatre Festival until August 13

ductions (including an earlier production of *Candida*), says: “Shaw continues to offer us so much given his understanding of human dynamics and how we relate to one another as acquaintances, friends, lovers, and spouses. Anyone who has ever been married or just deeply in love, with all the conflicting emotions that produces, will identify with many of the characters in this wonderful play.”

Smith points to the Classic Theatre Festival’s award-winning production of Shaw’s comedy *Arms and the Man* from last summer’s season as proof that Shaw still has “a great deal of resonance with today’s audiences, who appreciate not only his incredible wit and memorable turns of phrase, but also his ability to create very human situations that are universal and accessible to audiences everywhere.”

After *Candida*, the Festival opens its annual mystery thriller. Peter Colley’s *I’ll Be Back Before Midnight* — the most produced play in Canadian history — is a Hitchcock-style psychological nail-biter that opens August 19 and runs until September 10. August is also the last chance to take in the two historic theatrical walking plays running seven times weekly: *A Nation Lost and Found* (a tale set at Confederation), and the *Lonely Ghosts Walk* (an 1867 meets Expo-67 time travel romp).

In the meantime, *Candida* runs until August 13, from Tuesday through Sunday at 2PM, with 8PM shows every Wednesday and Saturday. To see what inspired Britain’s first “mania” export of the 20th century, visit <classictheatre.ca> or call 1-877-283-1283.

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The tradition continues...

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& 27 (10-4)
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Fairgrounds

Free parking, admission \$7,
children under 12 are free

Doug Stroud 613-850-5446
www.antique-shows.ca



Carp Garlic Festival

On Saturday and Sunday, August 12 and 13, the Carp Fairgrounds will be home to what has grown to be the biggest garlic festival in Canada. This, their 18th annual Garlic Festival, promises to be bigger and better than ever before, running from 8AM to 3PM on Saturday, and from 10AM to 3PM on Sunday.

The two-day event will include over 125 booths, showcasing 35 dedicated garlic vendors — selling fresh garlic as well as garlic spreads, dips, dressings, pestos, braids and baskets — who join the 90 regular Carp Farmers' Market vendors to celebrate the harvest of "the stinking rose". For more information, visit <carpfarmersmarket.ca>.

TV-Free Fridays

New Series of Almonte Lectures

It's tempting to turn into a couch potato after a week of activities, but that is a mistake when, once a month, a person could be out and about, taking in good company and making new discoveries. The Friday night **Almonte Lectures** begin again on September 29, promising to make your Friday evenings entertaining and interesting.

Warren Thorngate, chair of the Almonte Lectures committee, has put together a winter season of extraordinary speakers on diverse subjects — from Yukon stories of the North to the explanation of the theory of relativity. Who knew there were people in our midst whose areas of expertise extended so far? Who knew that after an hour's lecture, you too could walk away with knowledge that only a few hours previous would have eluded you?

The speakers are all authorities on their subjects. Terry Currie has spoken previously on the Ottawa Valley, and will return to regale the audience with stories of "porridge and pond-water". Ron Ayling will continue his interesting look at our local forests. Mike Coxon, recently retired director of Mills Community Support Corporation, will give an inside look at community development. The Mills is a unique service organization that is often cited as a model for what communities can become. Kanina Holmes, a journalism professor at Carleton University, has always had a love of the North. She has first-hand knowledge of Indigenous issues, and her perspective will no doubt be enlightening.

Local physicist Carson Mok is passionate about physics and science outreach, so hearing his explanation of the theory of relativity will be an eye-opener for everyone. This is one lecture that should attract youth who are interested in opto-electronics, an up-and-coming field in the high-tech market.

Perhaps it will leave some of the audience with a headache that only a lecture on pain management can cure! Marjorie Coristine is a licensed Psychological Associate who assists sufferers with chronic pain management to lead productive lives. The ability of the brain to adapt is exceptional, and through Coristine's work, she has helped many people for over twenty years. There will be valuable lessons to learn from this lecture.

Each month one of these speakers will be featured in theHumm as a preview to their upcoming lecture, which is held the last Friday of every month for seven months, beginning September 29 with Kanina Holmes' lecture on the Yukon. The lectures are held at 7:30PM the community hall of the Almonte United Church on Elgin Street. There is no charge (although donations are welcome), no age limit, and no pre-requisite — only the desire to spend a Friday evening off your couch and in the company of other curious people. What's to lose? Check out <almontelectures.net> for more information. The website will be updated regularly to include the various speakers.

— Glenda Jones

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Stalwart Brewing — Big Bold Beers

Back in December of 2015, Adam Newlands, Ed McKinley and Nathan Corey opened Stalwart Brewing Co. in Carleton Place, and they have been running pretty much full-tilt since then. Given how quickly they got up to speed, it's pretty clear that Stalwart didn't start from a standstill.

In 2012, Adam, Ed and Nathan worked as servers at the Wellington Gastropub in Westboro and they hit upon the idea of producing small batches of beer exclusively for the Gastropub. They brewed their 150L batches using the restaurant kitchen's stock pot, and Stock Pot Ales was born. Stock Pot developed quite a following, and the nanobrewers realized that they could produce beer that rivalled other craft brews on the market. Their success at that level gave them the encouragement they needed to go out and open their own full-blown microbrewery.



Adam Newlands stands ready to pour at Stalwart Brewing Co. in downtown Carleton Place

The first decision was where to locate. Their search for a space led them to Carleton Place, which had a growing population and no existing brewery. Real estate prices there were better than in Ottawa, so they could afford a great space with room to grow their operation. And ultimately, they found a building that worked perfectly: an old auto repair shop on High Street. The group really appreciated being in a neighbourhood and not hidden away in an industrial park.

Tasting Space

The building has a cool, industrial-hip feel to it. For the interior, Stalwart worked with designers and furniture makers Laura Langford and Brendon Taylor of Matchstick to continue that feel (on a budget). Adam recalls asking Laura and Brendon, "If you please, I need the cheapest bar that still looks like not the cheapest bar." The pair used end-of-the-season, on-sale cedar, some paint, and aluminized steel for the countertop, and it works perfectly in the space. Above it hangs the original bottom of their boil kettle,

which has been buffed to a lovely patina — another great touch.

Ed built the room's tables from pallets and Adam scoured local used furniture stores for an eclectic selection of chairs that almost match. A record player occupies a prominent place of honour on the back wall. All in all, it's a very comfortable space that has been embraced by local beer aficionados as a casual gathering place. Stalwart also has a by-the-glass serving license, which has allowed them to properly host the Carleton Place Beer & Chess League or local paint nights.

The Beer

The growing enthusiasm for craft-brewed beer in Ontario is certainly helping with Stalwart's growth. And, although they definitely want to be some people's favourite brand, Adam realizes that few if any beer enthusiasts these days have just one favourite beer. "Your average palette-driven beer drinker these days is 'poly-amorous' to say the least. Not only in terms of styles of beer, but also different beers within that style. So it's important to maintain a reputation for quality so that you are in people's rotation."

And quality beers with big, bold flavours are certainly what Stalwart is getting known for. Their flagship offerings are listed below...

Down By The River is an American wheat ale. Wheat makes your beer more tart, so it's nice and refreshing. European wheat beer gets its distinctive clove and banana flavours from the yeast, but Stalwart's American-style ale is floral and fruity. They use a neutral yeast and give it fresh hop character that comes across as fresh-squeezed citrus. It's a dock- and patio-friendly summer sipper.

Big Papa is a peach and apricot pale ale. Peach and apricot juice (along with the wort) are added to the fermenter where the yeast eats the sugar. The result is a beer with nice juicy notes along with the lemony hops and a tart finish from the acid in the fruit juice.

Dr. Feelgood is Stalwart's IPA. It is a tropical, hop-forward, fresh tasting beer with notes of pineapple and guava along with the citrus elements you would expect in a west-coast style IPA.

Bad Moon Rye Stout is rich and smooth, with coffee, chocolate, molasses and smoke flavours predominating.

What's Next?

The work never ends for the Stalwart team. They are currently working on getting an LCBO listing for Dr. Feelgood, which they hope to have by the fall. Once that happens they will get into just a few stores, because they don't have much surplus. Assuming it goes well, they will expand their equipment to be able to supply more stores. By next year, they hope to have more tanks and a canning robot that will allow them to can a full tank of beer — they currently do all of their canning by hand. Business-wise, it's a chicken-and-egg scenario: you need to invest in the equipment to grow, but you need the sales volume to support your equipment setup.

Support your local microbrewery! Stalwart Brewing Co. is located at 10 High Street in Carleton Place and they are open Tuesday to Sunday. Find them on the web at <stalwartbrewing.ca>.

— Rob Riendeau

A Feast of Fall

On Sunday, September 3, Black Tartan Kitchen and Stalwart Brewing Co. present "A Feast of Fall" at the Carleton Place Canoe Club. The event is intended to be a celebration of the start of the harvest season. Central to the festivities will be a roast pig, which was raised on McGahey Farm and fed with organic scraps straight from Black Tartan Kitchen.

Proceeds from the feast will be donated to the Carleton Place Community Friendship Oven Project that is building a shared, wood-fired brick oven.

The feast gets underway at 6PM with drinks and snacks, and dinner begins at 7. Entertainment will be provided by Django Libre — a high-energy, Gypsy jazz ensemble. Tickets are \$60.75 through Eventbrite. Additional information and a link for tickets are available at <blacktartankitchen.ca> or <stalwartbrewing.ca>.

Is there More to Life?

If you or someone you know is asking this question then you are invited to our **Alpha Dinner** — an interactive evening exploring the Christian faith. There is no pressure, no follow-up and no charge. **September 27 at 6:30PM.** RSVP to alpha@wocc.ca.

West Ottawa Community Church 3123 Carp Road, Carp

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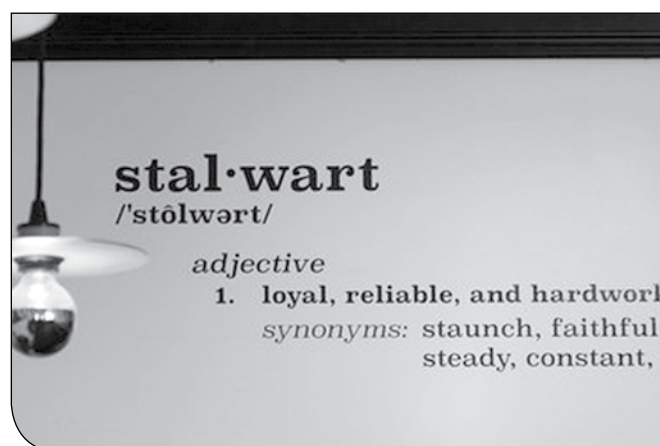
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Arnprior Book Shop, 152 John Street N., Arnprior
and at www.ottawavalleymusicfestival.ca



School's Still Out in Perth!

It's August, it's Perth, there's lots happening, so let's defiantly twist up those "Back To School" flyers into so much campfire kindling and get to it.

Few things in life set off my craving for a plate of spaghetti and meat sauce quite like the **Perth Garlic Festival**. It happens every year: I

by John Pigeau

write about the festival, I immediately crave a delicious loaf of toasty garlic bread to accompany that spaghetti meal. And now it's happening again. Good thing the Garlic Festival is too, I suppose.

This year's festival takes place the weekend of August 12 and 13 at the Perth Fairgrounds, and marks the 20th anniversary of this fun, informative, and scrumptious celebration. A good portion of the weekend is devoted to everything garlic, including a slew of garlic vendors on-site, lots and lots of garlic-related food, garlic bread tasting (yip! yip!), and cooking demonstrations by Rob Slack of Slackoni's Restaurant and Chef Ricky Martin from Peter's Restaurant. There will also be music by the Blue Skies Fiddle Orchestra, the very popular Birds of Prey Show, and spirited tastings in the Lions Hall featuring products by Perth Brewing Co. and Top Shelf Distillers, as well as Jackson-Triggs and Inniskillin. Kids can get their faces painted by the good folks at YAK, and, unrelatedly, there will be a beer tent open both days as well as groovy sounds all around courtesy of Disc Jockey Pat Labelle of Music Mix. Admission is only \$5, and children under 12 don't pay a penny. No pets are allowed on the fairgrounds, but you can always bring your beloved

dog or cat or llama back some sort of tasty treat from the festival. If you would like more information, you can call the Perth Lions Club — fine hosts, as always, for the festival — at 1-877-268-2833 or you can visit <perthgarlicfestival.com>. It runs from 9AM to 5PM on Saturday; 9AM to 4PM Sunday.

Frankly, as events go, it's hard to top that. But there is something fairly fantastic going on down Rideau Ferry way the following weekend — the **Rideau Ferry Vintage Race Boat Regatta**. This year marks the 120th anniversary of the first regatta, held in 1897,



It's always "chic to reek" at the Perth Garlic Festival! This year marks the event's 20th anniversary, and takes place on August 12 and 13 at the Perth Fairgrounds

and spectators now, as back then, are in for a real treat. Some of the sport's best-known Grand Prix race boats and drivers, from Canada and the U.S., will carve up Big Rideau Lake at speeds well over 100 miles per hour.

The weekend at Rideau Ferry — a quick 10-minute drive from Perth — will be a wonder for anyone interested in vintage race boats, boat racing, high power engines, canoe building, and toy boats. You likely won't want to miss the always-popular "Mu-

nicipal Cardboard Boat Races" either, so please visit <rideau-ferryregatta.ca> for a detailed schedule of events. Bring your lawn chairs and sunscreen, and enjoy watching the vintage race boats in action, check out the nautical antiques on display, or just soak in some sunshine on the beach and maybe even go for a swim in the lake. Tickets are \$5. There will be children's activities too, and kids 12 and under will be admitted for free.

There are 46 lakes in the Tay River Watershed. Did you know that? Well, you can learn a whole lot more about the water surrounding Perth on August 19 when the Friends of the Tay Watershed will hold its annual **Watershed Discovery Day** at the Crystal Palace from 8AM to 1PM. The day provides information about the Tay River, regional lakes, and other area water resources, and showcases the programs in place to protect them. It's an informative day with entertainment for the whole family, featuring interactive displays, experts who can provide a "one-stop-shop" for your questions and concerns; and for the children there will be entertainment, an interactive "fish pond", a book table and a book draw, and a library "story corner". This year there will also be a 150th anniversary display. All in all, it's an enjoyable and wonderful chance for kids — big and small alike — to learn more about water and the environment. If you're looking for a wholesome day's adventure for the family, this is it. Entry is free.

A marvellous Perth tradition continues later this summer with the 110th edition of the **Glen Tay Block Race**. This race, first run in 1907 with Ed Code as the winner, is a wonderful slice of Perth's history. For a few years,

the event was tied in with Thanksgiving. Its continued success owes much to its volunteers, especially families, many of whom have been involved for years, if not generations. Steeped in fascinating history, the 14.7 km race begins and ends on Gore Street, directly in front of the Perth Museum. This year the Glen Tay Block Race takes place on Thursday, August 31. For more information about this important and ongoing part of Perth's history, or to register as a participant, please visit <glentayblock.com>. There you can also read about just some of this annual event's rich history. Best of luck to this year's racers!

Humm Bits

Blueberry Tea at Union Hall

Union Hall is once again playing host to a traditional celebration of summer, with their 11th annual Blueberry Tea taking place on Sunday, August 27. Doors will be open from 2-4PM and admission is free, although donations are always appreciated!

Everyone is invited to sit down for a chat and some tea served with blueberries and Glennis's fine pastry. Those who have not visited recently will enjoy artist Laurel Cook's mural of the floating bridge at Taylor Lake.

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

Now Only a Single Singles Group

If you saw the **Valley Singles Group** lunch in the calendar every month, and kept thinking "I should go some time"... well, you are now too late. The Valley Singles Group has announced they are folding due to lack of interest. Any monies that have been collected will be donated to Renfrew County Child Poverty Action Network (CPAN). For information, you can contact Johanna at 432-7622.

If you are looking for other singles events in the area, there is a **40 Plus Singles Dinner & DJ Dance** each month at the Smiths Falls Civitan Club (though not in summer). See the Humm's September calendar for further details, as they are back for the fall on September 9. Dinner is at 7PM, and the dance follows. It costs \$15 for the whole evening, or \$10 for the dance only. There is a cash bar, and they suggest casual dress (no jeans). You don't have to be a dancer to attend; just enjoy the relaxed atmosphere to mix and mingle. Contact Betty at <40plussinglesdance@gmail.com> or 285-5557 for further information.

A Horticultural Celebration of Canada 150

What a beautiful bloom! That floral design deserved best in show! Why does my houseplant not look like this 1st-prize winner? These are comments you are likely to hear at the District 2 **Flower and Edibles Show** taking place in Almonte on August 12. Eighteen Horticultural Societies in our district have been invited to participate in this exhibition, sponsored by the Almonte, Carleton Place and Pakenham Horticultural Societies. Everyone is invited to view the exhibits after the judging is finished, from 1-4PM at the Almonte Civitan Hall. See annuals, perennials, roses and houseplants at their best, as well as vegetables, herbs and spectacular floral designs interpreting titles such as Land of Waterways, Railroad Ties, The Trans-Canada Highway and more.

While visiting the exhibition, enjoy a cup of tea and refreshments at the tea room or browse in the vendor area for plants from Rock Wall Gardens and Stoneridge Gardens. Or head to the Master Gardeners' table to have them answer questions like *What is that purple spiky thing on table two and does it grow in sun or shade?* There will also be fabulous garden-related items displayed for silent auction, including two solitary bees nests. This being the Year of the Pollinator, gardeners are encouraged to draw bees, butterflies and birds to our gardens, so this "hotel" for solitary bees might be just the thing you need. The Mississippi Valley Field Naturalists will also be on hand with information about what kinds of plants these pollinators prefer.

The Almonte, Pakenham and Carleton Place Societies are excited to host this event and hope that attendees leave inspired and with more knowledge of the wonderful world of plants. See you there!

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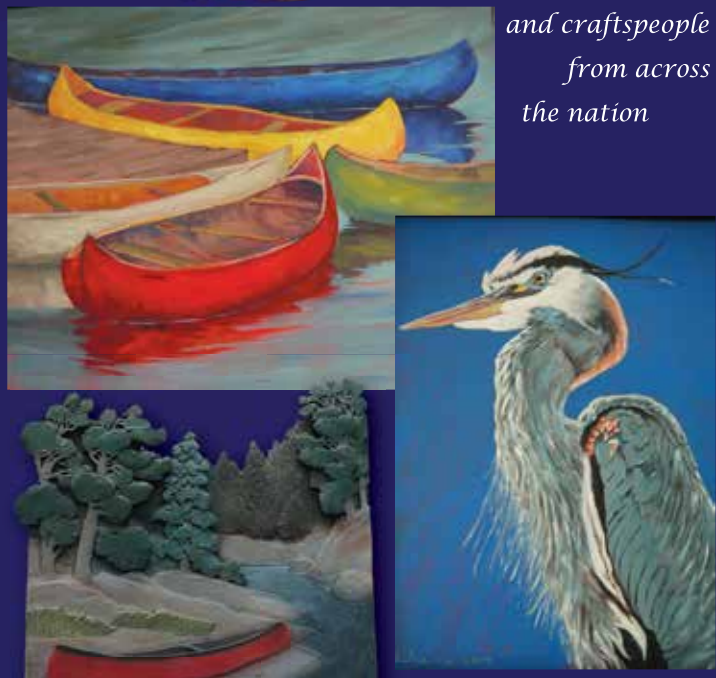


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Every Wednesday, Rock 'n Tunes with **Shawn McCullough** (Country/Guitar) 7-10
Every Thursday **Jazz Night with Spencer Evans**, 9-11; Aug. 3 **Savannah Shea** (New Soul Diva)
Every Sunday afternoon, **Head Over Heels on the Patio** (Guitar/Vocal Duo, Gananogue) 12:30-3:30
Fri. Aug. 4 **John Wilberforce** (Folk/Rock, Kemptville) 6-9
Sat. Aug. 5 **Chris Murphy** (Celtic/Folk, Perth Road Village) 7-11
Sun. Aug. 6 **Eric Uren** (Folk/Rock, Kingston) 6-9
Fri. Aug. 11 **Henry Norwood & Wade Foster** (Country, Perth) 6-9
Sat. Aug. 12 **Tony Silvestri** (Classic Rock Keyboards, Trenton) 6-9
Fri. Aug. 18 **MUSICwestport Festival Kick Off Party** with **The Peptides** (Funk/Pop, Ottawa) \$50 Buffet + Show
Sat. Aug. 19 11th Annual **MUSICwestport Festival** 9 Bands, 2 Stages, Festival Market. 12-6:30
Fri. Aug. 25 **Lloyd Spiegel** (Acoustic Blues Master, Australia!) 7-11PM Buffet + Show \$50 + HST
Sat. Aug. 26 **Taylor Angus & Logan Brown** (Acoustic Soul, Kingston) 6-9
Fri. Sept. 1 **Tom Savage & Seamus Cowan** (Folk/Rock) 5:30-8:30
Sat. Sept. 2 **King of the Swingers** (Old Time/Dixieland) 5:30-8:30

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Festival of Small Halls Features Local Openers

Familiar faces will be opening for big name musicians on rural stages during the Ontario Festival of Small Halls this fall.

After announcing the 2017 fall headliners back in June, the community opening acts are now finalized for almost all the shows, taking place from September 14 to October 1 in more than thirty cherished small halls across Eastern Ontario and the Ottawa Valley.

From a father-daughter duo to a singer-songwriter who has charted in the United States, these performers will add a community vibe to the night.

General Manager Kelly Symes explains that many of the small-town venues on this year's schedule have played a role in launching local musicians over the years, giving them a chance to be heard while playing for community events at suppers, dances and celebrations.

"So much wonderful talent can be found locally, in the towns and rural areas the Festival is in this year," Symes adds. "The local music scene is usually kick-started at community halls themselves; we're thrilled to showcase that authenticity during the festival."

In addition, watch for more information in the coming weeks regarding community events that will be associated with each show. From markets to dinners, the host halls are throwing open their doors to make the 2017 performances of the Festival of Small Halls even more memorable. Find out more



Performers you may have seen in the Valley and/or theHumm who will be opening at this year's Festival of Small Halls include Brad Scott (above), Seamus Cowan, Logan Brown & Taylor Angus, Claire Hunter, Christine Graves, Chris Murphy, Moore & McGregor, Blue Skies Fiddle Orchestra, Dean Batstone and Ali McCormick

about the Festival's local openers and headliners at <ontariosmallhalls.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 402-1425.

A Taste of Ireland at Perth Manor

On Thursday, August 17, Perth Manor will present their annual Musical Dinner evening — this year featuring the food and music of the Emerald Isle! The multi-course menu will include Irish favourites "cockle" and mussel chowder, Guinness-glazed halibut, Irish lamb stew, Gaelic boxty, and an irresistible chocolate Guinness cake with Irish whiskey ganache and Bailey's Irish Cream icing, to name just a few!

The evening will begin at 6PM with hors d'oeuvres and cocktails on the terrace, while Irish pub tunes play in the background, and then will move indoors for dinner service. Between courses, while "Chef Gordon" is busy in the kitchen, guests will be captivated by the sounds of award-winning Celtic harpist Sharlene Wallace, performing Irish favourites and some original compositions as well. Sharlene has been featured at the Manor before at their Chamber Music Series, and they are thrilled to have her back for this year's dinner event.

After a trip of a lifetime to Ireland with her mother and brother back in May, Perth Manor owner Linda came back from "the old country" knowing what this year's dinner theme was going to be. She and her husband (and chef) Gordon are really looking forward to the evening — it will be

very special! The cost is \$80 plus HST per person for the dinner and the show, and bar service will be available at extra charge. Advance reservations are required and the event usually sells out, so call soon to reserve your spot at the table — and remember, don't eat lunch that day — you'll want to be sure to save room for dessert!



Celtic music by harpist Sharlene Wallace (above) will accompany delicious food at the Perth Manor's A Taste of Ireland event on August 17

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Art on the Grass, Art on the Riverbank

Art on the Grass in Carp

The West Carleton Arts Society is pleased to present their annual Art on the Grass show and sale, featuring more than thirty selected artists and artisans from around the region. Work includes watercolour, oil, acrylic and mixed-media art, printmaking, fibre art, woodwork, glass, mosaic and photography. Local musician Marianne Keuleman will provide entertainment, and there will be face painting for kids.

by Miss Cellaneous

This year's show takes place on Saturday, August 19, from 8AM to 3PM at the Carp Agricultural Hall. Admission and parking are free, and there is also easy access to the Carp Farmers' Market, so you can go home with some great local art and food!



Find works by over thirty artists, including jewellery by Wendy Southin (above), at Art on the Grass

Merrickville Antique & Artisan Show

2017 marks the 25th anniversary of the Merrickville Antique & Artisan show, taking place this year on August 26 and 27. Once a modest one-day event, it has metamorphosed into a major annual event that is a highlight of "Canada's most beautiful village". The show runs from 10AM to 5PM on Saturday and from 10AM to 4PM on Sunday, at the Merrickville Fairgrounds.

This year the show will feature 75 vendors as well as many interesting displays. Visitors can see how the spinning wheel works, or watch socks being made with 1800s' mechanical technology! A vintage car display, nostalgic music, and fabulous food — along with traditional surprises — make this a must-see event for your Canada 150 summer celebrations. Admission is \$7 per person (children under 12 are free), and parking is free at the fairgrounds. For details, call Doug at 850-5446 or visit <antique-shows.ca>.

Labour of Love

This Labour Day Weekend, get ready for forty artists to converge behind Fall River Restaurant on Hwy 7 in Maberly and create the annual **Sundance Artisan Show!**

Celebrating their 11th year on the Fall River festival grounds, Sundance artists are preparing to show off their latest creations. For those of you new to the show, the outdoor setting is a picturesque backdrop of open field, lined by a forest and a lush riverbank, complete with the stone ruins of an old water mill. Under a string of white-

canopied tents, artists display their wares for people to enjoy over the three-day Labour Day weekend. "It's a beautiful time of year, and having it on the long weekend means that locals, visitors, and cottagers can plan an enjoyable outing that will please the whole family," says organizer Tess Steenberghe.

With as many different styles as there are artisans, the array of fine art and fine craft is diverse. You'll find wooden sculptures and turned bowls, cleverly recycled metal garden art, stunning stained glass, colourful furniture, glass centrepieces and décor, pottery and ceramics, all mingled with whimsical birdhouses and gargoyle sculptures, creatively-designed jewellery and clothing, weaving, fine art, and so much more. You'll have no trouble pleasing every generation of your family in this relaxed and inspiring venue. And your gift cupboard will be set for the year!

"It's an opportunity to meet the artists behind the beautiful creations, ask questions, and get a feel for how their craft is made," explains paper mosaic artist Choleena DiTullio, one of the forty participating artists. "One of the beautiful things about a show like this is that you support the artists fully. They get to display the entire expanse of the fruits of their labour, not just the items that a gallery or shop is willing to carry. You get to see the off-the-wall, unique things that an artisan experimented with or considers their most creative exploration.



Jim Sprague's woodturning can be found at the Sundance Artisan Show

When you see that perfectly peculiar item, grab it! You're not likely to find it in a shop, so get it now and stash it away for the ideal occasion. And if your family has a gifting scenario where you draw names from a hat, you'll be a hero when you volunteer to take the name of that hard-to-buy-for member of the gang," she adds with a chuckle.

Formerly a studio tour, Sundance Artisan Show changed its format in 2005 to evolve into a single-location event on Highway 7 behind Fall River Restaurant in Maberly. Becoming a one-stop venue allows more time to dawdle and enjoy the art. Accompanied by tasty offerings from the BBQ, and live music and picnic tables, it's a great way to spend the day, so mark it on your calendar. The show is open all three days of Labour Day weekend, and parking, facilities, and admittance are free. For hours, details and an interactive "flip-book" of the artists, visit <sundancestudio.ca>.

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<p>WEEK 1</p> <p>Sept. 14 at 7:30 pm The Abrams STONEFIELDS, BECKWITH</p> <p>Sept. 15 at 7:30 pm Fred Penner WINCHESTER OLD TOWN HALL</p> <p>Sept. 16 at 7:30 pm Rose Cousins with Julia Finnegan JOSHUA BATES CENTRE, ATHENS</p> <p>Jenn Grant DUNVEGAN RECREATION HALL</p> <p>Sept. 17 at 3:00 pm Fred Penner MORTON COMMUNITY HALL</p> <p>Jenn Grant with Christine Graves BALDERSON UNITED CHURCH</p>	<p>WEEK 2</p> <p>Sep. 21 at 7:30 pm Dave Gunning with Chris Murphy ST. ANDREW'S UNITED CHURCH HALL, TOLEDO</p> <p>The Outside Track with Moore & McGregor SPENCERVILLE MILL</p> <p>Sept. 22 at 7:30 pm Sultans of String with Lost for Words ALTHROPE BOLINGBROKE COMMUNITY HALL</p> <p>Dave Gunning with Brad Scott UNION HALL, MISSISSIPPI MILLS</p> <p>Sept. 23 at 7:30 pm Old Man Luedecke LYNDHURST LEGION (BRANCH 504)</p> <p>Leif Vollebakk with Off the Grid MERRICKVILLE UNITED CHURCH</p> <p>Rosie & the Riveters with Vicki Brittle ST. ANDREW'S UNITED CHURCH, PAKENHAM</p> <p>Sept. 24 at 3:00 pm The Outside Track with Blue Skies Fiddle Orchestra MABERLY HAL</p>	<p>WEEK 2 (continued)</p> <p>Sept. 24 at 3:00 pm Old Man Luedecke with Bill Connolly TATLOCK COMMUNITY HALL</p> <p>WEEK 3</p> <p>Sept. 28 at 7:30 pm Ian Sherwood with Dean Batstone BATSTONE'S NORTHERN RAMBLE, RENFREW</p> <p>Sept. 29 at 7:30 pm The Abrams with Ali McCormick MCDONALD'S CORNERS AGRICULTURAL HALL</p> <p>Sept. 30 at 7:30 pm Ashley MacIsaac DACA COMMUNITY CENTRE</p> <p>The Abrams with Midnight Vesta WESTMEATH COMMUNITY CENTRE</p> <p>Oct. 1 at 3:00 pm Ian Sherwood with Jillian Kerr ST. ANDREW'S PRESBYTERIAN CHURCH, KILMAURS</p>
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tapastree — Take Two!

An Evening of Great Food & All that Jazz

Mills Community Support is delighted to announce their second annual “tapastree... music, morsels and memories” fundraising event, to be held on Saturday, September 30 at the Carleton Place Town Hall. Tickets are now on sale for this great evening of local food, entertainment, and community that will feature the music of Peter Brown and his talented jazz quartet, as well as an expanded line-up of delicious food from local chefs and restaurants. Only 150 tickets at \$50 per person are available, so don't miss out! Tickets are available at Mills Community Support (67 Industrial Drive in Almonte), The Beckwith Kitchen (1 Costello Drive Unit 3 in Carleton Place), or online at <Eventbrite.ca>.

So what can you and your friends expect from the evening? Great food and seated dining, local craft beer and wines, and an evening of spirited jazz from one of the best jazz quartets around, all in the beautiful setting of the Town Hall at 175 Bridge Street in Carleton Place.

Your evening will start with a bountiful buffet of food from local restaurants, many of whom are graciously donating their specialties in support of the event. They will include delicious offerings from the Beckwith Kitchen, Black Tartan Kitchen, Café Postino, Ginger Café, and the Pakenham General Store, to name a few.

After dinner, the bounty continues — because if you like jazz, you will love the Peter Brown Quartet. Peter Brown is one of the most accomplished and versatile keyboardists around, and the combination of Peter and the talented members of his quartet leads to an unbeatable musical treat.

Peter is well known to audiences throughout the greater Ottawa area, but he is perhaps best known

in Carleton Place — his original musical stomping grounds. He has been playing jazz and blues professionally for decades, notably as a long-time member of the Mumbo Jumbo Voodoo Combo and a performer with the Mississippi Blues Society jams. He has also been the musical director of the Mississippi Mudds, a performer with Stone Fence Theatre, and has led his own bands. Until recently, the Peter Brown Quartet has been playing its repertoire of standards, jazz classics and originals by Brown at regular, sold-out gigs in Carleton Place (and just this summer, at the TD Ottawa Jazz Festival), and they are currently playing monthly to a roomful of enthusiastic followers in Perth.

The remaining members of the quartet are Don Paterson on trumpet, Dave Arthur on bass, and Glenn Robb on drums, and all have significant musical cred. Don Paterson is one of the best trumpet soloists in the Ottawa area, while Glenn and Dave have been accompanying star performers for decades. In fact, the list of artists the band members have worked with is truly staggering and reads like a who's who of pop music: Benny Goodman, Mick Taylor, Dutch Mason, Mel Torme, Ella Fitzgerald, Johnny Mathis, Cab Calloway, Donna Summer, Natalie Cole, Sonny and Cher, Paul Anka and Carol Channing.

Joining the ensemble for tapastree will be the delightful songstress Julie Kevan, who will add her powerful and adaptable voice to the quartet's repertoire.

As with last year, the Mills is holding this wonderful event as close as they can get to National Seniors Day and the International Day of Older Persons on October 1. And they are again using proceeds from tapastree to enhance the seniors' programs



After a sold-out inaugural event in 2016, Mills Community Support is planning their second annual tapastree event — featuring the Peter Brown Quartet at the Carleton Place Town Hall

and services offered by Mills Community Support in Carleton Place, Beckwith Township, Mississippi Mills and Lanark Highlands. Since 1975, they've been helping seniors, as cherished members of our communities, to feel connected and supported in ways that enable them to live at home for as long as possible. This support helps them to be healthy, active, safe and well-nourished — physically, mentally and emotionally.

tapastree is the major fundraiser for Mills Community Support, and relies on the support of generous sponsors. Over 29 sponsors have already come forward to support the event and help them deliver their programs and services for seniors. Additional sponsorship opportunities are still available, so feel free to contact Erica Butcher, Resource Development Coordinator for Mills Community Support, for further details at 256-1031 or <ebutcher@themills.on.ca>.

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Fort Hemlock Hustle

A Bit of Smiths Falls' Past at Station Theatre

Way back in 1868, two groups of farmers rioted on the main street of Smiths Falls... probably not an unusual event in those days. On that particular day, however, it was the girls and women of the town who took off their stockings, filled them with stones, and used them to clobber some fractious men into submission.

The women confronted the men on the north bank of the Rideau River, where several of their husbands and sons had been locked in a storage shed that was about to be shoved into the river. But the shed had been built against a huge hemlock tree. It couldn't be moved! This somewhat apocryphal incident became known as the Forth Hemlock hustle.

Today, while there is no longer a storage shed or a hemlock tree at the end of Beckwith Street, there is a datestone commemorating the incident on the building now housing the Fort Hemlock Pub and Eatery (pictured below). And while the girls and women of the town don't often remove their stockings and fill them full of rocks to fight for their men, there *is* going to be a re-enactment of that event at the Station Theatre in August.

This is the world première of *Fort Hemlock*, written by local playwright Emily Duberville and directed by Lynda Daniluk. Not to give too much away, but it's about turkey wars and children (especially girls) taking on the bad guys. Dialogue tells the story of the ruckus, and there's lots of action for kids — a perfect summertime play.

Duberville started writing the play in 2014 (originally intending it to be a musical), and it was accepted for production by the Station Theatre board in late 2016. It really is a world première — never having been performed anywhere before — and once produced, Duberville will submit it to the Playwright Guild of Canada. This is an exciting time for her: writing a play, working to have it performed, and



Rowena Pearl practices on her dulcimer while Hailey Besharah plays along on the bodhrán in rehearsal for *Fort Hemlock* at The Station Theatre

finally submitting it to the Playwright Guild is a great Canadian hat trick!

And although the story is somewhat apocryphal, there are one or two “real” facts: the lockmaster Arthur Jones did exist, and the turkey fairs (which led to the aforementioned turkey wars) really happened. Duberville calls Smiths Falls home and digs around in its history for some of the interesting and neat facts. “There's something interesting everywhere,” she says, adding that Smiths Falls “is a cool place to live.”

As an added attraction, the Theatre is partnering with the Pub and Eatery of the same name — Fort Hemlock, located at 32 Beckwith Street S. — to provide a dinner and show evening. For the two Saturdays the show is playing (August 19 and 26) the eatery is offering a pre-show dinner for \$15, which, combined with the ticket price of \$20, is an evening of good food and good entertainment for only \$35. The combined ticket is available at Special Greetings, located at 8 Russell Street E. in Smiths Falls (cash only), and only forty will be sold for each Saturday. Scott Prout, owner of the Pub and Eatery, asks that patrons arrive by 5:30 for dinner before the show to give them time to order and eat “and not rush through dinner.”

Fort Hemlock opens on August 18 and runs until August 27. Tickets are on sale now at Special Greetings (see above), from <smithsfallstheatre.com> (PayPal/Visa/MasterCard), by phone at 283-0300 (Visa/MasterCard), or at the door (if available) a half-hour before performance (cash only). Find the theatre at 53 Victoria Avenue in Smiths Falls. Summer hours for the Station Theatre are Monday to Friday, 9AM to noon.



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Telling Stories

Speaking Volumes

We are spending 2017 celebrating Canada's 150 years. When we celebrate Canada as a nation, we are celebrating the multitude of stories that have shaped and defined us. These tales reflect our history, our journeys, our values and our cultures. New ones will be added, old ones must be preserved, and all of them need to continue to be heard and shared. Public libraries have long been guardians of these stories, and that role is becoming ever more important.

Peter Forbes, photographer and author of *A Man Apart*, says it best: “Stories create community, enable us to see through the eyes of other people, and open us to the claims of others.” Libraries and archives work together to save these stories and ensure they remain available and accessible. I have always

by Kelly Thompson, Librarian

believed that a public library should reflect not only a plethora of world views, cultural experiences and opinions, but also the local community it serves. It should hold within its walls the stories of those who built the community, those who helped it flourish, those who never gave up when times and circumstances changed. Librarians and individuals must continue to tell stories, collect them, and offer a space for them to be shared.

Libraries have been telling stories in some pretty amazing ways. The New York Public Library's Community Oral History Project is one in particular that I wish more libraries could emulate. According to <oralhistory.nypl.org>, the project “aims to document, preserve, and celebrate the rich history of the city's unique communities by collecting the stories of people who have experienced it firsthand.” It is a wonderful platform for sharing and accessing personal histories of those who have settled in the New York area.

Storytelling is not lost in this digital age. In fact, we can now both tell and share stories with wider audiences than ever before. Libraries, who have traditionally served as guardians and protectors of our written stories, now have digital platforms and archives for their preservation, programs where members of the community can learn from one another, and safe spaces to explore where our own stories are taking us.

So in this year of celebrating Canada's 150th birthday, we should be celebrating the stories that make us who we are and help us determine what we value. Ask people for their stories. Listen to their journey. See how it influences your own.

— Kelly Thompson is the Chief Librarian/CEO of the Renfrew Public Library

Kelly's Picks: books about telling (and sharing) stories

- *Writing as a Way of Healing: How Telling our Stories Transforms our Lives* by Louise DeSalvo
- *Storytelling with Collage: Techniques for Layering, Color and Texture* by Roxanne Evans Stout
- *Creative Storytelling: Building Community/Changing Lives* by Jack Zipes
- *Documentary Storytelling: Creative Nonfiction on Screen* by Sheila Curran Bernard

SESSION 1

Tom Shoebridge: The Magic of Cinema, Part 2
6 Tuesdays, 1-4PM, beginning September 12, 2017.

Carl Widstrand: The End of Empires
Why they collapsed and what happened afterwards
6 Thursdays, 1:30-3:30PM, beginning September 14, 2017.

SESSION 2

Paul Marland: Gods into Puppets
from Henry VIII to Elizabeth II
6 Tuesdays, 1:30-3:30PM, beginning October 24, 2017.

Teri Loretto: Weather Whys
6 Thursdays, 1-3PM, beginning October 26, 2017.

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Planning Ahead for Fall?

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

Back To School, Kids!

New Season of Learning in Almonte Courses

The seats in the Almonte Public Library meeting room have hardly cooled, and it's time once again to think about learning new things. Where young people might be moaning, adults are embracing a new season of courses brought to you by **Learning in Almonte**. At one time the programme was called Learning in Retirement, but although most of the participants may be "of an age", they are by no means retired.

This successful series of lectures presented by authorities in their chosen fields will feature four courses before Christmas. Beginning September 12, Tom Shoebridge will build on his previous course, **The Magic of Cinema**. Tom is an acclaimed screenwriter who was instrumental in founding the Canadian School of Scriptwriting. He currently oversees the graduate scriptwriting programme at Algonquin College. Tom's knowledge of the film industry is fascinating as well as educational. His only promise is that he "may ruin your ability to watch a movie just for fun." That didn't stop a sold-out group of past participants who will no doubt be interested in Tom's upcoming course. There is no pre-requisite for Tom's September course, as it will be all new content.

A long-time favourite, Carl Widstrand, will return to discuss **The End of Empires** — a timely topic that will explore the causes and effects of failing domains. Carl's extensive research into his subjects, along with his quiet sense of humour, makes his courses a pleasure to attend. Carl is a genuine Renaissance man; as a historian, botanist, musician and scientist,

there are few subjects he has not explored in detail, and his method of sharing this knowledge has kept students begging for more. Catch Carl on Thursdays, beginning September 14.

The second session of courses will start October 24 with Paul Marland digging up stories on English royalty from Henry VIII to Elizabeth II. What secrets are in the closets? Paul's course, **Gods into Puppets**, came about after his excellent lecture on Richard III, given at one of the Friday night Almonte Lectures. There are rumours his course could be followed with a Royal-Tea, a little tasty pun never goes amiss!

After this summer of constant rain, perhaps CBC climatologist Teri Loretto will have some answers to offer in her course entitled **Weather Whys**, which begins October 26. Teri once lectured for Learning in Retirement, presenting a course on Shakespeare, one of her passions. However, this course will be entirely different as she explains various weather phenomena, how to read weather maps, and basic forecast terminology.

All courses run for six weeks from their starting dates, and the cost is \$75 per course, payable on the first day of the course. Since seating is limited to the first thirty people, it is essential to register your commitment in advance by emailing <cmapsimon@gmail.com>.

For more information please see the ad in this month's Humm, or contact Marny at 256-6739, or Claire at 733-2382.

— Glenda Jones

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Music Matters

Yes, You Can Do Both

Perhaps it is just a North American thing, but I've always found it strange how high schools seem to encourage a culture where students are pigeon-holed into various groups. For instance, student athletes rarely venture into other areas such as band or drama, and the same is often said of band kids. Movies and television reinforce these stereotypes, unfortunately.

by Tony Stuart

One of the keys to running a successful music program is changing these stereotypes, but it takes time and effort. From a band director's point of view, it is important to cultivate relationships with Physical Education teachers and coaches. If the adults in a school work together as a team, we produce happier, more well-rounded students.

On the surface, athletics and music appear to be very different. A closer look reveals just the opposite: these activities are similar on many levels, and the skills that students learn from both are transferable.

In my opinion, the biggest similarity between the two is the self-discipline that is required to be a student athlete or a student musician. Athletes are constantly being asked to evaluate their performance and to continue their improvement through drills and exercises. Musicians do the same thing. The drills that we do involve carefully focusing on muscle memory, and we are always thinking about ways to improve our tone, and our ability to play with balance and blend in a band or orchestra. Obviously, muscle memory plays a huge part in almost every athletic event. I always like to draw a comparison to the way

that track and field sprinters will practice coming out of the blocks hundreds of times, trying to teach their muscles to be at their most efficient.

Both athletes and musicians learn to be very good at working in team situations. Working as part of a team (whether it is a sports team or a band or orchestra) requires a tremendous amount of self-discipline. It also develops listening skills, which are vital in all areas of life. Athletes have the advantage of facing off against an opponent. For musicians, our biggest opponent is often ourselves, as we work to figure out how best to make our own performance better.

I am fortunate to have a good working relationship with my colleagues in the Physical Education Department. We are all willing to work together to ensure that our students have multiple opportunities to be at their best. Unfortunately, this situation is rare in many schools. Too often, band directors and coaches are butting heads, which seems counterproductive.

Well-rounded kids grow into well-rounded adults. This may seem obvious, but it is amazing how often this is overlooked. To any students or parents who are reading this column: yes, you can be an athlete and play in a band or sing in a choir. I enjoy chatting with band members about how their most recent game went, and I have heard coaches at our school asking their athletes about musical performances.

Ignore what you see in the movies or on television. It doesn't need to be that way, and our kids will be happier and healthier if they have multiple opportunities to focus on body, mind, and soul.

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

Stevens at Sivarulrasa

Sivarulrasa Gallery presents the next in their Culture 22 performances: Kathlyn (Katie) Stevens in a solo violin concert in Almonte on Saturday, August 26, from 7:30 to 9PM.

Born in Almonte, Kathlyn currently serves as Assistant Concertmaster with the Thunder Bay Symphony Orchestra. On August 26, she returns to her hometown with *Obsession*, a captivating violin solo program at Sivarulrasa Gallery, featuring works by J.S. Bach, Georg Philip Telemann, Heinrich Ignaz Franz Biber, and Eugene Ysăe.

Kathlyn holds a Performance Diploma from the Mount Royal Conservatory as well as a Bachelor of Music and Artist Diploma from the Glenn Gould School of the Royal Conservatory of Music. She holds a Master of Music from the University of Ottawa, and has performed with the Canadian Opera Company, the NAC Orchestra, the Winnipeg Symphony, and Ottawa's premier chamber orchestra, the Thirteen Strings. She also performs regularly with Consortium Aurora Borealis as well as the Martin Blanchet Jazz Quintet.

Tickets are \$35 plus HST, and can be purchased at the Gallery (256-8033). Only 22 seats are available



for this special concert. Doors open at 7:15PM, and a reception with the artist will follow the performance.

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Naismith 3-on-3 Basketball Festival

August 12, Almonte

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www.naismithbasketball.ca



SOLAR ECLIPSE VIEWING

August 21, Almonte

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www.sivarulrasa.com



34TH NORTH LANARK HIGHLAND GAMES

August 26, Almonte

Celebrate Scottish culture and the heritage of the Ottawa Valley with pipe bands, dancers and athletes.

www.almontehighlandgames.com



North Lanark Seniors' Expo

September 7, Almonte

A one-stop showcase of products, services and activities for people aged 50+ at the Almonte Community Centre. Presented by The Mills Community Support.

www.themills.on.ca

FIBREFEST

September 9 & 10, Almonte

A fabulous two-day festival of the fibre arts that includes demonstrations, vendors, performances, quilt exhibits and much more.

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Dribble, Paddle, and Fun in the Saddle!

3-on-3 Basketball, Paddle for AGH, Pakenham Fair, Movies and More

There's still a whole month left before kids head back to school, and Almonte and Pakenham are packing it full of fun events for the whole family.

First on the roster is the dribbling part — the 25th annual **Naismith 3 on 3 Basketball Tournament**. Taking place on Saturday, August 12, on Bridge Street in Almonte, this full-day tournament will include male and female categories from novice to adult in

by Miss Mills

teams of three or four players. This beloved community event also features many fun basketball-themed activities and contests throughout the day. Building on the legacy of Dr. James Naismith, inventor of basketball and resident of Almonte, the tournament celebrates his core values of fairness, excellence, inclusion and fun. For details or to register a team, visit <naismithbasketball.ca>. And even if you go to watch and not to play, you can still dribble — just grab yourself a delicious ice cream cone and hang out in the sun!

The very next day features a brand new event that is both fun and a fundraiser for the Almonte General Hospital. **Paddle for AGH** will take place at the Almonte Fairgrounds on Sunday, August 13 from 11AM to 4PM. Originally scheduled for Canada Day, the event was postponed because of poor weather and safety concerns due to high water. This new Sunday date gives more paddlers time to sign up and participate in what promises to be a great afternoon of canoeing, kayaking, paddle boarding and even raft racing!

The day will feature a 5km **Community Paddle** up the Mississippi River towards Appleton, starting at 11AM and open to canoes, kayaks and paddle boards. This is not a race, and even young children can be accommodated in a modified 1km route for families. At about 1:30PM, fun canoe, kayak and paddle board races will take place across the width of the river. Although these are 300-metre races, they are meant for all levels of paddlers and the

emphasis will be on fun. Then at approximately 2:30, four-person teams will take to the water to race in the rafts they have assembled on-site that morning, and race across the 300-metre width.

Because this is a fundraiser in support of new diagnostic imaging equipment at the Hospital, pledge incentives and prizes will be awarded. These include T-shirts and caps, gift certificates and merchandise from Lee Valley Tools, and Wilderness Tours gift certificates. Prizes and medals will also be awarded for 1st, 2nd and 3rd place finishes in any of the canoe, kayak, paddle board or raft races, as well as for raft design, team spirit, costumes and a judges' pick.

Onshore activities will include paddle-making and canoe-building displays, children's games, music and food. More information, including how to register online before the Monday, August 7 deadline, is available at <almontehospitalfoundation.com>.

The following weekend also features a great family-friendly event: the **Pakenham Fair!** Taking place on Saturday, August 19, it starts with breakfast from 7-9AM and then packs in a whole day of events for all ages. Some highlights include the official fair opening at noon with the Fulton Deugo family, agricultural exhibits, a chilli cook-off, a dog contest, and two kids' shows (at 11:30 and 1:30) sponsored by Puppets Up Presents. Saddle up, because the annual **Horse Show** starts at 9:30AM (find out more on page 19 of this issue) and includes classes for all ages. A special addition for this year, called **Water Ways** (also on page 19), features a mini home show and workshops for adults, and an outdoor water festival for the kids.

The very next weekend, it's time to celebrate all things Scottish when my drum-hitting, bagpipe-playing, caber-tossing, sword-dancing, Scottish friends come to the Almonte Fairgrounds for the annual **North Lanark Highland Games** on Saturday, August 26. 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 emotion as the massed pipe bands, playing together, move towards you and then away. Chills! And the kids doing their highland dancing are awfully cute (and talented!).

This year the Games celebrate the influence of the Scots as part of Canada's cultural history, in celebrating our country's Sesquicentennial. The duty band is the Ottawa Highlanders, a composite band with members from across the country, formed to help celebrate Canada 150. Again this year, children are invited to compete in the mini-games, dress up as a Scottish Highland Soldier or visit the bouncy castle. Entry is \$17 (kids under 12 are 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>.

And just so you don't get bored between weekends, Mississippi Mills is sponsoring another season of **Movies in the Park!** Each Thursday in August, a new movie will be screened in a different park. These



From the horse show at the Pakenham Fair (below) to the North Lanark Highland Games (above), there's lots to do in August!

Movie Nights are perfect for the family, with kids' activities on-site and canteens provided at most screenings. Movies begin at dusk, but come early to socialize, grab a snack and play some games. Full details can be found on Facebook or at <exploremississippimills.com>, but here's the gist of the line-up:

- August 3: *Moana* at McIntosh Park in Almonte
- August 10: *Sing* at Jake Lubber's Soccer Fields in Appleton
- August 17: *The Smurfs* at Munro Meadows in Almonte
- August 24: *Pete's Dragon* at Fred Millar Field in Pakenham
- August 31: *Cars 3* at Don Maynard Park in Almonte

So grab the kids, the grandparents and your neighbours, and head to Mississippi Mills in August!



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Renewing Our Friendship

Reconciliation and the Birch Bark Canoe - A Community Event

Curious about reconciliation? Join the conversation on August 19, when local organizations All My Relations and Plenty Canada will host a reconciliation event at St. Paul's Anglican church in Almonte. The event's purpose is to shed light on the issues surrounding reconciliation using the Truth and Reconciliation Commission's (TRC) Calls to Action.

This event will help build positive, respectful relationships, essential for the survival of communities, cultures, and economies in the Lanark County area. Cross-cultural discussion is especially important in the context of reconciliation and Canada's 150th anniversary.



Algonquin craftsman Chuck Commanda will be bringing one of his beautiful birch bark canoes to Almonte on August 19. Chuck and other Wisdom Keepers will be taking part in a day of sharing and learning about reconciliation.

Attendees will engage in a community-sharing circle to explore Anishinaabe and Omàmiwinini histories and lived experience. There will be an interactive discussion to understand reconciliation, the steps that have been taken and the steps that will be needed to reconcile relationships involving Indigenous communities. After all, there could have been no Canada without Indigenous nations.

The event will feature Algonquin craftsman Chuck Commanda — a traditional birch bark canoe maker — as well as one of his birch bark canoes. He will answer questions, share stories and discuss how the significance of the canoe remains important to the survival of Indigenous knowledge, and how it can also be a vessel for reconciliation. Communities are connected through the shared responsibility to the water

everyone enjoys, and sharing Algonquin practices such as canoe building can emphasize that responsibility.

Chuck learned this Algonquin practice from his grandfather, William Commanda. William envisioned a future that would require all Nations and communities to work together with one heart and one mind. He would ask: "Will we be guided by values of sharing, balance, and harmonious co-existence?" This event will bring us closer to learning about what sort of answers this question could be implying.

The reconciliation process has already begun, thanks to organizations such as the TRC. The TRC helps Canada confront its history, with the mandate to inform Canadians about what happened in Residential Schools. In terms of its action, the TRC hopes to "guide and inspire Aboriginal peoples and Canadians in a process of reconciliation and renewed relationships that are based on mutual understanding and respect."

According to Indigenous Affairs Canada, between 2007 and 2015, the TRC cost the government \$72 million to produce. However, 60 percent of Canadians are not aware of the commission or its mandates.

However, the commission understands that this process will not be completed overnight: "Healing and repairing that relationship will require education, awareness, and increased understanding of the legacy and the impacts still being felt for everyone involved in that relationship." The TRC's 92 Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples' (UNDRIP's) 46 articles are printed in small pamphlets that Plenty Canada will provide for purchase at the event.

Plenty Canada is a non-profit Indigenous organization that facilitates access to knowledge and resources for communities around the world. The organization's partnership with All My Relations will prove to be an exciting one, as that group shares Plenty's desire for reconciliation towards both the land and people.

For more information about Plenty Canada, visit <PlentyCanada.com>, like them on Facebook, email <info@plentycanada.com> or phone 278-2215.

Reciprocal Door

Like many of you, I have, over the past couple of years, been educating myself about residential schools, the Sixties Scoop, the treaties, and all the work of the Truth and Reconciliation Commission (TRC). Like many of you, I have done this because I care about a relationship. It's a relationship between the humans who have lived on this land since *long, long, long* before the 15th century and those humans who came after. It's a relationship between oppressors and the oppressed, educators and the uneducated, governments and those whom they govern, churches and those whom they are supposed to serve, as well as a relationship between ancestors, descendants and the land — this land — the land you live on. This relationship defines who we are and it is broken. We hope not beyond healing.

I believe that relationships are built when doors are opened and people are allowed in. That's why, back in January when the Mississippi Mills Beautification Committee announced an art contest, I submitted a

design based on reconciliation. They liked it. I would build a door — literally — called *Reciprocal Door*.

You see, a door is a representation of beginnings, transitions and endings. It's a way to move forward and leave behind or to lock out and keep hidden. It can be a symbol of opportunity or one of imprisonment. This door, *Reciprocal Door*, will be a metaphor for all the complexities of our connections: past, present and future. It will act as a subtle reminder of our commitment to the other in this reciprocal relationship.

There will be a preview of this project and its story at the Renewing Our Friendship: Reconciliation and the Birch Bark Canoe event on August 19 from 9AM to 5PM along the river at St. Paul's Anglican Church in Almonte. *Reciprocal Door* will then be officially opened the next day, at 1PM on August 20 at the Blakeney Rapids trail. All are welcome. Come and share your connection!

— Jared McAdam

Renewing Our Friendship

A Day of Learning and Sharing on Saturday August 15, 9AM–5PM (\$25)

- **Welcoming Ceremony:** Larry McDermott, Algonquin Ambassador, Knowledge Keeper, and Executive Director of Plenty Canada; Shawn McLaughlin, Mayor of Mississippi Mills
- **The Valley of the Kiji Sibi: Celebrating Our Shared Histories and Future**
- **The Birch Bark Canoe: Doorway to the Heart of Turtle Island**
- **Traditional & BBQ Lunch: 12–1:30PM (\$10 for lunch only)**
- **Elder William Commanda: Circle of All Nations**
- **Learn Now, Lead Later**
- **We Are All Treaty People: Where do we want to be twelve months from now?**

Join the Conversation!

For more information about the Renewing Our Friendship event and to register to attend, please visit <mmallmyrelations.ca>. The full event runs from 9AM to 5PM, and the cost (including lunch) is \$25 per person. From 12–1:30PM, everyone is invited to come by for lunch and a chat with Chuck Commanda. The cost for that portion of the day is \$10, and lunch will be a BBQ including bison burgers, a traditional wild rice dish, and a butter tart — great for all ages!

— Shaelyn Wabegijig


STUDIO THEATRE PRODUCTIONS PRESENTS

Romantic COMEDY

by Bernard Slade
Directed by David Parry

Opening night
August 17, 2017
August 17, 18, 19,
25 and 26 at 7:30 pm
August 20 and 27
at 2:00 pm

A lighthearted comedy about love, friendship and theatrical trauma.
See our article this edition or visit studiotheatreperth.com

The Studio Theatre  63 Gore Street East
studiotheatreperth.com In historic Perth, Ontario



Granny Beall leads young Julia in a practice session for the lead-line class. Julia is holding on to a surcingle.

Take the Lead at the Pakenham Horse Show!

Is there someone in your family who loves watching horses, or — better still — riding, driving, showing or dressing up with horses? If so, please keep Saturday, August 19 free. It's a great opportunity to enjoy a day at a stress-free family-oriented horse show. You'll see minis, ponies and horses, and maybe even a donkey or mule or two.

If you're a kid, there's gold in them thar hills. All kids in the costume class will get a prize this year. I won't tell you what it is, but I will not be surprised to see a lineup at Scoops Ice Cream after the show. And dress-up isn't just for kids! Since it's Canada's birthday, the adult costume class's theme is Canada's 150th. Expect a lot of red and white!

This year there's some new fun to be had. For the first time there's a ride and drive class, for those who do both disciplines. You drive your horse and buggy into the ring, do some figures requested by the judge,

and then take off your harness and saddle up for the remainder of the class. You will probably want a helper by your side for the quick changeover.

As with every other year, the Cowboy Trail Challenge is a favourite for both riders and spectators. There are new challenges added, and this year there's time built into the program for a warm-up run-through of the challenges. There's a class for newbies to the Challenge, called Novice Trail; a class for juniors 17 and under; and a class for those who have challenged the course for three years or more. The Challenge goes on all through the day, making it easy to fit between other classes.

All in all, the Pakenham Horse Show is great fun. What better way to introduce young wannabe equestrians to the horse world than on the end of a lead line?

— Jane Beall

Water Ways

Valuing Our Most Important Resource

We each encounter water every single day — we drink it, wash with it, flush with it, swim and paddle and play in it, and use it in a variety of other ways. From 9AM to 4PM on August 19, come and be entertained and educated about water at **Water Ways**, as part of the Pakenham Fair.

This first-ever event has something for all ages. A mini **home show** of innovative technologies and services, including the latest in approved technologies for water treatment and waste water systems, will be displayed in the Upper Hall of the Stewart Community Centre. There will also be brief **workshops** given by experts throughout the day, where you can find out about upgrading your waste water systems, learn new regulations and approval processes, and also get answers to your specific questions. And an outdoor **Water Festival** will offer a variety of educational water play activities for kids of all ages.

Water Ways is being organized by *Bridging Generations*, a grassroots community development project connecting citizens of Pakenham through inter-generational activities that will help build strong connections and a resilient "age-friendly" community. The community has expressed a need to know more about innovative solutions and new approaches to improving water quality. The Municipality of Mississippi Mills is supporting this one-day event through its Community and Economic Development Committee. Many volunteers are involved in making this event fun, educational, and an example for other communities who are looking to be environmentally aware.

They hope you can join them on August 19 to learn ways to protect our most important resource — water. For more information, please contact Sherryl Smith at 800-1236.

Mississippi Mills

Pakenham FAIR

August 19th
Celebrating Canada's 150th

Stewart Community Centre

2017

BREAKFAST - BOUNCY CASTLE - CRAFTS
CHILI COOKOFF - BAKE SALE - BBQ
HORSE SHOW - FLOWERS - 4H - FROG
JUMPING - BEEF & DAIRY SHOW - FAIR EXHIBITS - TSHIRTS
COTTON CANDY - ICE CREAM - CHILI COOKOFF - DOG
CONTEST - CARNIVAL GAMES - DOOR PRIZES - JUGGLING
SHOW - FARMERS MARKET - FOR ONLY \$5 - UNDER 12 FREE

For info call 613-256-1077 or visit www.exploremississippimills.ca

water ways

INNOVATIVE RURAL & COTTAGE WATER SOLUTIONS

At the Pakenham Fair - Stewart Community Centre Upper Hall

PAKENHAM FAIR

August 19, 2017
9am - 4pm

- Learn about innovative water solutions
- Get information and resources
- Have fun playing at the Water Festival
- Meet and talk to experts

“Funniest Broadway Comedy in Years!”

In the early 1960s, little-known Canadian actor Bernard Slade was busy appearing in local stage productions at the Garden Centre Theatre in the small town of Vineland, Ontario. But his aspirations eventually grew beyond local theatre, and even beyond acting: at the age of 35, Bernard made the leap to Hollywood to become a screenwriter, and was soon writing for the classic television show *Bewitched*. Offered a chance to develop his own shows, he went on to create some of the most iconic sitcoms of the '60s and '70s, including *Love on a Rooftop*, *The Flying Nun*, *Bridget Loves Bernie*, and *The Partridge Family*. In 1975 Slade turned his hand to theatre, penning the phenomenally successful play *Same Time, Next Year*, followed by *Tribute* (starring Jack Lemmon), and the hit Broadway show *Romantic Comedy*.

Which brings this story back to where it all began: local Ontario theatre.

Beginning on Thursday, August 17, Perth's own Studio Theatre presents Bernard Slade's triumphant theatrical confection *Romantic Comedy*, a show that was called the "Funniest comedy on Broadway in years" by WABC-TV, and "A darling of a play... with cool wit and warm sentiment" by the *New York Post*. *Romantic Comedy* has stood the test of time, and it now provides a delightful evening of entertainment right here in Perth, brought to you by veteran

director David Parry and his cast of fine local actors. *Romantic Comedy* tells the story of arrogant, sharp-tongued Jason Carmichael, a successful co-author of Broadway romantic comedies. As the play opens, Jason is facing two momentous events: he is hours away from marrying a society belle, and his long-time collaborator is retiring. Enter Phoebe Craddock, a somewhat mousy Vermont schoolteacher who happens to be a talented budding playwright, and also an adoring fan of Jason. Phoebe and Jason become collaborators, and for ten years nearly everything they touch turns to gold. But nothing this good lasts forever, and comic situations abound as Jason's world falls apart, Phoebe discovers her inner chic, and, well, the rest is too funny to give away here. Suffice it to say that Bernard Slade, one of the best screenwriters ever, has done it again.

The Studio Theatre's production of *Romantic Comedy* stars Hugh McCulloch as Jason Carmichael; Annie West as Phoebe; Lucas Tennant as newspaper reporter Leo Janowitz; Jennifer Jasiak as pushy Hollywood actress Kate Mallory; Sheila Jasiak as Blanche, Jason's agent and a former showgirl; and Deb Ward as Alison, Jason's soon-to-be wife. The show opens on August 17 for seven performances, ending August 27. Tickets are \$22 at the Book Nook (60 Gore St. E., cash only), and \$22 plus convenience fee at Shadowfax (67 Foster St., 267-6817, shadowfax.on.ca) and Tickets Please (in the Matheson House Museum



Hugh McCulloch and Sheila Jasiak star as Jason and Blanche in Bernard Slade's classic *Romantic Comedy*, opening August 17 at the Studio Theatre.

Visitor Centre, 11 Gore St. E., 485-6434, ticketsplease.ca), both of which accept in-store, phone, online and credit card purchases. Tickets are \$24 at the door, and \$10 at the door for students with ID. Attend opening night and save \$5! Add a little romance, and a little comedy, to your summer at the Studio Theatre!

— Paul Joyce

The Reever Report

Road Trip — Part 2

That old adage "Vanity, thy name is woman" could be reinvented as "...thy name is cute dog owner." However, after paying for an expert grooming for Bonnie or Beau, it's our pleasure to take them on a road trip to a place where they will be seen. One of our favourite walkabouts is Perth — the streets and park always welcome dogs and little kids, as well as other dog walkers. The last time we loaded up the requisite stuff, we found a hidden treat in Perth we'd not seen before. Needing a cash infusion at Scotiabank, we turned off Wilson St. and, instead of heading

by Glenda Jones

to the mid-town parking lot, we stopped across from the bank on Foster St. We had no idea the treasures that are in that one block!

Next to the bank we found Shadowfax, a favourite haunt that has moved locations — a neat surprise. The lovely flower shop, A Propos, drew us in with bouquets right by the door. We wouldn't miss the Perth Fashion Mill — that's been on the corner spot as long as we can remember. It's a mini-department store with yarn, wallets, sweaters, hats, jackets, sparkly T-shirts and more. We took turns browsing the store while dogs got their usual pats from passers-by.

Across the street, where the old hardware store used to be, is Dragon Moon, a funky "I need that"

store. While I talked myself in and out of several items, Alan strolled on up the street to The Bookworm, a cozy little place where he found books we used to own, and more he wanted to own. While he read the titles in the window, the dogs investigated the lovely flower containers to see if friends had passed that way. I caught up to him in front of Burns Jewellery, a tiny store with teapots and crystals in the window; beautiful treasures we'd never seen before.

Before we knew it, we and the dogs were being welcomed into the newest little gem on the street: Judy Joannou's Summer Pop-Up Store at 60 Foster St. Here's the thing: I've been extolling the talents of Judy for many years, having introduced many of my friends to the beauty and quality of her clothing lines, and now my big secret is right out there for everyone to enjoy. Furthermore, there's an added bonus: Judy is also selling the fabric remainders from many of her best lines. So if you loved a jacket and wanted matching tops, the fabric is there for you to get all creative and make them. I can never leave her store without a sparkly something, and the charming bracelets of fabric beads and feathers caught my eye right away. I didn't press my luck with Alan or dogs by lingering, so we need to go back to Judy's, but she's only there until August 27. It is a pop-up after all.

We regretfully passed Bistro54, one of the finest Italian restaurants we've ever enjoyed, but that will have to be for a non-dog day. Besides that, we'd taxed the dogs' patience as long as we could, with walking, greeting, sniffing, and visiting, so we made for the park, their favourite walking place, before we got the requisite ice cream and loaded them back in the car.

Sometimes it pays to drive around the block, and see what's on the other side of town. We see so much more when we walk, and I guess we have to thank the dogs for making us take them along every time, so we can slow down, "eye shop", and take in the side lights as well as the high lights.

Where will the third installment of Road Trip take us? I'm sure that, as long as the ice cream is tasty, there is a walk on the agenda, and perhaps a picnic, Bonnie and Beau will be perched in their crates, ready to roll.





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The Smiths Falls Community Theatre Presents
A World Premiere

Fort Hemlock

By
Emily Duberville



A story of what might have really happened in the mid 1800s to save Smiths Falls' Turkey Fair and its Fort Hemlock

Co-directed by Lynda Daniluk and Emily Duberville

Presented by special arrangement with EMILY DUBERVILLE - August 2017

August 18, 19 & 24, 25, 26 at 7:30 pm
Sunday Matinees
August 20 & 27 at 2:00 pm

• Adult \$20 • 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



Children's

Walk for Autism

The Lanark Autism Support Group will be hosting their annual Children's Walk for Autism at the Carleton Place High School track on Mississippi Road in Carleton Place on Saturday, August 19. This is the seventh year of the walk, and organizers are hoping to match the extraordinary success they have had at past events.

Again this year they are dedicated to raising money for their signature cause, which is called the "We-Can Retreat". This is a plan to allocate funds for respite care to parents or caregivers living daily with autism, so they can have some desperately needed time off.

The registration cost is \$10 (pre-registration) or \$15 at the gate. The walk begins at 10:30AM with registration opening at 9:30AM. It takes place on a completely fenced and accessible track, where you'll also find a bouncy castle, entertainment,

and a kids' craft area with face painting, bubbles, crafts, service vehicles, fun activities and more. A BBQ and refreshment stall will also be on site.

The goal of the walk is to see children with autism come together with the community, to educate, raise awareness, and promote visibility and understanding of both the challenges and opportunities that are expressed through the unique autistic experience. This is also a day to celebrate these special individuals in an event that is designed around them, for them and because of them. Everyone is invited to attend, and organizers are looking forward to this great day!

For registration packages, please visit the Owl Café (135 Bridge Street in Carleton Place) or Lanark Community Programs <lcp-home.com>. For more information, email <lanarkautism@yahoo.ca>.

Legacy Cottages in Lanark County

"It's not that cold once you're in."

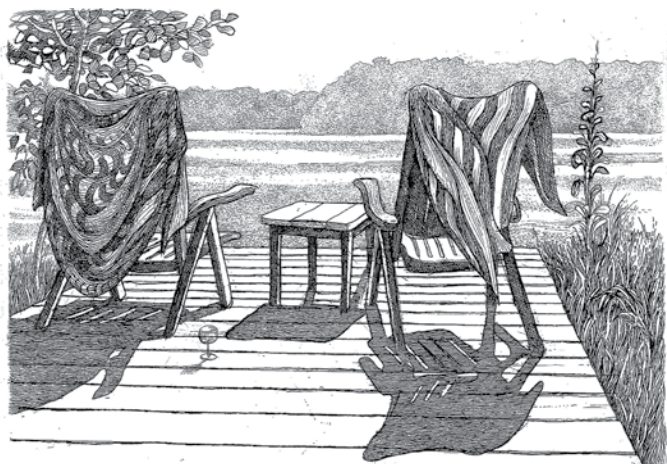
This familiar cottage refrain is as common as the call of the loon on lakes in Lanark County.

As we celebrate Canada 150, some 200 families in Lanark County are receiving Legacy Cottage Plaques. While most of these cottages have been in the same family for 50-75 years, one cottage on Mississippi Lake has been in the same family since 1852 — a mere 165 years!

Readers interested in learning more about cottaging in this area may wish to read *At Home in Tay Valley*, a book that celebrates the people, places and events in the history of Tay Valley Township and Lanark County in general. *At Home in Tay Valley* is available at the Perth Museum, Riverguild Fine Crafts, the Book Nook, the Village Green, and Balderson Cheese for \$30. The proceeds are directed to an annual history scholarship.

Cottages that have been in the same family for fifty years or more may be eligible for a legacy cottage designation. Legacy Cottage Plaques are being presented, mostly at lake association meetings over the summer, at a cost of \$60. The deadline for late applications is August 14. For more information, contact Tay Valley Township at 267-5353 x129 or <tayvalleytwp.ca>.

— Kay Rogers



Late Autumn, etching by Lanark County artist Franc van Oort

From Farm to Fork — Harvest Dinners and Pork!
Downtown Carleton Place will host two terrific harvest meals in September:



A Feast of Fall

A pig roast feast hosted by Black Tartan Kitchen and Stalwart Brewing Co.

SUNDAY, SEPTEMBER 3, 6-11PM

at the Carleton Place Canoe Club

Tickets are \$65 on Eventbrite (19+)

A portion of the proceeds will be donated to the Carleton Place Community Friendship Oven Project

FARM TO FORK HARVEST DINNER & DANCE



Outdoor community dinner with Beckwith Butcher and Waterfall Catering

SATURDAY, SEPTEMBER 9, 5PM-MIDNIGHT

at the Market Square Pavilion

\$35 per person from The Granary

All funds raised support Lanark County Interval House

[f](#) DowntownCarletonPlace [t](#) DowntownCPBIA [i](#) DowntownCarletonPlace

www.downtowncarletonplace.com

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Laying Down the Law (& Orders)

Driving on Highway 7 between the fast food islands that mark Carleton Place and Perth, it is easy to overlook Innisville — which is not even afforded the recognition of a speed zone. Without inside information, one might miss a sign advertising a small roadside restaurant. For-

by Sebastian Weetabix

tunately, dear readers, Weetabix's curiosity was piqued by a large and well-occupied parking lot. Brakes were applied and we pulled into Law & Orders.

Jamie Law, "the burger guy" (pictured below), grew up loving burgers. He credits his dad, an enthusiastic amateur cook, with instilling his love of food and



cooking. He entered the burger world at age 15 in Pembroke and worked his way up from cook to senior management in the A&W organization in Ottawa. Along the way he learned all aspects of the business, and after briefly sampling the pleasures of commercial banking, he decided to "do something I love". In 2013 he bought the location and business, and Woody's became Law & Orders.

Much more than the name changed. Jamie has developed deep roots in the local community. He and his business are engaged in a virtuous cycle of mutually supportive activities. Organizations like Interval House and the Food Bank benefit from his support and his sponsorship of events, and racing teams generate PR and goodwill that in turn support his business. From the outset, Jamie has innovated in business development. For example, he has built a thriving seasonal operation based on snowmobile delivery to the ice fishing huts on Mississippi Lake! He also has a busy catering operation — book well in advance.

Jamie describes his venture with great enthusiasm — "I get to do something I love to do!" — and runs his operation from the grill. He understands that he is in the pleasure business, and his menu is clear and centred. Law & Orders is about burgers and fries. No guilt here — and in cel-

ebration of his father's influence and heritage, there is the Rhippo Burger (outsized in every way). Check it out <lawandorders.ca> if you are seriously hungry, but beware the Rhippo Burger Challenge — a defiant gauntlet thrown down to the politically correct and righteous. Weetabix notes six successes out of 217 challengers with no repeaters listed, and prudently decides not to make the attempt. It should be noted that Weetabix is not a coward; but note also that Weetabix has learned something in life.

The hamburger is, statistically speaking, our favourite food. "Billions and billions served", while silent on quality, certainly attests to the popularity of this sandwich. Escoffier famously remarked that "the greatest dishes are very simple." What then, distinguishes a good burger from a great burger? Jamie is clear on the basics — it's all about the ingredients: meat and buns. Start with quality and do no more than what's needed. Einstein is reported to have said (of theories of the universe): "Everything should be made as simple as possible, but not simpler." So, there you have it — the same basic directions for a burger will do for the Universe — and perhaps that is why we are globally cooked. Jamie does provide a bit more information on ingredients — his beef is fresh and custom-produced by a local butcher who grinds to an



Next time you're travelling Highway 7 between Carleton Place and Perth, Weetabix highly recommends stopping in at Law & Orders in Innisville!

exact specification. The percentage of fat is a crucial factor in developing taste and maintaining a juicy texture. A common mistake of amateur cooks is to go to lean meats rather than letting the fat render out during cooking. Law & Orders does not use any additives, just a very light touch of fresh garlic and pepper. Patties are hand-formed and gently handled (another common error is to overwork the meat). Finally, the patties are cooked on a grill — not flamed. Here is an opening for argument, but formal taste tests have shown that taste panels generally prefer the result of grill cooking.

And then there are the buns — in this case, Betty's buns from Lanthier Bakery. Sesame seeds on top of the bun are preferred. Condiments are traditional and optional, and fries/poutine plus a milkshake round out a very satis-

fying meal. Weetabix is pleased to note that the milkshake is simply milk and ice cream — another demonstration of the virtues of simplicity.

The first references to ground beef patties in a sandwich are associated with the German port of Hamburg — hence the term "hamburger" — and there are multiple claims to the invention of the hamburger in its present form. Matters not. As with many inventions, improvements lead to progress and perfection is a Platonic ideal. Weetabix recommends a stop at Law & Orders to experience the Burger Realization incarnate. (Helpful definition: the meaning of incarnate is precisely what its Latin roots suggest. The prefix *in-* means "in" and *caro* means "flesh," so incarnate means "in the flesh.")

MILLS COMMUNITY SUPPORT
presents

North Lanark Seniors' Expo

September 7, 2017
Almonte Community Centre
182 Bridge Street
10:00am to 3:00pm
Free Admission

A one-stop showcase of products, services and activities for people aged 50+.

Presented in partnership with:

OACAO Ontario Orchard View
The Voice of Older Adult Centres Ministry of Seniors Affairs BY THE MISSISSIPPI ALMONTE
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RAVINES Alzheimer Society
Seniors' Suites & Retirement Residence LANARK LEEDS GRENVILLE

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AUGUST 19, 2017

7TH CHILDREN'S WALK FOR AUTISM

Registration starts at 9:30AM
Walk begins at 10:30AM at CPHS Track

For registration packages, please visit the **Owl Café** or **Lanark Community Programs**.

For more information email lanarkautism@yahoo.ca

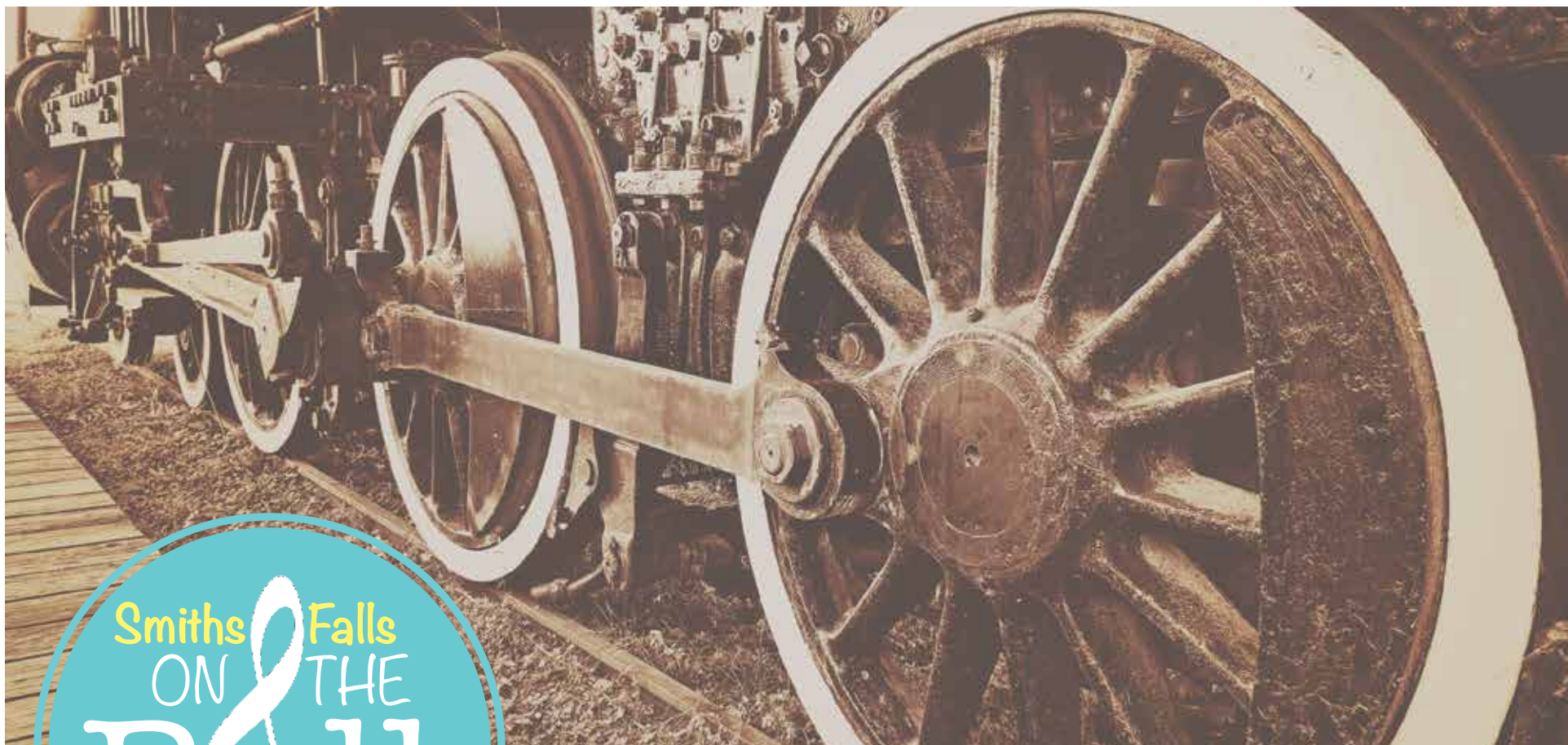
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August 12
Race the Runway
 100+ cars racing the runway.
 Russ Beach Smiths Falls Airport.
www.racetherunway.com

August 24 and 31
Movies Under the Stars
 At Centennial Park under the Water Tower.
 Preshow activities at 7, movies start at dusk.
 Free admission.
www.TogetherSmithsFalls.com

August
Summer Events at Heritage House Museum
 Ghost Walks, escape room, Sunday Tea, paint nights, murder mysteries, children's program, exhibits and more!
www.smithsfalls.ca/culture-recreation/events/
 (613) 283-6311

August 13
Urban Jungle Obstacle and Fitness Challenge
 5km, 10km obstacle mud races.
 Memorial Community Centre. Register at
www.theurbanjungleocr.com

August 26-27
Trainfest
 Railway Museum of Eastern Ontario
 Train rides, workshops, vendors and exhibitors.
 Trainfest After Dark! Featuring:
 • *Jared Lutes*
 • *Jimmy Tri-Tone Band*
 at the Parks Canada Visitor's Centre Theatre.
 (613) 283-5696
www.rmeo.org

August 11
Music in the Park
 Annual BBQ at Victoria Park Campground.
 Hosted by the Chamber of Commerce.
 Featuring *Fiddle Earth*.
 Free admission, cash barbecue. 5-730 p.m.
www.smithsfallschamber.com

August 18-27
"Fort Hemlock" at Station Theatre
 The world Premiere of an original play written by local playwright, Emily Duberville.
 Adults \$20, students \$10.
 August 18, 19, 24-26 at 7:30 p.m.
 August 20 & 27 at 2 p.m.
 Station Theatre, 53 Victoria Ave.
www.smithsfallstheatre.com

Saturday, Sept. 9
Light Up the Night
 Hosted by the Downtown Business Association.
 A fundraiser for festive lighting for the downtown core. Live music.
 Gerry Lowe Memorial Rink

August 12
Tweed Front Yard Shindig
 Featuring:
 • *Mother Mother*
 • *Classified*
 Family friendly!
 Music, food, giveaways and more.
 3pm, 1 Hershey Drive
 Camping available at Lower Reach Park.
 To book a campsite, call (613) 283-6211 or email heritagehouse@smithsfalls.ca
 For \$10 tickets email:
shindig@tweedmainstreet.com

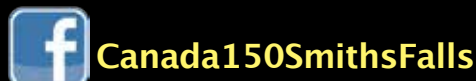


SMITHS FALLS
 RISE AT THE FALLS
 |||

September 21
Girls Night Out
 In downtown Smiths Falls.
www.downtownsmithsfalls.com

October 28 to 29
Art Journey Show and Sale
 Live music. Free admission. Smiths Falls Memorial Community Centre

www.smithsfalls.ca



Perth Fair, Perth, Sep 1-4
 Sundance Artisan Show, Maberly, Sep 2-4
 Feast of Fall Pig Roast, CP, Sep 3
 Seniors Expo, Almonte, Sep 7
 Light up the Labyrinth, CP, Sep 8
 Fibrefest, Almonte, Sep 9-10
 Harvest Dinner/Dance, CP, Sep 9
 Mississippi River Run, Almonte, Sep 9
 Lanark County Harvest Festival, Sep 10
 Miss Mills At A Glance, Almonte, Sep 13
 Tribute to Eric Pottle, Almonte, Sep 15
 Festival of Small Halls, Sep 14-Oct 1
 Middleville Fair, Middleville, Sep 1-4
 Apple Pie Fest, Appleton, Sep 17
 Carp Fair, Carp, Sep 21-24
 PDCI 60th Reunion, Perth, Sep 22-24
 Brett Pearson Run for Your Life, CP, Sep 23
 Madawaska Valley Studio Tour, Sep 30-Oct 1
 tapastree, Carleton Place, Sep 30
 Crown & Pumpkin Studio Tour, Mississipi Mills, Oct 7-9
 Perth Autumn Studio Tour, Oct 7-9
 Art Journey Show & Sale, SE, Oct 28-29
 The Marvelous Wonderettes, Perth, Nov 2-5
 Cheerfully Made Xmas Market, Almonte, Nov 4-5
 Christmas in the Valley, Almonte, Nov 4-5
 Red Trillium Studio Tour, W. Carleton, Nov 25-26
 Pakenham Country Xmas, Nov 25
 Light Up The Night, Almonte, Dec 1

Festivals

Goodwood Festival, Aug 4 (7-11PM), 5 (1-11PM), 6 (11AM-4PM). 1st annual country music festival. Tix: Graham's Shoes, Nicholson's, Naismith Pub, Mark's Cobbler. Rough camping, Beckwith Park, 257-1539, Fri \$20, Sat \$30, Sun \$15
Bridge St. Summer Fest, Aug 5, 9AM-3PM. Market & entertainment. Downtown CP, 216-2511, downtowncarletonplace.com
Carp Garlic Festival, Aug 12 (8AM-3PM), Aug 13 (10AM-3PM). Carp Fairgrounds, carpfarmersmarket.ca/carp-garlic-festival
Front Yard Shindig, Aug 12, 2PM. w/Mother Mother, vendors, food. \$30 (or email shindig@tweedmainstreet.com for a \$10 ticket) Tweed, 1 Hershey Dr., Smiths Falls
Perth Garlic Festival, Aug 12 (9AM-5PM) & 13 (9AM-4PM). Perth Fairgrounds, 1-877-268-2833, perthgarlicfestival.com. \$5 (<12 free)
Arnprior Fair, Aug 17-20. arnpriorfair.ca
MUSICwestport, Aug 19, 12-7PM. Outdoor music, Kidzone, vendors. Westport. westportartscouncil.com. Free
Pakenham Fair, Aug 19. Horse show, kids stuff, food, Water Ways & more. Stewart Community Centre, Pakenham. 256-1077, exploremississippimills.ca. \$5 (<12 free)
Rideau Ferry Vintage Race Boat Regatta, Aug 19-20, 9:30AM-5PM. Vintage boats, hi-speed, toy. Big Rideau Lake, Rideau Ferry. rideauferryregatta.ca. \$5
Roots on the Clyde Music Festival, Aug 19, 1-11PM. Tix: Perth Brewery. Camping avail. 2104 Pine Grove Road, Lanark. 259-3000, \$20 (<12 free)
Maberly Fair, Aug 26. Horsemanship, livestock, horticulture, baking etc. Maberly Fairgrounds, maberly-fair.ca
North Lanark Highland Games, Aug 26, 9AM-6PM. Massed bands 1 & 5:30PM, athletics, dancing. Tix: Mill St Books, Nicholson's, CP Chamber. Almonte Fairgrounds, almonte-highlandgames.com \$17; \$15 adv

Monday	Tuesday	Wednesday	Thursday
<p>31</p> <ul style="list-style-type: none"> Bridge Club, Arnprior Carp Celtic Jam, Carp Masonic Lodge Bridge Club, Smiths Falls 	<p>1</p> <ul style="list-style-type: none"> 4-Hand Euchre, Bolingbroke Blair Hogan, O'Reilly's Pub Candida, Perth Green Drinks, Perth Bridge Club, Smiths Falls 	<p>2</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Acoustic Stage w/Dave Balfour, O'Reilly's Pub Bridge Club, Almonte Candida, Perth Car Toot Bingo, Almonte Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Mic w/Shawn McCullough, The Cove Tea on the Lawn, Almonte 	<p>3</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Bridge Club, Arnprior Candida, Perth Spencer Evans Trio, The Cove Karaoke, Valley Food & Drink Co. Lonely Ghosts Walk, Perth Mahjong, Bolingbroke Moana, Almonte Boss Baby, Smiths Falls Musicians' Circle, Bolingbroke My Son the Hurricane, Neat Open Mic, Alice's Village Cafe Perth Citizens' Band, Perth
<p>7</p> <ul style="list-style-type: none"> Bridge Club, Arnprior Carp Celtic Jam, Carp Masonic Lodge Bridge Club, Smiths Falls 	<p>8</p> <ul style="list-style-type: none"> 4-Hand Euchre, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub Candida, Perth Bridge Club, Smiths Falls 	<p>9</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Acoustic Stage w/Dave Balfour, O'Reilly's Pub Bridge Club, Almonte Seniors' Potluck, Bolingbroke Candida, Perth Car Toot Bingo, Almonte Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Mic w/Shawn McCullough, The Cove Tea on the Lawn, Almonte 	<p>10</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Bridge Club, Arnprior Candida, Perth Spencer Evans Trio, The Cove Karaoke, Valley Food & Drink Co. Lonely Ghosts Walk, Perth Mahjong, Bolingbroke Sing!, Appleton Guardians of the Galaxy Vol 2, SF Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe
<p>14</p> <ul style="list-style-type: none"> Bridge Club, Arnprior Carp Celtic Jam, Carp Masonic Lodge Bridge Club, Smiths Falls 	<p>15</p> <ul style="list-style-type: none"> 4-Hand Euchre, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub Bridge Club, Smiths Falls 	<p>16</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Acoustic Stage w/Dave Balfour, O'Reilly's Pub Bridge Club, Almonte Car Toot Bingo, Almonte A Midsummer Night's Dream, Almonte Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Mic w/Shawn McCullough, The Cove Tea on the Lawn, Almonte 	<p>17</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth A Taste of Ireland, Perth Bridge Club, Arnprior Peter Brown Trio, Slackoni's Spencer Evans Trio, The Cove Karaoke, Valley Food & Drink Co. Lonely Ghosts Walk, Perth Lysistrata, Perth Smurfs, Almonte Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Perth Citizens' Band, Perth Romantic Comedy, Perth
<p>21</p> <ul style="list-style-type: none"> Bridge Club, Arnprior Carp Celtic Jam, Carp Masonic Lodge Bridge Club, Smiths Falls Solar Eclipse Viewing, Almonte 	<p>22</p> <ul style="list-style-type: none"> 4-Hand Euchre, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub I'll be Back before Midnight, Perth Bridge Club, Smiths Falls 	<p>23</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Acoustic Stage w/Dave Balfour, O'Reilly's Pub Bridge Club, Almonte Car Toot Bingo, Almonte I'll be Back before Midnight, Perth I'll be Back before Midnight, Perth Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Mic w/Shawn McCullough, The Cove Tea on the Lawn, Almonte 	<p>24</p> <ul style="list-style-type: none"> A Nation Lost & Found, Perth Bridge Club, Arnprior Fort Hemlock, Smiths Falls I'll be Back before Midnight, Perth Spencer Evans Trio, The Cove Karaoke, Valley Food & Drink Co. Lonely Ghosts Walk, Perth Mahjong, Bolingbroke Pete's Dragon, Pakenham Lego Batman Movie, Smiths Falls Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe
<p>28</p> <ul style="list-style-type: none"> Bridge Club, Arnprior Carp Celtic Jam, Carp Masonic Lodge Bridge Club, Smiths Falls 	<p>29</p> <ul style="list-style-type: none"> 4-Hand Euchre, Bolingbroke Brock Zeman & Blair Hogan, O'Reilly's Pub I'll be Back before Midnight, Perth Bridge Club, Smiths Falls 	<p>30</p> <ul style="list-style-type: none"> Acoustic Stage w/Dave Balfour, O'Reilly's Pub Bridge Club, Almonte Car Toot Bingo, Almonte I'll be Back before Midnight, Perth Karaoke, Golden Arrow Open Celtic Jam, Naismith Pub Open Mic w/Shawn McCullough, The Cove Tea on the Lawn, Almonte 	<p>31</p> <ul style="list-style-type: none"> Bridge Club, Arnprior Glen Tay Block Race, Perth I'll be Back before Midnight, Perth Spencer Evans Trio, The Cove Karaoke, Valley Food & Drink Co. Mahjong, Bolingbroke Cars 3, Almonte Moana, Smiths Falls Musicians' Circle, Bolingbroke Open Mic, Alice's Village Cafe Vernissage: Bois, Kelly, Lafleur, Almonte

Smiths Falls Trainfest, Aug 26-27, 10AM-4PM. Train rides, vendors, workshops. Railway Museum of E. Ontario, Smiths Falls. 283-5696, info@rmeo.org, rmeo.org. \$10; \$8 snrs/stud; \$5 children; 3 & under free
Trainfest - After Dark, Aug 26, 7PM. Music & stories. Rideau Canal Visitors Centre, Smiths Falls. 283-5696, rmeo.org. \$10; \$8 snrs/stud; \$5 children; 3 & under free

Local Food

Sunflower Festival, Aug 6, 11AM-4PM. Tasting Alley, mkt, art, music, BBQ. Kricklewood Farm, 421 Kitley Line 8 Rd, Frankville. 275-9901, kricklewoodfarm.com. By donation
Barns, Farms & Wicked Chefs, Aug 26, 5PM-10PM. Fundraiser for The Table. Top chefs, music. Tix: Table CFC. Ecotay, 942 Upper Scotch Line, Perth. 267-6428x7, thetablecfc.org. \$125 (\$80 charitable rec.)

Visual Arts

Art on the Grass, Aug 19, 8AM-3PM. Show & sale. W. Carleton Arts Soc. Carp Fairgrounds. westcarletonartssociety.ca
Reciprocal Door Opening, Aug 20, 1PM. Opening of Jared McAdam's art piece. Blakeney Rapids trail, Mississippi Mills
Black Ash Basketmaking, Aug 26, 10AM-4:30PM. Materials incl. Register: merochoolhouse@bell.net. MERA Schoolhouse, McDonalds Corners. \$65
Merrickville Antique & Artisan Show, Aug 26 (10AM-5PM), 27 (10AM-4PM). Merrickville Community Centre. 850-5446, antique-shows.ca. \$7 (<12 free)
Meet the Artist: Bridget O'Flaherty, Aug 27, 2-4PM. Fibre artist demos thread painting. Riverguild, Perth. riverguild.com
Vernissage: Bois, Kelly, Lafleur, Aug 31, 7-9PM. Photos. Fairview Manor, 75 Spring St., Almonte.

Theatre

Candida, Wed, Sat 8PM; Tues-Sun 2PM (to Aug 13). St. James Anglican, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee
A Nation Lost & Found, Wed-Sun 11AM (to Aug 27); **Lonely Ghosts Walk**, Thurs & Fri 7PM (to Aug 25). Theatrical historic walking tours. Meet at Matheson House, Perth. 1-877-283-1283, classictheatre.ca. \$15, under 12 50%
Lysistrata, Aug 11-12, 17-19, 7:30PM; Aug 13, 20, 1:30PM. BarnDoor Prod'ns. Full Circle Theatre, Perth. 267-1884. \$22/\$10
Company of Fools: A Midsummer Night's Dream, Aug 16, 7PM. The Herb Garden, 3840 Old Almonte Rd. fools.ca. \$20 sugg.
Romantic Comedy, Aug 17-19, 25-26 at 7:30PM; Aug 20, 27 at 2PM. Studio Theatre, Perth. studiotheatreperth.com. \$24/\$10 stud, \$22 adv.

LiPS: Poetry on the Patio Open Mic, Aug 18, 7-9PM. LiPS Team fundraiser: poetry and music open mic. Coutts Coffee, Perth. \$5
I'll be Back before Midnight, Aug 18-Sep 10: Wed, Sat 8PM; Tues-Sun 2PM. St. James Anglican, Perth. classictheatre.ca. \$30; under 30 \$21; \$4 fee
Fort Hemlock, Aug 18-19, 24-26 at 7:30PM; Aug 20, 27 at 2PM. World premiere of SF play. On Sat buy \$15 dinner voucher at Fort Hemlock. Station Theatre, SF. 283-0300. \$20/\$10
Lanark Laughs, Aug 25, 8-10PM. Stand-up comedy. Waterfront Gastropub, CP. facebook.com/LanarkLaughs

Youth

Movies in the Park (crafts earlier; refreshments): Aug 3, 9PM, **Moana** in McIntosh Park, Almonte; Aug 10, 8:45PM, **Sing!** at Appleton Soccer Fields; Aug 17, 8:30PM,

AUGUST 2017

Friday

Saturday

Sunday

<ul style="list-style-type: none"> A Nation Lost & Found, Perth Bridge Club, Arnprior Candida, Perth Dueling Pianos, The 2 Grands Goodwood Festival, Beckwith Jeff Leeson, Golden Arrow John Wilberforce, The Cove Lonely Ghosts Walk, Perth Mark Crissinger, O'Reilly's Pub Mississippi Blues Society Jam, Waterfront Gastropub Poetic Justice Band, Smiths Falls The Grommets, Bridges Bar & Grill 	<ul style="list-style-type: none"> A Nation Lost & Found, Perth Bridge St. Summer Fest, Carleton Place Candida, Perth Chris Murphy, The Cove Dueling Pianos, The 2 Grands George Reynolds, Golden Arrow Goodwood Festival, Beckwith Karaoke, Bridges Bar & Grill Mister and His Sister, Lumbertown Ale House Tea on the Lawn, Almonte 	<ul style="list-style-type: none"> A Nation Lost & Found, Perth Acoustic Sun: Jack Surch, O'Reilly's Pub Blues w/Redneck Limousine, Waterfront Gastropub Candida, Perth Dennis Harrington & Heritage Country, Arnprior Eric Uren, The Cove George Turcotte, Neat Coffee Shop Goodwood Festival, Beckwith Head over Heels (Patio), The Cove Magnolia Rhythm Kings, The Royal Oak Sunflower Festival, Frankville
<ul style="list-style-type: none"> A Nation Lost & Found, Perth Bridge Club, Arnprior Music in the Park, Smiths Falls Brea Lawrenson, Golden Arrow Candida, Perth Dueling Pianos, The 2 Grands Henry Norwood & Wade Foster, The Cove Ken Workman & Blair Hogan, Slackoni's Lonely Ghosts Walk, Perth Lysistrata, Perth Steve Barrette Trio, The Swan at Carp The Sam Steel Band, Bridges Bar & Grill Tom Watson, O'Reilly's Pub 	<ul style="list-style-type: none"> Perth Garlic Festival, Perth Candida & A Nation Lost & Found, Perth Carp Garlic Festival, Carp Flower & Edibles Show, Almonte Front Yard Shindig, Smiths Falls 3 On 3 Basketball, Almonte Tea on the Lawn, Almonte The Dugout Boys, Golden Arrow The Other Krow, Valley Food & Drink Co. Tony Silvestri, The Cove Chris Zimmerman, Lumbertown Ale House Dueling Pianos, The 2 Grands Ken Workman, O'Reilly's Pub 	<ul style="list-style-type: none"> Carp Garlic Festival, Carp Paddle for AGH, Almonte Perth Garlic Festival, Perth A Nation Lost & Found, Perth Candida, Perth George Turcotte, Neat Coffee Shop Head over Heels (Patio), The Cove Kyle Felhaver, Arnprior Lysistrata, Perth Acoustic Sun: Tom Savage, O'Reilly's Pub APEX Jazz Band, The Royal Oak Blues w/Redneck Limousine, Waterfront Gastropub
<ul style="list-style-type: none"> A Nation Lost & Found, Perth Fort Hemlock, Smiths Falls George Turcotte, Slackoni's I'll be Back before Midnight, Perth LiPS: Poetry Open Mic, Perth Lonely Ghosts Walk, Perth Lysistrata, Perth Romantic Comedy, Perth Stephen Fisher, O'Reilly's Pub The Hoovers, Golden Arrow The Peptides w/buffet, The Cove Bridge Club, Arnprior Dueling Pianos, The 2 Grands 	<ul style="list-style-type: none"> Alpaca 101, Ompah Fort Hemlock, SF Art on the Grass, Carp Jesse Stone, O'Reilly's Pub Dueling Pianos, 2 Grands Children's Walk for Autism, Carleton Place Renewing Our Friendship, Almonte Cluck 'n' Corn Dinner, Bolingbroke I'll be Back before Midnight, Perth Vintage Race Boat Regatta, Rideau Ferry Roots on the Clyde Music Festival, Lanark Tea on the Lawn, Almonte Watershed Discovery Day, Perth 	<ul style="list-style-type: none"> Fort Hemlock, Smiths Falls Acoustic Sun: Rob Moir, O'Reilly's Pub Arlene Quinn, Mississippi Mills Blues w/Redneck Limousine, Waterfront Gastropub George Turcotte, Neat Coffee Shop Head over Heels (Patio), The Cove I'll be Back before Midnight, Perth Lysistrata, Perth Magnolia Rhythm Kings, The Royal Oak Reciprocal Door Opening, Mississippi Mills Richmond Ramblers, Arnprior Vintage Race Boat Regatta, Rideau Ferry A Nation Lost & Found, Perth
<ul style="list-style-type: none"> Fort Hemlock, Smiths Falls I'll be Back before Midnight, Perth Jimmy Tri-Tone Band, Slackoni's Lanark Laughs, Carleton Place Lloyd Spiegel w/buffet, The Cove Lonely Ghosts Walk, Perth River City Junction, O'Reilly's Pub Romantic Comedy, Perth Steve Barrette Trio, The Swan at Carp A Nation Lost & Found, Perth Bridge Club, Arnprior Brea Lawrenson, Golden Arrow Dueling Pianos, The 2 Grands 	<ul style="list-style-type: none"> Trainfest, Smiths Falls Fort Hemlock, SF Kathlyn Stevens, Almonte Barns, Farms & Wicked Chefs, Perth Black Ash Basketmaking, McDonalds Corners I'll be Back before Midnight, Perth Merrickville Antique & Artisan Show, Merrickville North Lanark Highland Games, Almonte Taylor Angus & Logan Brown, The Cove A Nation Lost & Found, Perth Danielle Hewitt, Golden Arrow Dueling Pianos, The 2 Grands Vicki Brittle, Lumbertown Ale House 	<ul style="list-style-type: none"> Trainfest, Smiths Falls A Nation Lost & Found, Perth Long Sault Trio, O'Reilly's Pub APEX Jazz Band, The Royal Oak Blueberry Tea, Mississippi Mills Blues w/Redneck Limousine, Waterfront Gastropub Fort Hemlock, Smiths Falls George Turcotte, Neat Coffee Shop Head over Heels (Patio), The Cove I'll be Back before Midnight, Perth Bridget O'Flaherty, Perth Merrickville Antique & Artisan Show, Merrickville Romantic Comedy, Perth

- CP & Beckwith Heritage Museum** presents *A Valley Town at Confederation* <cpbheritagemuseum.com>
- Carriageway Studios** presents paintings by Bhat Boy <carriagewaystudios.ca>
- Fairview Manor Lobby** presents *Duo*, paintings by Amelia Ah You & Catherine Walsh [to Aug 8]; photographs by C. Bois, K. Kelly & L. Lafleur [from Aug 8]
- FIELDWORK** presents *Soundwork* <fieldworkproject.com>
- General Fine Craft, Art & Design** features *The Tornado & The Quiet Place*, Richard Skrobecki's earthenware ceramics <generalfinecraft.com> [from Aug 8]
- Heritage House Museum** presents *Our Town: Smiths Falls in 1867 Canada* <smithsfalls.ca/heritagehouse>
- MVTM** presents William Hodge's tapestries, Weavers Unlimited's shawls & Vanessa Coplan's contemporary patchwork <mvtm.ca>
- Sivarulrasa Studio & Gallery** presents *Eclipse* group show [to Aug 27] <sivarulrasa.com>
- The **Mississippi Mills Chambers Gallery** presents Stephanie Huckabone's acrylic landscapes
- The **Almonte Library Corridor Gallery** presents Monika Seidenbusch's Acrylic Figurative

Smurfs in Munro Meadows, Almonte; Aug 24, 8:15PM, **Pete's Dragon** in Fred Millar Field, Pakenham; Aug 31, 8:15PM, **Cars 3** in Don Maynard Park, Almonte. 256-1077. Free

Movies Under the Stars: Aug 3 **Boss Baby**, Aug 10 **Guardians of the Galaxy 2**, Aug 24 **The Lego Batman Movie**, Aug 31 **Moana**. 7PM activities, 9:15PM movie. Centennial Park, Smiths Falls. together-smithsfalls.com Free (donations welcome)

Les Misérables, Aug 25, 7PM, Academy for Musical Theatre. Full Circle Theatre, Perth. musictheatre.ca. \$12

lawn chair. Stewart Park, Perth. 256-4221, perthband.ca

Poetic Justice Band, Aug 4, 8PM. Rob Roy's Pub, Smiths Falls. facebook.com/poeticjusticeband

Music in the Park, Aug 11, 5-7:30PM. W/Fiddle Earth, BBQ. Victoria Park Campground. smithsfallschamber.com

A Taste of Ireland, Aug 17, 6PM. Meal & Celtic harpist. Perth Manor, Perth. 264-0050x2, perthmanor.com. \$80

Arlene Quinn, Aug 20, 2PM. Stories & songs. Tix: SRC Music. Union Hall, Mississippi Mills. 256-1119. \$15

Kathlyn Stevens, Aug 26, 7:30. Solo violinist. Reserve at sivarulrasa.com/culture22. Sivarulrasa Gallery, Almonte. \$35+hst

Robert Simpson Park (Arnprior): Sundays, 2-4PM, free Aug 6 Dennis Harrington & Heritage Country

Aug 13 Kyle Felhaver
Aug 20 Richmond Ramblers

Valley Food and Drink Co. (Calabogie, 752-2676x311): 8PM, Thurs Karaoke
Aug 12 The Other Krow

The Cove (Westport, 273-3636): Wed Open Mic w/Shawn McCullough, 7-10PM; Thurs Jazz Night w/Spencer Evans Trio (Aug 3 Savannah Shea) (New Soul Diva), 9-11PM; Sun Head over Heels on the Patio, 12:30-3:30PM
Aug 4 John Wilberforce, 6-9PM
Aug 5 Chris Murphy, 7-11PM
Aug 6 Eric Uren, 6-9PM
Aug 11 Henry Norwood + Wade Foster, 6-9PM
Aug 12 Tony Silvestri, 6-9PM
Aug 18 The Peptides, buffet & show, \$50
Aug 25 Lloyd Spiegel, 7-11PM, buffet & show, \$50
Aug 26 Taylor Angus & Logan Brown, 5:30-8:30PM

Neat Coffee Shop (Burnstown, 433-9960): 8PM; Sun George Turcotte 1-5PM
Aug 3 My Son the Hurricane, \$20

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

Golden Arrow Pub (Perth, 267-4500): 9PM. Wed Karaoke.
Aug 4 Jeff Leeson
Aug 5 George Reynolds
Aug 11, 25 Brea Lawrenson
Aug 12 The Dugout Boys
Aug 18 The Hoovers
Aug 19 Priorities
Aug 26 Danielle Hewitt

The Waterfront Gastropub (CP, 257-5755): Sun Blues w/ Redneck Limousine 3-6PM
Aug 4 Mississippi Blues Society Jam, 8:30PM

Slackoni's (Perth, 326-0380):
Aug 11 Ken Workman & Blair Hogan, 5-8PM
Aug 17 Jazz Night w/Peter Brown Trio, 6-9PM
Aug 18 George Turcotte, 5-8PM
Aug 25 Jimmy Tri-Tone Band, 5-8PM

Alice's Village Café (Carp, 470-2233): Open Mic Thurs, 7-10PM

Bridges Bar and Grill (Pakenham, 624-5939): Sat Karaoke 8PM
Aug 4 The Grommets, 8PM
Aug 11 The Sam Steel Band, 8PM

O'Reilly's Ale House (Perth, 267-7994): Tues Brock Zeman & Blair Hogan (Aug 1 Blair Hogan) 8:30PM; Wed Open Jam w/Dave Balfour 8PM, Acoustic Sundays 1PM
Aug 4 Mark Crissinger, 8:45PM
Aug 6 Jack Surch
Aug 11 Tom Watson, 8:30PM
Aug 12 Ken Workman, 8:45PM
Aug 13 Tom Savage
Aug 18 Stephen Fisher, 8:30PM
Aug 19 Jesse Stone, 8:30PM
Aug 20 Rob Moir
Aug 25 River City Junction, 9PM
Aug 27 Long Sault Trio

The Royal Oak (Kanata, 591-3895): jazz on Sun, 2-5PM
Aug 6, 20 Magnolia Rhythm Kings
Aug 13, 27 APEX Jazz Band

The Waterfront Gastropub (CP, 257-5755): Sun Blues w/ Redneck Limousine 3-6PM
Aug 4 Mississippi Blues Society Jam, 8:30PM

The 2 Grands (Arnprior, 558-5050): Fri/Sat Dueling Pianos, 7PM

Lumbertown Ale House (Arnprior, 623-8885): 8:30PM, no cover
Aug 5 Mister and His Sister
Aug 12 Chris Zimmerman
Aug 19 Jimmy Tri-Tone Band
Aug 26 Vicki Brittle

Community

Bridge Club, Mon-Thu-Fri 1PM. 447-7526. priorbridgeclub.ca

SF Bridge Club, Mon 7PM, Tues 1PM. 256-4747. SF Legion

4-Hand Euchre, Tue 7PM. ABC Hall, Bolingbroke. 279-1106

Almonte Bridge Club, Wed 7PM. 256-4747. Almonte Legion

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

Mahjong, Thurs 1:30PM. ABC Hall, Bolingbroke, 268-2548. \$5 donation

Green Drinks, Aug 1, 5:30PM. Informal meeting of environmental folk. Golden Arrow, Perth. Perthgreendrinks@gmail.com

Flower & Edibles Show, Aug 12, 1-4PM. Alm, CP & Pak Hort Soc. Almonte Civitan Hall, 500 Almonte St., Almonte

Naismith 3 On 3 Basketball Festival, Aug 12. Kids, men's, ladies' teams. Reg online. Bridge St., Almonte. naismithbasketball.ca

Paddle for AGH, Aug 13, 11AM-4PM. Register 256-2500x2296. Almonte Fairgrounds. Races, all-ages activities. \$10 & fundraiser \$75

Alpaca 101, Aug 19. Silent Valley Alpaca Ranch, 1120 Donaldson Rd., Ompah. 479-0307, silentvalleyalpaca.ca

Children's Walk for Autism, Aug 19, 9:30AM. Register at lcp-home.com. CP High School. lanarkautism@yahoo.ca. \$15/\$10

Cluck 'n' Corn Dinner, Aug 19, 6PM. Shucking contest 4:30PM. Tix at VWordsmith, Shadowfax. ABC Hall, Bolingbroke. events@abchall.ca. \$20/\$10

Renewing Our Friendship, Aug 19, 9AM-5PM. Reconciliation, TRC's Calls to Action. St. Paul's Anglican Church, Almonte. mmall-myrelations.ca. \$25 (\$10 lunch only)

Watershed Discovery Day, Aug 19, 8AM-1PM. Lakes, rivers & their protection. Crystal Palace, 63 Gore St. E., Perth

Solar Eclipse Viewing, Aug 21, 12-4PM. Sivarulrasa Gallery, 34 Mill St., Almonte. 293-2492, sivarulrasa.com. Free

Blueberry Tea, Aug 27, 2-4PM. Blueberries, pastry, tea. Union Hall, Mississippi Mills. Free; donations appreciated

Glen Tay Block Race, Aug 31, 6PM. 14.7km road race. \$20 entry (\$15 before Aug 22). Perth Museum. glentayblock.com



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O'Flahery**

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8th Annual Trainfest Rolls into Smiths Falls

Gear up and get ready for the 8th annual Smiths Falls Trainfest, August 26 and 27 at the Railway Museum. This action-packed, fun-filled weekend will feature train rides, kids' activities, horse-and-wagon tours* and so much more fun for the whole family!

Check out the model trains and meet many great vendors and exhibitors from all over Ontario and Quebec. Join in on the free whistle-making workshop. Children's activities will take place in the Kids' Tent with railway games, crafts, face painting, and much more.

This year, the museum will be offering train rides from 10:30AM to 3PM both days. Hop aboard the 1940s caboose for a ride on the rails. Best of all, all activities are included in event admission.

To celebrate Canada 150, Trainfest will be giving a nod to our country's railway heritage with a special move of their steam locomotive at 1PM, followed by a birthday celebration!

New this year, the museum is hosting **Trainfest – After Dark**. Beginning at 7PM in the Rideau Canal Visitor's Centre theatre, come for an evening of music and storytelling — with a railway theme. The Jimmy Tri-Tone Band and Jared Lutes will be providing the music, and members from Stone Fence Theatre and Heritage House Museum will be telling the tales. Admission is free with your Trainfest bracelet, or tickets can be purchased in advance through the website.

Trainfest runs Saturday and Sunday from 10AM to 4PM. Admission each day is \$10 for adults, seniors and students are \$8, children 4 to 13 years old are \$5, and children 3 and under get in free.

For further information, contact the museum at 283-5696 or <info@rmeo.org>, or visit their website at <rmeo.org>.

*Please note the horse-and-wagon tours are on Sunday only, departing Church St. gate at 11AM, 12:30PM and 2PM.

A Birder's Eye View

Clean Your Feeders to Stop Spread of Toxins

With fall migration starting and news of a new avian toxin spreading throughout Eastern Canada, I thought it might be a great time to review feeder cleaning and maintenance habits. Our tray and fly-through feeders need frequent cleaning and disinfecting. These styles are the most effective and productive feeders, as they appeal to a large variety of species and feeding styles — even the ground feeders love them. The

by Bob Volks

threat of toxins growing and being spread is a result of many types of birds being able to sit in the feeder, their saliva and feces mixing and contaminating the seed in the tray, which obviously aids in the spread of disease from bird to bird, then to other feeders that those birds frequent. Since we love our birds and want to keep them healthy, summer is a great time to take down your feeders and give them a good scrub. What's happening in Eastern Canada is very serious — the toxins and disease need to be contained.

It's been about ten years since the first documented case of the avian parasite trichomoniasis was recorded in Canada, and officials in the eastern region of the country are saying the deadly infection is spreading rapidly.

The infection initially affected pigeons, doves, and raptors exclusively, but has since begun spreading into other species of passerines across North America. Caused by the microscopic parasite *Trichomonas gallinae*, it does most of its damage in the upper digestive tract, liver, lungs, air sac, internal body lining, pancreas, bones and sinuses of the skulls of birds. Completely nasty in design, it leaves those affected wet, drooling and lethargic, making them rather easy to spot in the wild.

According to Dave Currie of the Nova Scotia Bird Society, the infection in Nova Scotia is the worst he's seen in the forty years he's spent studying birds. "I've not seen anything even remotely close to this," he recently told CBC News. "We're getting reports from all over the province from people who are

seeing these very sick and lethargic purple finches and goldfinches in their yards. So it's not something that is normal. It's something we're really watching carefully."

Mainly affecting finch and siskin species in the Canadian Maritimes, wildlife experts in our eastern provinces are urging homeowners and birders to take action immediately to help stop the spread of the deadly infection. While the province of Prince Edward Island is without a confirmed case of the infection, wildlife experts on the island are inviting birders to be proactive and remove all feeders for the moment.

Officials remain uncertain as to what triggered the sudden emergence of the infection in eastern provinces such as Nova Scotia, but are warning that while it has yet to pose any harm to humans or domestic pets such as dogs and cats, it can certainly affect captive poultry and pet birds.

The Canadian Wildlife Health Cooperative has the following recommendations for dealing with and containing the infection:

- During a known outbreak of trichomoniasis, remove bird feeders and baths for at least two weeks, to disperse birds and reduce the likelihood of transmission. During the summer months there is plenty of natural food and water available for birds.
 - Clean your bird feeders and baths regularly. A weak solution of domestic bleach (5% sodium hypochlorite) should be used to disinfect feeders and baths. Feeders should be rinsed well and dried before reused.
 - Only use bird feeders that prevent the seed from getting wet. Bird seed that is exposed to rain and becomes wet is a more suitable environment for the potential survival of the parasite.
 - Do not use table feeders. Sick birds sitting directly on bird seed are more likely to contaminate it with *Trichomonas gallinae*.
 - Report any sick or dead birds to the Canadian Wildlife Health Cooperative. Find your closest regional centre at <cwhc-rscf.ca>
- Bob Volks can often be found at Gilligallou Bird, Inc. in Almonte's Heritage Court <gilligalloubird.com>.

Seniors Expo Returns Sept. 7

The North Lanark Seniors Expo returns on Thursday, September 7, from 10AM to 3PM for its 7th consecutive year, so mark your calendars! This popular showcase of information, services and products for people 50 years and older, as well as for their families and caregivers, attracted a crowd of 600+ people last year, as well as 78 exhibitors. The Expo is held at the Almonte Community Centre at 182 Bridge Street, which offers plenty of parking and full accessibility. There is no charge to attend the Expo.

Visitors will encounter a variety of supports, products and services at the Expo from exhibitors such as the Canadian National Institute of the Blind, the Canadian Hearing Society, Almonte General Hospital, Hub Hospice, CAA North & East, the Civitan Club, and the Older Adult Centres' Association of Ontario (OACAO), as well as



Find a variety of supports, products and services for seniors and caregivers at this year's Seniors Expo

travel agencies, physiotherapists, massage therapists, and seniors' residences such as Waterside, Carleton Place Terrace, and Orchard View by the Mississippi. And this is just to name a few of the many different exhibitors who will be on hand.

Plan to make a day of your visit to the Expo. Doors open at 10AM for the singing of *O Canada*, and the event continues until 3PM. Lunch is available to purchase on-site, and complimentary coffee, tea, water and snacks — sponsored by Carleton Place Terrace — are available throughout the day. Mills Community Support staff and a small army of volunteers will be on hand to guide you. You may even be a lucky winner of one of the fabulous door prizes!

The North Lanark Seniors Expo is hosted by Mills Community Support as part of its commitment to creating age-friendly communities in North Lanark. Financial support from OACAO and Presenting Sponsorship from Orchard View by the Mississippi help make the Expo possible. Organizing committee members include these organizations plus Ravines Seniors' Suites and Retirement Residence, and the Alzheimer Society of Lanark Leeds Grenville. Event sponsors include Carleton Place Terrace, Waterside, Capital Home Medical Equipment, and Bayshore Home Health.

Exhibitor space is still available. There is no cost for non-profit organizations to promote their services at the Expo, thanks to the OACAO funding. For businesses, the cost is just \$60 for an 8-foot table, and this fee even includes two lunches per exhibitor table. Space is booking up quickly, as it does every year, so for more information or to register as an exhibitor, please contact Jan Watson at 256-1031 x39 or <jwatson@themills.on.ca>.

Alpaca 101:

Feel the Excitement!



This year, Hanne and Robert Quigley of Silent Valley Alpaca will hold their 9th annual Alpaca 101 seminar on August 19 at their farm. It's a full and exciting day of hands-on learning, handling the alpacas and, as always, delicious food!

Experienced guest speakers will provide you with their informed perspectives,

expert advice and guidance. You'll learn all about what they did well, and what they would do differently if they had the chance.

Come out to Silent Valley on August 19 and feel the excitement! Space is limited, so please register today by visiting <silentvalleyalpaca.ca> or calling 479-0307.

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Fall Fairs

Which one is your favourite fair? Carp Fair? Richmond? Perth? Almonte? Middleville? Pakenham? They are all so different; I am hard-pressed to pick a favourite, although Middleville does have a special place in my heart.

Having grown up on a dairy farm in south-western Ontario and having shown my Holstein heifer at the local fair as a 4-H club member, I take a special interest in what the farm kids are going through at fair time. I have been intrigued by the sheep shows at the Middleville Fair — those docile creatures seem so much more trainable than my stubborn Holstein ever was!

by David Hinks

Fall fairs have been around for a long time — the recent Almonte Fair was the 159th incarnation. Where did they come from? Who runs them?

The preponderance of fall fairs are put on by agricultural societies. For example, the Almonte Fair is run by the North Lanark Agricultural Society. Pakenham is in a category by itself as it is not part of an agricultural society, being run by the Municipality of Mississippi Mills.

In Ontario, agricultural societies are governed by the *Agricultural and Horticultural Organizations Act*, which established the Ontario Agricultural Fairs Association (OAAS). It represents over 220 agricul-

tural societies across the province and is governed by a home-craft director and an agricultural director from each of the fifteen districts in the province. Its mission is to act as a resource and a united voice for its members, by providing leadership through education and communication, to encourage them to promote agriculture and a rural way of life in Ontario. Many agricultural societies have a close working relationship with horticultural societies; for example, the Almonte and District Horticultural Society is very involved in the Almonte Fair.

Agricultural societies are seen as being community organizations mandated with preserving and celebrating the rural way of life in Ontario. In order to maintain their status under the Act, they must provide the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) with an annual return. In that return they must show how they encouraged interest and improvement in agriculture by:

- Researching the needs of the agricultural community and developing programs to meet those needs
- Holding agricultural exhibitions featuring competitions for which prizes may be awarded
- Promoting the conservation of natural resources
- Encouraging the beautification of the agricultural community
- Supporting and providing facilities to encourage activities intended to enrich rural life

Do agricultural societies have a role with respect to food security? Each fair is different, and in order to guarantee their survival they must attract paying customers. Many fairs place more and more reliance on demolition derbies, tractor pulls, midways, beer tents and big-name entertainers to pull in customers. Others try to stay closer to their mandate and roots — emphasizing local agriculture, activities of 4-H members, antique shows featuring farm equipment from early farm days, horse shows, flower and vegetable shows, and educational activities for young visitors (such as the Agricultural Awareness program).

For several years I have had the privilege of participating in the Agricultural Awareness activity at the Carp Fair, as nine classes of Grade 4 students listen to presenters at nine different stations, covering topics such as beekeeping, making maple syrup, raising pigs and of course growing vegetables. Over the course of two and a half hours, interacting with over 400 kids, parents and teachers, I have been very pleasantly surprised by the number of children who have had exposure to growing vegetables and are very much aware of the benefits of growing food in their own garden.

I find it unfortunate that the July timing for the Almonte Fair and August for the Pakenham Fair — when the schools are on holiday — does not allow for the holding of a similar program in Almonte or Pakenham.

Agricultural Societies do much more than just hold fall fairs. In many rural communities, agricultural societies hold choice pieces of real estate in prime locations — often at the heart of a community. One local example is the Carp Fairgrounds, home to the Carp Farmers' Market, which is a model for a successful market restricted to local producers — this

Fair Warning!

Agricultural fairs are a great way to spend a fun day with the whole family. Each one has its own particular flavour, so we recommend checking them all out! Here's when they are taking place, and where you can find out more:

Arnprior Fair: August 17–20

<arnpriorfair.ca>

Pakenham Fair: August 19

<exploremississippimills.ca>

Perth Fair: September 1–4

<perthfair.com>

Renfrew Fair: September 6–10

<renfrewfair.com>

Middleville Fair: September 16

<middlevillefair.ca>

Carp Fair: September 21–24

<carpfair.ca>

time of year over 2000 customers pass through the gates every Saturday.

Where would I find a local fair? What is amazing to me is the number of fairs that are within easy driving distance. In District 1 (which includes Ottawa and areas east) there are eighteen agricultural societies. In our own area, covered by District 2, there are twelve agricultural societies that include Almonte, Middleville, Perth, Renfrew and Arnprior.

Local fairs that I plan to attend this year include Pakenham on August 19, Middleville on September 16 and Carp from September 21 to 24. See you at the fair!

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MERA Award for Excellence: 2017 Winner

A three-person jury has chosen the winner of this year's MERA Award of Excellence in Fine Arts and Fine Crafts, supporting the work of fibre artist and quilt maker Bridget O'Flaherty. Jurors Sunny Kerr (Curator of Contemporary Art at the Agnes Etherington Art Gallery at Queens University), Victoria Henry (curator and art critic, and the former Director of the Canada Council Art Bank), and Ankaret Dean (Artistic Director at MERA — McDonalds Corners/Elphin Recreation and Arts) unanimously selected Bridget for the 2017 award.



Log Cabin quilt by Bridget O'Flaherty. Bridget is the winner of the 2017 MERA Award for Excellence

Victoria Henry said of O'Flaherty's entry: "her unique and technically brilliant quilts recognized both the old tradition of quilt making in Canada and the merits of a sensitive aesthetic." Bridget O'Flaherty

describes her process: "I learned traditional quilting from my mother over twenty-five years ago, but I had always been drawn to natural landscapes and exploring the blend of contemporary fibre art techniques with the traditions of quilting. I utilize layers of thread for shading effects (much like pencil crayon or pen and ink), stitching techniques, traditional piecing of fabric, and quilting techniques to convey my landscape art."

According to Ankaret Dean, "this year, the entries to the MERA Award of Excellence again demonstrated the amazing talent, skill, and variety that exists in our community. We chose the work of Bridget O'Flaherty as the winner. She combines the traditional art of quilting with machine embroidery to create the effect of painting. Her images reflect the beauty and colour of the natural environment."

Honourable mention was awarded to Sarah Wright for her "exquisite and very personal pen and ink draw-

ings," as described by Victoria Henry. Dean stated that "the drawings of Sarah Wright were quite unique and personal, and a delight in their simplicity. We chose Sarah so that her work would be recognized with an honourable mention." The artist commented: "if an image makes someone feel uncomfortable, I think it's important to not turn away but to take a closer look. Why does this make me feel this way, what does that discomfort say about me, our society, our expectations of women, our views on sexuality, gender, and mental health?"

The MERA Award, consisting of a \$1000 prize, was presented to Bridget O'Flaherty at a reception in June. Awarded every two years, the MERA Award was conceived and made possible by a generous donation by Lanark Highlands residents Chris and David Dodge to the Perth and District Community Foundation, which manages the funds. Recognizing MERA's important contribution to the arts community, the Dodges chose MERA to select the recipients.

Anyone interested in learning more about the MERA Award is invited to email <meraschoolhouse@bell.net>, visit <meraschoolhouse.org>, or leave a telephone message at 278-0388. The next award will be given out in 2019.

The Tradition of Black Ash Basketry

Making a useful basket from a tree trunk could be a mystery for any one other than an indigenous person. For many years our First Nations people have traditionally used the trunk of a black ash tree to provide the fine splints for basketmaking. This is done by pounding the trunk with a wooden mallet until the growth rings separate.

This summer the **Lanark Highlands Basketry Museum** in the village of McDonalds Corners is celebrating black ash basketry. During the month of July there will be a demonstration of pounding the black ash to release these fine splints. On August 26, Richard Nolan, a basket teacher from Kahnawaake,

QC, will be coming to the MERA Schoolhouse in McDonalds Corners. He will teach a workshop on making a small black ash basket, and also discuss the traditional preparation of black ash splints.

The Lanark Highlands Basketry Museum, located at 5596 McDonalds Corners Road, is open every Saturday from 11AM to 3PM, or by appointment at 278-1203. Visitors are invited to try their hand at pounding the black ash that is set up in the garden. Admission is by donation.

The workshop with Richard Nolan on August 26 will be at the MERA Schoolhouse and the details can be found at <meraschoolhouse.org>. It is important to pre-register as spaces are limited. For more information about the museum, visit <lanarkhighlandsmuseum.ca>.

— Ankaret Dean



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EBike Plus: Get Up and Go!

Mississippi Mills has seen a tremendous increase in bicycle culture over the past few years thanks to the grassroots support for initiatives like Mississippi Mills Bicycle Month and the Ottawa Valley Rail Trail. And now, a new venture on Bridge Street in Almonte aims to extend and enhance local bike culture by leveraging technology to increase the accessibility and utility of cycling. EBike Plus, which has just opened for business at 79 Bridge Street, carries a wide range of electric bicycles and scooters. These battery-powered vehicles offer a low-cost, eco-friendly alternative mode of transportation to the local mix. Store owner Alfonso Cuadra has big dreams for

ebikes: "I really see this as the future of green transportation and mobility."

Cuadra puts his money where his mouth is on this subject. The Almonte store is Cuadra's fourth. He owns two other EBike Plus locations in Ottawa and one in Kingston. Which sort of begs the question, why Almonte? "We noticed that a lot of our Ottawa clients were from this area — Almonte, Carleton Place, Perth, Smiths Falls. We wanted to create a hub to cater to all the surrounding towns. So, we were looking for a nice location that was still close to Ottawa. Plus, I love the history of Almonte."

What's an Ebike?

Ebikes (also known as "light electric vehicles") are battery-powered, 2- or 3-wheeled vehicles generally weighing less than 100kg. Some of them look like traditional bicycles with "pedal assist" technology that can give you a boost to power up a hill (or even fully power the bike). Others resemble the iconic Vespa scooter or even motorcycles. And then there is the fully-enclosed Boomerbuggy Covered, which is like a mini Smart-Car with built-in heater and windshield wiper.

Legally, all the ebikes and scooters must have pedals

and can only go up to 32km/hour. Riders must also wear a helmet. Neither licences nor insurance are required to operate them, as they are classified as bicycles under the law.

A Bike for the Times

Around the world, climate change, crowded cities, and struggling global economies have all contributed to the increased popularity and interest in alternative modes of transportation. Advances in the technology behind ebikes have shifted them out of the realm of "cool but impractical" to "awesome and affordable."

Looking around the showroom, it's pretty clear that there is an ebike for everyone. Cuadra enthuses, "I want these to be people's day-to-day vehicle." You could conceivably replace a large part of your car driving with one of these stylish ebikes. As Cuadra says, "Some of these scooters have a range of up to 50 kilometres on a charge," which is plenty for cruising around town.



After opening stores in Ottawa and Kingston, EBike Plus owner Alfonso Cuadra (below left) has chosen Almonte for his fourth location — adding yet another dimension to the bike-friendly culture in Mississippi Mills and area!

Get On Board

Thanks to its proximity to Ottawa, Cuadra says that the Almonte store will always have something new in stock. "We want to be able to rotate the inventory regularly. Our Montreal Road store has the biggest inventory of ebikes in Ottawa."

So stop in to the new store at 79 Bridge Street in Almonte and check out the offerings. You can also visit their virtual showroom at <ebikeplus.ca>.

— Rob Riendeau



Celebrate Lanark County's Bounty Fifth Annual Harvest Festival

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

This outdoor event, slated for Sunday, September 10 at Beckwith Park (1319 9th Line in Beckwith), will celebrate the county's bounty with local producers, food seminars, cooking demonstrations, children's activities, local musicians, historical displays and more. This year's festival features the partnering Township of Montague by showcasing its people, products and projects.

The Lanark County Harvest Festival is an opportunity for people to meet local farmers and purchase their 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 Working Group, the Township of Beckwith, the Township of Montague and Lanark County.

In 2017, the collaboration among four Beckwith Churches will continue to deliver the popular "Harvest Church Supper" of traditional stew, including lamb, vegetable, beef 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 4 to 6PM in the main arena building following the Harvest Festival.

This year's program includes cooking demonstrations by 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 (weather permitting) such as a petting zoo, bouncy castle and face painting can be expected.

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

There are still spaces for vendors. To register, email <cmcgregor@twp.beckwith.on.ca>. For farmer profiles, follow the Facebook/Lanark County page, and for general information visit <harvestfestival.ca> or call 1-888-4-LANARK.

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The Oven Chronicles: Getting Started

Food connects us to each other and to our communities. The Neighborhood Tomato Community Gardens organization wants to celebrate community through the lens of cooking and sharing healthy food. To this end we are building a series of wood-fired community ovens, with the first two in Almonte and Carleton Place.

More than a place to cook and bake, our community ovens will be an important part of the “seed to table” journey; a tool to teach and share cooking in ways that bring community members of all ages and abilities together. In other words, the community ovens offer a tangible, practical opportunity for people to look at local food, nutrition, and lifestyle in new and different ways. This will be a place to gather, share laughter, start and continue conversations, prepare food together, build memories, and — most important — to be a community.



Photo by Adrien Duey

An awesome crew at work on the wood-fired pizza oven near the Almonte Library: (l-r) Dieter Seiler, Jeff Mills, Mary Ann Murray, Breah Demers and Justine Orrell

Building on our rich railway history, our goal is to have a network of communal, “friendship” wood-fired ovens along the Ottawa Valley Recreational Trail (OVRT). The OVRT is the old CP rail line corridor linking Smith Falls with Mattawa. The Almonte oven is currently under construction and the Carleton Place oven is in development. Lessons learned, knowledge, and skills developed on these two projects can be shared with other communities along the trail. In the future, there could be ovens in several neighboring towns, from Smith Falls to Pakenham and throughout Renfrew County, all sharing a common vision of developing stronger connections between individuals and communities centred on local food, gardens, and farmers’ markets.

The Almonte oven is being built beside the Elizabeth Kelly Library next to the Almonte Farmers’ Market. These community ovens are a project of the Neighborhood Tomato Community Gardens in partnership with the library, with “backbone” support from Mills Community Support. Initial funding has been provided by the Elizabeth Kelly Library Foundation and The Hub.

With inspiration and leadership from the Neighborhood Tomato Community Gardens, we have garnered support with key stakeholders, secured generous funding from the Elizabeth Kelly Foundation, obtained approval from the municipality, built a team of volunteer builders and supporters, held planning meetings, and started the build. Numerous community groups, businesses and individuals have generously contributed skills, building materials, equipment and enthusiasm.

Leading the build team is Sean MacKenzie, an expert stone mason. In addition to building stone ovens, Sean has completed many other masonry projects (including a custom stone bridge), and was part of the Dominion Observatory restoration team. Under Sean’s guidance and mentorship, a group of local volunteers is helping to construct the oven. The oven-building volunteers come with diverse skills and experiences, and include people with a keen interest in food and learning masonry skills, master gardeners, and people with expertise in construction and community development. We have also engaged youth through the Mississippi Mills Youth Centre. We are hoping to have the oven built by the fall of 2017.

In the coming weeks and months, we will be working through many of the details about the logistics and practicalities of using and accessing the oven. Our hope is that the Almonte and Carleton Place community ovens and future sister ovens in the surrounding towns will become community hubs; places to gather and share friendships and skills. The ovens will enable intergenerational and cross-cultural collaborations through activities and events around homemade food.

Follow our progress on the Neighborhood Tomato Community Gardens Facebook page and find out how you can be involved. Direct enquiries can be made at <ntfriendshipoven@gmail.com>.

— Mary Ann Murray



Words From Westport

Head Over Heels at the Cove

Sitting on the patio at the Cove Inn on a sunny Sunday afternoon, one can listen to the soothing strains of the duo called Head Over Heels. Kevin Head has been playing at the Cove for many years, and Vanessa Burnett

as they continue to develop their skills and performance as a duo.

Head Over Heels is available to play private functions such as birthdays, anniversaries, cocktail parties, corporate events, fundraisers and other special events. Some upcoming gigs for you to enjoy include Friday, August 11 at the Glen Lawrence Golf Club in Kingston; Friday, August 18 and Saturday, August 19 at the Glen House Resort in Lansdowne; and Sunday afternoons at the Cove Country Inn from 12:30 to 3:30PM until September 24 (rain or shine).

You can find more information and contact Kevin and Vanessa at <headoverheelsmusic.blogspot.ca>, or more about Kevin at <kevinhead.ca>. They can also be reached at 539-4323 or <headacregigs@gmail.com>.

by Georgia Ferrell

joined him in 2011. Hired to fill in for the late Ben San Pedro, Kevin and Vanessa became a hit with the customers of the inn and were asked to perform on Sunday afternoons about five years ago. When the weather is good (and even when it’s a tad rainy) in the summer you can enjoy a beautiful afternoon as well as the lovely music and some great nosh from the Cove kitchen.

Vanessa always wanted to sing, but like many of us she was deterred early on by a music teacher’s comment that she would never be a singer. However, with encouragement from musician friends she admired, like Tom Savage and Kevin Head, whom she met at an open mic event at a local pub, she persevered. She eventually took lessons to grow and strengthen her voice, while Kevin continued to provide performance advice and support. Their musical friendship evolved into a great relationship, and in 2014 Kevin and Vanessa were married at the Cove.

Their music has taken them on some wonderful journeys, including a gig on VIA Rail as Artists On Board through 2015 and 2016, travelling across our great country while entertaining many rail passengers. Kevin and Vanessa are constantly working on new material to keep their songs fresh and current for the Cove, as well as for themselves. A veteran songwriter, Kevin has also been writing new songs for their performances, and hopefully a CD of their duets (both old and new) will be made so that they can fulfill their fans’ requests. Both mention often that they are very grateful to the Coves for their continuing support, and for providing a great venue for them

MUSICwestport

This annual free outdoor music festival is the Village’s flagship and most popular event, attracting locals and visitors from far and wide — and that includes the musicians too! Along with the music that is presented on two stages, there will be a Kidzone with clowns, face painters, crafts and games for the young. There will also be a vendors’ alley and horse and wagon rides. There will be food and fun for the whole family, so just bring your lawn chairs and sunscreen!

The MUSICwestport 2017 Kick Off Party takes place on Friday, August 18 with the Ottawa group The PepTides at The Cove from 7–11PM. The cost is \$20 for the show, or \$50 for a buffet and the show (call 273-3636 for reservations). Then on Saturday, August 19, the 11th annual MUSICwestport free open air festival runs from 10AM to 7PM. Featured acts include The Grace Babies (from Montreal), the Tom Savage Band (Kingston), Carleton Place’s own Brea Lawrenson Band, The Barrel Boys and A Fellow Ship (both from Toronto), the Kingston Ceili Band, and Miss Emily (featuring Rob Baker and Gord Sinclair of The Tragically Hip).

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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.

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

Check out our website www.handsonhealing.ca for the Dr. Oz video on facial acupuncture

Hands on Healing
125 Bridge Street, Almonte, 613-256-0222
welcome@handsonhealing.ca

sundance artisan show

MABERLY, ONTARIO



40+ ARTISTS

Mark it on the
calendar!

Labour Day Weekend

Sat., Sept. 2, 10-5
Sun., Sept. 3, 10-5
Mon., Sept. 4, 10-2

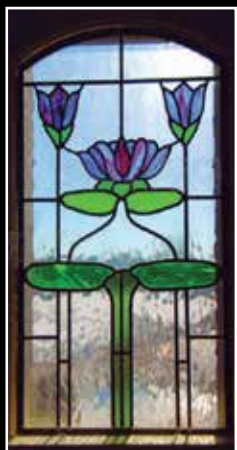
Free admission, facilities,
and parking. Family-friendly.



"Sundance Artisan Show" Group on Facebook



A full list of artists and more information at
www.SundanceStudio.ca



21980 HWY 7 Maberly, ON.

On Fall River Restaurant's
Festival Grounds.



Boutique Hotel & Reception Facility

proudly presents a

A Taste of Ireland

Thursday, August 17, 6PM

Enjoy a multi-course dinner featuring
cuisine from the Emerald Isle!



Special musical guest:
Renowned Celtic Harpist

Sharlene Wallace

\$80 per person plus HST
includes dinner and the show
* bar service available at extra charge

Advance reservations required.

Stop in at the Perth Manor or call 613-264-0050 ext. 2
23 Drummond St. West

www.perthmanor.com

North Lanark Highland Games



🍁 Saturday, August 26th, 2017, 9AM-6PM 🍁
NLAS Fairgrounds, 195 Water Street, Almonte, Ontario



\$5 limited parking on site - no pets - no overnight parking

Adults: \$17 at the gate, \$15 advanced • Children Under 12: FREE!

Advanced Tickets Available at CP Chamber of Commerce, Nicholson's & Mill Street Books



www.almontehighlandgames.com

